



2025 ABD Fall Fling Omnium

TOTAL PRIZE LISTS OVER \$X,XXX

<p>Stage 1 Sat, Aug 30</p> 	<p>WoodDale Crit North Course 780 Aec Dr, WoodDale, IL</p>	<p>9:00 AM Men's Masters 60+ & up, Women's 50+ & up (35 min) - Medals: 5 deep 9:45 AM Juniors, Men's & Women's Cat 4/5 (35 min) - Medals: 5 deep 10:30 AM Men's 50+, Women's Cat 1/2/3 (50 min) - Prize: see event details 11:30 AM Men's Cat 1/2/3 (60 min) - Prize: see event details 12:40 PM ParaCyclist - hand-cycles, tricycle, upright, tandem (35 min) - Medals: 5 deep Tour of Wisconsin/Illinois and ROTY points will be awarded Register online - https://www.bikereg.com/25ffwooddalecriteriumstage1</p>
<p>Stage 2 Sun, Aug 31</p> 	<p>WoodDale Crit South Course 780 Aec Dr, WoodDale, IL</p>	<p>9:00 AM Men's Masters 60+ & up, Women's 50+ & up (35 min) - Medals: 5 deep 9:45 AM Juniors, Men's & Women's Cat 4/5 (35 min) - Medals: 5 deep 10:30 AM Men's 50+, Women's Cat 1/2/3 (50 min) - Prize: see event details 11:30 AM Men's Cat 1/2/3 (60 min) - Prize: see event details 12:40 PM ParaCyclist - hand-cycles, tricycle, upright, tandem (35 min) - Medals: 5 deep Tour of Wisconsin/Illinois and ROTY points will be awarded Register online - https://www.bikereg.com/25ffwooddalecriteriumstage2</p>
<p>Stage 3 Sat, Sept 13</p> 	<p>Al Stern RR 384 River Run Dr, St. Anne, IL</p>	<p>8:30 AM - Men's Cat 1/2/3 (5 laps, 54.4 mi) 8:40 AM - Women's Cat 1/2/3 & Men's 50+ (4 laps, 43.6 mi) 8:50 AM - Masters: Men 60/65/70 & Women 40/50 (3 laps, 32.7 mi) 8:55 AM - Men's Cat 4/5 (2 laps, 21.8 mi) 8:55 AM - Men's 60/65/70/75/80/85/90+ & Women's 60/65/70/75/80/85/90+ & Women's Cat 5 (1 lap, 10.9 mi) Tour of Wisconsin/Illinois and ROTY points will be awarded Register online - https://www.bikereg.com/25alsternroadrace</p>
<p>Stage 4 Sun, Sept 14</p> 	<p>Maple Park TT Washington Park, Maple Park, IL</p>	<p>9:00 AM - First rider off Top 3 Men & Top 3 Women Prize: see event details TT on road bikes will have the same categories as criteriums 10M flat, fast dipper shaped course MATTS and ROTY points will be awarded Register online - https://www.bikereg.com/25fallflingt Bib number will be mailed</p>

\$25 – Jr categories, \$30 – Men and Women Cat 4/5, Women 50+, Men 60+, \$40 – Men and Women Cat 1/2/3, Men 30-59
 Second race same event - \$15, Day of event onsite registration add \$10
 Questions – email - nsrgthakkar@gmail.com, or call Jason Bambalas - (630) 465-3535



Must have ABR daily or season membership to race – purchase here -
https://secure.getmeregistered.com/get_information.php?event_id=1217