

Phil Meador
GATE-CITY
GRIND
Stage Race

June 30- July 2, 2006 · Pocatello, Idaho

- Chief Referee: Cindy Yorgason
- USCF Permit 2006-570
- Registration and event services by Sports Marketing Concepts: www.sportsbaseonline.com.



STAGE ORDER

Performing Arts Center Prologue: Friday, June 30, first rider off at 7:00 p.m. Start order on reverse. Fantastic new 1-mile prologue with a climb at the bottom and a technical finish loop at the top. Riders who can't make it to the prologue can start the stage race with slowest prologue time in their class + 5 seconds. Take I-15 to the Clark St. exit (#69) and head down the hill. Turn left on 15th Ave. at the light, and then left again at the light in front of Reed gym. Prologue parking and start in the lot adjacent to and behind the gym.

Marsh Valley Road Race: Saturday, July 1, 9:00 a.m. (NOTE EARLIER START TIME!) 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 pavement, one climb, and little traffic. Drink lots of water! Feed zone on east side of course, same as in 2005.

Truckerville Time Trial: Saturday, July 1, 6:30 p.m. (NOTE REVERSAL OF COURSE DIRECTION!) Take I-86 west of Pocatello to the Rainbow Road exit. Park on the west frontage road extension. Out-and-back course is flat with good pavement. Start order same as for prologue and criterium. Within each class, riders will start in reverse order of GC. Start times will be posted at the time trial start and as specified in the race bible.

Holt Arena Criterium: Sunday, July 2, 8:00 a.m. From Clark or Center Streets, turn south on 15th Ave. to the ISU 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.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Gender: M F Birth Date: _____ Team/Club: _____

USCF License No.: _____ Class entered: _____

Promoted by



PRIZES

- 🚲 G.C. CASH for categories 1,2,3
- 🚲 Custom trophies for all classes except juniors
- 🚲 Merchandise for juniors
- 🚲 Cash and merchandise prizes for all classes at the criterium.
- 🚲 Total prize value: \$3500

Registration Information

Entry fees:

\$15 juniors

\$60 all other classes

Late fee: \$5 for Friday or

Saturday registration

ENTRY FEE INCLUDES T-SHIRT!

Packet pickup and late registration: Friday, June 30 at prologue start at 5:00 p.m.

REGISTRATION CLOSSES

AT 6:20 p.m.! Late reg./ check-in Saturday morning also.

Register online at

www.sportsbaseonline.com.

Awards will be given at the criterium on Sunday:

10:45 a.m. men 5, jr,
women 4,35+

12:40 p.m. masters men 35,45,55

4:05 p.m. all other classes

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

Gate City Grind Stage Race
c/o Rob Van Kirk
219 South 20th Ave.
Pocatello, ID 83201



June 30-July 2, 2006 · Pocatello, Idaho
Prologue · Road Race · Time Trial · Criterium

Sponsored by

Phil Meador Toyota
 Scott's Ski & Sports
 Barrie's Sports
 Rob's Ride on Bikes
 Ramada Inn
 England's Country Corner
 Pocatello Convention and
 Visitor's Bureau
 Poc. Amateur Radio Club
 Portneuf Medical Center

For more information

visit us on line at:
www.idahocycling.com
 or contact:
 Rob Van Kirk
 219 S. 20th Ave.
 Pocatello, ID 83201
 (208) 282-2503
vankrobe@isu.edu

LODGING DEAL AT RAMADA INN!

The Ramada Inn is offering a special rate for the Gate City Grind. Single or double room is \$62.95, including hot breakfast! (Regular rate is \$89.95.) The hotel has outdoor swimming pool and indoor hot tub and sauna. There is a good Italian restaurant in the hotel, and there are numerous restaurants within a few blocks: Fazzoli's, Chapala's (Mexican), Denny's, Me & Lou's (family), Red Lobster, IHOP, and at least five fast food chains, including Subway. Call 1-866-237-0020 and mention the race to get your special rate. This is the best deal you will find in town. Ramada is located at the I-86 Chubbuck exit, one mile east of I-15 on the north side of Pocatello.

COME BACK IN A MONTH!

We've got another great weekend of racing in Pocatello with the Garden Creek Gap Road Race on July 29 and the Old Town Pocatello Criterium on the 30th.

Class	TTs & crit start order	Prologue Dist.	Road Race Start Time	Road Race Dist.	Time Trial Dist.	Criterium Start Time	Crit. Time (min.)	G.C. Places	G.C. Prizes
Men Pro-1-2	15	1 mi.	9:00 am	87.5 mi.	6 mi.	2:50 pm	75	8	\$800 cash + trophies
Men 3	14	1 mi.	9:15 am	70.0 mi.	6 mi.	1:55 pm	50	3	\$300 cash, + trophies
Men 4	11	1 mi.	9:10 am	52.5 mi.	6 mi.	11:50 am	50	3	Trophies
Men 5	1	1 mi.	10:10 am	35.0 mi.	6 mi.	8:00 a.m.	30	3	Trophies
Masters Men 35+	10	1 mi.	9:05 am	70.0 mi.	6 mi.	11:00 am	45	3	Trophies
Masters Men 45+	9	1 mi.	9:20 am	52.5 mi.	6 mi.	10:05 am	40	3	Trophies
Masters Men 55+	8	1 mi.	9:20 am	52.5 mi.	6 mi.	10:05 am	40	3	Trophies
Jr. Men 10-14	2	1 mi.	10:16 am	17.5 mi.	6 mi.	8:36 am	30	3	Merchandise
Jr. Men 15-18	3	1 mi.	10:15 am	35.0 mi.	6 mi.	8:35 am	40	3	Merchandise
Women Pro-1-2	13	1 mi.	9:25 am	52.5 mi.	6 mi.	1:00 p.m.	50	3	\$300 cash + trophies
Women 3	12	1 mi.	9:25 am	52.5 mi.	6 mi.	1:00 p.m.	50	3	\$200 + trophies
Women 4	7	1 mi.	10:35 am	35.0 mi.	6 mi.	9:20 a.m.	40	3	Trophies
Masters Women 35+	6	1 mi.	10:35 am	35.0 mi.	6 mi.	9:20 a.m.	40	3	Trophies
Jr. Women 10-14	5	1 mi.	10:40 am	17.5 mi.	6 mi.	9:21 am	30	3	Merchandise
Jr. Women 15-18	4	1 mi.	10:40 am	17.5 mi.	6 mi.	9:21 am	30	3	Merchandise

- ⌘ **Citizen riders** can race category 5 men, category 4 women, or any masters or junior age class in which they are eligible to compete. One-day licenses will be available at registration for \$10 per day.
- ⌘ A rider who cannot make it to the Friday evening prologue can start the stage race with the slowest prologue time in his/her class plus 5 seconds.
- ⌘ Men category 4 and men category 5 raced and scored separately this year.
- ⌘ Some classes will be raced together, but all classes will be scored according to the table above, regardless of race combinations and field sizes.
- ⌘ **Kids race Sunday at Holt Arena at 12:45 p.m.!** No entry fee, but helmets required! Prizes will be awarded!
- ⌘ **Points series race for both Utah Cycling Assoc. (Div. 1) and Southwest Idaho Cycling Assoc. (Level 2)!**