

Phil Meador
GATE-CITY
GRIND
Stage Race

July 10-11, 2004 · Pocatello, Idaho

- Chief Referee: Cindy Yorgason
- USCF Permit pending.
- Registration and results by Sports Marketing Concepts:
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	10:00 am	87.5 mi.	6 mi.	2:25 pm	65	8	\$800 cash
Men 3	10:15 am	70.0 mi.	6 mi.	1:20 pm	55	3	\$300 cash
Men 4/5	10:10 am	52.5 mi	6 mi.	9:10 am	30	3	Trophies
Masters Men 35+	10:05 am	70.0 mi.	6 mi.	12:30 pm	40	3	Trophies
Masters Men 45+	10:20 am	52.5 mi.	6 mi.	10:40 am	30	3	Trophies
Masters Men 55+	10:20 am	52.5 mi.	6 mi.	10:40 am	30	3	Trophies
Jr. Men under 18	11:05 am	35.0 mi.	6 mi.	8:30 am	30	3	Trophies
Women 1/2/3	10:25 am	52.5 mi.	6 mi.	11:20 am	40	3	\$400 cash
Women 4	11:35 am	35.0 mi.	6 mi.	9:50 am	30	3	Trophies
Masters Wom. 35+	11:35 am	35.0 mi.	6 mi.	9:50 am	30	3	Trophies
Jr. Wom. under 18	11:36 am	35.0 mi.	6 mi.	8:31 am	30	3	Trophies
Citizens	11:10 am	35.0 mi.	NA	NA	NA	5	Merchandise

- ⌘ **Citizen riders:** \$15 entry includes 1-day USCF license and insurance.
- ⌘ Some classes will be raced together, but all classes will be scored separately according to the table above.
- ⌘ **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 **Racing Age:** (age as of 12/31/04) _____

USCF License No.: _____ Class entered: _____

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:
 \$10 juniors
 \$55 all other USCF classes
 \$15 citizens

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

**Due to popular demand,
 ENTRY FEE INCLUDES
 T-SHIRT this year!**

Packet pickup and late registration: Saturday, July 10 at England's Country Corner Sinclair in Arimo (I-15 exit 40 about 30 miles south of Pocatello).

USCF Riders: Register on line!

Electronic registration and results provided by Sports Marketing Concepts. Go to www.sportsbaseonline.com.

**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

Phil Meador



July 10-11, 2004 · Pocatello, Idaho
Road Race · Time Trial · Criterium

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Phil Meador car dealerships
Scott's Ski & Sports
Barrie's Sports
Instant Replay Sports
Idaho Orthopaedic Clinic
Bill's Bike Shop
England's Country Corner
Sportsbaseonline
HammerGel

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 10, 10:00 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 10, 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 11, 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

**I IDAHO
C CYCLING
E ENTHUSIASTS**

c/o Rob Van Kirk
P.O. Box 449
Ashton, ID 83420

