



2010 MID-AMERICA TIME TRIAL SERIES©
BRYCE MASTER 19K Individual



Harvard, IL Saturday, July 31, 2010

Presented by **LAMB LITTLE RACING**

First rider starts 8:30am

ABR permit #2010-022

**MATT'S
 RACE CLASSES**

ABILITY CATEGORIES

Cat. 1-2

Cat. 3

Cat. 4

Women Open

Women Cat 4

AGE GROUPS

Juniors 18 and under

Junior Girls 18 and under

Master 30+

Master 40+

Master 50+

Master 55+

Master 60+

Master 65+

Master 70+

Master 75+

Master 80+

Women 40+

Women 50+

Women 60+

Women 70+

Recumbent/Tandem

COURSE: 19 Kilometers, Start on Flat Iron Rd. (Hwy 16) South of Hwy 173. Southwest on Flat Iron to Mill Rd Return same roads to finish just South of Hwy 173. Roads are open to vehicular traffic.

REGISTRATION:

Entry Fee: ABR Members \$20, Juniors racing Junior category \$8.00.

Race second class - additional \$10.

ABR membership required, purchase one day \$5 or Annual \$25, Junior annual \$10.

To Pre-Register: By Mail:

Submit ABR Release Form with entry fee payable to:

ABR - PO Box 487, Tinley Park, IL 60477-0487

Online Registration: www.getmeregistered.com online closes July 29.

If we do not have your registration by Friday, July 30 you are not registered and you will need to register and pay entry fee on the day of the race.

Day of race registration: Will open at 7:00am at Milky Way Park, Harvard, IL

Starting order: Is based on order of registration. First to register is first out. First rider will start at 8:30 am and others follow at one-minute intervals.

**ADDITIONAL
 RACE CLASS**

CAT 5 / CITIZEN
 WOMEN CAT 5 / CITIZEN
 5 places each
 Cat 4 MATT'S and ROTY points

◆————◆
JUNIOR 14 & UNDER

Medals for all.
 JR MATT'S and ROTY points

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HAND-CYCLE

Men & Women
 Medals 5 places

AWARDS:

MATT'S: Medals awarded five deep in all classes except Juniors & Recumbent/Tandem are three deep.

Points awarded towards 2010 MATT'S \$5000 in overall Season cash prizes.

ROTY: Points awarded towards Wisconsin \ Illinois Association Rider of the Year



Overall Fastest Riders: One award per rider
 Fastest Man Std bike \$40, \$30 2nd, \$25 3rd, \$20, 4th, \$15 5th.
 Fastest Woman Std bike \$40, \$30 2nd, \$25 3rd, \$20, 4th, \$15 5th.
 Fastest Recumbent/Tandem \$40, \$30 2nd, \$20 3rd.
 Fastest Hand Cycle Man & Woman: Smart Cycling Performance Test



Home of Milk Days
 June 4, 5, 6, 2010 Harvard, IL
www.milkdays.com
 PURE WHITE and CHOCOLATE



SRAM
 Rider of the Year

DIRECTIONS to HARVARD: Hwy 14 to Hwy 173 (on the South Side of Harvard, Illinois) Take Hwy 173 West about 2 miles to the Milky Way Park, 300 Lawrence Rd, Harvard, IL 60033 Turn right (North) onto Lawrence Rd to parking area.

Questions: email: ablund@aol.com or website www.ambikerace.com or call 708-532-7204

Please remember that we are guests of the folks of Harvard, McHenry County and Boone County.

BE CAREFUL CROSSING HWY 173