

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

PACKET PICK UP OPTIONS:

Saturday, July 22 from 11 am – 5:00 pm at our Big Bend location 1155 S. Big Bend Blvd. 63117

Sunday, July 23 from 6:00am-6:45am at race venue.

If possible- please pick up your packet and get your bike inspected on Saturday. It will give you plenty of time to get into transition Sunday morning.

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 (ex. 101-108) 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.

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

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

