



Hi Riverlands Rushers!

Thank you for participating in this scenic biathlon. Here is a bit of helpful information for you to know before Sunday's event.

USAT License – NOT REQUIRED.

PACKET PICK UP OPTIONS:

Friday, June 9 - Big Shark Bicycle Company, 1155 South Big Bend Boulevard, 63117 - 12 PM - 7 PM

Saturday, June 10 - New Town Open Water Swims - New Town, St Charles, 63301 - 7:30 AM - 9:30 AM

RACE DAY - Riverlands Wild Bird Sanctuary, 301 Riverlands Way, 63386 - 6:30 AM - 7:30 AM

Any question about your bike's safety or helmet fitting? Bring them in to Big Shark before race day. You'll have more time and won't be rushed on game day.

We encourage you to familiarize yourselves with the run and bike courses as well as designated event parking prior to race morning. Course maps are posted on the event webpage at www.bigshark.com.

DISTANCES: 4 mile run followed by 20 mile bike

RUN COURSE DETAILS:

Mass start on pavement which transitions onto crushed rock, then dirt, finally mulch before turning around and heading back to the transition zone. Aid Station will be located at the Ellis Island parking lot - you'll be able to hit it twice during the run. The course will be clearly marked with an array of cones, arrows, and yellow stakes with caution tape. Course Marshals in orange safety vests will be posted at key intersections to help monitor traffic flow- and to let you know you are on course.

BIKE REQUIREMENTS AND COURSE DETAILS:

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 locations prior to race day for a free inspection. The bike course is TWO 10 mile LOOPS on an open road- we're expecting light traffic on most of the course. The course will be marked with a few painted orange arrows on the road and a few directional signs. The pavement quality is really good- BUT there is some gravel. We'll do our best to sweep the course. However it is your responsibility to race "*heads up*". ALSO the turnaround on Red School Road is TIGHT- take it slow. Course Marshals in orange safety vests will be stationed along the course to help monitor traffic flow- and to let you know you are on course. Please ride respectfully to the right *single file* and only pass on the left when it is safe.

TRANSITION ZONE:

Individual participant bike racks will be labeled A, B, C, D, etc. Team bike racks will be labeled – TEAMS Y, TEAMS Z. Bikes will be racked first come, first served. Six bikes per rack and alternate handle bars, please.

SAFETY:

West Alton Fire Department/EMT and US Army Corps of Engineers Rangers will be onsite for the duration of the event. Course Marshals will be stationed along the bike and run courses. The event happens rain or shine. Lightning, tornadoes, swarm of locusts and/or other unpredictable forces may delay or cause the event's cancellation.

EVENT TIMING BY BIG RIVER RACE MANAGEMENT:

This event is bib chip timed and must be worn for the duration for accurate times. Please don't crumple your bib. Pinning your bib to a race belt or a multisport jersey are both good ways to ensure your bib stays put- AND your transition times are way *fast*.



PARKING:

Please park along Riverlands Way on the north shoulder from the Sanctuary's Entrance Gate to the Audubon Center's Parking lot. "Customer Parking" Signs will indicate this too. IF you park in the Audubon Center's Parking Lot please park on the far end of the lot away from the Center to allow general public access. Thank You.

NO PARKING:

Please do not park on Wise Road along the guard rail near the start/finish. This is ON the run course. There will be "no parking" signs in this area. It is perfectly okay to drop your gear off at the transition zone before parking along Riverlands Way. But please don't park here for the duration of the event.

RESTROOMS:

The Audubon Center has facilities and opens at 8am. Portapotties and trash cans will be located in the Teal Pond Transition Zone.

AWARDS:

Top 3 Overall Men and Women. Plus Top 3 Men and Women Age Groups in 5 year increments. Overall Winners are not eligible for Age Group awards. 1st Place Awards for Teams - All Male, All Female and Co-Ed.

Age Groups Men/Women: U19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Awards/Podium Ceremony to follow in the transition zone post-race.

FRIENDLY REMINDER:

This is a wild bird sanctuary- please help us keep it clean by hanging onto your gel packets, water bottles, paper cups or other items until they can be thrown in a trash receptacle located in the Transition Zone and/or at the Run Course Aid Station.

THANK YOU FOR REGISTERING FOR THE RIVERLANDS RUSH! There are lots of events to choose from and we appreciate your participation. Race ON.

YOUR BIG SHARK CREW

