

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 **before** race day. **#1 READ THIS THOROUGHLY.**

PACKET PICK UP/REGISTRATION OPTIONS:

April 23 - Saturday - 11 am - 5 pm at **Big Shark Bicycle Company WEST** Chesterfield Airport Rd, 63005

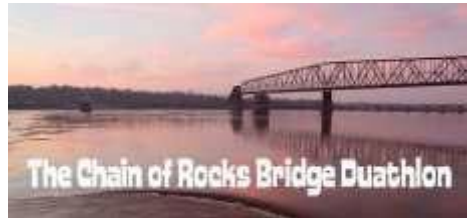
April 24 - Race Day - 7:30 am - 8:30 am at the Chain of Rocks Bridge on the IL side

If you are new to multisport this is a great time to visit with our friendly staff. We love it when you ask lots of questions. Take advantage the early packet pick up opportunity and bring your bike in for a safety inspection. 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.

RACE DAY RECOMMENDATIONS:

1. **Arrive On-Site Early**- Racking bikes, packet-pick up, parking, pre-race preparation and accessing the start line at the ***IL side*** of the Chain of Rocks Bridge will take at least 30 minutes or more. Please budget enough time to get all this done casually.
2. **Parking** is located just east of the Illinois side of the Chain of Rocks Bridge. Take Highway 270 east across the Mississippi River, Exit South onto Route 3. Turn right on Chain of Rocks Rd. Proceed toward the race parking lot near the bridge. (Approximately 2 miles West of Route 3).
3. Please park smart. Stow your belongings out of sight. Volunteers will assist with parking before the race. But will not monitor the lot during the event. So please do your part and Park Smart!
4. **Transition Zone**: Opens at 7:00 AM. Transition Zone is directly east of The Chain of Rocks Bridge. Park **then** walk your gear to the Transition Zone. It is a short walk to the Transition Zone. This will help us keep the area clear, safe and accessible. THANK YOU.
5. Packet pickup/Registration will be adjacent to the transition zone under the Big Shark tents.





Chain of Rocks Bridge Duathlon Athlete Information

1. Athletes **MUST** wear a helmet on the Bike Course.
2. For insurance purposes you **CANNOT** wear ear phones during the **entire** race.
3. Bike Racks will be numbered for athlete's reference Rack #1, Rack #2, Rack #3, etc. Rack bikes on **any** rack within the transition zone.
4. Please rack bikes properly. Use just the right amount of space. Be courteous to those around you.
5. Only Athletes are allowed in the Transition Zone, please no family members.

RACE START/FINISH AREA:

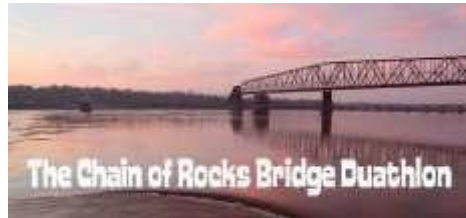
The **start and finish line** for the duathlon is at the East entry to the deck of Chain of Rocks Bridge. It is a short walk up to the start line from the Transition zone. The Transition Zone will close at 8:45 AM, no exceptions. Please begin making your way up to the start line at 8:30 AM. Port-a-potties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

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 cyclist will follow the last cyclist across the one lane Channel Bridge. This person will assist riders that have difficulty and notify the turnaround vehicle to pick up any cyclists who are unable to continue. Limited mechanical support will be available from this SAG cyclist. Please understand riders will have to wait for the cyclist to come by.

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





Course Descriptions:

Run Course: Each run leg is 1.5 mile out and back on the C.O.R.B. emanating from the foot of the Chain of Rocks Bridge (Illinois side). Cones will divide the bridge deck creating an out lane and a back lane. 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 near the water station. 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 leg is a 12 mile out and back. The course is open to vehicular traffic. 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. 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. Please be extra 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 and at the turnaround point to monitor vehicle traffic as well as ensure participant’s safety.

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

