



2010 NRC Tour de Grove

Professional Cycling Race

Sunday, June 13th - St. Louis, Missouri
\$25,000 in Cash and Prizes



Schedule of Events

Sunday, June 13th

Start	Category	Distance	Place/Prize	Field Limit
6:30 am	On-Site Registration Opens			
7:30 am	Tour de Grove 5K run	@5K	M/W Podium	N/A
8:00 am	USAC Cat 5	5 Laps/15 Miles	5/Medals	75
8:45 am	Master's 40+/50+ (cat 1-4)	7 Laps/20 Miles	10/\$600	100
9:30 am	Women Cat 3/4	6 Laps/17 Miles	10/\$600	100
10:15 am	USAC Cat 4/5	7 Laps/20 Miles	5/\$300	75
11:10 am	USAC Cat 2/3	12 laps/34 Miles	15/\$1000	150
12:40 pm	Children's Races	Sprints	Ribbons	None
1:00 pm	NRC Women Pro/1/2	14 Laps/40 Miles	20/\$7,500	150
3:00 pm	NRC Men Pro/1	28 laps/79 Miles	20/\$15,000	150
6:00 pm	Awards Ceremony/Post Race Party			

THF Realty 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 line will on the back side of the course at Newstead and Vandeventer Ave.

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. The QOM line will be on the back side of the course at Newstead and Vandeventer Ave.

Course Description: A slightly rolling 3 mile circuit. Course features one short climb, two bridge crossings and a flat wide open finish. Perfect pavement 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 "team 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 June 9th.** Bicycle Race Entry \$45, 5K Run \$25

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 the Herbert Hoover Boy's Club. 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 USCF 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, Fri. June 11th, 4:00 pm- 8:00 pm or Sat. @ the **Mid Town Alley Grand Prix.**

Held Under USA Cycling Permit. (5K Run Held under different insurance certificate/Non USAC)

