

10th Annual DICE/QCBC 20K TT Championships

Date: Sunday 5/23/2010

Time: 9:00am first rider off at 9:01

Pre-register by: 5/20/2010
With on-line registration at
WWW.GetMeRegistered.com
Late fee in effect after above date
except for QCBC members
Race day registration will be held from
7:45am-9am @ the Barstow Fire Dept.

Entry fees:

- \$20 Pre-Registered ABR Member
- \$25 Pre-Registered w/1 Day License
- \$25 Race Day ABR Member
- \$30 Race Day w/1 Day License
- \$5 off for second race

Mail ABR Standard Release Waiver to:

Donnie's Indoor Cycling Experience

PO Box 902
Moline, IL 61266-0902
Phone: 309-737-8270
Email:
bcycleracr@mchsi.com

Web sites:
dicecycling.com
DiceTraining.com
qcbc.org
ambikerace.com
GetMeRegistered.com



For more information e-mail:
bcycleracr@mchsi.com

Contact person: Donnie Miller

This is the same 20K out and back course in Barstow, IL as in the past. Dead flat following the Rock River. No turns. Can be windy. Turnaround in middle of road.

Directions: Exit off of Rt 5 (Turns into I-88) Barstow Rd. Exit is on edge of Silvis. Go 2 miles east on Barstow Rd to Fire Dept on left. **DO NOT PARK @ FIRE DEPT.** Park on streets and at Grade School 1 block away.

Riders go out in 1 minute intervals starting @9:01am sharp. First signed up, first out. All ABR rules apply. You must have an annual license or purchase a 1-Day License. Rain or Shine, no refunds. Holder will be provided. If you are racing twice you must pre-register.

We will raffle off a pair of Profile TT Bars. Park Self Service Tool Kit will be available.

Course Records:

Bryce Mead 25:18.42 @ 29.47mph
Debbie Dust 29:21.84 @ 25.39mph

AWARDS

Trophies to top 3 Overall
Trophies to top 5 Senior & Master's Category,
Age Group Winner's, and QCBC member

Men

Open (1/2), Cat 3, 4, 5, Juniors, Age Grade 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, Breakaway, Recumbent-HPV, Tandem

Women

Open (1/2/3), Cat 4, 5, Juniors, Age Grade 30-39, 40-49, 50-59, 60-69, 70+, Recumbent-HPV, Breakaway, Tandem, Mixed Tandem



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ROTY
EVENTS**

"TOI/W"

Tour of
Illinois
&
Wisconsin

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