Chain of Rockers!

Thank you for registering for this unique Duathlon! Please **READ THIS THOROUGHLY** before race day.
Packet Pickup/Registration:

- May 1st - Saturday - 12 am - 5 pm at **Big Shark Bicycle Company** 1155 Big Bend Blvd, 63117
- May 2nd- Race Day - 7:30 am - 8:30 am at the Chain of Rocks Bridge on the Illinois side

Any doubts about your bike's safety? Please stop by one of our 3 locations prior to Sunday for a free safety inspection.

COVID 19 Safety Protocols:

We are grateful that we have been given permission to resume racing. Please read and agree to the below practices for this event.

- All participants must wear masks when racking or collecting your bicycles while in the transition area and at Packet Pick-Up.
- Athletes can remove their masks in the start chute immediately prior to the race start. Please wear a mask when the event is over.
- Results will be posted online.
- Awards will be mailed post event, this year there will not be an awards ceremony. Results will be available online post event.
- Please practice social distancing and do not congregate at the finish line.
- Ample handwashing stations and hand sanitizer will be on site.
- Social distancing is required, and 6 feet distance must be always applied other than during the race.
- We will be limited each transition race to four (4) athletes, 2 per side.
- 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. We will provide ample hand sanitizer (>60% alcohol) dispensers and hand-washing stations stocked with soap and water. We will provide additional hand washing stations.
- 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, staff, and timing crew 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

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. Racking is first-come, first-serve.

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. If the upper lot fills- PLEASE be mindful of parking on the side of Chain of Rocks Road as this is the race course. This is particularly important if you decide to leave while athletes are still finishing. If you can only park on the side of the road, please park on the outbound lane (heading East).

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 your vehicle, ***then*** walk your gear 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 are not assigned or numbered, first come/first serve.
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, friends or spectators.
6. Please be considerate leaving the venue- athletes will be on course.
7. Roads are OPEN to traffic on the bike course.
8. Teams! Please, return your race belt after the event.

Race Start/Finish Area:

The **Start and Finish line** is at the East entry to the Chain of Rocks Bridge. It is a short walk to the start line from the

Transition Zone. The Transition Zone closes at 8:45 AM, no exceptions. Please begin making your way to the start line by 8:30 AM. Port-a-potties will be located in this area.

****NEW** ALL participants will have a timing strip on their Bib Number.** To have accurate times, numbers must be worn through the duration of the race. *Teams* will pass the number from one member to the next to using a race belt. If teams do not have a race belt, Big River will loan one to them to be returned after the race.

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.

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 walk 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 good in some areas and rough in others. The shoulders once you get beyond the Channel Bridge are in bad shape due to flooding, so please be caution when passing as the road will narrow. **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 always ride single file with your head up. 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 the bike course and at the turnaround point to monitor vehicle traffic as well as ensure participant safety.