

**Here is what you need to know for the Tour de Kirkwood. Please peruse carefully and thoroughly:  
PACKET PICK UP OPTIONS:**

- Saturday, we are not going to have Pre-Event Packet Pick Up This Year in-store. We will miss you!
- Sunday, July 26th from 6:00am-6:45am at race venue.

All athletes should be aware of the following race protocols:

- Four athletes per transition rack.
- You must wear a mask when not competing.
- There will not be post event ceremonies. We request (sadly) that you depart after your race.
- There will NOT be a water station this year. We will pass out hydration post event.
- Please do not congregate at the finish line.



### *Requirements*

- Social distancing is required, and 6 feet distance must be applied at all times other than during the race.
- Athletes, coaches, officials shall undergo a health screening and temperature check prior to starting any sports activity.
- Screening times and practice or competition start times must be spaced out to limit overlap or intermingling of athletes coming and going. We will be limited each transition race to four (4) athletes, 2 per side. The interval for swim entry will be doubles to maintain social distance at the start.
- Masks must be worn while racking your bike in the transition area. Masks must be worn post event when collecting your equipment.
- Hand hygiene is essential. Organizations and facilities shall promote frequent and effective hand hygiene by supplying ample hand sanitizer (>60% alcohol) dispensers and hand-washing stations stocked with soap and water. We will provide additional hand washing stations.
- The use of locker rooms is not recommended. If they must be used, proper social distancing must apply within the locker room (i.e. only every 3rd locker used, etc.). Proper area for equipment storage and cleaning is recommended.
- No unnecessary individuals (managers, extra coaches, non-participating athletes, etc.) shall be present at events. Please only travel with participants- we will not permit fans at the finish line.
- There shall be no spectators allowed at or near the finish line area. No congregating shall be allowed in the parking lot or fields.
- Coolers must be properly sanitized after each use, and each team or group shall have its own cooler.
- Follow CDC guidance for cleaning and disinfecting coolers.
- Avoid team huddles.
- Avoid handshakes, fist bumps, or other unnecessary physical contact.
- Coaches, officials, referees, and umpires must wear face masks when possible.
- Any shared equipment must be disinfected with EPA certified products between each use.

### *Special Considerations for Athletes and Coaches*

- Athletes and coaches should consider delaying their participation in sports and activities if they have any of the following conditions:
- Diabetes
- Chronic lung disease, including asthma
- Severe obesity (BMI>40)
- Chronic kidney disease
- Heart conditions
- Pregnancy
- Immunocompromised (e.g. any transplant recipient, needing immunosuppressant medications (e.g. steroids, biologics, etc.), patients receiving chemotherapy, etc.)
- Age greater than 60 years

### *Screening*

- Every coach and athlete will be screened when they enter the transition area. We will have a medical professional on hand. After you are screened you will receive a wrist band that you must wear throughout the event.
- Our staff will wear a face mask and gloves when screening others.
  - Each participant will be asked if they have experienced any of the following symptoms within the past 24 hours:
  - Fever (temperature greater than 100.4)
  - New or worsening cough
  - Shortness of breath or trouble breathing
  - Sore throat, different than your seasonal allergies
  - New loss of smell and/or taste

- Diarrhea or vomiting
- Ask if they have a household or close contact who has been diagnosed with COVID-19 in the past 2 weeks.
- Check each person for fever using a thermometer. 100.4 degrees Fahrenheit and above is considered a fever.
- If an athlete, coach, or official reports affirmative to any of the above COVID-19 screening questions or has a fever they shall be sent home immediately. The athlete, coach, or official shall not be allowed back until they are symptom-free.

#### BIKE REQUIREMENTS:

Helmets, a functionally safe bike and a good attitude are required. If there is **any** question about your helmet or bike's safety please bring them to one of our three Big Shark Bicycle Company locations prior to the event for inspection by a professional mechanic.

#### TRANSITION ZONE:

Signs containing a number sequence will be posted on the ends of the transition racks. Rack your bike and setup your transition materials under the rack that corresponds to your race bib number.

#### SAFETY:

Volunteer Course Marshals will be stationed in the transition zone, in the pool area to assist with lining up for the swim (please line up according to your swim ability, faster swimmers to the front), on the bike course to assist with traffic flow and help guide athletes. Police will be stationed at major intersections along the bike course plus a lead Police vehicle. EMS will be onsite for the duration of the event. Big Shark SAG support will patrol the bike course for mechanicals.

#### EVENT TIMING:

Professional chip timing provided by [Big River Race Management](#). Your timing chip must be worn for the entire event. The ankle chip should be worn on your left ankle away from your bike's drive train. Please use the bib number, helmet number and the chip provided. To ensure timing accuracy, please wear your helmet sticker and bib number on the FRONT of your shirt/helmet. When you finish, please return the ankle chip. Thank You.

#### PARKING:

Park in the grass field off West Monroe. Enter from South Geyer Road- proceed West. Parking attendants will assist you. Arrive early! Here is a link to the [parking map on the Kirkwood Tri web page](#). Please **do not** park on the bike course- especially Madison between Geyer and Harrison.

#### RACE:

**SWIM:** 400 yard pool swim - serpentine course with a time trial start. Faster swimmers to the front, please. Lanes will all be the same width.

**BIKE:** 10 miles – two 5 mile loops. **Caution:** Superfast descent on S. Ballas to Adams. ***Pre-ride the course so you know what to expect!***

**RUN:** 3 miles – Hilly, closed course. two 1.5 mile LOOPS. One water station you can hit it multiple times.

#### Use Common Sense on the Bike

- \* Do Not Cross the center yellow line!
- \* Do Not Draft
- \* Ride single file, Do Not Ride 2-3 abreast
- \* Stay to the right unless passing
- \* Mount/Dismount at the designated lines, do not ride your bike in the transition zone
- \* **NO HEADPHONES** – you will be pulled from the race if you are spotted with headphones. Seriously.

#### TIMELINE FOR RACE DAY:

6:00 AM	Packet Pick Up Opens. Body Marking and Transition Zone Opens
6:45 AM	Packet Pick Up CLOSES
7:15 AM	Transition Zone CLOSES. Begin Lining Up for the Swim by Swimming Ability
7:25 AM	Final Race Instructions
7:30 AM	Race Starts
10:30 AM	Athlete & Sponsor Post Race Thank YOU. Heather Johnson Realty is buying lunch for you. Please introduce yourself and thank her!

#### RESTROOMS:

Restrooms available in the Pool Building and in the Community Center Building. After 10:00 am, the restrooms in the Pool Building will only be accessible to those participants with a current Kirkwood Pool I.D. card. Restrooms are available in the Community Center Building and Ice Rink all day. There are also restrooms available by the playground and ball fields.

#### FRIENDLY REMINDER:

Please be respectful of Kirkwood residents and their property. They are gracious enough to host this unique, community event every year and we'd love to keep returning. Thanks.

**We know there are a lot of local events to choose from and we appreciate your participation in the Tour de Kirkwood!**

**Thank you. YOUR BIG SHARK CREW**

