

# 2010 VQ Indoor TT

Saturday, March 6, 2010



*Cyclists and triathletes of all levels welcome!*

**This event is part of the American Bicycle Racing 2010 Mid America Time Trial Series (MATTs) and WIIL Rider of the Year (ROTY)**

*Race the infamous 2008 Tour de France Stage 4 time trial course in Cholet...from inside VQHP. At just 29 kilometers, this course is short, intense and smooth, with a few rolling hills.*

The race is a 30-minute time trial with 24 riders per start time. The winner will be declared as the rider who tallied the most miles at the end of the race. Each race time will be comprised of a mixture of categories:

- **Open:** Jr 10-18, Cat 4/5, Cat 3, Open (1, 2 & 3), Masters Age Group - 30, 40, 50, 55, 60, 65, 70, 75 & 80+
- **Womens:** Jr 10-18, Cat 4/5, Open 1/2/3, Masters - 40, 50, 60 & 70+

**MATTs custom medals** will be awarded to the top five performers in categories and Masters age groups for men and women. MATTs medals for the top three performers will be awarded for the top three junior men and women. MATTs & ROTY points awarded towards season overall competition award.

**Cash prizes will be awarded for the top 3 fastest men and women overall:**

- **Fastest Men (\$50, \$30, \$20)**
- **Fastest Women (\$50, \$30, \$20)**

## Race Times

10:00 – 11:00  
11:00 – 12:00  
12:00 – 1:00  
1:00 – 2:00

## Location of Event:

Vision Quest Highland Park  
1923 Skokie Valley Road  
Highland Park, IL 60035

**Entry fee is** \$25 per race for non-VQers, \$20 for VQers and \$15 for volunteers.

If you want to race in another class, the fee is \$20 for the second race.

Registration closes once all the slots are full. Enter through Trek of Highland Park for race.

By Mail: Vision Quest Coaching, 1923 Skokie Valley Road, Highland Park, IL 60035

Online Registration at: [www.visionquestcoaching.com](http://www.visionquestcoaching.com)

**Questions about event?** 877.851.8787 [indoortt@visionquestcoaching.com](mailto:indoortt@visionquestcoaching.com)

# ***VISION QUEST COACHING***

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