



**Omaha Women's Triathlon, Duathlon and 5k Run  
Triathlete Guide  
May 31st to June 3rd, 2018**

**Welcome**

Race Omaha is very excited that you have chosen to participate in the 8th Annual Omaha Women's Triathlon on June 3, 2018 beginning at 8am at Lawrence Youngman Lake. A lot of work goes into producing this event each and every year. This year is no different!

If you have not heard yet, our new Race Director, is Melanie Chapman! Melanie is a local triathlete, USA Triathlon Certified Coach, and now a USA Triathlon Certified Race Director!

**Schedule of Events**

***Thursday May 31<sup>st</sup> & Friday June 1<sup>st</sup> – Advance Packet Pickup***

*Advance Packet pickup begins on Thursday May 31<sup>st</sup> at 3pm until 7pm and continues through Friday June 1<sup>st</sup> from 11am to 7pm at Greenstreet Cycles Midtown located at 2452 Harney Street. Please take advantage of this early packet pickup opportunity to get your bike checked and/or purchase any necessary race equipment or apparel available at Greenstreet Cycles.*

Please visit their website for more information on their services at <https://greenstreetcycles.com>. Greenstreet Cycles is a proud sponsor of the Race Omaha event series again in 2018.

***Saturday June 2 – Packet Pickup & Bike Drop Off***

Packet Pickup and Mandatory Bike Drop Off – Noon to 5pm Youngman Lake and Park

***Sunday June 3 - Race Day***

Transition Opens: 6:30am

Transition Closes: 7:45am  
Race Begins: 8:00am  
Awards Presentation: 10:30am  
Race Concludes: 10:45am

\*All Times are approximate.

### **Packet Pickup**

Packet Pickup occurs at Greenstreet Cycles (See schedule of events above). The Race Packet contains the following items: Race Bib, race bracelet, body tattoos, race-shirt, sponsor items and information.

### **Mandatory Bike Drop Off**

Bike Drop off is required on Saturday June 2<sup>nd</sup> between Noon and 5pm only at Lawrence Youngman Lake and Park off 192<sup>nd</sup> and West Dodge across for the Methodist Women's Hospital.

### **Duathlon and 5k Run Options**

If you decide to switch to the Duathlon option you may advise our timer up until 7:45am race day. Also, get some friends to get the triathlon spirit and register for the 5k Run. You may register for the 5k Run only at Packet Pickup on Saturday at Youngman Lake between Noon and 5pm.

### **USA Triathlon Rules**

The Omaha Women's Triathlon is sanctioned by USA Triathlon which insures the safest race for our participants. The Race Directors and Race Officials are on hand to assure the best race day experience and prevent any safety issues. USA Triathlon race officials will be checking bikes for bar end plugs, walking the transition area to assure your gear is within your space as well as on the course throughout the race to insure rules are being followed. You can see the most common rule violations at <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations> or review the entire rules at <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules>

### **Wetsuits**

The Omaha Women's Triathlon typically experiences water temperature below 78 F which is wetsuit legal. Race Day temperatures have varied between the mid 60's to mid 70's depending on the year. We will announce the water temperature during the practice swim on June 3<sup>rd</sup>.

Need a wetsuit, Xterra Wetsuits has provided a Big Discount to Race Omaha using discount code **R-OMAHA** at [www.xterrawetsuits.com](http://www.xterrawetsuits.com).

### **Courses**

Swim, Bike and Run Courses are posted at <http://raceomaha.com/event/omaha-women-triathlon/>. Changes and adjustments to the course due to unforeseen circumstances may occur. We will notify participants when we are aware of any changes that may occur.

### **Parking on Race Day - IMPORTANT**

Parking is only available at Methodist Women's Hospital across the street from Youngman Lake on Race Day. Absolutely no participant parking is available in the park. Please allow time to park in the designated area. Please be respectful of our host and do not discard any trash in the parking lot. Please do not request to use the restrooms in the hospital. A portable toilet is placed in the parking lot if needed or use the toilets at the venue before walking to your vehicle. Thank you for your understanding and help.

### **Results**

Results from the race are available during and immediately after the race at the timer results monitor. We will post the final results at <http://raceomaha.com/results/>. It takes up to 3 to 4 weeks for results to be processed by USA Triathlon.

### **Photos**

Photos at the Finish are branded Race Logo Photo Back Drop. Wear your Finisher necklace with a smile and share it!

Race Photos from the weekend are posted beginning race day at our Facebook page at <https://www.facebook.com/womenstriathlon/>. We will post hundreds of pictures of our triathletes in action all for free!

### **Limited Edition Women's Trucker Hats and Visors and Transition Towels**

We have a limited supply of Omaha Women's Triathlon Visors and Trucker hats available for purchase at Packet Pickup! \$25 each or two for \$40. Available only at packet pickup on Saturday! Also, transition towels branded with Race Omaha are available for \$15 each or two for \$25.

### **Schedule at-a-glance: (Future Events)**

- July 8<sup>th</sup>, 2018 - **Omaha Triathlon and Multi-sport Endurance Festival** - Olympic, Sprint, Aquabike, Olympic Relay. Aquathlon, Duathlon, Mixed Relay (2 females and 2 males compete as a relay team and everyone does a super short triathlon), Open Water Swim too!
- August 19<sup>th</sup>, 2018 - **Black Squirrel Triathlon** at Lake Manawa, Council Bluffs

Register for all these events at <http://raceomaha.com/race-omaha-events/>