



Athlete Guide

Sunday April 24, 2022

Official Race Start Time: 9:00AM

Levi Carter Park

Omaha, Nebraska

Race Omaha

- Alan Kohll, Race Director
- Beth Dworkin, Registration Director/Event Planning
 - Derek Schuler, Assistant Race Director
 - Brady Murphy, Bike Course
 - Jake Schroeder, Event Timing

Event Overview

Race Omaha is excited to put on this race in 2022 at Levi Carter Park. The courses are flat and fast!

Volunteers:

We need volunteers so please ask your family and friends to help! Please have them contact alan@raceomaha.com or Beth@raceomaha.com to volunteer or just show up on race morning by 7am. If you can help with setup on Saturday morning from 9am to noon, please come to Levi Carter park at the race location.

Event Schedule

Sunday April 24, 2022

8:00am – Transition Area Opens and Day of Packet Pickup (packet pickup only on race morning)

8:45am- Transition Area Closes

8:50am – National Anthem

8:55am – Final Race Instructions

9:00am – Race Start Time (Gun Start)

10:15am – First Finisher Estimated.

11:00am – All finishers have completed the courses.

Bibs and Swag:

Bibs and timing chips will be distributed race morning at packet pickup along with the race swag (trucker hat). Any late registrants are not guaranteed a hat.

Waiver

We have a few participants that have not signed the USA Triathlon waiver online. We may request you complete the online at check in if you have not completed this online prior.

Courses

The bike and run courses are available at <https://www.raceomaha.com/event/race-omaha-duathlon/>. Please note the venue map below indicates where the transition area is located as well as the Start/Finish location. The Run Course is the same course distance, but the starting line has been adjusted along the course. This is somewhat rough drawing, but I wanted to give everyone a good idea of the venue layout. Bike In/Run In are on the left side of the blue transition box and Bike Out/Run Out is on the right side of the blue transition box. Basically, always enter whether biking or running on the left side and exit on the right side.

It is always two laps of each course. The Duathlon is a Run 2 Miles/ Bike / Run 2 Miles.

Run 2 Laps – Please make sure to cross the timing mat on each lap of the run course

Bike 3 Laps – Please make sure to complete **three** full laps of the bike course.

Run 2 Laps – Please make sure to cross the timing mat on lap 1. Lap 2 is the finish of the race and the run course

Transition Area and directional map update:



The Start/Finish, Transition Area will be marked with feather flags. The run and biking are going in the same direction on the road. The Bike uses the lake side of the road and the run uses the other side.

Relay Teams

Relay Teams are composed of only two members. Each relay team member must wear a “reusable timing chip” rather than a disposable timing chip. These will be provided to each relay team race morning. The number on the chip coincides with your bib number. Please make sure the runner wears the bib facing forward. Relay Team members need to limit their time in the transition area. The runner should exit the transition area carefully after removing their chip and handing it to the biker. Upon the completion of the bike course, the biker needs to exchange the chip with the runner for the second run leg.

Parking

Please park in the parking lots adjacent to the splash park or any other parking lot in Levi Carter Park. Do not park along the road. The parking lots are all a short walk to the transition area. Do not park in the neighborhoods outside the park for any reason (No security and not safe)!

Finisher Medals:

All participants receive a finisher medal at the finish line.

Results/Awards

LIVE RESULTS ARE AVAILABLE DURING THE RACE USING THE "QR" Posted near the White Trailer near transition area. You may also use this link:

Race Link: <https://my.raceresult.com/198621/results>

Results will also be posted as soon as possible after the race at <https://www.raceomaha.com/results/>

Awards will be presented when most participants have finished the event.