



**LINDENWOOD**  
LINDENWOOD UNIVERSITY ST. CHARLES, MISSOURI



**Lindenwood University Road Race**

Saturday  
March 20, 2010

<u>Race Category</u>	<u>Start</u>	<u>Length</u>	<u>Prizes</u>
Men's C	9:00am	38 mi - (2 laps)	Points
Men's D/Intro	9:03 am	19 mi - (1 lap)	Points
Women's B/C/Intro	9:06 am	38 mi - (2 laps)	Points
Men's A	11:30 pm	76 mi - (4 laps)	Points
Men's B	11:33 pm	57 mi - (3 laps)	Points
Women's A	11:36 pm	57 mi - (3laps)	Points

**Course Description:** Saturday's road race will be sick. There are some good hills, a couple of not so good hills, and potential for some good cross-winds. For all you sprinters, someone is going to need to feed the rest of the team. Perhaps that will be a good way to support the team after your first lap? It is a tough 19 mile course located in the Defiance, Missouri area. With some longer climbs and many steep pinches there will be little room for recovery for those hoping for a bunch sprint.

<http://www.mapmyride.com/ride/united-states/mo/defiance/300126583339390417>

**Registration:** Registration will be located at the Daniel Boone Home (1868 Highway F, Defiance, MO.) Registration for each category will close 15 minutes prior to each race. Cost is \$13 per rider, per race.

**Parking:** There will be ample parking located at the Daniel Boone Home.

**Directions:** *From I-70* – Exit on First Capitol/MO-94 West (Exit 228) – Take the MO-364 W/MO-94 W ramp towards Weldon Spring – Merge onto MO-94 West –Turn Left to stay onto MO-94 W –Then a Right onto State Hwy F, Boone Home will be approx. 5 miles down F on the left.

*From I-64/40* – Exit onto MO-94 West – Turn Left to stay onto MO-94 W –Then a Right onto State Hwy F, Boone Home will be approx. 5 miles down F on the left.





# LINDENWOOD

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## Historic Down Town St. Charles Criterium

Sunday  
March 21, 2010

<u>Race Category</u>	<u>Start</u>	<u>Length</u>	<u>Prizes</u>
Men's D/Intro	7:00am	20min + 3 laps	Points
Men's C	7:35am	30min + 3 laps	Points
Women's B/C/Intro	8:20am	30min + 3 laps	Points
Men's B	9:05am	45min + 3 laps	Points
Women's A	10:05am	45min + 3 laps	Points
Men's A	11:05am	60min + 3 laps	Points

**Course Description:** Sunday's Criterium will be held on the historic down town streets of St. Charles, Missouri. A 3 corner, 1 Kilometer, cobbled masterpiece that will surely make some kind of scholarly journal. Don't be fooled however, these well kept cobbles won't hamper the speed of racing. We apologize for the early start but we had to negotiate to be able to have the downtown streets closed.

<http://www.mapmyride.com/ride/united-states/mo/st-charles/954126583353628106>

**Registration:** Registration for Sunday will open at 6:30AM and be located under the awning between R.T Weiler's and Q (at the start/finish line.) Registration for each category will close 15 minutes prior to each race. Cost is \$13 per rider, per race.

**Parking:** Will be located along Riverside Drive (south of racecourse,) as well as on Second street in the City Hall parking garage (parking garage is free on weekends.)

**Directions:** From I-70 – Take Fifth Street North (Exit 229) — Right onto Boons Lick Rd – Becomes Riverside Drive – Parking will be along River Side drive on the right.

*For Parking at the City Hall Parking Garage:* Fifth Street – Right/East on Monroe – Parking will be on the right, between 3<sup>rd</sup> and 2<sup>nd</sup>.

