



2023 MID-AMERICA TIME TRIAL SERIES©

Garden Prairie 30k[®] Individual ILLINOIS STATE CHAMPIONSHIP Garden Prairie, IL • Sunday, June 18, 2023



DATE CHANGED from June 4 to SUNDAY JUNE 18. Repaving Garden Prairie Road South of Rt 20.

MATT'S RACE CLASSES ABILITY CATEGORIES

- Cat.1-2
- Cat 3
- Cat 4/5
- Women Cat 1-2
- Women Cat 3
- Women Cat 4/5

MEN & WOMEN AGE GROUPS

- Juniors 14 & under
- Junior 15 – 18
- 19-29
- 30-39
- 40-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90+

Recumbent/Tandem/HPV
Eddy Merckz
Single Speed

COURSE: 30 Kilometers, 20k Juniors and 70+, out and back relatively flat with a few rollers. Riders must ride on right side of road. Riders are only allowed to warm up on the north side of Rt. 20 away from the start/finish area. Start will be on Garden Prairie Rd. just south of Rt. 20. Course may be modified if road conditions warrant. Route 20 is a busy highway - careful crossing road. Roads are open to vehicular traffic.

First rider starts 9:01am, One –Minute intervals

Starting order: Is based on order of registration. First to register is first out. You may request at start time.

REGISTRATION:

Entry Fee: ABR Members \$20, Juniors racing Junior category \$10. Race second time for an additional \$10.

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

[ABR Membership](#)

To Pre-Register

Online:

https://secure.getmeregistered.com/get_information.php?event_id=138551

By Mail: Submit ABR Entry/Release Form with entry fee payable to:
ABR, PO Box 487, Tinley Park, IL 60477-0487

Start list & Results posted here:

docs.google.com/spreadsheets/d/1mODoqK_IyWemnFA3jufM0iNcktR_JOZslp9oFjEy3Jk/edit?usp=sharing

Day of race registration:

Will open at 7:30am in Parking lot, SESI High Road Therapeutic School, 7133 Garden Prairie Rd, Garden Prairie, IL 61038.

ABR standard entry/release forms available at: www.ambikerace.com in form section.

AWARDS:

MATT'S: Medals awarded five deep in all race classes.

ILLINOIS CHAMPION JERSEY

MATT'S Points awarded towards 2023 MATT'S overall Season cash prizes.

ROTY: Points awarded towards 2023 Wisconsin/Illinois Association Rider of the Year



Questions:

Email: abrlund@aol.com or call 708-532-7204
www.AmBikeRace.com

Please remember we are guests, use toilets, no nudity, be respectful, ride on right side of road.

Fastest Riders:

Fastest Man: \$40, 2nd \$30, 3rd \$20
 Fastest Women: \$40, 2nd \$30, 3rd \$20
 Fastest Junior: \$40, 2nd \$30, 3rd \$20

DIRECTIONS: From I-90 Toll Road (southeast of Rockford, IL) Exit at Genoa Rd. (north). Take Genoa Rd north to Highway 20. Turn right (east) on Highway 20 to Garden Prairie Rd. Turn left (north) on Garden Prairie Rd, travel ¼ mile to SESI High Road Therapeutic School parking lot.

