



2023 Rock River MultiSport 20K®

Sunday, April 30 & August 27, 9am start – 1 minute intervals
Deer Run Forest Preserve, 5691 River Rd, Cherry Valley, IL 61016

<http://www.rockrivermultisport.com/>

RACE CLASSES:

Standard Road or TT Bike

Ability Categories

Cat. 1-2

Cat -3

Cat 4-5

Women Cat 1-2

Women Cat 3

Women 4-5

Men & Women

Age Categories

Juniors 14 and under

Juniors 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+

Tandem/Recumbent/HPV

Single Speed

Eddy Merckx (non aero)

COURSE: 20 Kilometer

out and back course. Start line is at Deer Run Forest Preserve. From start line ride South for 3mi. then turn right onto Fairdale Rd./East Line Rd for 5.5 miles. Turn around at mark and return on same course to the finish line.

Course Marshall at turn & turn around

Cherry Valley 20k TT - <https://www.strava.com/routes/28937060>

AWARDS:

MATTS Points towards season overall prizes

Medals awarded five (5) deep in all classes,

Overall Fastest Riders: Fastest times of day cash awards:

(1st \$30, 2nd \$25, 3rd \$20, 4th \$15, 5th \$10, 6th \$10)

Overall Female Riders: Fastest times of day cash awards:

(1st \$25, 2nd \$20, 3rd \$15)

Overall Junior Riders: Fastest times of day cash awards:

(1st \$15, 2nd \$10, 3rd \$5)

Prizes available at TT or pick up at next MATTS TT.



REGISTRATION:

Entry Fee: Pre-registration: Adults **\$25**. Juniors 18 & under **\$5**.

Race 2nd time to compete in 2nd race class or for a faster time **\$10**.

Online registration at: <https://www.bikereg.com/cherry-valley-20k-time-trial>

Day of Event: Opens at 8:00am at Deer Run Forest Preserve, rear picnic area.

By Mail: Submit ABR Release Form with entry fee payable to:

Rock River Multisport

Mail to: Rick Green - 8839 Greenfield Dr., Belvidere, IL. 61008

ABR-American Bicycle Racing membership required. Annual \$25, Junior \$10, One day

\$5 Purchase online at: [ABR membership getmeregistered.com](http://www.abrmembership.com)

Start list here:

Apr 30: <https://docs.google.com/spreadsheets/d/1oFyg41fMNt0UWBhntzS7tI90ieNQIHVJICcmp0VtLRE/edit?usp=sharing>

Aug 27

https://docs.google.com/spreadsheets/d/1rtpQovrAIN7BnWNagmUb30Sc_SZrkIuuGdwkz5Yg98E/edit?usp=sharing

Questions: Email: Rick Green, rgreen3591@gmail.com or text 815-621-6030

Guidelines:

- Pit toilets open at rear main parking lot.
- Rider numbers pick up at event.
- Start, Finish, Arrows, Turnaround signs posted.
- Official will give start countdown for each rider.
- Official Timer at finish line.



DIRECTIONS: Cherry Valley is located Southeast of Rockford. From Chicago or Madison take I-90 (toll) or I-39 to Hwy 20 (not business 20). East on Hwy 20, turn right onto Mill Rd then left on E State Rd, East on E. State Rd, right onto Walnut St, left onto Genoa St, a mile to right on River Rd., River Rd to Deer Run Forest Preserve.