



## **ATHLETE GUIDE - JUNE 4-5, 2016**

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Thank you for participating in the **Omaha Women's Triathlon**, Duathlon and 5K Run! We hope you enjoy participating! It is our objective to provide a safe, fun and challenging event for women. We welcome any comments and suggestions to help make this event better for participants, spectators and volunteers...after the race, of course.

The Duathlon and 5K Run are new this year. We anticipate starting both of these races shortly before the Triathlon participants to eliminate congestion and crossovers.

## Schedule of Events

**Saturday, June 4<sup>th</sup>, 2016**

**Location:** Lawrence Youngman Lake and Park approximately 192<sup>nd</sup> and West Dodge Road across from Methodist Women's Hospital.

**Parking:** Parking is limited at Youngman Lake for Bike Drop off. Please park at Methodist Hospital across the street and walk to the venue to place your bike in transition. **No parking at Youngman Lake on race day.** All participants and spectators are required to park in the designated parking area in the Methodist Women's Hospital parking lot. Please cross at the stop light located directly across from the entrance to the park.

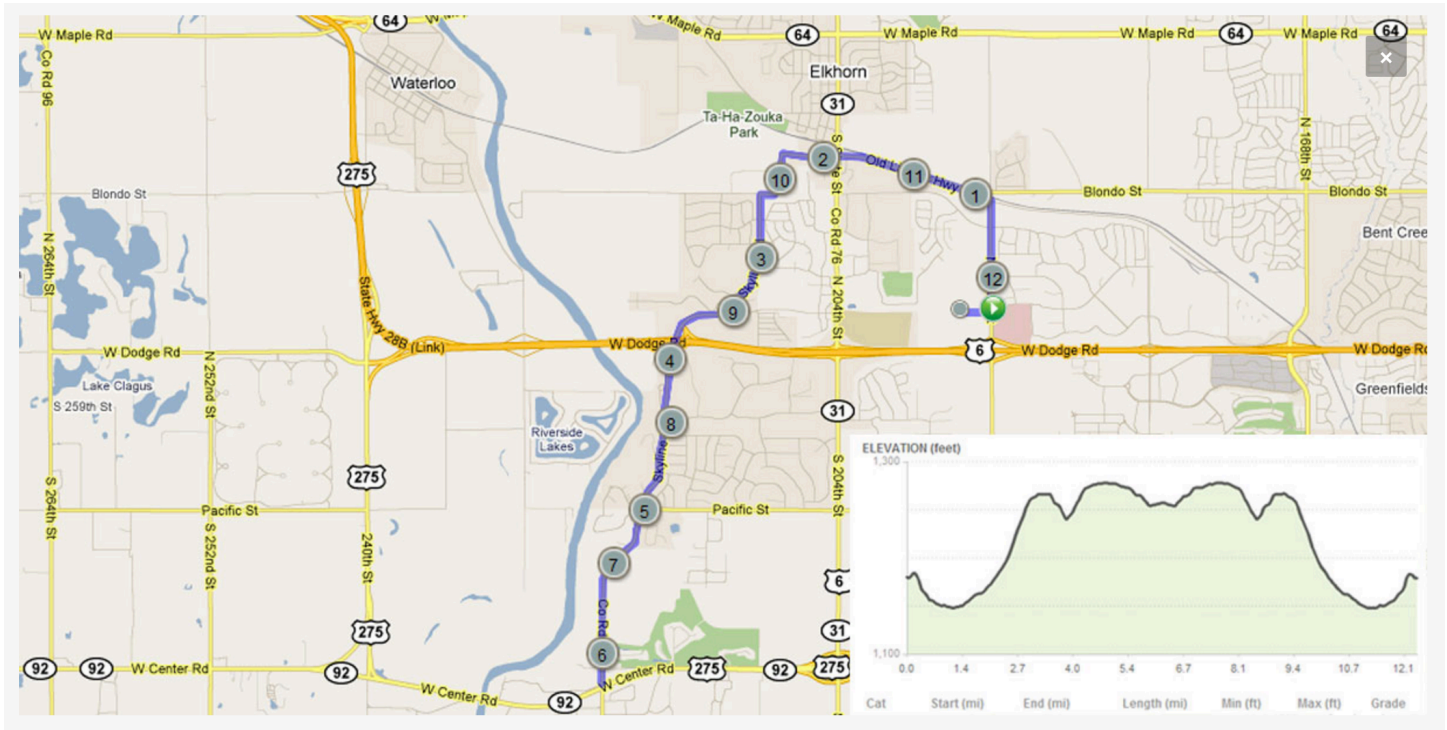
**Restrooms:** Portable facilities are located at the race venue. PLEASE DO NOT UTILIZE RESTROOMS AT METHODIST WOMEN'S HOSPITAL.

**Course Maps:** Go to <http://raceomaha.com/event/omaha-women-triathlon/>

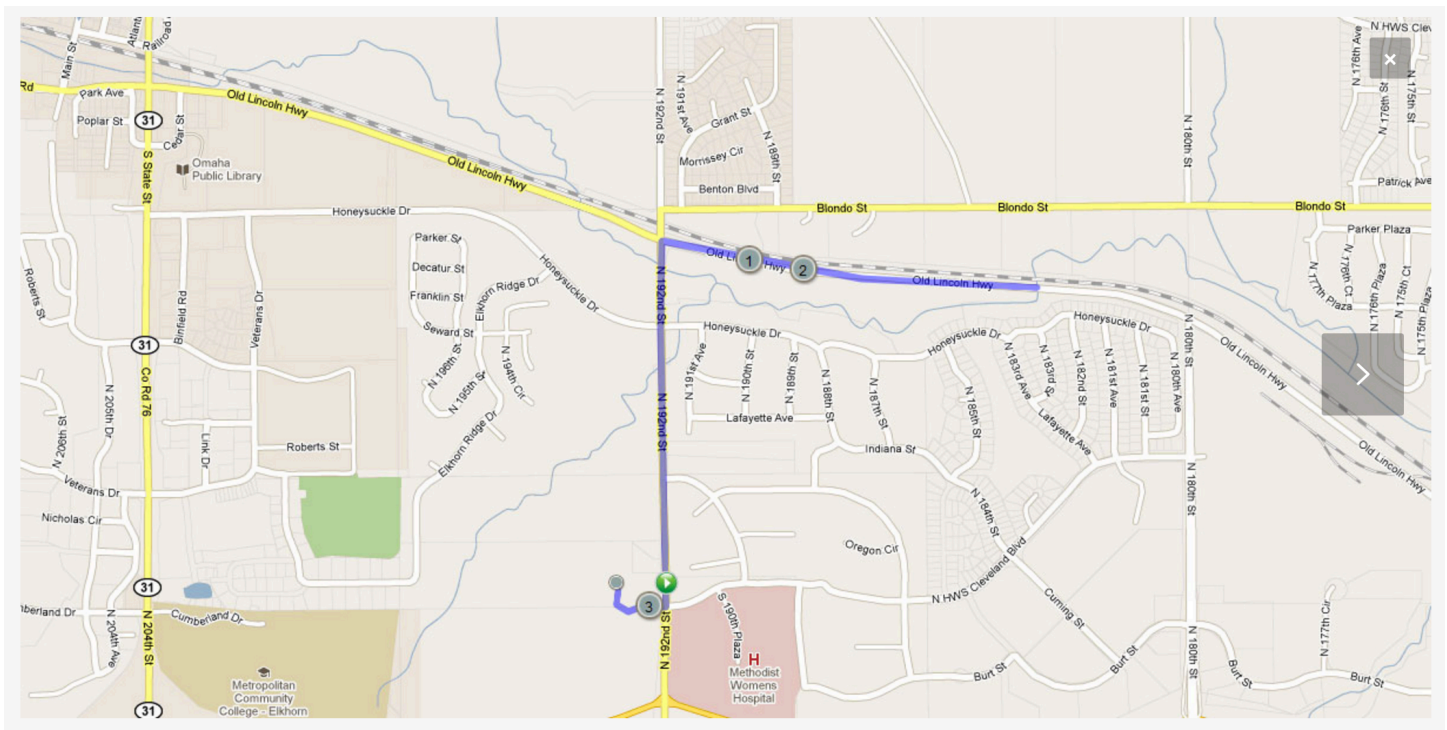
**Swim Course:**



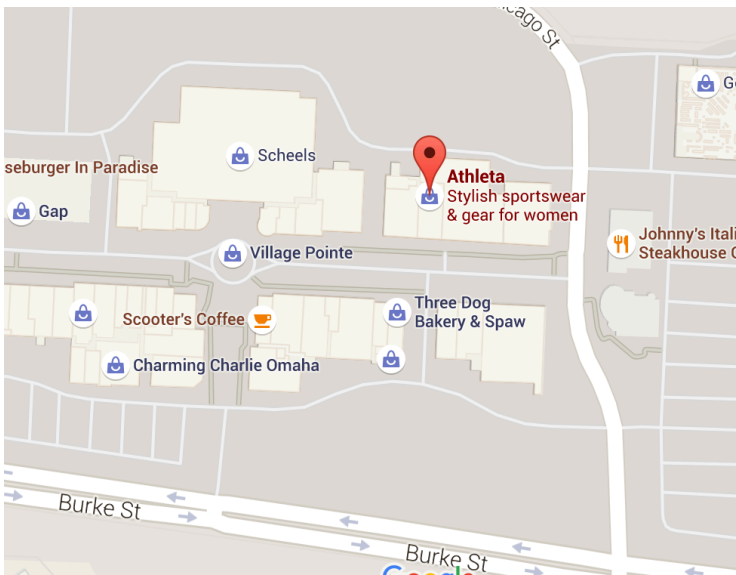
**Bike Course:**



**Run Course: (All Races: Duathlon participants do the Run Course Twice (2) and everyone else One time)**



## Packet Pick up/Registration at **ATHLETA** Village Pointe (MANDATORY)



All Participants must pick up their race packet At ATHLETA Village Pointe located at **17110 Davenport Street Suite #105**. **ALL RELAY TEAM MEMBERS PARTICIPATING MUST COMPLETE AND SIGN A WAIVER AT PACKET PICKUP. TEAM CAPTAINS SHOULD HAVE ALREADY SIGNED THE ONLINE WAIVER, BUT NEED TO BE VERIFIED.**

**HOURS: 11 a.m. to 4 p.m. Saturday June 4<sup>th</sup>, 2016 ONLY.**

Since we use an on-line registration system, we should have record of 1 Day USAT membership purchases, Annual Membership purchases and current USAT members.

If we don't have record of this information, we will ask you to provide documentation and/or sign a USAT waiver. Teams usually fall into this category because one person signs up the team.

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 paid a \$15 USA Triathlon single day event fee when registering, we should have this information. Only annual memberships receive a member number from USA Triathlon.

Please be patient with the registration volunteers.

- Put your race number/wrist band on.
- Place your number on your bike.
- Number your helmet.

### **Mandatory Bike Check-in at Youngman Lake by 5:30pm:**

**IMMEDIATELY following Packet Pickup at ATHLETA Village Pointe (17110 Davenport Street Suite #105) each participant must drop-off their bike at Youngman Lake and place your bike in the assigned numbered spot that corresponds with your race number.**

Each athlete has an assigned location/number in the transition area matching the bike and wristband number. The athlete must have their race number attached to the bike and the corresponding wristband number to gain entry to the

transition area. Event staff will be on hand to control entry and exit to the transition area. No other individuals are allowed entry into the transition area for any reason.

All bikes must be placed in the transition area by 5:30 p.m. on **Saturday, June 4, 2016**. Place only your bike. 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 any minor bike maintenance issues and questions.

**Transition Area Closes promptly at 5:30 p.m. on Saturday June 4<sup>th</sup>, 2016.**

Once the transition area closes at 5:30 p.m. all bikes are secured and monitored on a continuous basis by overnight security.

**Race Day Schedule – Sunday, June 5, 2016:**

- 6:30 a.m. Transition area opens
- 7:45 a.m. Transition area closes
- 7:50 a.m. 5k Run and Duathlon Start
- 8:00 a.m. First Triathlon swim wave start (3 minutes between waves)
- 8:15 a.m. Estimated first athlete on the bike course
- 8:50 a.m. Estimated first athlete on the run course
- 9:15 a.m. Estimated first finisher
- 10:00 a.m. Transition area opens for removal of bikes and equipment (estimated)
- 10:20 a.m. Estimated final finisher
- 10:30 a.m. Age group award presentations
- 12:00 p.m. (noon) Transition area closes (no exceptions)
- 12:01 p.m. **Let the recovery BEGIN!**

The race venue is a busy place prior to the race. We encourage participants 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!

**Parking:** Parking is available ONLY in the Methodist Women's Hospital parking lot across the street from the park entrance. Please cross at the stoplight and walk down the road about a quarter mile to the race venue near the lake. Please obey the parking personnel at Methodist Women's Hospital. Do not park in areas other than directed by parking personnel.

**Restrooms:** Portable bathrooms are available in and around the transition area and race venue.

**Body Marking:** Race event staff are stationed near the transition area to do body marking with your race number. All participants must get body markings prior to starting the race. You may also get body marked at **Athleta** Village Pointe during Packet Pickup.

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

**Timing Chips:** Timing chips must be picked up from the timing tent near the transition area. Please identify yourself to the timing chip staff by showing your race number bracelet and/or body markings. The timing chip is placed on the left ankle using the Velcro straps provided with the timing chip. Make sure the timing chip is secure to your ankle. Any lost timing chips are the responsibility of the participant and are charged accordingly (\$35).

**Wave Start Times:** Wave start times occur every three minutes with the first wave starting at 8 a.m. sharp. Each wave will have a designated swim cap color. Please make sure you start in your designated wave/cap color. Your Wave Start will be provided at Packet Pickup. Please confirm before leaving Packet Pickup that you have the appropriate swim cap color corresponding with your swim wave.

**Finish Area:** The finish area is located beyond the finish line. Once you cross the finish, please make sure to remove your timing chip. Volunteers are on hand to collect the timing chips. Once your timing chip is removed, please move out of the finishing shoot.

### **Awards**

The award ceremony is scheduled to start at approximately 10:30 a.m.

**Top 3 overall winners** will receive an award and gift certificates from Race Omaha sponsors!

**Age group awards** are given to the first 3 finishers in each age group following the USA Triathlon rules. Age group awards are in 5 year increments: 19-24, 25-29, 30-34, etc. up to 80+.

**Relay Teams – Awards** are given to the 1<sup>st</sup> place relay team.

**Transition Area and Post Race:** The transition area opens immediately at the conclusion of the awards ceremony at approximately 11 a.m. At this time, the participant may remove her 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 will be allowed to remove a bike from the transition area. The transition area will close at 12 p.m.

**Wetsuit:** We anticipate the water temperature will be less than 78°F. According to USA Triathlon rules, wetsuits may be legally worn up to 78°F to be included in age group results. You may wear a wetsuit above 78°F to 84°F, but be advised that your time and participation won't be included in the age group results according to USA Triathlon rules. We will announce the temperature at the Race Briefings on **Saturday**. Please "Like" the Omaha Women's Triathlon Facebook page in order to get all the latest information on the Omaha Women's Triathlon.

### **USA Triathlon Race Officials and Rules:**

Please be advised for participant safety and rules enforcement, USA Triathlon race officials will be present prior to and during the race. Please be advised of the following important rules.

1. Absolutely NO Electronic devices that play music are allowed at any times.
2. No Drafting
3. Check you have bar-end plugs on your bike handle bars. Please ask onsite bike mechanics if you need any assistance.
4. Make sure you have an ANSI approved bike helmet.
5. Make sure you keep all gear under your bike spot.
6. Relay Team Members need to stay at their bike position until their turn.
7. On the swim, you may rest at any point but may not get outside assistance to move forward on the course. You may hold onto a kayak in a stationary position.
8. For Relay Teams, the Timing Chip is passed like a baton to relay team members as they complete the course. The Swimmer for each team starts with the chip on their left ankle (place under your wet-suit to secure) then passed to the biker and finally to the runner.
9. Your Bike Helmet must be secured at all times.
10. Wear your bracelet at all times from Packet Pickup until you get home following race day.
11. No one is allowed in the transition area other than participants wearing their race bracelet and relay team members.
12. Do not mount your bike until you have crossed the mount orange line on the Bike Out/Run Out.

13. You must dismount your bike prior to crossing the dismount line on the Bike In/Run In on the north Side of the Transition nearest the Lake. Do not ride your bike into to transition area for any reason.
14. Do not liter on the bike and run course.
15. Do not discard water bottles on the bike and run course.

## Thank You to All of Our Sponsors

