

American Bicycle Racing's ILLINOIS State Road Race Championships

Mississippi Bluffs Road Race

WHEN: July 17, 2010
WHERE: Adventurequest, 207th St North, Rapids City, IL
TIME: 11am race start
 9:30am registration and packet pick-up. Register closes 15 minutes before race start.

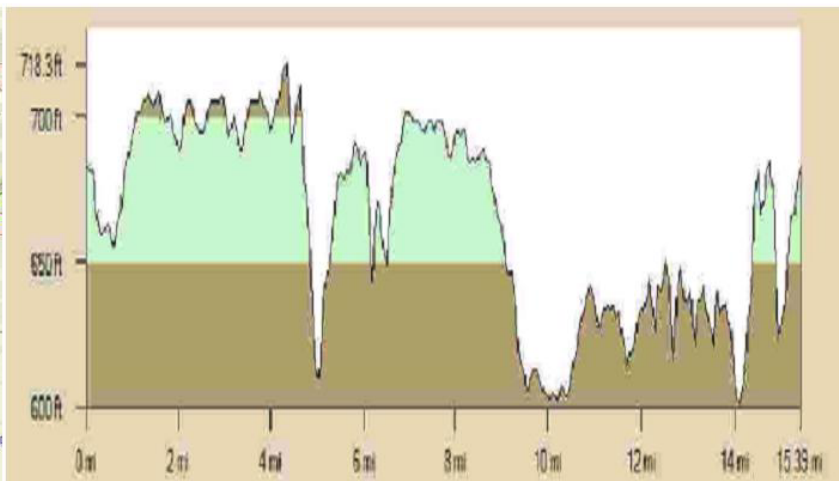
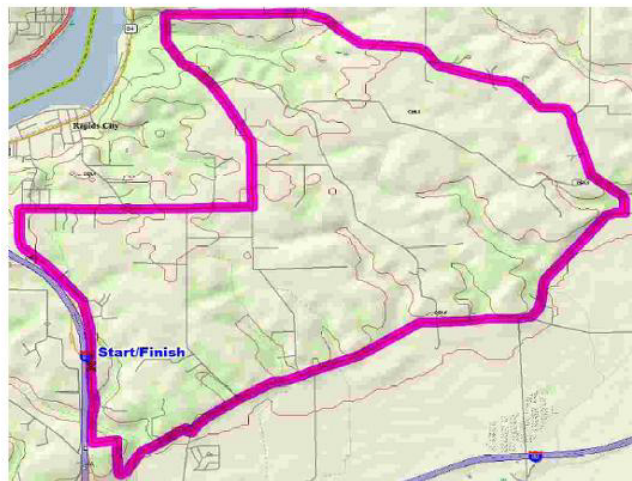
COST: \$20 pre-register by mail-in or with GetMeRegistered.com until July 14 (Add \$5 for 1-day)
 \$25 day of race registration (Add \$5 for 1-day)
 \$15 day of race for Beginners and Juniors (non-ABR members must buy 1-day License at \$5)
 \$5 Discount if racing 40K TT on July 18, 2010
 Please use the standard ABR Rider Release form for race entry.

SANCTIONED BY: American Bicycle Racing (ABR). Must be an ABR member or buy 1-day license.
RACE RULES: All ABR Road Racing Rules apply and the CENTERLINE RULE will be in effect. Race course will be open to motor traffic, please ride on the right.
IN ORDER TO WIN JERSEY OR PRIZES - YOU MUST HAVE AN ANNUAL LICENSE - ONE DAY LICENSES ARE *NOT* ELIGIBLE.

RACE COURSE: The course is a 25K rolling loop with just over 700 feet of climbing.
DIRECTIONS: From I-88 (Rt. 5/John Deere Rd) exit at old Rt. 2, and take Rt. 2 east for .5 miles to the first left which is 207th St North, take the left and follow around and up the hill to Adventurequest on the right.
 From Iowa and I-80, take the first Illinois exit to Rapids City and Rt. 84. Go north on Rt. 84 to 17th St. in Rapids City and take a right. Go up the hill (very steep) through the stop sign to the "T" intersection at 11th Ave (which also turns into 207th N. Turn right and follow around to Adventurequest on the left.
 Adventurequest is directly behind the I-80 weigh station and 207th St N parallels I-80.

RACES:
 11am Men's Open Cat 1, 2, 3, 4 all ages —4 laps at 100K
 11:05am Men's Master's 30 to 80+ —3 laps at 75K
 11:10am Women's Open Cat 1, 2, 3, 4 all ages —3 laps at 75K
 11:15am Women's Master's 30 to 70+ —2 laps at 50K
 11:20am Men's and Women's Cat 5 Beginner and Masters 50 to 80+ Beginner One-day License holders and Juniors—1 lap at 25K

AWARDS:
 Men's Open 3 places—\$50, \$40, \$30 40+, 50+, 60+ 2 places each \$50, \$30
 Women's Open 3 places \$50, \$40, \$30 Plus each category will get State Champ Jerseys
 Men's and Women's Beginner/Juniors/Master's prizes for top 5 each gender up to 80+
CONTACT: Donnie Miller—Donnie's Indoor Cycling Experience



DiceTraining.com
 dicecycling.com
 qcbc.org
 GetMeRegistered.com
 ambikerace.com