



# DUAL CONFERENCE RACE

**ST. CHARLES, MISSOURI  
MARCH 23<sup>RD</sup> & 24<sup>TH</sup>, 2013**

# RACER'S GUIDE

Hosted by:





Welcome to the Mid West's and North Central's Collegiate Cycling Dual Conference race in 2013. Lindenwood University and the City of Saint Charles Convention and Visitors Bureau are pleased to welcome you to St. Charles for another great weekend of collegiate racing. We hope you are as excited as we are to be back on the historic streets of Saint Charles in 2013!

Saint Charles is a city with a rich and vibrant history. The history and charm of the region will be on display by everyone attending and involved in the event over the course of the weekend. Riders will start the weekend at the historic Daniel Boone Home. Located on top of the rolling hills overlooking the Femme Osage Valley, visitors can experience the local wineries or the life of the great frontiersman of the early 1800's. On Sunday, races move to the Historic Downtown Area of Saint Charles on the banks of the Missouri River. Saint Charles is the site of the first State Capitol, as well as the casting off point for the Meriwether Lewis and William Clark's expedition to the Pacific North West in 1804. Riders can draw upon the success of Lewis and Clark in their own epic battle throughout the Dual Conference Race.

We encourage you to support all our great race sponsors and local businesses who supported us in putting this great weekend together. ***On behalf of Lindenwood University and the City of Saint Charles Convention and Visitors Bureau, we wish you good luck and hope you enjoy another great weekend of racing!***

# Event Schedule

## Saturday March 23<sup>rd</sup>

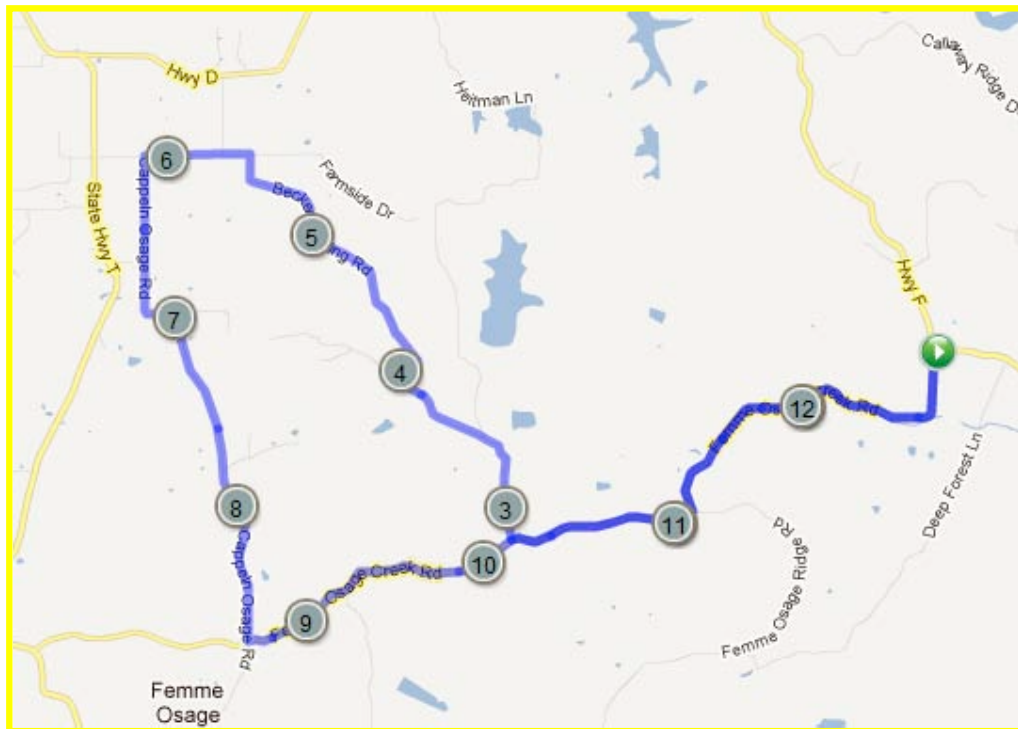
- 8:00am**      **Registration opens for all events over the weekend**
- 9:00am**      **Team Time Trial Starts**
- Teams will start 1 minute apart in the following order
    - Men's D/Intro
    - Men's C
    - Women's B/C/Intro
    - Men's B
    - Women's A
    - Men's A
- 11:00am**      **Men's C Grade Road Race (2 laps/42.2 miles)**
- 11:03am**      **Men's D/Intro Grade Road Race (1 lap/21.1 miles)**
- 11:06am**      **Women's B/C/Intro Grade Road Race (1 lap/21.1 miles)**
- 1:00pm**      **Men's A Grade Road Race (4 laps/84.4 miles)**
- 1:03pm**      **Men's B Grade Road Race (3 laps/63.3 miles)**
- 1:06pm**      **Women's A Grade Road Race (3 laps/63.3 miles)**

## Sunday March 24<sup>th</sup>

- 9:00am**      **Men's D Grade Criterium (30 minutes)**
- 9:45am**      **Men's C Grade Criterium (40 minutes)**
- 10:45am**      **Women's B/C/Intro Grade Criterium (30 minutes)**
- 11:30am**      **Men's B Grade Criterium (45 minutes)**
- 12:30pm**      **Women's A Grade Criterium (45 minutes)**
- 1:30pm**      **Men's A Grade Criterium (60 minutes)**

# Team Time Trial & Road Race

## TTT Map:

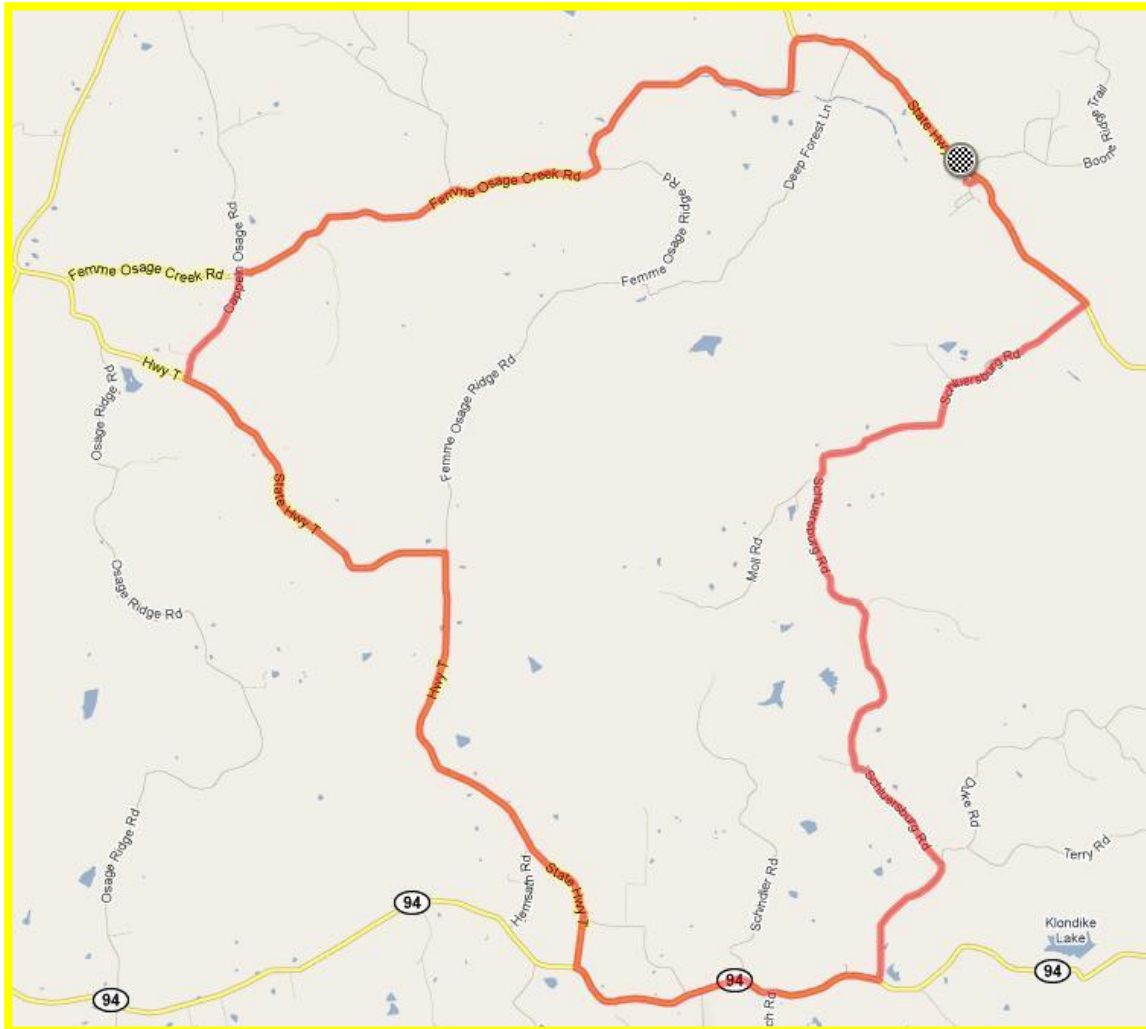


## TTT Profile:



The TTT is a 13-mile “lollipop” course featuring one small switchback climb and descent. The start/finish area will be at the corner of Highway F and Femme Osage Creek Rd, approximately 1 mile from the Daniel Boone Home. Riders will be expected to be at the start line at their designated starting time.

### Road Race Map:



### Road Race Profile:



**Registration:** For the teams doing the Team Time Trial you must register in advance by sending your team(s) to Matt Jones, Assistant MWCCC Conference Director, by COB Thursday. Team Time Trial teams will need to check-in on Saturday morning before the race. Registration and sign on for the TTT and Road Race will be located at “The Barn” at the Daniel Boone Home, signs will prompt you in the right direction. The cost is \$30 per team for the TTT and \$15 per rider for the road race.

**Parking Instructions:** Gates will open at the Boone Home at 7am. You will be directed on where specifically to park but please try to fill from the back of lot up to the front. Coach parking will be on the gravel near the entrance once again. **NO ONE IS TO PARK ON THE RACE COURSE OR BLOCK ANY ROADS LEADING TO THE RACE COURSE. THERE WILL BE NO PARKING AT THE START/FINISH AREA OF THE TTT. ALL RIDERS MUST RIDE TO THE START LINE.**

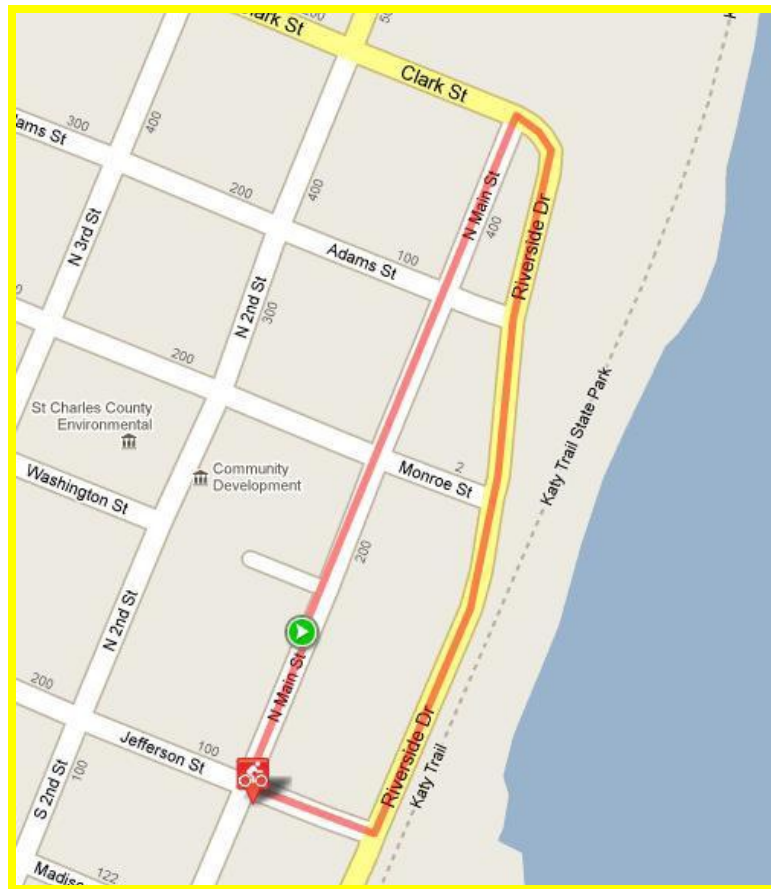
**Miscellaneous:** There is very limited water on site so please bring all your own water for the day. Please limit warming up on the roads as they are still open to traffic -- please bring rollers and trainers for warm up. Please note your TTT start times and allow time to ride from the Boone Home to the start of the TTT.

**One Final Note:** For the past five years or so, a few “eager” councilmen in St. Charles County and around the state have tried to ban bicycles from state roads and certain public access areas. Thus far none of these measures have passed, but we don’t want to add fuel to the fire so to speak. Remember, the roads for the time trial and road race are open – if you get dropped, you’re on your own! Please obey all rules of the road! Additionally, please respect all residents of the historic towns and villages you’ll be passing through. Any incidents should be reported immediately to the chief referee. Finally, THERE IS NO GRAFFITI OF ANY KIND (WHICH INCLUDES CHALK and WATER-BASED PAINTS) ALLOWED ON THE ROADS WHILE YOU ARE HERE THIS WEEKEND. PAINTED DIRECTIONAL ARROWS ARE ALSO PROHIBITED. We will have PLENTY of directional signs and human arrows out on the course for directions and your safety.



# Criterion

## Criterion Map:



The criterium is located in the historic downtown district of St. Charles, Missouri. The start/finish line will be located on Main Street between Monroe and Jefferson Streets and the course makes a counter clockwise loop on Jefferson Street and Riverside Drive. The course is 1.0km in length and flat.

**Registration:** For those that did not preregister online or on Saturday, registration will be located in the colonnade between R.T. Weiler's and Quintessential Dining, near the start/finish line. The cost is \$15/rider.

**Parking Instructions:** From 8:30am until the last race has finished the course will be completely closed to both the public and athlete's vehicles. We encourage, if possible, for racers to park in the many spots available in the parking lots accessible via Riverside Drive on the race course. In order to do this you will need to arrive prior to 8:30am. If at all possible we ask any teams travelling by coaches to use these parking lots. **NO ONE IS TO PARK ON THE RACE COURSE OR BLOCK ANY ROADS LEADING TO THE RACE COURSE.** If you are unable to arrive prior to 8:30am, parking is available on nearby streets and parking lots. Please respect private parking spots. Additional parking is also available in the City Hall parking garage, free of charge, which is located between Jefferson and Monroe and 2<sup>nd</sup> and Main Streets; the course is easily accessible through the colonnade from the parking garage.

**Parking Map:**

