



March 19, 2022

ABD Unofficial Illinois eCycling State Time Trial Championship

Time to close out the indoor season and tune up for getting outside! – Get two races for one donation!

Cool new race format – mass start/no drafting TT on RGT.

Ability Category Races all start at 9:00AM

Age Group Races all start at 10:00AM

(Note that while multiple races start at the same time, you'll only see your category on the virtual RGT Kaneville course)

Prizes - Overall Fastest Men and Women:
1st place \$75, 2nd place \$50, 3rd place \$25

LOCATION

Virtual Kaneville 10M
TT Course on RGT

You must download the free version of RGT at RGTcycling.com to participate

FEES

\$25 Donation* per race
All Donations will
benefit Cal's Angels

* Note: for one donation, you can race both your category and your age group races.



Cal's Angels is a 501(c)(3) pediatric cancer foundation with a mission of granting wishes, raising awareness, and funding research to help kids fighting cancer.

PRE-REGISTRATION

BikeReg.com

Registration ends
March 18

MATTS RACE CLASSES

ABILITY CATS	Men & Women	Men & Women
Cat 1-2-Pro	AGE GROUPS	AGE GROUPS
Cat 3	Jr 14 & under	60 – 64
Cat 4/5	Jr 15 – 18	65 – 69
Women Cat 1-	19 – 29	70 – 74
2-Pro	30 – 39	75 – 79
Women Cat 3	40 – 49	80 – 84
Women Cat	50 – 54	85 – 89
4/5	55 – 59	90+





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Additional Details

RGT download/set up – You must download the free version of RGT to participate. If you already have the paid version of RGT, that works too. RGT is an on-line, virtual cycling platform like Zwift. It requires a smart trainer and computer, or phone connected to the internet. If you are running on Zwift, your set up should be able to support RGT too. Here's a link to [SYSTEM REQUIREMENTS](#) for RGT.

Here's a link to download the RGT platform - <https://www.rgtcycling.com/get-started/> . We're using RGT because it offers a free version and it has a feature called "Magic Roads" that allows us to build, upload and race custom courses. In this case, we're using a virtual version of our familiar Kaneville TT course. You'll experience all the ups, downs and turns of the course, just not our beautiful Midwest scenery. Here's a link to where you can preview the [course profile](#). Note tabs at top of page for different views.

Testing/Pre-riding - We highly recommend that you download, install and test RGT days before the race. While it's pretty straight forward, it is different from Zwift and other on-line cycling platform. **Be sure to update your weight in the "Personal Details" tab in the menu ahead of time. No weight doping allowed! We're on the honor system.** RGT allows free subscribers to ride a subset of their standard courses and we're offering several times earlier in the week of the race to pre-ride the Kaneville TT course. You can make sure you are ready for race day, have your setup working correctly, all your sensors connected and become familiar with the interface. Click on any of these links to test ride the course at times that work for you:

Saturday, March 12 – 7am	Sunday, March 13 – 8am	Monday, March 14 – 7pm	Tuesday, March 15 - noon
Weds, March 16 – 6pm	Thurs, March 17 – 6am	Friday, March 18 – 5pm	Saturday, March 19 – 8am

Joining your race - Once you register through BikeReg, you'll be emailed a link to join your specific race. **Make sure you've paired your trainer in RGT under menu/sensors before beginning.** Then, hit "Ride Now" to join the event and you'll be placed at the line before the start.

Mass start/No draft format - Everyone in your category or age group will race together at the same time. While other categories and age groups have the same start time, you will only see the others in your category on the road. You all start together but RGT will be set so that you can't draft. You can try to break away, just "TT it" or you can lurk in the back and attempt to sprint to the win. Without a draft, everyone will be working all the time and the strongest will win.

MATTS/ABR – This race will be counted towards the 10 required events to place in the overall Mid-America Time Trial Series (MATTS), however no points will be awarded. You do NOT need to be licensed with ABR to do this race. For a list of outdoor races, you can check the schedules at [MATTS](#) and [ABR](#).

Questions - Contact: ABD Organizer at (ABD.WinterRaces@gmail.com)