



Hello Fast People!

Here is what you need to know for the Tour de Kirkwood. Please peruse carefully and thoroughly:

PACKET PICK UP OPTIONS:

- Saturday, July 23rd, we will have packet pick-up at Big Shark's Big Bend location from 12pm – 5pm; 1155 South Big Bend, 63117
- Sunday, July 24th from 6:00am-6:45am at race venue.

All athletes should be aware of the following race protocols:

- 7 athletes per transition rack.
- The roads are open to traffic. Please pay attention to normal "rules of the road" traffic considerations. The Kirkwood Police will be manning key intersections, please follow their instructions.
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Post-Race: Our title sponsor, **Heather Johnson Realty** will be providing food and refreshments for Athletes, Volunteers, and Staff

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:

We will have an 'open' transition area. First come/first serve. Please be considerate of other competitors' equipment and space

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 on call 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!**

- **Please note: Due to construction on Geyer, the bike course has been adjusted. Know the route!**

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

