



2011 NRC Tour de Grove

Professional Cycling Race

Saturday, May 14th - St. Louis, Missouri
\$25,000 in Cash and Prizes



Schedule of Events

Saturday, May 14th

Start	Category	Distance	Place/Prize	Field Limit
8:00 am	On-Site Registration Opens			
9:00 am	Tour de Grove 5K run	5K	M/W Podium	N/A
9:40 am	USAC Cat 5	30 minutes + 3 Laps	5/Medals	50
10:30 am	Master's 40+/50+ (cat 1-4)	50 minutes + 3 Laps	10/\$600	100
11:30 am	Women Cat 3/4	40 minutes + 3 Laps	10/\$600	100
12:20 pm	USAC Cat 4/5	40 minutes + 3 Laps	5/\$300	75
1:15pm	USAC Cat 2/3	60 minutes + 3 Laps	15/\$1000	150
2:30 pm	Children's Races	Sprints	Ribbons and Fun	None
2:50 pm	US Hand Cycling	35 minutes + 3 Laps	Men HC1-4/Women Open	None
3:40 pm	NRC Women Pro/1/2	60 minutes + 3 Laps	20/\$7,500	150
5:00 pm	NRC Men Pro/1	75 minutes + 3 Laps	20/\$15,000	150



The **Tour de Grove** is part of the **USA Crits Series**. Riders in the men's and women's professional events will be competing for the **USA Crits** series points as well as the **USAC NRC** points series.

- ⌚ **The King of the Grove Competition:** For the Men's Professional/USAC Cat 1 Event – the rider who leads the most laps throughout the race will win the THF Realty KOG Prize- \$500 and Merchandise. The KOG/QOG sprint point will be the Start/Finish Line.
- ⌚ **US Handcycling** categories will be Men's HC1, HC2, HC3, HC4 and Open Women. Medals will be awarded to the top three athletes in each category. There will be an overall prize list of \$1000 paid 15 deep- regardless of category.
- ⌚ **The Queen of the Grove Competition;** For the Women's Professional/USAC Cat 1/2 Event- the rider who leads the most laps throughout the race will win the QOM Prize- \$500 and Merchandise.
- ⌚ **Course Description:** A flat, technical 1.7 mile circuit. Course features an aggressive final turn, two bridge crossings and a flat wide open finish. There will be neutral support and rolling enclosure for all categories.

Directions and Race Information

Maps: www.tourdegrove.com

The NRC Tour de Grove race course is located in mid-town St. Louis, From Highway 40/I-64 East- exit at Chouteau and go South to Vandeventer Ave. From Highway 40/I-64 West- Exit and go South on Vandeventer Ave. Follow signs to "parking" and/or "race registration."

Registration Information

- ⌚ **Pre-Registration** – www.sportsbaseonline.com programmed and provided online registration. There will be an online fee, Fields will fill up, so register early. **Last day for online registration is May 11th**. Bicycle Race Entry \$45, 5K Run \$30. Registration includes \$3 rider insurance surcharge.
- ⌚ Race day registration will close 30 minutes prior to each event.
- ⌚ **Race Information housed at** www.tourdegrove.com
- ⌚ Kids races are \$5 Donations accepted benefitting Big Brothers Big Sisters. Includes T-Shirt and Awards.
- ⌚ **Helmets are required for all races- including children's events.**
- ⌚ **Professional and USAC Category 1 teams are limited to 8 riders.**
- ⌚ Adult racers without a USAC license must purchase a 1 day license for \$10 at registration and race Cat 5 or Cat 4/5..
- ⌚ Pick up your race # early @ Big Shark Bicycle Co, Thurs.. May 12th, 4:00 pm- 8:00 pm or Friday Night. @ the **Mid Town Alley Grand Prix**.
- ⌚ Held Under USA Cycling Permit. (5K Run Held under different insurance certificate/Non USAC)

