

Phil Meador
GATE-CITY
GRIND
Stage Race

July 9-10, 2005 · Pocatello, Idaho

- Chief Referee: Cindy Yorgason
- USCF Permit pending.
- Registration and results by Sports Marketing Concepts:
www.sportsbaseonline.com.



Promoted by



PRIZES

- ⌘ G.C. CASH for categories 1,2,3
- ⌘ Custom trophies for all classes
- ⌘ Bike goodies for citizens awarded after Saturday's RR
- ⌘ Cash and merchandise prizes for all classes at the criterium.
- ⌘ Total prize value: \$3500

Registration Information

Entry fees:

\$15 juniors
 \$55 all other USCF classes
 \$20 citizens

Late fee: \$5 for Saturday registration (does not apply to citizens)

ENTRY FEE INCLUDES T-SHIRT!

Packet pickup and late registration: Saturday, July 9 at England's Country Corner Sinclair in Arimo (I-15 exit 40 about 30 miles south of Pocatello). Registration and packet pick-up begins at 7:00 a.m. and ends for each class 45 minutes prior to start time.

Register on line!

Electronic registration available at www.sportsbaseonline.com.

Class	Road Race Start	Road Race Dist.	Time Trial Dist.	Crit. Start	Crit. Time (min.)	Places	G.C. Prizes
Men Pro/1/2	9:00 am	87.5 mi.	6 mi.	2:25 pm	65	8	\$800 cash
Men 3	9:15 am	70.0 mi.	6 mi.	1:20 pm	55	3	\$300 cash
Men 4/5	9:10 am	52.5 mi	6 mi.	9:10 am	30	3	Trophies
Masters Men 35+	9:05 am	70.0 mi.	6 mi.	12:30 pm	40	3	Trophies
Masters Men 45+	9:20 am	52.5 mi.	6 mi.	10:40 am	30	3	Trophies
Masters Men 55+	9:20 am	52.5 mi.	6 mi.	10:40 am	30	3	Trophies
Jr. Men 16 & under	10:05 am	35.0 mi.	6 mi.	8:30 am	30	3	Trophies
Women 1/2/3	9:25 am	52.5 mi.	6 mi.	11:20 am	40	3	\$400 cash
Women 4	10:35 am	35.0 mi.	6 mi.	9:50 am	30	3	Trophies
Masters Wom. 35+	10:35 am	35.0 mi.	6 mi.	9:50 am	30	3	Trophies
Jr. Wom. 16/under	10:36 am	35.0 mi.	6 mi.	8:31 am	30	3	Trophies
Citizens	10:10 am	35.0 mi.	NA	NA	NA	5	Merchandise

- ⌘ **Citizen riders:** \$20 entry includes 1-day USCF license and insurance.
- ⌘ Some classes will be raced together, but all classes will be scored according to the table above. Men cat. 4 and cat. 5 race together and are scored as one class.
- ⌘ **Kids race Sunday at Holt Arena at 12:15 p.m.!** Races will be held on the Holt Arena criterium course between Women 1/2/3 and Masters Men 35+ races. No entry fee, but helmets required! Prizes will be awarded!

Name: _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Phone: _____ **Email:** _____

Gender: Male Female **Birth Date:** _____

USCF License No.: _____ **Class entered:** _____

**If registering by mail,
return entry form with
entry fee to:**

Gate City Grind Stage Race
 c/o Rob Van Kirk
 Campus Box 8085
 Idaho State University
 Pocatello, ID 83209

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July 9-10, 2005 · Pocatello, Idaho
Road Race · Time Trial · Criterium

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England's Country Corner
HammerGel
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For more information

visit us on line at:
www.idahocycling.com
or contact:
Rob Van Kirk
Campus Box 8085
Pocatello, ID 83420
(208) 282-2503
vankrobe@isu.edu

STAGE ORDER

Marsh Valley Road Race: Saturday, July 9, 9:00 a.m. Take I-15 to Arimo (about 30 miles south of Pocatello). Take exit 40, and go east a quarter of a mile to England's Sinclair Station. Course is the same as in past years: rolling, 17.5 mile loop on county roads with good to fair pavement, one short climb, and little traffic. Start/finish location in Arimo will provide a safe, wide, straight, flat finish. See reverse side for start times and distances. Drink lots of water!

Truckerville Time Trial: Saturday, July 9, 6:30 p.m. Take I-86 west of Pocatello to the Arbon Valley exit. Parking is in the back lot of Bannock Peak Truck Stop. Out-and-back course is flat with fair to good pavement. It can be windy! Start order: men 4/5, men 45+, men 55+, junior men, women 1/2/3, women 4, women 35+, junior women, men 35+, men 3, men pro/1/2. Within each class, riders will start in reverse order of road race placing. Start times will be posted at the time trial start and at various locations in Pocatello Saturday afternoon as specified in the race bible.

Holt Arena Criterium: Sunday, July 10, 8:30 a.m. From Clark or Center Streets, turn south on 15th Ave. to the Idaho State University campus. Holt Arena is on your left. Follow signs to parking. Course is 1km in length with good pavement, 7 corners and a short hill. See reverse side for start times.

USCF Class Awards will be given at the criterium on Sunday:
10:20 a.m.: junior men, junior women
12:00 noon: men 4/5, women 4, women 35+
3:30 p.m.: all other classes

More 2005 Road Cycling Events in Pocatello

- **Idaho Cycling Enthusiasts Time Trial Series.** NEW THIS YEAR! Six Thursday evening time trials, including four flat/rolling TTs of varying distances and two hill climbs. April 7, April 21, May 5, May 19, June 2, August 4. First rider off at 6:30 p.m. Contact: Rob Van Kirk, 208-282-2503 or vankrobe@isu.edu.
- **High Desert Classic Duathlon.** May 7, Pocatello. Regulation run-bike-run format. Contact: Terry Huntley, 208-282-5426 or huntterr@isu.edu.
- **Holt Arena Criterium Series.** Six Tuesday evenings on the popular course we use for the Gate City Grind. May 24, June 14, July 5, July 19, August 2, August 16. Open B Class at 6 p.m., Women and Masters 45+ at 6:45 p.m., Open A Class at 7:30 p.m. Contact: Terry Huntley, 208-282-5426 or huntterr@isu.edu.
- **Jay Anderson Tour of Marsh Creek Valley.** June 25. 28-, 60- and 100-mile rides through rural roads south of Pocatello. Food, water and SAG support provided. Fundraiser for the Portneuf Greenway Foundation. Contact: Rob Van Kirk, 208-282-2503 or vankrobe@isu.edu.
- **Hoot Owl Circuit Road Race.** ANOTHER NEW EVENT! July 30. USCF-sanctioned road race on a tough, hilly 7-mile circuit in the mountains east of Pocatello. Contact: Sam Krieg, 208-232-2054 or sam@kriegclimbing.com.
- **Southeast Idaho Senior Games.** August 5 and 6. Road races and time trials for riders at least 50 years old. Contact: Jody Olson, 208-775-3297 or jolson@allidaho.com.