

5th Annual ABD INDOOR Time Trial Series(10k)

USE OUR COMPU TRAINER BICYCLE ERGOMETERS ON YOUR OWN BICYCLE TO SIMULATE A REAL, OUTDOOR 10K TIME TRIAL, WITHOUT THE WIND, COLD OR TRAFFIC -- **JUST YOU, NO EXCUSES!!**

MEASURE YOUR PERFORMANCE IMPROVEMENTS IN SPEED, TIME AND WATTS!!

COMPARE YOUR RESULTS FROM ONE RACE TO THE NEXT, AGAINST YOURSELF AND OTHERS!!

Sunday, JAN. 11TH, Sun., FEB. 1ST. Sun., FEB 22ND, Sun., MAR 7TH

AT THE WHEATON COMMUNITY CENTER, 1777 S. BLANCHARD ROAD, WHEATON, IL

PLUS, NEW FOR 2004, ANOTHER CHANCE TO RACE AT THE CHICAGO BIKE SHOW ON NAVY PIER, SATURDAY MARCH 27TH!!

NAVY PIER EVENT FEATURES DAILY PRIZES, AND ALL RACERS RECEIVE FREE PASS TO THE SHOW.

SERIES FINALE: JOHN FRASER MEMORIAL 10 MILE OUTDOOR TT IN MAPLE PARK, IL. SUN., APRIL 4TH

Cash and prizes totaling \$2,000 for overall winners!

3 BEST TIMES FROM INDOOR EVENTS AND THE OUTDOOR TT QUALIFY FOR OVERALL PRIZES.

FASTEST RIDER CHALLENGE DAILY: 3 FASTEST MEN AND WOMEN AT EACH EVENT RECIEVE \$50/\$30/\$20 ALL PARTICIPANTS ELIGIBLE FOR PROFILE EQUIPMENT RAFFLE AT EACH EVENT!

Part of the Mid-America Time Trial Series (MATTs), boasting \$5,000 in overall cash prizes!

BEST TIME OF THE INDOOR EVENTS GOES TOWARDS MATTs AND ROTY POINTS

SPONSORED BY: WHEATON PARK DISTRICT, PRAIRIE PATH CYCLES, ATHLETES BY DESIGN, AND THE CHICAGO BIKE SHOW.

PROMOTED BY: ABD CYCLE CLUB, HELD UNDER ABR EVENT PERMIT

Racers, Triathletes, and all Cycling Enthusiasts welcome! Categories for ALL

ABR CATEGORIES		CITIZEN CATEGORIES**	
MEN / prizes	WOMEN / PRIZES	MEN / PRIZES	WOMEN / PRIZES
JR. 15 & UNDER / 3*	JR. 15 & UNDER / 3*	JR. 15 & UNDER / 3*	JR. 15 & UNDER / 3*
JR. 16 & OVER / 3 *	JR. 16 & OVER / 3 *	JR. 16 & OVER / 3 *	JR. 16 & OVER / 3 *
CAT 4 / 5	WOMEN 4 / 5	19-29 / 3	19-29 / 3
CAT 3 / 5	WOMEN OPEN / 5	30-39 / 3	30-39 / 3
CAT 1,2 / 5		40-49 / 3	40-49 / 3
MASTERS / 5	MASTERS / 5	50 + / 3	50 + / 3
30 + 60-64	40 +	* JUNIOR CATEGORIES ARE COMBINED FOR MATTs POINTS	
40 + 65-69	50 +	**CITIZEN CATEGORIES ARE NOT PART OF MATTs	
50 + 70 +	60 +	PROMOTER RESERVES THE RIGHT TO COMBINE CATEGORIES	

Entree fees: \$20.00 per event, Junior racers \$12.00 per event.

Racers can purchase a one-day ABR license for \$4.00 or annual for \$20.00

To register: Send check payable to: ABD Cycle Club along with your name, age, M/F, Race category (if licensed.

Please include your license number and club name)

Mail to: ABD Cycle Club, 229 Steeplechase Ct., Schaumburg, IL 60173

You may also request a start time. Requests will be taken in the order they are received, so register early! e-mail m_ebert@yahoo.com or check www.prairiepathcycles.com on the Wednesday before the race for your start time.

Entries must be received one week before each event. NO RACE DAY REGISTRATION!

