



**Black Squirrel Triathlon
Athlete Guide
Sunday, August 14th, 2022
Lake Manawa Beach, Iowa
8:00 a.m. Start**

Thanks again for registering for the Black Squirrel Sprint Triathlon at Lake Manawa, Iowa. We are excited to provide this race for everyone in 2022!

PACKET PICKUP: Packet Pickup is only on race morning. There is no packet pickup on Saturday prior to the race. Please allow time to pick-up your race packet. The race packet contents are a disposable timing chip (Relay Teams get a reusable timing chip), Swim Cap, Race Bib, and race shirt (there is no shirt necessarily for late entries). Please make sure to put your timing chip on your left ankle preferably. If wearing a wetsuit, do not put the timing chip under your wetsuit.

Volunteers are assigned based on the highest needs at the time of arrival. We appreciate anyone volunteering for race day, setup, and/or teardown. Setup is Saturday. Teardown is immediately following the race. If you or any family members can volunteer, please email alan@raceomaha.com.

Event Schedule At-a-Glance:

- 6:45 a.m. – Race Day Packet Pickup and Transition Area Opens
- 7:50 a.m. – Transition Area Closes
- 7:51 a.m. – Pre-Race Announcements and Review at Swim Start on the Beach
- 7:55 a.m. – National Anthem
- 8:00 a.m. – Swim Wave Start (follow order below).
- 8:15 a.m. – First Triathlete on the Bike Course (estimated)
- 8:45 a.m. – First Triathlete on the Run Course (estimated)
- 9:05 a.m. – First Finisher estimated.

Awards are for the Top 3 Overall Female, Top 3 Overall Male, Top 3 in each age group male and female, Top Aquabike Male and Female, Top SwimRun Male and Female, Top 2 Relay Teams.

Swim Wave Start

Each wave is assigned a swim cap color. Please make sure you have the correct swim cap color for your wave. Everyone in the same wave has the same swim cap color. Swim caps are provided in your race packet. There is approximately 2-3 minutes between waves.

Generally, in this order but subject to change on race day, Sprint Male, Sprint Female, Team Relay, Aqua-bike, and finally Aquathon.

Wave 1 - Sprint Male

Wave 2 - Sprint Female

Wave 3- Team Relay, Aqaubike, Aquathon/SwimRun.

Transition Area:

It is an open transition area meaning you may place your bike and gear on any rack that has not more than five bikes already racked (six maximum bikes per rack). Any numbers of the racks do not relate to any assigned participants. Do not place your bike and gear against the fence or any other part of the transition area. Please keep your gear in order immediately under your bike. Bike must be racked the opposite direction of your neighbor. All gear must be placed on the wheel side down side of your bike.

Race Bibs/Numbers:

Please wear your race bib during the run portion facing forward. This helps us identify you better in the event of a lost chip or time should that occur for any reason! There is no required body marking.

Timing Chips:

Please pick up your disposable timing chip at Packet Pickup or Race Morning. The timing chip must be securely attached to your left ankle. Make sure the chip number matches your Bib Number. If you lose your chip anytime during the race, please advise a race volunteer as you return to transition. Race volunteers at the swim exit will have extra chips if they are detached during the swim. Relay Teams must use a reusable chip since the disposable chips cannot be easily removed and handed to the next person.

Wetsuits:

The water temperature will be officially announced on race morning. We don't anticipate it will be wetsuit legal. USA Triathlon rules allow it to be wetsuit legal up to 78F. Between 78F and 84F you may wear a wetsuit, but results are not posted.

Courses:

The swim course is an out and back 750m course. You should always have the buoys on your right side (swim to the left of the buoys going out and back - both directions). The swim course is straight out from the beach. As you exit the water, please make sure your timing chip is still on your left ankle. If you are missing a chip, please inform a volunteer as you exit the beach through the gate. The bike course is a 2-loop clockwise course. You need to complete two full loops of the course. The course is open to vehicle traffic but there are police and race course staff to help

manage the course. Please keep your head up at all times and aware of any bike and vehicle traffic. The Run course is an out and back 5k course on the trail. Please note that the run course crosses over the bike course to get to the paved trail. Volunteers will be there to monitor any bike and run traffic, but please be cautious as you cross this section going either direction.

All courses are shown on the Race Omaha site at <https://www.raceomaha.com/event/new-race-event/>

Parking:

All participants must **NOT** park in the northern or top parking lot in the image below. Please park in the other adjacent lots to the south or below in the image.



Results:

Results are available at the Race Omaha Timing Trailer. You may view the most recent live results using the displayed QR code or view our display screen!. All results are posted on Race Day at <http://my.raceresult.com/213830/> or <http://raceomaha.com/results/>. If you have any questions, please email us within two weeks of the race so we can address any issues.

Aquabike and SwimRun:

All Aquabike participants must rack their bike and cross the finish line by exiting the transition area and running across the finish line. All SwimRun participants must finish the swim and transition to the run. All running gear must be placed at your rack position. SwimRun must exit the transition nearest the lake/RunOut and follow the run course. Aquabike must exit the transition zone after the bike portion and cross the finish line.

Relay Teams:

All relay team members must stay at their bike rack position until their portion. If you are the biker, please wait immediately next to your bike position and wait for your swimmer to enter the transition area and meet you at your team rack position. The chip is exchanged with the swimmer just like a baton. It is the same for the Biker to the Runner. If you are doing two legs of the triathlon, please make sure you exchange with your team members. Please do not impede other participants during the course of the race!

At the Finish:

Please make sure to keep your timing chip on your left ankle at the finish! Do not remove the chip and carry it in your hand. Cross the finish line and remove your own chip immediately. Exit the finish line area immediately after crossing the finish line. Please check the results link soon after the race for results. If you have any questions, please email alan@raceomaha.com