

Athlete Guide
Ethan A. Rhodig Memorial Triathlon
Sunday June 4, 2023
8:00 AM Race Start



Race Review:

The Ethan A. Rhodig Memorial Triathlon welcomes everyone to the newest triathlon race in the Omaha Area. The race features a 750m Swim in a picturesque lake, followed by a scenic out and back bike course in NW Douglas County and Omaha, Nebraska followed by a 5k counterclockwise run around the lake. The race venue is located on 168th Street north of Fort Street. The bike course is **closed** to vehicle traffic and controlled by Police from Douglas County Sheriff.

Courses: The course information is viewed by clicking [here](#).

If the link does not work, please go the race site at <https://www.raceomaha.com/event/lake-flanagan-sprint-triathlon/>

Please be familiar with the course prior to race day. We will do a quick review just prior to the race. The courses are well marked, but it is the athlete's responsibility to have knowledge of the course.

- Swim Course: Sprint – 750m – one lap of the swim course
- Bike Course: Sprint – 1 lap of the bike course
- Run Course: Sprint - 5k Run counterclockwise around the lake.

We have several other race options:

Duathlon: 1 mile Run/20k Bike/5k Run

The 1st Run is a 1 mile out and back run and the 2nd run is a counterclockwise loop around the lower loop of the lake. The 20k Bike is the same bike course as the triathlon course.

Aquabike: 750m Swim and 20k Bike - Same Swim and bike course as the triathlon. After completing the bike course and racking bikes into the transition area, all Aquabike competitors must cross the finish line to complete the contest.

Open Water Swim: 750m Swim.

EVENT SCHEDULE

Saturday, June 3rd Schedule:

Packet Pickup and Bike Drop off: 1pm to 3pm and Bike Drop off (encourage to pick-up pre-race to avoid the rush and get a practice swim in too!)

Triathlon Coach Brett Petersen is offering a special TRANSITION CLINIC for athletes to improve their transition times from 1:30 TO 2:00 PM at Flanagan during packet pickup. There is no cost to this clinic. For Sprint and Olympic Distance triathlons improving your transition skills can make a huge difference in your time and achievement.

Open Water Practice Swim Only for registered participants: 2 to 3 pm. The course will be set up for the 750m distance. Any donations are appreciated to cover the cost of the lifeguards. You must check in prior to the open water swim.

Sunday June 4th Race Day Schedule:

Transition Opens: 6:45am (no earlier)

Race Day Packet Pickup: 6:45am to 7:40am

Transition Closes: 7:45am

Race Start: 8:00am

Race Finish Time: 10:00 am (estimated – most finishers)

Awards: As soon as possible

Advance Packet Pickup and Bike Drop off: (Optional but highly recommended) - Available only Saturday June 3th from 1pm to 3pm at Flanagan Lake Recreation Area at the race site. Please locate the Race Omaha branded tent. Each participant receives a race bib, swim cap, race shirt, disposable timing chip (Relay teams and a few other participants may get a reusable chip that must be returned at the finish line - these are distributed race morning only), and other event swag.

Parking: **There is no parking allowed in the race venue and in the neighborhoods immediately adjacent to the race venue. Parking and shuttle service is provided as a courtesy** from the west side of Flanagan Lake and Recreation Area at Elkhorn North Ridge Middle School (on 180th Street between State and Ida Street) with an address of 18330 Purple Martin Pkwy, Elkhorn, NE 68022. The Shuttle service is available for participants and spectators that arrive from 6am to 7:45am. No bikes are allowed on the bus due to space limitations. Please bring your bike at the bike drop-off on Saturday and place into transition. There is very limited parking across the Street in the Stone Creek area.

USA Triathlon Sanctioned Event: This is a USA Triathlon sanctioned event which means that all participants must follow USA Triathlon rules and regulations. A USA Triathlon race official will be enforcing the rules throughout the race. Please visit <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules> for a complete rules review. Proper racking, bike

helmets, use of music devices, and proper passing are just some of the rules that require strict adherence.

Swim/Wave Start: Yellow, Pink, Orange are the 3 swim waves. Please make sure you are wearing the color cap provided and start with your wave/swim cap color. If you miss your wave color, please notify the timer so you are not disqualified. The Duathlon wave starts immediately after the swim waves. The Duathlon Wave/Start will begin after the 3 swim waves have entered the water by approximately 8:10am. Be ready to go immediately after the swim waves have entered the water. The Start is at the finish line in the parking lot near transition. Open Water Swim, Aqaubike, Relay Teams, High School Participants must all go with their assigned swim waves and swim cap colors.

Results:

Results are posted real time throughout the race.

The link is: <http://my.raceresult.com/247287/>

We will have a QR code posted at the race to see results.

Awards: Awards will be presented following the race (most participants have finished). Overall Male and Female awards as well as Age Group awards (each 5-year USA Triathlon increment). The Ethan Anderson Rhodig Spirit Award will recognize a novice triathlete. Nominations are accepted until June 2, 2023 by emailing Lori Rhodig at loriandersonrhodig88@gmail.com. You don't have to be present for awards.

If you are not present, email beth@raceomaha.com when you will be able to pick-up your award at our office on a mutually agreed time and date.

Volunteers: Please volunteer or recruit volunteers from friends and family. If you can help out with any race preparation or tear down. We need help to put on these events. We greatly appreciate the assistance. We need help for setup from Thursday, June 1st thru June 3rd as well as during and after the race. Please email us if you would like to volunteer any of these days at alan@raceomaha.com.

Questions: Please email your questions to alan@raceomaha.com. I have heard almost any type of question and make every effort to get back to everyone as soon as possible.

Water Temperature: The official temperature will be provided on race morning only. You are not required to wear a wetsuit. A wetsuit may be worn up to 78F. Above 78F wetsuits are not allowed or anything that provides buoyancy.

Bar End Plugs: Please check your bike thoroughly for bar end plugs. These are covers on the end of your handle bar ends. You may not participate in the bike portion without making sure you have covers for your bike handlebars. Replacements can be found at most bicycle stores.

Relay Teams: Each relay team is composed of 2 or 3 team members with each doing at least one part/discipline of the race. The swimmer must be at swim start while the biker and runner must be in their bike position in the transition area until their turn to race a discipline. The timing chip is exchanged between team mates in the transition area only. If you don't have a timing chip, you are not in the race. Please make sure the runner wears the race bib with the number facing forward. The Bike Sticker with the corresponding number must be on the bike. Please make sure to remove and return the timing chip immediately at the completion to our volunteers and staff. Notes for Relay Teams: If any team

member does not complete their discipline, please advise the timer and return your timing chip. You will be noted as a DNF. All relay team members must sign a waiver. Our registration staff may ask for a physical waiver to be signed prior to racing if we have no record of the waiver being signed electronically. The waivers must be returned to registration prior to the race. Each Relay Team member must have purchased a single day USA Triathlon fee or have an annual membership. We will have a record of this through registration. If you have replaced a relay team member, our registration staff will advise of any payment required.

Bike Support:

Greenstreet Cycles is available race day for minor repair and assistance. Please make sure to provide your own spare bike tube since it is difficult to inventory all possible bike tubes.

About Race Omaha: Race Omaha is the brand name under our non-profit 501c3 in Nebraska. Our mission is to organize and produce events that promote health and active lifestyles with a focus on multi-sport and triathlon for all ages. Please continue to participate in our future events and volunteer whenever possible. We appreciate your love and passion to compete in endurance sports and hope to see everyone many times in the future!