



Saturday July 16th and Sunday July 17th, 2022 ATHLETE GUIDE

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Thank you for participating in the **13th Annual Omaha Triathlon and Omaha Kids Triathlon!** We hope you enjoy the experience! Race Omaha's objective is to provide a safe, fun and challenging event. We welcome any comments and suggestions to help make this event better for participants, spectators and volunteers. PLEASE READ THE ATHELETE GUIDE EVEN IF YOU HAVE DONE THIS RACE IN PREVIOUS YEARS.

Special Group Bike Ride July 14th!

Andy Vasquez along with Lincoln Murdoch are hosting a group ride on the bike course beginning at 5:45pm on Thursday July 14th at Lake Cunningham near the Marina located by entering from Entrance #1. The group will ride on the triathlon course. Please show up and be ready to go by 5:45pm if you plan to bike.

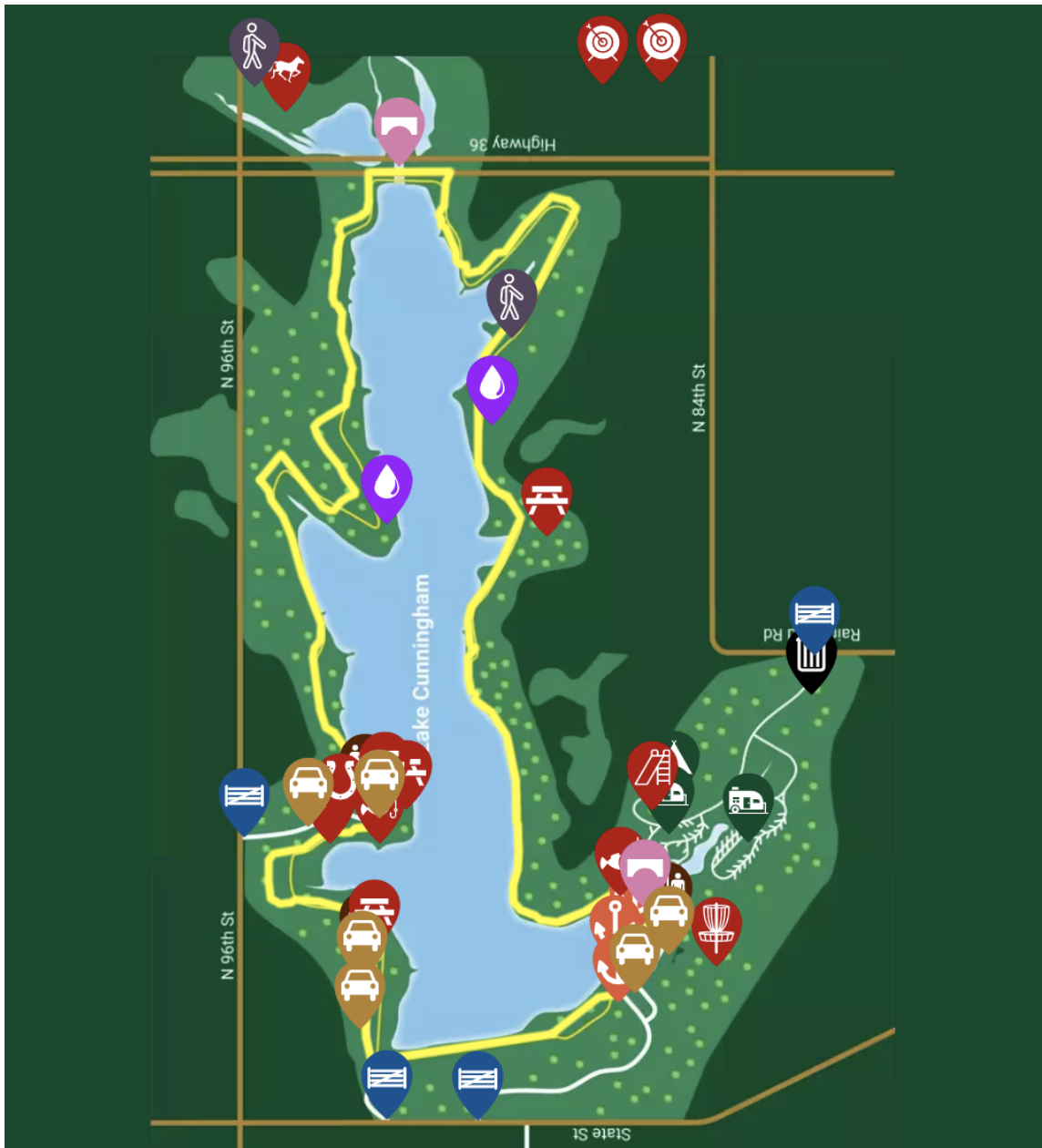
Schedule of Events:

OMAHA KIDS TRIATHLON

Saturday, July 16, 2022

Location: Glenn Cunningham Lake, Omaha, Nebraska:

<https://explorethec.com/directions/>



- **7:30 a.m.** – Transition Area opens for Kids Triathlon Only
- **8:40 a.m.** – Kids Triathlon Mandatory Race Briefing for kids and parents.
- **8:45 a.m.** - Transition Area Closes for Kids Triathlon Only
- **9:00 a.m.** - Omaha Kids Triathlon Swim Start

- **10:30 a.m.** – Awards Ceremony Omaha Kids Triathlon
- **11:30 a.m.** – Transition Area closes for Omaha Kids Triathlon (All bikes and equipment must be removed from the transition area)

Age Groups & Awards:

Ages 6 to 8 – Male/Female – 1st, 2nd, 3rd

Ages 10 to 11 – Male/Female – 1st, 2nd, 3rd

Ages 11 to 12 – Male/Female – 1st, 2nd, 3rd

Ages 13 to 14 - Male/Female – 1st, 2nd, 3rd

Parking: Parking is allowed inside the Park near the transition area and expo in marked grassy areas. Kids Triathlon – Park entrance will be closed from 8:45 am to 11:00 am during the triathlon.

Course Maps Omaha Kids Triathlon: <https://www.raceomaha.com/event/omaha-kids-triathlon/>

Distances:

6 to 8 years 50 m swim | 3 miles bike | 1/2 Mile run

9 to 10 years 100 m swim | 3 miles bike | 1 mile run

11 to 12 years 200 m swim | 4 miles bike | 1.5 miles run

13 to 14 years 300 m swim | 5 miles bike | 2.0 Miles run

Course Notes: The Swim will have buoys at 25m, 50m, 100m, & 150m for distances above. For the bike course, each loop of the course is 1 mile. For the Run course, the run turnaround will be marked based on the age groups currently doing the course. The Run course goes across the marina bridge and on the southeast part of the lake and back to the finish line. Please help your triathlete do the appropriate distance and number of loops. We have a lap counter mat, but during the race it is difficult to monitor all the participants.

Open Water/ Practice Swim: On Saturday July 16th from 1:30pm to 3pm we are offering a practice swim. Please register in advance at <https://www.raceomaha.com/event/open-water-swimming/>. There is a small fee to cover the cost of water support and lifeguards.

Course Maps Omaha Triathlon: <https://www.raceomaha.com/event/omaha-triathlon/>

Bike Course Update: The Bike Course for Olympic Distance or 40K has been changed to 2 laps of the bike course due to staffing issues for Police and Highway 133 traffic concerns. For Olympic Distance participants, the lap turnaround is after Entrance #1 to Lake Cunningham and properly marked with Bike Turnaround signs. Do not enter the park Entrance until you have completed the 2nd full lap of the course.

Olympic Run Course: The Run Course is 1 clockwise lap around the lake. Make sure to cross the finish line next to the transition area. Don't stop at the Pancake Man!

Sprint Run Course: The Sprint Run Course is an out-and-back course going the opposite direction of the Olympic run course around the lake crossing the Marina Bridge and continuing around the East side of the lake.

Swim Course: The Swim course for both Olympic and Sprint is counter-clockwise around the buoys. All swim buoys are on the left shoulder until the last buoy to the finish at the boat ramp. The Swim start is an in water start in front the dock on the east side of the boat ramp. All participants in the wave enter the water prior to the horn sounding for that wave. The Olympic Course will have the large triangle orange buoys at the corners. Two yellow buoys will mark the Sprint turn. The Sprint swimmers need to go around the next yellow buoy (still on your left shoulder) and continue to the last Orange Triangle buoy which must be on the right side to head to the finish of the swim. All other yellow round buoys are sighting buoys along the Olympic or Sprint courses.

Packet Pickup:

Annual USAT members must show a current USA Triathlon Membership Card and a Photo ID to the Registration Staff. If either the participant fails to bring a current card or does not have a current USA Triathlon Member Card, a \$15 USA Triathlon Fee is required to participate in the triathlon. If you purchased a \$15 USA Triathlon single day membership, we should have that information at registration. Only annual memberships receive a member number from USA Triathlon.

Waves/Swim Cap Colors:

Wave 1 - Olympic Male and Olympic Relay, Aqua Bike - Orange Swim Caps

Wave 2 - Olympic Female – Red Swim Caps

Wave 3 - Sprint High School - Green Swim Caps

Wave 4 - Sprint Male – Blue Swim Caps

Wave 5 - Sprint Female – Yellow Swim Caps

Duathlon participants will start between Wave 1 and Wave 2 for the first run segment.

Approximately 3 minutes between waves.

Please make sure you have the correct swim cap color for your wave and also that you start with the correct wave. If you cannot locate your swim cap, please advise Race Omaha staff and request a replacement. No one may race without a colored swim cap from Race Omaha!

Transition Area/Bike Check-in:

Once you have secured your race packet, you are empowered to place your bike in the transition area. Your race packet has a sticker for your bike, bike helmet sticker, race bib, disposable timing chip (not relay teams), and some additional stickers with your race number.

Do not leave any shoes or equipment overnight in the transition area. On race morning, the transition re-opens and all transition equipment such as sunglasses, running shoes, bike helmets, water bottles, biking shoes, towels, etc. may be organized in your rack area. Bike mechanics are on hand just outside the transition area to address most minor bike maintenance issues and questions. Event staff will be on hand to control entry and exit to the transition area to participants/athletes only. Each participant/athlete must have their race number attached to the bike to gain entry to the transition area. No other individuals are allowed entry into the transition area for any reason.

Bike Transition Split Olympic and Sprint Distance: Please note that the transition area is separated this year. Olympic Distance and Sprint Distance will each have a designated part of the transition area. An official announcement will be made when Sprint and Olympic Distance may re-enter the transition after completion of the race. This will occur shortly after all cyclists have completed the bike portion of that race distance and out of the run course. Any athletes caught entering the transition prior to this official announcement will be disqualified by USA Triathlon and the Race Director. This is for the safety of all participants. The transition is an active race zone until all participants have racked their bike and entered the running portion of the race.

Relay Teams The timing chip is passed from one relay member to the next and must always be worn on the left ankle. All relay team members must stay near their bike position until their turn. Do not congregate in the aisle or impede any other participants.

Bike Support: Bike support is provided courtesy of Green Street Cycles. Mechanics will be on hand to doing basic maintenance on race day only!

Equipment and Important Notes: Please make sure that your bike handle bars have bar end plugs. We cannot guarantee the bike support will have enough for everyone. Also, please make sure to rack your bike properly in the transition area at your bike numbered position. Please do not lay your bike against the fence. Do not leave any gear in the transition area overnight. Security is on-site all night to make sure your bike is safe and secure.

Transition Area Closes at 3 p.m. on Saturday, July 16, 2022

Once the transition area closes, all bikes are secured and monitored on a continuous basis by Race Omaha and Park Security.

Race Day Schedule – Sunday, July 17, 2022

- 5:30 a.m.- Transition area Opens
 - 6:45 a.m. - Transition area Closes
 - 6:58 a.m. – National Anthem
- (Swim Cap Colors indicate your “wave” – you must start on the correct wave)**
- 7:00 a.m. – First Swim Wave Start -
 - 7:03 a.m. – Second Swim Wave Start -
 - 7:06 a.m. – Third Swim Wave Start –
 - 7:09 a.m. – Fourth Swim Wave Start -
 - 7:12 a.m. – Fifth Swim Wave Start -
 - 7:20 a.m. – First athlete on the Bike Course
 - 7:30 a.m. – First athlete on the Run Course
 - 8:15 a.m. – First Finisher estimated Sprint
 - 10:30 a.m. – Sprint and High School Division Award Presentations
 - 11:00 a.m. – Final Finisher estimated
 - 11:00 a.m. – Overall and Age Group Award Presentations
 - 11:00 a.m. – Transition Area Opens for Removal of bikes and equipment
 - 12:30 p.m. – Transition Area Closes.

The race venue is a busy place prior to the race. We encourage participants/athletes to come early so they have plenty of time to get organized with their equipment, get some nutrition, fluids and get ready before the race starts. Part of the fun of triathlons is the excitement building in and around the transition area prior to the race. Don't miss out on this experience!

Wetsuit: Also, we anticipate the water temperature will be above 78F on race day, but will make an official announcement during the race briefings on Saturday. It is wetsuit legal up to 78F. If you wear a wetsuit between 78F and 84F, you are not eligible for awards. Above 84F, no wetsuits can be worn.

Parking: Parking is available in the park near the transition area until 6:45 a.m. on race day. Please arrive early to avoid any parking issues. Parking attendants will be stationed along the road leading the race venue and transition area. Please follow their parking instructions on race day. Access to the race venue entrance will cease at 6:45 a.m. The transition area opens at 5:30a.m. to place your equipment and race day needs near your bike. Bike maintenance staff will be on hand in the transition area to assist with tire inflation and any last second bike maintenance needs. Only athletes are allowed in and out of the transition area. Portable bathrooms are available in and around the transition area and race venue.

Race Number Information: Please fill out the back side of your race number with emergency contact information, primary physician information, medical conditions, etc.

Timing Chips: The timing chip is placed on the left ankle. Please make sure the timing chip is secure to your ankle

BIB Number: The number must be worn on the run facing forward.

Stickers: Use the sticker sheet with your race number to place a sticker on your bike (usually on the seat post and must be visible from both sides) and helmet. The sticker sheet indicates which sticker is used where.

Wave Start Times: Wave start times occur every 3 minutes with the first wave going off at 7 a.m. sharp. Each wave with have a designated swim cap color. Please make sure you start in your designated wave/cap color.

Finish Area: The finish area is located beyond the finish line. Once you cross the finish, please make sure to remove your timing chip and discard in the trash bins away from the finish line and transition area. If you are relay team, you must make sure to return your reusable timing chip to race staff.

Award Ceremony: The award ceremonies will occur when most competitors for each division has finished. The Sprint and High School awards will be presented around 9:30am to 10am. The Olympic Distance including Aquabike and Relay Teams will occur closer to 11am. Age group awards are in 5 year increments: 19 and Under, 20-24, 25-29, 30-34, etc. up to 60+ following the USA Triathlon rules.

Olympic Distance – Overall Male/Female. Age Group Male/Female – 1st, 2nd, 3rd

USA Triathlon Nebraska Age Group Awards – Top 3 male and female with Nebraska Residence

USA Triathlon Sprint High School Championships – Top 3 male and female High School Division

Sprint Distance – Overall Male/Female. Age Group Male/Female – 1st place

Olympic Team Relay – Overall 1st

Aqua Bike – Overall Male/Female

Duathlon – Overall Male/Female

Transition Area and Post Race: The transition area opens immediately after the last finisher exits the transition area. At this time, the athlete/participant may remove their bike and equipment from the transition area. Event staff will be checking that your race bracelet number matches the bike number. No other individuals other than the participant/athlete will be allowed to remove a bike from the transition area. The transition area will close at 1 p.m.

Post-Race: The Pancake Man is providing breakfast to all registered participants post-race. The Pancake Man will be located near the lighthouse and Marina. Registered participants need to show their race bib at the Pancake Man. Family and Friends may purchase a breakfast if not registered through runsignup.com when registering. Tickets will be provided to participants with their race packets to distribute to friends and family members. If you would like to pre-purchase any additional tickets, please email alan@raceomaha.com with the number of tickets requested. We will send you an invoice electronically to purchase these in advance.

Upcoming Events:

Black Squirrel Triathlon – August 14th at Lake Manawa – Register at Raceomaha.com

“C” Monster Run – October 15th - Lake Cunningham – Register at Raceomaha.com

Heat the Streets Run - March 4, 2023 - Aksarben Village - Register at Raceomaha.com opening soon

You can register for the Kids Triathlon until race day. Please register the kids at www.raceomaha.com.

RACE HARD, RACE SAFE, HAVE FUN, SEE YOU AT THE FINISH LINE!

