

**Athlete Guide**  
**Ethan A. Rhodig Memorial Triathlon**  
**Saturday, May 4, 2024**  
**7:30 a.m. Start**



**Race Review:**

The Ethan A. Rhodig Memorial Triathlon welcomes everyone! In 2024, we are relocating to a new venue at Burke High School with a pool swim as an early-season triathlon. Please note: There are updates and changes from the race registration and website. Use this Athlete Guide as the final course distances and information. If you have any questions or have missed covering any information, please get in touch with us by emailing [alan@raceomaha.com](mailto:alan@raceomaha.com).

As a special race option, we are offering a draft legal, a very short triathlon, as the first contest of the day. You may race this and any other race option if you wish. You will need to register separately for the draft-legal race at [raceomaha.com](http://raceomaha.com). Use Coupon Code “**DLTRI**” to register for this option if you have previously registered for another non-draft legal option. Competition note: No arrow bars allowed for the draft legal option. A standard road bike must be used. No hybrid or off-road cycles are allowed.

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

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

## Transition Area:

The transition area is located west of Burke Stadium in the parking lot. Prior to 7:30 a.m., please place your bike and gear into transition. The transition “does not” assign specific locations for athletes. Make sure to rack your bike over the crossbar in the opposite direction of the bikes on either side of your position. The front wheel should be near or touching the ground. Gear for the transition, such as running shoes, bike helmets, bike shoes, etc, may be placed immediately adjacent to the bike's front wheel. Use a beach towel or something similar to place your gear as a suggestion. No more than six bikes per rack. Make sure your tires are inflated properly, and check for missing bar end plugs before coming to the race. Bar end plugs cover the ends of your handlebars. It is a major safety hazard to have exposed bar ends in the event of a fall to the participant/biker. All participants must exit the transition area by 7:30 a.m. Once the first race begins, no one is allowed in the transition area unless you are currently racing. Do not try to remove your bike and gear until Race Omaha staff announces it is safe.



## Swim Course:

25m pool. The draft legal Super Sprint is 150m (6 Lengths) and Super Sprint is 300m in the pool which is 12 lengths of the pool. The Sprint Triathlon and Aquarun (Swim and Run only) are 600m or 24 lengths of the pool. You will exit your lane on the same side you start—maximum of two people per lane. Make

sure you are in the correct wave assigned for proper timing. Each wave will start together with the blow of a horn. We will start the next wave when all previous wave participants have left the water. After completing your swim portion, you will exit the pool area to the west exit and proceed to the transition area to complete the next leg of the triathlon.

**Distances:**

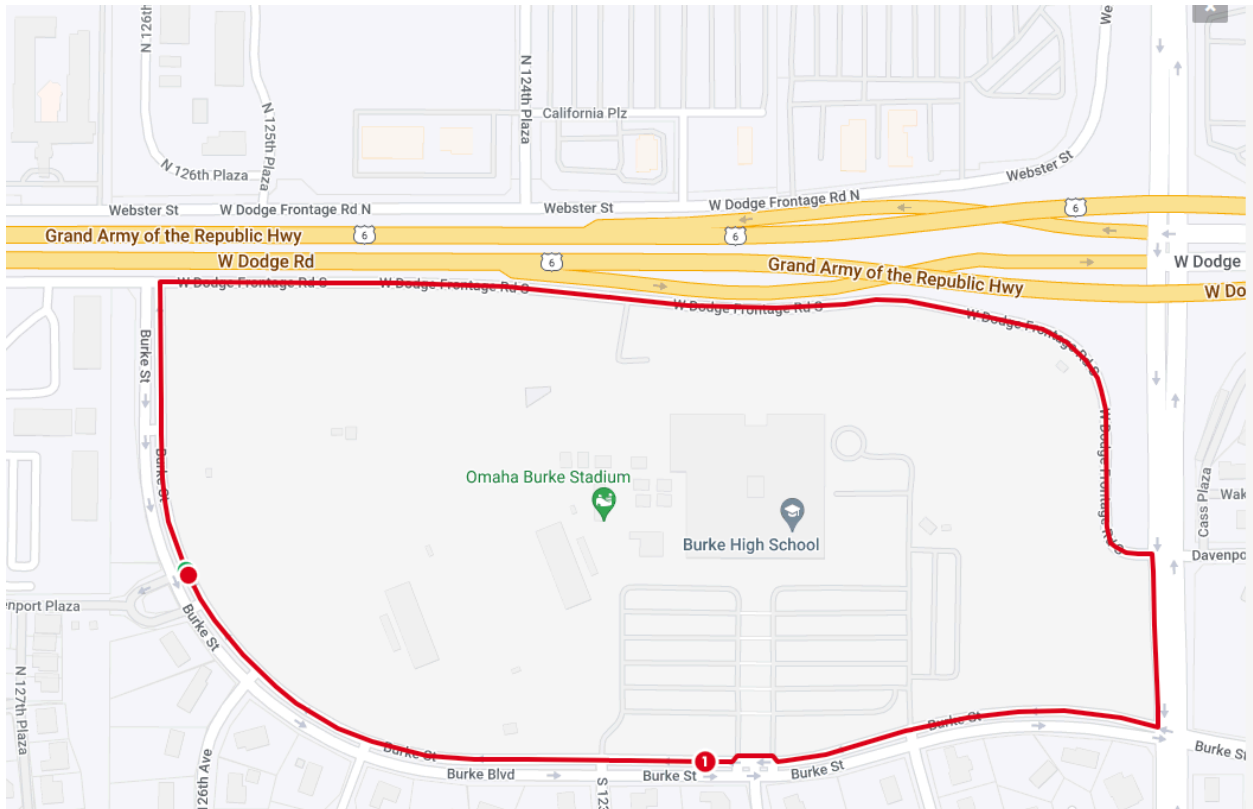
- Draft Legal Super Sprint: 6 Lengths of the pool or 150m
- Super Sprint Sprint: 12 lengths of the pool or 300m
- Sprint and Aquarun: 24 lengths of the pool or 600m

**Bike Course:**

The bike course is a clockwise loop around Burke High School. The Bike Out (to start the bike portion is our the north end of transition. The Bike In is located on the South side of transition (when you complete the last lap of your race). Each loop is approximately 1.25 miles in length.

**Distances:**

- Draft Legal Super Sprint - 3 laps of the bike course
- Super Sprint - 5 Laps of the bike course
- Sprint Distance, Aquabike, Duathlon - 10 laps of the bike course



**Run Course:**

The Run course is on the Burke Stadium Track once exiting transition on the south side (Run Out). The run enters the track on the south side of the stadium. The run is counterclockwise around the track.

Laps are counted each time you cross the timing mat located at the finish line. Please stay on the field side on each lap. Each lap is 400m

**Distances:**

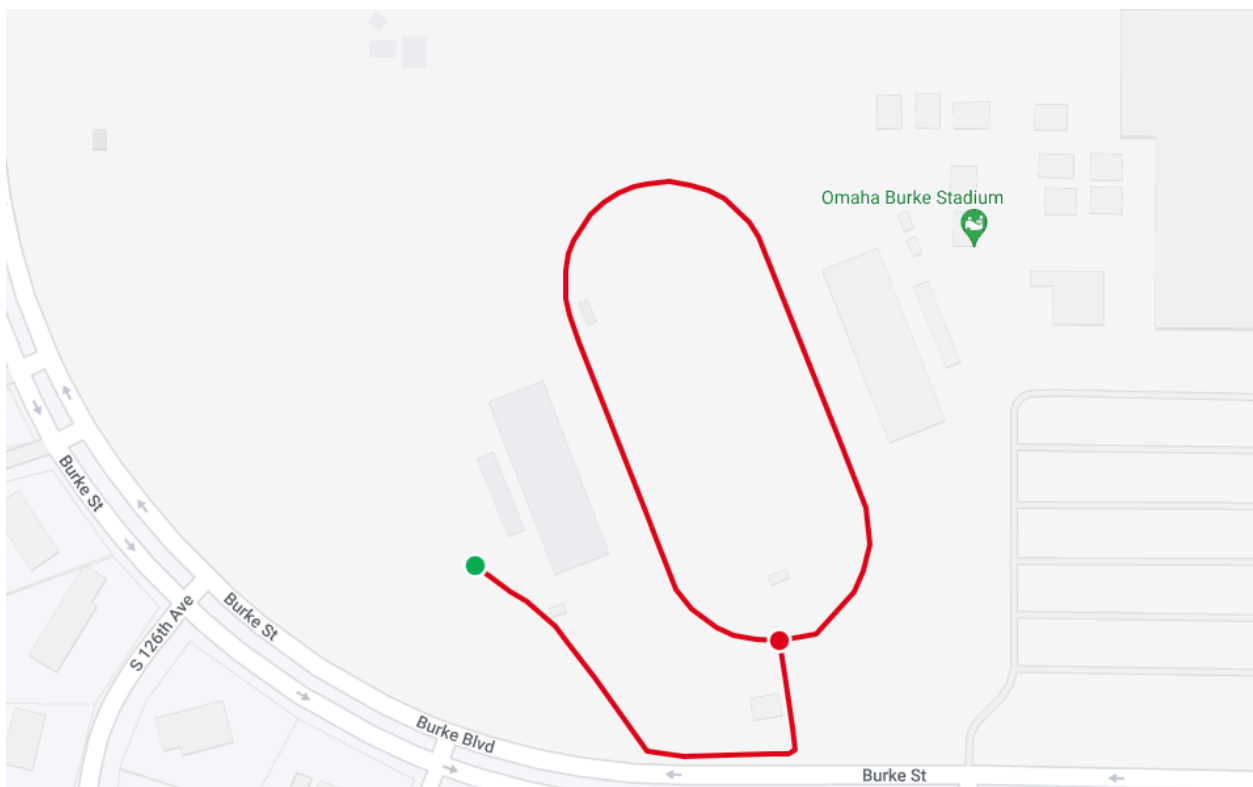
Draft Legal Super Sprint - 2 Laps of the track

Super Sprint Triathlon - 6 laps of the track

Sprint Triathlon and Duathlon (2nd run) - 12 laps of the track.

Duathlon 1st lap - 2 laps of the track. Start just outside the transition area. Each participant follows the cones and the short sidewalk and enters the track on the south side. Run 2 laps (cross the timing mat twice). Exit the track to transition by running the west stadium stairs to the north side of transition (run “in” side of transition).

Aqaurun - After the swim portion, exit the pool and proceed to the north end of transition following the sidewalk around the north side of the stadium. You must enter the transition area and exit on the south end before beginning the run portion. Prior to the race starting, place any running gear such as running shoes, shades, etc. at a bike rack location and place a towel for your gear in that location clear of any other bikes that may be on the same rack.



Please familiarize yourself with the course before race day. We will do a quick review just before the race. The courses are well marked, but it is the athlete’s responsibility to know them.

## Basic Course Review

The swim portion is in the pool. The pool is 25 meters in length. Athletes are responsible for counting their laps for the appropriate distance. A maximum of two people per lane. Stay on your side of the lane throughout your swim. Exit the pool on the same side as the start exit as directed to the transition area on the west side of the stadium.

The bike course is a clockwise loop around Burke High School. Each lap is approximately 1 mile. Depending on the race, you will need to be aware of your laps. For draft legal, it is only 3 laps. For longer races consisting of either 6 or 12 laps, we will let participants know their laps as they get to the final bell lap near the transition area on the bike course. The run course is on the track. Once you have completed the bike portion, please exit the transition area on the south side and proceed to the track following the cones. Depending on the race option, you will need to complete the appropriate distance and laps of the track. For Draft legal, complete two laps. For Supper Sprint, complete 6 laps, and for Sprint complete 12 laps of the track. You will cross the finish line at the start of each lap (start counting laps once you cross the finish line on the track).

### Races options in detail:

NOTE: The draft legal race/wave is a short distance race. We will complete this race prior to the other races starting.

**Draft Legal Super Sprint:** 150m swim (6 lengths of the pool), 3 laps of Bike Course, 2 Laps of the track

**Super Sprint:** 300m swim (12 lengths of the pool), 5 laps of the bike course, 6 laps of the track  
Sprint: 600m swim, 12 mile bike, 5K run

**Duathlon:** 2 laps of the track, 10 laps of the bike course, 12 laps of the track. Reminder: when completing the first run, must run the west stadium stairs to the transition area and enter on the north side of the transition area.

**Aquabike:** 600m Swim (24 lengths of the pool, 10 laps of the bike course (must bike into transition on the south end, rack bike, exit transition on the run out (same side of transition) and run a short distance to the track and cross the finish line by going around the track counterclockwise only.

**Aqaurun:** 600m Swim (23 lengths of the pool and 12 laps of track. Make sure to enter and exit the transition area appropriately after your swim portion.

## EVENT SCHEDULE

### Friday, May 3

Packet pick-up is from 4 to 6 p.m. at Burke High School's parking lot west of Burke Stadium. The Race Packet includes a swim cap, bib, and T-shirt. Timing chips are distributed on race morning (reusable chips) outside transition. All timing chips must be returned at the conclusion of the race. Please remove your timing chip immediately after finishing and place it on the chip board in the corresponding location.

## Saturday, May 4

### Race Day Schedule:

- Transition Opens: 6:30 a.m.(no earlier)
- Race Day Packet Pickup: 6:30 to 7:25 a.m.
- Transition Closes: 7:30 a.m.
- Race Start: 7:30 a.m.
- Swim Waves: You will be assigned a swim wave number and/or color. Please make sure you are in the correct wave.

### Order of Contests:

Draft Legal Super Sprint Triathlon  
Sprint Distance  
Duathlon  
Aquabike  
Aqarun  
Super Sprint Distance

\*Depending on the number of participants, there may be more than one wave start per contest i.e., Sprint Triathlon with a maximum of 12 people per wave).

Race Finish Time: 10:00 a.m. (estimated – most finishers)

Awards: As soon as possible

**Parking:** Only park in Burke High School's main parking lot. Do not park near the transition area or on the streets. The bike course is closed to traffic during the race. Please arrive before 7:30 a.m. to avoid being unable to park at the event. If spectators arrive after 7:30 a.m., they will have to find a place to park in adjacent neighborhoods where allowed and walk to the venue.

**Restrooms:** Located in Burke Stadium on the West side adjacent to transition. Do not go into Burke High School to use any restrooms during the race.

**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.

### Results:

Results are posted in real time throughout the race.

The link is: <https://www.raceresult.com/288045/>

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

### Awards:

Awards will be presented following the race (most participants have finished). Overall Male and Female



awards as well as Age Group awards for Sprint distance (each 5-year USA Triathlon increment). The Ethan Anderson Rhodig Spirit Award will recognize a novice triathlete. You don't have to be present for awards.

If you are not present, email [alan@raceomaha.com](mailto:alan@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 on Friday, May 3 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](mailto:alan@raceomaha.com).

**Questions:**

Please email your questions to [alan@raceomaha.com](mailto: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:**

This is a pool-based triathlon. Wetsuits are not allowed.

**Bar End Plugs:**

Please check your bike thoroughly for bar end plugs. These are covers on the end of your handlebar 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.

**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, focusing 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 for competing in endurance sports and hope to see everyone many times in the future.