



# The Tour de Grove 5K

## The Running of the Grove

Sunday, June 13<sup>th</sup> - St. Louis, Missouri

\$1700 Cash Overall and Age Group Awards



### Schedule of Events

Sunday, June 13<sup>th</sup>

Start	Category	Distance	Place/Prize	Field Limit
6:30 am	On-Site Registration Opens			
7:30 am	Tour de Grove 5K run	@5K	\$850M/\$850W -Podium	N/A

- 🚲 1<sup>st</sup> Place Men and Women \$500, 2<sup>nd</sup> Place Men and Women \$250, 3<sup>rd</sup> Place Men and Women \$100
- 🚲 All racers will receive an exemplary event T-Shirt that will quickly become their "Go To" T-Shirt, guaranteed.
- 🚲 All runners will be CHIP TIMED by Ultramax Events. Chips MUST be returned post race or we will give you a guilt trip and charge you \$100.
- 🚲 Awards will be given to the Top 3 Overall Men and Women AND 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female in each age group.
- 🚲 Age Groups: 14 and under, 15-19, 20-24, 25-29, 30-39, 40-49, 50-59, 60+
- 🚲 Results will be posted at Registration and will be available immediately after the race.
- 🚲 Awards will take place during the Category 5 Race of the Tour de Grove on the Awards Stage.
- 🚲 All runners must sign a Tour de Grove 5K entry release.
- 🚲 Runners will be able to pre-register online at [www.sportsbaseonline.com](http://www.sportsbaseonline.com) or register on site on the day of the event.
- 🚲 The Tour de Grove 5K will take place regardless of weather- rain, snow, locusts, fire, ice, lava. No refunds.
- 🚲 Race Number Pick Up, Event Shirt and Chip will be available only on race day- and not at the bicycle race pre-registration packet pick up, just in case you were going to be sneaky.

**Course Description:** A slightly rolling 5K mile circuit. Course features one short climb, two bridge crossings and a flat wide open finish. Perfect pavement and rolling enclosure for all categories. Please note the Start will be in advance of the Finish Truss.

### Directions and Race Information

Maps: [www.tourdegrove.com](http://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."

Parking will be available at the intersection of Vandeventer Avenue and Chouteau Avenue.

### Registration Information- Bicycle Race and 5K Run

**Pre-Registration** – [www.sportsbaseonline.com](http://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 9<sup>th</sup>.** 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](http://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 11<sup>th</sup>, 4:00 pm- 8:00 pm or Sat. @ the **Mid Town Alley Grand Prix.**

