



THE 2010



ABD "Fall Fling" Stage Race

OVER \$6,000 IN CASH & PRIZES



Saturday, Sept. 25: Pella Factory Criterium
Sunday, Sept. 26: Maple Park Time Trial
Saturday, Oct. 2: DuPage Tech Park Circuit Race
Sunday, Oct. 3: Wood Dale Circuit Race



Riders must compete in 3 of 4 races to be eligible for overall prizes.

A minimum of three riders per field required in order to be eligible for prizes.

Promoter reserves the right to combine fields and/or prize lists based on participation.

Your last chance to secure ROTY Points: Rider of the Year Points awarded at ALL events!



Pre-register by 9/20/10 and race all FOUR events for just \$95!

See reverse side for registration information

SATURDAY, SEPT. 25: PELLA FACTORY CRIT

9:00 am	Category 5 Beginner Men	10 laps
9:40 am	Masters 60+,65+,70+,75+,80+	30 min + 1 lap
10:20 am	Women 4 & Cat5/Beginner Women, Masters Women 40/50/60/70+	30 min + 1 lap
11:05 am	Masters 50/55+ & Women 1,2,3	35 min + 2 laps
11:55 am	Category 4	40 min + 2 laps
12:50 pm	Category 4/5 40+ only	40 min + 2 laps
1:45 pm	Cat 1/2, Cat 3 & Masters 40+ (1/2/3)	60 min + 3 laps

Flat .8 mile, 4-corner course

Directions: From the City/Suburbs: Route 38 west past the city of West Chicago. Left on Fabyan Pkwy. Left on Enterprise Blvd.

Registration opens at 8:00 am.

NO WARMING UP ON FABYAN PKWY!

SUNDAY, SEPTEMBER 26: MAPLE PARK TIME TRIAL

Registration opens @ 7:30 AM.

First rider off at 9:01

Registration will be held in the basement of the Civic Center @ 302 Willow Street, Maple Park, IL

PLEASE RESPECT ALL NO PARKING SIGNS AND LOCAL TRAFFIC!

Course: 9.7 mile course with two turnarounds

Directions:

From I-88: I-88 to Orchard Rd. North on Orchard to Randall Rd. Left on Randall (North) to Route 38 (Roosevelt Rd.) West on Route 38 to County Line Road. Right on County Line Road. Follow Parking Signs.

From I-39: I-39 to I-88. East on I-88 to Exit #65. North on Peace Road to Route 38 (Roosevelt Rd.) Right on Route 38. Left on County Line Rd. Follow Parking signs.

SATURDAY, OCTOBER 2 -

Your Longest Day of Racing + Kids' Races in West Chicago!

9:00 am	Category 5 Beginner Men	5 laps / 9 mi
9:40 am	Masters 60+,65+,70+,75+,80+	8 laps / 14.5 mi
10:35 am	Women 4 & Cat5/Beginner Women, Masters Women 40/50/60/70+	8 laps/ 14.5 mi
11:05 am	Masters 50/55+ & Women 1,2,3	14 laps/ 25 mi
12:20 pm	Cat 4 & Cat 4/5 40+ (starting separately)	14 laps/ 25 mi
1:40 pm	KIDS RACES - FREE!	Various
2:15 pm	Cat 1/2, Cat 3 & Masters 40+ (1/2/3)	25 laps/45 mi

1.8 mile rolling loop in the DuPage Technology Park

Located just north of Fabyan Parkway and the stage 1 course.

Directions: Follow 9/26 direction for parking at Pella. **NOTE: Course is across Fabyan Parkway from Pella, cross at stoplight only.**

SUNDAY, OCTOBER 3 - The fun-filled finalé in Wood Dale!

9:00 am	Category 5 Beginner Men	5 laps
9:40 am	Masters 60+,65+,70+,75+,80+	30 min+1 lap
10:25 am	Women 4 & Cat5/Beginner Women, Masters Women 40/50/60/70+	30 min+1 lap
11:05 am	Masters 50/55+ & Women 1,2,3	35 min+2 laps
11:55 pm	Cat 4 & Cat 4/5 40+ (starting separately)	45 min+2 laps
1:00 pm	Cat 1/2, Cat 3 & Masters 40+ (1/2/3)	75 min+3 laps

The combined Wood Dale course! A challenging 2 mile loop in the Oakwood Business Park at Mittel Drive and Wood Dale Road!

Directions: Take 290 to Thorndale Road. Exit Thorndale and head East to Wood Dale Rd. Head South on Wood Dale Rd. to Mittel and go right to parking.

Pre-register for all four races by 9/20/10 for just \$95 [Save \$25!], \$50 Pre-Reg for Juniors!!!

Register Online @ www.Active.com. Other fees: \$25/race, \$20 for 2nd race each day. \$15 for Juniors (racing in a Senior category), .

\$5 Late Fee per race if registering within one week of an event or on-site!

To pre-register by mail: send 2010 Fall Fling Waiver and check payable to: ABD Cycle Club, 1005 Greta Ave, Woodstock, IL 60098