



Chain of Rocks Bridge Duathlon Athlete Guide

Chain of Rockers!

Thank you for signing up to participate in this year's Duathlon. Following are some important items for you to do prior to Sunday morning's race.

Pre-Event Packet and Race Number Pick Up –

1. FRIDAY 4/24 @ **Big Shark Bicycle Company WEST**, 12 PM to 7 PM, 17233 Chesterfield Airport Rd, 63005
2. SATURDAY 4/25 @ **Big Shark Bicycle Company in the LOOP**, 10 AM to 6 PM, 6133 Delmar Blvd, 63112
All participants MUST bring a photo I.D. to pick up packets.
3. If you are new to multisport this is a great time to get to know our friendly staff and volunteers. We love it when you ask lots of questions.
4. Take advantage the early packet pick up opportunities and bring your bike in for a safety inspection. Also if you have any doubts about your bike's safety please stop by one of our 3 bike shops **prior** to Sunday morning to have one of our great mechanics do a safety check for you.

Sunday, April 26th - Parking

1. **Arrive On-Site Early**- Racking bikes, packet-pick up, parking, pre-race preparation and accessing the start line at the Illinois Access to the Chain of Rocks Bridge will take at least 30 minutes or more. Please budget enough time to get all this done casually.
2. **Transition Zone**: Before parking- head to the Transition Zone to drop off your bike/gear quickly. You can arrange your gear AFTER you park your car. The Transition Zone is directly east of The Chain of Rocks Bridge. It opens up at 7:00 AM. Big Shark will have 2 mechanics on duty to check your bike to make sure that it is safe.
3. Bikes will be racked by Bib Number assignment.
4. **Free Parking** is provided in a lot located at the Illinois Chain of Rocks Bridge. Take Highway 270 east across the Mississippi River and Exit South onto Route 3. Turn right on Chain of Rocks Road and proceed toward the race parking lot near the bridge. (Approximately 2 miles West of Route 3).
5. Please park smart and stow your belongings out of sight. There will be volunteers monitoring the parking lot before, during and after the event. But please do your part and park smart!





Chain of Rocks Bridge Duathlon Athlete Information

1. You must wear a helmet on the Bike Course.
2. For insurance purposes you **CANNOT** wear ear phones during the **entire** race.
3. Transition Zone bike racks will be numbered 1 – 16, 17 – 32, etc. Hang your bike on the rack that includes your corresponding bib number within that range.
4. Please rack your bike properly using just the right amount of space, be courteous of those around you.
5. Only Athletes are allowed in the Transition Zone, please no family members.

Race Day Packet & Number Pick Up

We strongly encourage you to pick up your packet prior to event day. BUT you can pick up your packet and number on Sunday morning beginning at 7:00 AM through 8:30 AM.

Race Start

The **start and finish line** for the duathlon is at the East entry to the deck of Chain of Rocks Bridge. It is a short walk up to the start line from the Transition zone. The Transition Zone will close at 8:45 AM, no exceptions. Please begin making your way up to the start line at 8:30 AM. There are port-a-potties at the registration, the transition zone and the start line.

Big River Race Management is timing this event. **ALL participants** will receive a timing strap to be worn on their non-drive side ankle facing outward. Teams will pass the strap from one to another to time each leg of the race. All straps must be returned or participants will be charged \$100.

A SAG will follow the last cyclist across the one lane bridge. This vehicle will pick up any cyclists who are unable to continue. Mechanical support will be available but riders will have to wait for the vehicle to come by.

Awards:

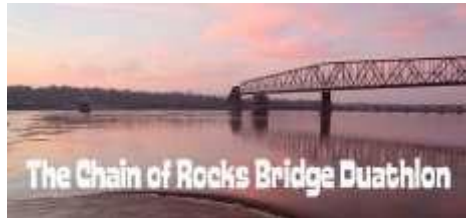
Overall-1st, 2nd, 3rd Overall Male & Female

Age Group-1st, 2nd, 3rd Age Group Male and Female (Age Groups are in 5 year increments)

Teams-1st Male, Female and CoEd.

Questions? Please email Race Director Mike Weiss, mike@bigshark.com





Course Descriptions

Run Course: Each run leg is a 1.5 mile out and back on the CORB emanating from Illinois Parking Lot at the foot of the bridge. Cones will divide the bridge deck creating an out lane and a back lane. There is an old fire truck and a bike rack permanently mounted on the bridge deck about ½ mile in we will have to negotiate around- just be aware it is up there. Volunteers will be positioned at the turnaround point on the bridge.

Transition Zone: Runners will enter the transition zone on the left after exiting the bridge at the “Run In” sign. A water station will be located just prior to the transition zone entrance. Cyclists please make sure to walk with your bike all the way through the transition zone past the “Bike Out” sign until you get to the “bike mount” sign. Reverse the process on your way back into the transition zone- dismount your bike at the “bike dismount” sign and walk your bike from the “Bike In” sign back to your rack.

Bike Course: The bike course is a 12 mile out and back. Road conditions are generally good except the shoulders once you get beyond the Channel Bridge. Please pay special attention when crossing this bridge (once out and once back). It has just **one motor vehicle lane** with cameras and lights to regulate vehicular traffic across it. Riders will be ushered onto the dedicated bike lane on the North side of the bridge. Volunteers and staff will be positioned on either side of this bridge to help assist riders across.

Once across the bridge, riders will turn left onto West Chain of Rocks Road. And then left onto Chouteau Place Road/Slough Road/Old Rock Road. This portion of the bike course is on a narrow country road. Please ride single file with your head up and be mindful of the rough road conditions. When passing, be sure to look for oncoming cyclists that are passing and notify cyclists in front of you.

Course marshals in orange safety vests will be at key locations along bike course to monitor vehicle traffic as well as ensure participant’s safety.

