



2009

# MIDWEST REGIONAL TIME TRIAL

30 Kilometer - 20 Kilometer Juniors

SATURDAY, AUGUST 22  
Garden Prairie, Illinois

### Categories

*Category 1-2*

*Category 3*

*Category 4/5*

*Juniors*

*Masters Age*

*30+, 40+, 50+, 55+, 60+,  
65+, 70+. 75 & 80+*

*Women*

*Category 1-3*

*Category 4/5*

*Juniors*

*Women Master Age*

*40+, 50+, 60+ & 70+*

*Recumbent*

*Tandem*

**REGISTRATION:** will open at 7:00am at Kishwaukee School.

Pre-register by August 20:

Entry fee:

ABR Members is \$17

Non-ABR Members \$22 with purchase of one day membership or \$42 with purchase of Annual Membership.

Online Registration at:

[www.getmeregistered.com](http://www.getmeregistered.com)

Register day of event:

ABR members \$20.

Non ABR members \$25 with purchase of one day membership or \$45 with purchase of Annual Membership.

**Annual Membership purchased will good for the remainder of 2009 and all of 2010.**

**Make checks payable to 'ABR'. Mail to: ABR, PO Box 487, Tinley Park, IL 60477-0487.**

### PRIZES List

**1st place,** Jersey, Medal, \$30

**2nd place,** Medal, \$20

**3rd place,** Medal, \$10

**4th & 5th place** Medal

Must be an ABR Annual Member to receive Jersey & Medal

Starting order is based on order of registration. First to register is first out.

**First rider will start at 8:31am and remaining riders at one minute intervals thereafter.**



**DIRECTIONS: From I-90 Toll Road** (southeast of Rockford, IL) Exit at Genoa Rd. (north). Take Genoa Rd north to Highway 20. Turn right (east) on Highway 20 to Garden Prairie Rd. Turn left (north) on Garden Prairie Rd, travel ¼ mile to Kishwaukee Elementary School parking lot. Do not park on Garden Prairie Rd.

**COURSE:** 30 Kilometers out and back relatively flat with a few rollers. Riders must ride on right side of road. Riders are only allowed to warm up on the north side of Rt. 20 away from the start/finish area. Start will be on Garden Prairie Rd. just south of Rt. 20. Course may be modified if road conditions warrant. Route 20 is a busy highway so take care in crossing the road.

**Questions:** Email: [AmBikeRace@aol.com](mailto:AmBikeRace@aol.com) -or- phone is 708-532-7204

### **ABR Masters Grant**

Since 1995 supporting masters age 60+ bicycle racing

**Please Remember that WE ARE GUESTS at Kishwaukee School, Town of Garden Prairie, Boone County and McHenry County and using their roads for our event. Be neat, Be clean, Be courteous.**