



# THE VANN KNIGHT TUESDAY NIGHT WORLD CHAMPIONSHIP CRITERIUM SERIES



## MARCH 12TH - AUGUST 27TH, 2019

**When:** Every Tuesday Night March 12 - August 27

**What:** Criteriums are a mass start bicycle racing format that is extremely popular in the United States - especially in Carondelet Park.

**Why:** Criterium racing is terrific for improving speed, tactics, positioning, handling and cycling fitness.

**How it Works:** Each race will last a specified duration plus three laps. Note- the final lap is signaled by the ringing of a bell- then it's GO time!

### Race Information:

- Most evenings there are four races: A, B, C and Juniors U-18.
  - The "A Race" will be for USA Cycling Category 1, 2 and 3 licensed racers.
  - The "B Race" will be for USA Cycling Category 4 licensed Men, Category 1/2/3 licensed Women and Masters 40+ Category 1/2/3 Men.
  - The "C" Race will be for USA Cycling Category 5 Men, Category 4/5 Women and 1 Day license holders.
  - The "Juniors" Race will be for USA Cycling Category 5 Boys, Category 4 Girls and 1 Day license holders under 18 years of age.

Big Shark will offer two classroom setting training classes **in store** and two racing clinics **at Carondelet Park** (off of the bike.) Information covered will be very useful to anyone considering racing. Pre-register OR just show up!

- [Intro to Bicycle Racing](#), January 27 at the BIG BEND location, 6pm, Cost \$20
- [Intro to Bicycle Racing](#), February 4 at the WEST location, Noon, Cost \$20
- [Pre Race Clinic](#), March 12 at Carondelet Park, 5pm, Cost \$10
- [Pre Race Clinic](#), March 19 at Carondelet Park, 5pm, Cost \$10

**The Course** -is an open .7 mile loop with a fast downhill turn + a bit of elevation gain. Pavement quality is near perfect and corners are safe.

**Parking**-The area + facilities will be available around 5:30 pm. Please do not park blocking the one-way access loop on the west side of the course.

**Registration** is on site only and opens around 5:00 pm each Tuesday. Registration closes 30 seconds prior to the start of each race. Prior to March 13<sup>th</sup> you can purchase a season pass for \$320 on [www.bikereg.com](http://www.bikereg.com). Numbers issued are for the entire series. Fees are as follows:

- Your first race of the season: \$20
- All subsequent race nights: \$15
- Your 2nd race on the same night: \$3
- Juniors race fee for the Juniors race only: \$12

**Important!** ALL participants must have a current year USA Cycling license- 1 Day & Annuals are available on site. Riders must report to registration each evening to be included on the start list. Fees include a \$4.75 per rider USA Cycling insurance/BAR surcharge.

Prizes for this year's races are provided by Chef Gerard Craft and [Pastaria](#)! They will be announced prior to each race.

Category	Eligibility	Start Time	Distance	Scoring
"Juniors"	USAC Cat 4/5 Boys and Girls Under 18	Beginning May 8 <sup>th</sup> at 5:30pm	25 minutes	Top 6
"A" Race	USAC Cat 1/2/3, Women 1/2/3	6:00pm	50 minutes	Top 6
"B" Race	Cat 4 Men, Women 1/2/3, Men 40+ Cat 1-3	7:00pm	40 minutes	Top 6
"C" Race	M Cat 5, 1-Dayers, Juniors Cat 5, W Cat 4/5	5:30pm* (March 12-April 30 <sup>th</sup> )/7:40pm (Starts May 7 <sup>th</sup> )	30 minutes	Top 6

### Fine Print:

- The "A," "B" and "C" races will each have one 'open' prime.  
The "B" and "C" races will each have one women's prime.

**Directions:** Take Hwy 44 East to I-55 South. Exit at Loughborough. Take the 1st right turn into Carondelet Park. Carondelet Park is also at the Southern termination of Grand Blvd at Holly Hills.

- For additional information contact Mike Weiss, [mike@bigshark.com](mailto:mike@bigshark.com) or call 314-862-1188

**Please note:** Hazardous riding, unsportsmanlike conduct, and unsafe equipment will not be tolerated. Ride smart, safe, and with respect. The City of St. Louis is offering this park to competitive cyclists with the stipulation that our conduct and behavior enhance the image of the City.



Held Under USA Cycling Permit