



THE 2009



# “FALL FLING” STAGE RACE

A 4-RACE SERIES SCORED ON POINTS

OVER \$6,000 IN CASH & PRIZES

**FEATURING THREE NEW COURSES!**

Saturday, Sept. 26th: Pella Factory Criterium

Sunday, Sept. 27th : Crete Road Race & *BBQ!*

Saturday, Oct. 3rd : Maple Park Time Trial

Sunday, Oct. 4th : DuPage Tech Park Circuit Race

**Riders must compete in 3 of 4 races to be eligible for overall prizes.**

A minimum of three riders per field required in order to be eligible for prizes.

Promoter reserves the right to combine fields and/or prize lists based on participation.

**All events are part of the ABR Rider of the Year Competition**

**Pre-register by 9/22/09 & Race all 4 events for just \$100!**  
*See reverse side for registration information*



**TREK**

prairie path cycles

Riders- bring those old innertubes to the races! We'll be collecting them throughout the Fling to ship out to the good folks at [Cycle Dog!](#)

**SATURDAY, SEPTEMBER 26  
PELLA FACTORY CRITERIUM**

9:00am	Beginner Men(less than 15 mass starts)	10 laps
9:40am	Masters 60+,65+,70+,75+,80+	30min+1 lap
10:20am	Women 4 / Citizen Women, Masters Women 40/50/60/70+	30min+1 lap
11:05am	Masters 50+ / Women 1,2,3	35min+2 laps
11:55pm	Senior 4	40min+2 laps
12:50pm	Masters 40+ (separate Cat 4 medals)	45min+2 laps
1:45pm-	Senior 1/2 & Senior 3	60min+3 laps

**NEW COURSE - flat .8 miles, 4-corners.**

**From the City/Suburbs:** Route 38 west past the city of West Chicago. Left on Fabyan Pkwy. Left on Enterprise Blvd.

**Registration opens at 8:00 am.**

**SUNDAY, SEPTEMBER 27  
CRETE ROAD RACE**

9:00am	Senior 4	42 mi
9:04am	Masters 50+ / Women 1,2,3	42 mi
9:08am	Women 4 / Citizen Women	30 mi
9:10am	Masters Women 40,50,60,70+ Master 60,65,70,75,80+	30 mi
11:40am	Senior 1/2 & 3	60 mi
11:44pm	Masters 40+ (separate Cat 4 medals)	48 mi
11:46pm	Beginner Men (less than 15 mass starts)	18 mi

**NEW COURSE! 6 miles - 4 turns**

**From the City/Suburbs:** take 294 or I-80 to IL-394 South 14.7mi. Left on Eagle Lake Rd for 2.5mi. Left on Stoney Island for 1.5mi. **Please do not enter from Bemis as you will be on course.**

**Registration opens at 7:30am**

**SATURDAY, OCTOBER 3: MAPLE PARK TT**

Registration opens @ 7:30 AM.

First rider off at 9:01, following at 30 second intervals

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

**PLEASE RESPECT NO PARKING SIGNS, LOCAL TRAFFIC & NOISE LEVELS!**

**From I-88:** I-88 to Orchard Rd. North on Orchard to Randall Rd. Left on Randall (North) to Route 38 (Roosevelt Rd.) West on Route 38 to County Line Road. Right on County Line Road. Follow Parking Signs.

**From I-39:** I-39 to I-88. East on I-88 to Exit #65. North on Peace Road to Route 38 (Roosevelt Rd.) Right on Route 38. Left on County Line Rd. Follow Parking signs.

**SUNDAY, OCTOBER 4 - THE FUN-FILLED FINALÉ IN WEST CHICAGO!**

9:00am	Beginner Men(less than 15 mass starts)	10 laps
9:40am	Masters 60+,65+,70+,75+,80+	30min+1 lap
10:20am	Women 4 / Citizen Women, Masters Women 40/50/60/70+	30min+1 lap
11:05am	Masters 50+ / Women 1,2,3	35min+2 laps
11:55pm	Senior 4	40min+2 laps
12:50pm	KIDS RACES	40min+2 laps
1:20pm	Masters 40+ (separate Cat 4 medals)	45min+2 laps
2:15pm-	Senior 1/2 & Senior 3	60min+3 laps

**ALL NEW COURSE!** 1.8 mile rolling loop in the DuPage Technology Park

Located just north of Fabyan Pkwy and the 9/26 course.

**Directions:** Follow 9/26 directions for parking at Pella.

**NOTE:** Course is across Fabyn Pkwy from Pella, cross at stoplight only.

**Pre-register for the entire series by 9/22/09 for just \$100 (\$60 for Juniors)**

***That's a savings of \$25 off day-of-race registration!***

Online Registration, Course Maps & Prize Breakdown available at [www.ABDcycling.com](http://www.ABDcycling.com)

**Other Fees:** \$25 for Crits & TT, \$30 for RR. \$20 for 2nd race of day. \$15 for Juniors

***\$5 Late Fee per race if registering on-site or within 7 days of an event***

To pre-register by mail: send 2009 Fall Fling Waiver & check payable to:

ABD Cycle Club, 1005 Greta Ave, Woodstock, IL 60098

# 2009 Accident Waiver and Release of Liability

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: American Bicycle Racing, Inc., their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand it's content.

Signature of entrant: \_\_\_\_\_ ABR member number: \_\_\_\_\_

Name of event : 2009 ABD Fall Fling Today's date: \_\_\_\_\_

Date of events: (any event you participate in on the following date(s) is covered by this single waiver)

9/26/09–West Chicago Criterium

9/27/09–Crete Road Race

10/3/09–Maple Park Time Trial

10/4/09–West Chicago Criterium

Name, printed: \_\_\_\_\_

Your address: \_\_\_\_\_ City, State & Zip: \_\_\_\_\_

Your Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Call in case of emergency: \_\_\_\_\_ Phone: \_\_\_\_\_

Ability Category Entered: \_\_\_\_\_ OR Age Group Entered: \_\_\_\_\_ Racing Age: \_\_\_\_\_

Racing club: \_\_\_\_\_ (if none enter "Unattached")

## PARENT GUARDIAN WAIVER FOR MINORS (Under 18 Years Old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Signature of Parent of Guardian \_\_\_\_\_ Date \_\_\_\_\_