

7th Annual John Fraser Memorial Time Trial The Abd cycle club tt series finale Sunday, April 6th





2006 John Fraser Memorial TT Win-

ners Diane Roanhaus & Reid Mum-

ford with John's Son, Dave.



START TIMES

Start Times are assigned in the order entries are received. Preliminary start times will be posted at www.AbdcycLing.com on Wednesday, April 2nd for all entries received by Sunday, March 30th.

RACE INFORMATION AND UPDATES:

Web: www.abdcycling.com Email:indoortt@abdcycling.com

The **JOHN FRASER MEMORIAL TIME TRIAL** is held under permit of the American Bicycle Racing Organization (ABR) and is part of the 2008 MATTSeries, which includes over \$6000 in cash and prizes.

ABR Categories			Citizen Categories	
Men		Women	Men	Women
JR 15 &under		JR 15 & Under	19-29	19-29
JR 16 & over		JR 16 & over	30-39	30-39
Cat 4		Women 4	40-49	40-49
Cat 3			50+	50+
Cat 1/2		Women Open	Recumbent Cagegory	
MASTERS		Women 40+	Tandem Category	
30+	40+	Women 50+		
50+	60+	Women 60+		
65/70/75/80+		Women 70+		











WHEN: Sunday, April 6th; racing starts at 10:00am; Check-in starts at 8:00am.

WHERE: Maple Park, IL (Rt.38 and Rt.47) See Directions to race site below.

COURSE: We are working with the County to get a 10 mile course with just 1 Turnaround - otherwise course will be 7.5 miles (same as '06 Fall Fling). Stay tuned to ABDcycling.com

REGISTRATION: Pre-registration via mail must be postmarked by **Saturday**, **March 29st** or Pre-Registration via **ACTIVE.COM** will be accepted through **Sunday**, **March 29th**. On-site registration (if available) opens the day of the race at 8 AM. **Pre-registration is REQUIRED if you want a pre***assigned start time.*

Race entry is limited to 250 competitors!

AWARDS: Medals awarded to top competitors in ABR and Citizen categories. Recumbents eligible only for medals. \$50/\$30/\$20 FOR FASTEST MEN AND WOMEN.

DIRECTIONS: FROM ROCKFORD:

South on I-39 to I-88 (exit 97). East on I-88 15.6 miles to exit #65. North on Peace Rd 1.5 miles. Right on East Lincoln Highway (Route 38) 6.5 miles to County Line Road. North on County Line Road.

FROM THE WESTERN SUBURBS (WHEATON):

West on Roosevelt Rd (Route 38) 14.2 miles from the intersection of Randall Rd to County Line Rd. Right on County Line Road. Drive 0.6 Turn right on Main Street.

FROM CHICAGO:

I-88 West to Route 47. North on Illinois Route 47 10.2 miles to Route 38. West on Route 38 6.8 miles to County Line Road. North on County Line Road.

REGISTRATION & CHECK-IN WILL OPEN AT 8 AM IN THE BASEMENT OF THE AMERICAN LEGION: 203 MAIN ST. PLEASE OBEY ALL PARKING SIGNS!



This is a 10 mile course with 1 left-hand turn at 150 yards and just 1 turn around! You can race all out around the curves on the rest of the course! 15 ABD marshals will be on the loop, but THE COURSE IS OPEN TO RESIDENTIAL TRAFFIC so ride heads-up! Riders will depart at 30 second intervals!

WARM-UP: A trainer is recommended, but if you decide to warm-up on the road, riders MUST RIDE SINGLE FILE ON COUNTY LINE ROAD! This is for your safety as traffic moves very quickly on this road!

FINISHERS/COOL-DOWN: The Finish line is on Broadway approximately 1/2 mile East of the start. When you pass the officials table on your right you are done! ALL FINISHERS MUST TAKE A RIGHT AFTER THE CURVE & FUNNEL BACK DOWN WASHINGTON STREET. (starting stretch). A Marshal will be there to remind you.

RESULTS: Results will be posted at registration, and an official will be present for questions. NO RIDERS ARE ALLOWED BACK ON COURSE OR TO RIDE TO THE FINISH AREA. We want to keep the course clear and open for riders still racing!

