

Presenting





KANKAKEE 20k INDIVIDUAL TIME TRIAL Sunday, May 19, 2013



RACE CLASSES ABILITY CATEGORIES Cat.1-2 Cat 3 Cat. 4 & 5 Women 1-2 Women Cat 3 Women Cat 4 & 5 Men & Women AGE GROUPS Juniors 14 and under Juniors 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79

<u>Start Line, Registration and Parking area:</u> Splash Valley Aquatic Park, 1850 River Rd., Kankakee, IL

<u>STARTING ORDER</u>: Is based on order of registration. First to register is first out. Oneminute intervals between starts.

AWARDS: Presented at Registration area Splash Valley Aquatic Park after last rider finishes.

MATTS Medals awarded five places in all classes.

MATTS & ROTY Points awarded for Season Overall prizes, awards and Wisconsin \ Illinois Association Rider of the Year Jersey, Awards & prizes)

QUESTIONS: call Robert 773-612-2652 email: abrlund@aol.com or website www.ambikerace.com

<u>**Toilets:**</u> Portable Toilets will be available at Splash Valley Aquatic Park.

80+ <u>Recumbent/HPV/Tandem</u>

<u> Ride Safe - Ride Right</u>

Date: 5/19/2013 Time: 9:00am First rider starts 9:01am

Pre-register by 5/17/2013 Online registration at www.getmeregistered.com

Mail in registration to: Mail ABR standard Entry/Release Form with entry fee payable to:

Robert Kuttler 3950 Lake Shore Dr., Apt 2328 Chicago, IL 60613

Entry Fees:

\$25.00\$15.00 for JuniorsDay of race add \$5.00 late fee.\$10.00 for second race.

ABR Annual or One Day license required. Purchase at event. \$5.00 for One Day membership or \$25.00 for Adult Annual \$10.00 for Junior Annual.

Course: Start area is at SPLASH VALLEY AQUATIC PARK, 1850 River Rd., Kankakee, IL.

THIS COURSE IS OPEN TO TRAFFIC. Course Marshal at each turn, turn around and straight through intersections. Finish line is just East of start line. This is an out and back course on mostly flat, one overpass over 157, rolling, curving County roads consisting of asphalt and chip seal road surface in very good condition. Promoter reserves right to adjust course if conditions warrant.

Directions to course: From North or South Take Interstate 57 to Exit 308 – US 45/52 to Kankakee. At top of ramp turn left (North) onto US 45/52 and go to River Road. Turn right (East) onto River Road; go to Splash Valley Aquatic Park on right (South) side of Road.

<u>From East or West</u>: Take IL 17 to Kankakee. Turn South onto US-45/52 S Washington Ave, follow US45/52 to River Road, turn left (East) onto river Road go to Splash Valley Aquatic Park on right (South) side of Road.

Motels, Hotels, Bed & Breakfast: In Kankakee there are many.



<u>Camping:</u> Kankakee Valley Park District, Kankakee River State Park, KOA Kankakee.

Restaurants: Many in Kankakee, here are a few non-chain unique:

Jaenicke's Root Beer Stand, JR's Chicken, Monicals Pizza, or picnic at the park.

<u>Remember</u>: WE are Guests. But think of this area as your home, your backyard and your Town. No alcohol, beer, wine or illegal substances – violators are not allowed to participate. Observe traffic laws, ride right side of right lane, do not block traffic, Look where you are riding, What ever you brought with you take it home with you. **Leave no trace.**