

# 2016 Fall Fling

REGISTRATION OPENS EACH EVENT DAY AT 8:00 AM  
REGISTER ONLINE NOW & SAVE YOURSELF THE \$5 LATE FEE!



DAILY PRIZES AND THE FAMOUS TEAM COMPETITION!  
MORE INFO AT [WWW.ABDCYCLING.COM](http://WWW.ABDCYCLING.COM)

## SATURDAY, SEPTEMBER 17, 2016 EVENT #1 - PELLA WINDOWS CRITERIUM

TIME	CATEGORIES	DISTANCE
9:00 AM	Men's Cat 5/Beginner	30 Min.
9:40 AM	Men's Master 60+/65+/70+/75+/80+	35 Min.
10:25 AM	Women's Cat 5/Beginner Women's Cat 4 Women's Master 40+/50+/60+/65+/70+/75+/80+	35 Min.
11:10 AM	Men's Master 50+/55+ Women's Cat 1/2/3	40 Min.
12:00 PM	Men's Cat 4 Men's Master 40+ Cat 4	45 Min.
12:55 PM	Men's Cat 1/2 Men's Cat 3 Men's Master 40+ Cat 1/2/3	75 Min.

## SUNDAY, SEPTEMBER 18, 2016 EVENT #2 - DUPAGE BUSINESS PARK CRITERIUM

TIME	CATEGORIES	DISTANCE
9:00 AM	Men's Cat 5/Beginner	30 Min.
9:40 AM	Men's Master 60+/65+/70+/75+/80+	35 Min.
10:25 AM	Women's Cat 5/Beginner Women's Cat 4 Women's Master 40+/50+/60+/65+/70+/75+/80+	35 Min.
11:10 AM	Men's Master 50+/55+ Women's Cat 1/2/3	40 Min.
12:00 PM	Men's Cat 4 Men's Master 40+ Cat 4	45 Min.
12:55 PM	Men's Cat 1/2 Men's Cat 3 Men's Master 40+ Cat 1/2/3	75 Min.

## SATURDAY, SEPTEMBER 24, 2016 EVENT #3 - DUPAGE BUSINESS PARK CIRCUIT

TIME	CATEGORIES	DISTANCE
9:00 AM	Men's Cat 5/Beginner	30 Min.
9:40 AM	Men's Master 60+/65+/70+/75+/80+ Women's Master 40+/50+/60+/65+/70+/75+/80+ Women's Cat 4 Women's Cat 5/Beginner	35 Min.
10:25 AM	Men's Master 50+/55+ Women's Cat 1/2/3	45 Min.
11:20 AM	Men's Cat 4 Men's Master 40+ Cat 4	45 Min.
12:15 PM	Men's Cat 1/2 Men's Cat 3 Men's Master 40+ Cat 1/2/3	75 Min.
1:40 PM	KID'S RACES	

## SUNDAY, SEPTEMBER 25, 2016 EVENT #4 - MAPLE PARK TIME TRIAL

REGISTRATION OPENS AT 8:00 AM  
FIRST RIDER OFF AT 9:01 AM

Registration will be held in the basement of the Civic Center at  
302 Willow Street, Maple Park, IL

**PLEASE RESPECT ALL NO PARKING SIGNS & LOCAL TRAFFIC!**

**COURSE:** Approximately 9.5 miles with 2x 180-degree turnarounds



**MAP & DIRECTIONS**



## FEES

Adults: \$30/event (\$35 day of)

Juniors: \$20/event (\$25 day of)

\$15/each additional race

## 4-RACE DEAL!

Pre-Reg & 4-Race Deal Expires  
09/15/2016 at 11:55 PM

Adults: \$100

Juniors: \$60



To pre-register, online go to  
[www.bikereg.com](http://www.bikereg.com), or via US Mail

send a standard

**ABR Release Form**

for **EACH CATEGORY** w/check or

money order payable to **ABD**

**Cycle Club** to the following

address:

*ABD Cycle Club*

*27W181 Geneva Rd.*

*Winfield, IL 60190*

## DECENCY

Please respect residents and families when changing for your event. Riders breaking decency laws (ie. nudity) will be DQ'ed, ticketed, & possibly arrested.