

Chain of Rockers!

Thank you for registering for this unique Duathlon! Please **READ THIS THOROUGHLY** before race day.

Packet Pickup/Registration:

- April 21 - Saturday - 11 am - 5 pm at **Big Shark Bicycle Company** 1155 Big Bend Blvd, 63117
- April 22 - Race Day - 7:30 am - 8:30 am at the Chain of Rocks Bridge on the IL side

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

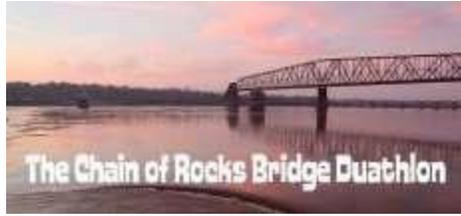
Race Day Recommendations:

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 IL side. Park **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 buds during the **entire** race.
3. Bike Racks are not numbered. 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, friends or spectators.





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.

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 don't have a race belt, Big River will loan one to them to be returned at the finish line immediately after the race, please.

A SAG vehicle will be on course. This person will assist riders that have difficulty and pick up any cyclists who are unable to continue. Limited mechanical support will be available from this SAG vehicle. Please understand riders will have to wait for the vehicle to come by.

Course Descriptions:

Run Course *CHANGE THIS YEAR*: Each run leg is .75 mile out to the Chouteau Island Road lower parking lot and .75 mile back.

Transition Zone: Runners will enter the transition zone 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 generally good except the shoulders once you get beyond the Canal 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 at all times**. 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. These marshals are here to monitor vehicle traffic as well as help ensure participant safety.

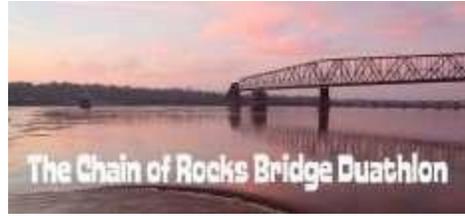
Please join us for these upcoming races:

Earl Steiner Highland Biathlon, May 26

Riverlands Rush Biathlon, June 10

Thank you for shopping and racing local!





CHAIN OF ROCKS
BRIDGE
DUATHLON
RUN BIKE RUN

