



## 2009 ABD Indoor Time Trial Series: Race #3 - Sunday, February 22nd FINAL RESULTS

The final indoor event of the 2009 ABD Indoor Time Trial Series played host to more than 200 scheduled riders. Thank you to everyone that contributed to our indoor events: whether you are a competitor, a volunteer or one of our dedicated sponsors. You all are a big part of our successful series. Be sure to set your calendars for the final race of the ABD Indoor TT Series, the John Fraser Memorial Time Trial on April 5th. Thanks again to our host, the Winfield Middle School.

Conditions: Race hosted indoors at the Winfield Middle School in Winfield, IL. Course: 10km on Simulated Flat Terrain

Please contact ABD Cycling at [abdcycling@gmail.com](mailto:abdcycling@gmail.com) if you have any questions regarding results.

### AM1/2

Place	Cat	Last	First	Club	Time
1	AM1/2	Verner	Dan	PACT-Dishnetwork	13:55.96
2	AM1/2	Host	James	PACT - Dish Network	14:33.64
3	AM1/2	Moorhouse	Nathan	WDT	14:37.89
4	AM1/2	Kambol	James	Vision Quest	15:03.55
5	AM1/2	Oliff	Reed	WDT-Allvoi International Cycling Team	15:22.41
6	AM1/2	Ebert	Mike	ABD	15:32.63
7	AM1/2	Jungels	Rob	ABD	16:10.74

### AM15

Place	Cat	Last	First	Club	Time
1	AM15	Feldman	Ari	Velo Club Roubaix	17:08.56
2	AM15	Swick	Joel	Unattached	17:45.47
3	AM15	Witt	Konrad	ABD	18:09.67
4	AM15	Dickson	Carter	Multisport Madness Triathlon Team	18:13.61
5	AM15	Redlich	Mj	ABD	19:22.75
6	AM15	Ott	Anthony	Unattached	19:42.48
7	AM15	Torosian	Martin	Multisport Madness Triathlon Team	20:41.65
	AM15	Crane	Joshua	ABD	DNS
	AM15	Davey	Tom	Multisport Madness Triathlon Team	DNS

### AM15-5k

Place	Cat	Last	First	Club	Time
1	AM15-5k	Mccarthy	Sean	South Chicago Wheelmen	11:10.48

### AM16+

Place	Cat	Last	First	Club	Time
1	AM16+	Wilkie	Michael	ABD	16:24.10
2	AM16+	Miwa	Stephen	South Chicago Wheelmen	17:08.25
	AM16+	Frank	Jacob	ABD	DNS



# 10th Annual ABD INDOOR TRIAL SERIES

Race #3 - Sunday, February 22nd, 2009

## FINAL RESULTS

Sponsored by Prairie Path Cycles and promoted by the ABD Cycle Club  
hosted at the Winfield Middle School in Winfield, IL



### AM3

Place	Cat	Last	First	Club	Time
1	AM3	Cook	Ronald	Project 5 Racing	14:21.17
2	AM3	Seemann	Luke	XXX Racing-Athletico	14:48.22
3	AM3	Knuth	Eric	Brazen Dropouts	14:49.63
4	AM3	Stodden	Michael	North Branch Cycling Club	14:57.10
5	AM3	Akers	Brian	WDT-Allvoi International Cycling Team	15:06.55
6	AM3	Kinonen	Chris	XXX Racing-Athletico	15:06.96
7	AM3	Scott	James	Project 5 Racing	15:09.26
8	AM3	Gola	Chris	WDT-Allvoi International Cycling Team	15:12.56
9	AM3	Janowiak	Waylon	WDT-Allvoi International Cycling Team	15:20.45
10	AM3	Glinkowski	Voytek	WDT-Allvoi International Cycling Team	15:22.63
11	AM3	Serafin	Mark	CRACOVIA	15:23.12
12	AM3	Peterson	Doug	WDT-Allvoi International Cycling Team	15:26.74
13	AM3	Parrish	Steven	ABD	16:02.80
14	AM3	Mattson	Ron	Freeport Bicycle Co.	16:07.65
15	AM3	Bice	Curtis	ABD	16:12.46
16	AM3	Case	Herbert	TEAM RVO	16:16.67
17	AM3	Redlich	Michael	ABD	16:38.90
	AM3	Hasenauer	Thomas	LAPT Cycling	DNS

### AM30+

Place	Cat	Last	First	Club	Time
1	AM30+	Gerlach	Charles	Unattached	14:13.77
2	AM30+	Swartzendruber	Mark	Scarletfire Racing	14:14.33
3	AM30+	Boba	Tomaz	WDT-Allvoi International Cycling Team	14:57.88
4	AM30+	Westerheide	Ted	PACT - Dish Network	15:04.34
5	AM30+	Kinonen	Chris	XXX Racing-Athletico	15:12.45
6	AM30+	Akers	Brian	WDT-Allvoi International Cycling Team	15:26.10
7	AM30+	Broich	Gordon	ABD	15:26.74
8	AM30+	Jungels	Rob	ABD	15:31.00
9	AM30+	Roop	Robert	North Branch Cycling Club	15:53.12
10	AM30+	Mstowski	Richard	ABD	16:12.59
11	AM30+	Kubinski	Brian	Unattached	16:42.26
	AM30+	Hasenauer	Thomas	LAPT Cycling	DNS



# 10th Annual ABD INDOOR TRIAL SERIES

Race #3 - Sunday, February 22nd, 2009

## FINAL RESULTS

Sponsored by Prairie Path Cycles and promoted by the ABD Cycle Club  
hosted at the Winfield Middle School in Winfield, IL



### AM4

Place	Cat	Last	First	Club	Time
1	AM4	Mcdowell	Kevin	Multisport Madness Triathlon Team	14:39.45
2	AM4	Halsall	Keith	ABD	15:04.99
3	AM4	Flechsigg	Jim	ABD	15:12.24
4	AM4	Peyer	Eric	Unattached	15:18.78
5	AM4	Bloomfield	Jeff	ABD	15:21.99
6	AM4	Vail	Mike	ABD	15:23.59
7	AM4	Zelewsky	Paul	ABD	15:36.33
8	AM4	Heggen	Jordan	Multisport Madness Triathlon Team	15:40.85
9	AM4	Bowden	Scott	ABD	15:44.36
10	AM4	Marshall	Bob	ABD	15:52.44
11	AM4	Berenyi	Joe	Endure It	15:54.15
12	AM4	Kenny	Tom	Team Extreme	16:01.14
13	AM4	Curtis	Robert	Bicycle Heaven	16:05.83
14	AM4	Convey	Kevin	Multisport Madness Triathlon Team	16:07.30
15	AM4	Roop	Robert	North Branch Cycling Club	16:11.70
16	AM4	Howland	Tyler	Multisport Madness Triathlon Team	16:23.99
17	AM4	Gashpar	Vitaly	Colavita Chicagoland	16:31.88
18	AM4	Lund	James	ABD	16:38.60
19	AM4	Stritzel	William	Endure It	16:41.52
20	AM4	Piekos	Mitchell	Project 5 Racing	16:46.14
21	AM4	Nathan	Reeven	Multisport Madness Triathlon Team	16:48.10
22	AM4	Mccarthy	Brian	South Chicago Wheelmen	17:04.76
23	AM4	Dickson	Keith	Multisport Madness Triathlon Team	17:05.93
24	AM4	Wozniak	Todd	Unattached	17:07.51
25	AM4	Dickson	Nolan	Multisport Madness Triathlon Team	17:16.45
26	AM4	Billingsley	Kent	ABD	17:16.80
27	AM4	Andrews	Justin	Bicycle Heaven	17:25.30
28	AM4	Labath	Mike	ABD	17:40.80
	AM4	Cianci	Albert	Unattached	DNS
	AM4	Crane	Steven	ABD	DNS

### AM40+

Place	Cat	Last	First	Club	Time
1	AM40+	Swartzendruber	Mark	Scarletfire Racing	14:07.94
2	AM40+	Gerlach	Charles	Unattached	14:22.55
3	AM40+	Scott	James	Team Apache	14:54.81
4	AM40+	Lowe	Don	Team Mack	15:02.32
5	AM40+	Westerheide	Ted	PACT - Dish Network	15:03.25
6	AM40+	Kambol	James	Vision Quest	15:14.34
7	AM40+	Knuth	Eric	Brazen Dropouts	15:15.28
8	AM40+	Hockenberry	Scott	The Bike Shop/Training Bible	15:18.50
9	AM40+	Duffy	Timothy	Vision Quest	15:34.33
10	AM40+	Oliff	Reed	WDT-Allvoi International Cycling Team	15:36.95
11	AM40+	Miwa	Loch	Flatlandia Cycling Team	15:38.11
12	AM40+	Tschampa	Andrew	PACT-Dishnetwork	15:45.21
13	AM40+	Warren	Randal	XXX Racing-Athletico	15:49.00
14	AM40+	Linton	Mark	53x11 Coffee	15:50.22
15	AM40+	Ott	Dean	Unattached	15:51.42
16	AM40+	Glinka	Kenneth	ABD	16:17.94
17	AM40+	Blackburn	Bill	North Branch Cycling Club	16:25.50
18	AM40+	Busteed	Todd	ABD	16:26.57
	AM40+	Spiega	David	Team Apache	DNS



# 10th Annual ABD INDOOR TRIAL SERIES

Race #3 - Sunday, February 22nd, 2009

## FINAL RESULTS

Sponsored by Prairie Path Cycles and promoted by the ABD Cycle Club  
hosted at the Winfield Middle School in Winfield, IL



### AM50+

Place	Cat	Last	First	Club	Time
1	AM50+	Host	James	PACT - Dish Network	14:40.59
2	AM50+	Norbeck	Dan	Vision Quest	15:04.82
3	AM50+	Tubic	Bisi	Unattached	15:07.87
4	AM50+	Bobka	Joe	Spin Doctor Cycle Works	15:26.31
5	AM50+	Marshall	Bob	ABD	15:31.15
6	AM50+	Mattson	Ron	Freeport Bicycle Co.	15:46.40
7	AM50+	Pahl	Scott	ABD	15:46.79
8	AM50+	Trotter	Dave	ABD	15:50.20
9	AM50+	Hawco	Robert	ABD	15:56.39
10	AM50+	Rulo	Gary	ABD	16:08.22
11	AM50+	Montfort	Ludwig	Unattached	16:32.46
12	AM50+	Gage	Steven	ABD	16:34.11
13	AM50+	Kallas	Bill	ABD	16:38.74
14	AM50+	Molitor	Joel	ABD	16:43.13
15	AM50+	Comfort	Jim	Proctor Cycling Team	16:58.00
16	AM50+	Fry	Ken	ABD	17:10.60
17	AM50+	Kryszak	Richard	South Chicago Wheelmen	17:20.36
18	AM50+	Cerwin	Terry	ABD	17:39.15
19	AM50+	Trogdon	Ed	Unattached	17:50.71
20	AM50+	Janes	Don	ABD	17:51.96

### AM55+

Place	Cat	Last	First	Club	Time
1	AM55+	Madsen	Dan	ABD	15:00.82
2	AM55+	Thalheimer	Charlie	Team BBC	15:13.88
3	AM55+	Green	Rick	TEAM RVO	15:17.65
4	AM55+	Case	Herbert	TEAM RVO	15:47.40
5	AM55+	Kreutzfeldt	Richard	2CC	16:12.34
6	AM55+	Adamczyk	Richard	CRACOVIA	16:16.40
7	AM55+	Demel	Zbigniew	Pact Dish Network	16:19.95
8	AM55+	Benton	Jerry	Unattached	16:26.74
9	AM55+	Hyde	Ken	Unattached	16:34.72
10	AM55+	Iverson	Greg	BBC	16:44.32
11	AM55+	Cerwin	Terry	ABD	17:04.32
12	AM55+	Stoops	Walter	ABD	17:24.75
13	AM55+	Becker	Russell	North Branch Cycling Club	17:28.16
14	AM55+	Janes	Don	ABD	18:28.75
	AM55+	Wolowiec	Bob	Unattached	DNS
	AM55+	Kurtz	Michael	Team Army -USAC	DNS

### AM60+

Place	Cat	Last	First	Club	Time
1	AM60+	Egan	Tom	ABD	16:06.52
2	AM60+	Johnson	Daniel	Unattached	16:41.38
3	AM60+	Kallas	Bill	ABD	16:58.45
4	AM60+	Rhyne	Edward	Unattached	17:17.97
5	AM60+	Stern	Alan	Velo Club Roubaix	17:25.67
6	AM60+	Taylor	John	Unattached	17:42.41



# 10th Annual ABD INDOOR TIME TRIAL SERIES

Race #3 - Sunday, February 22nd, 2009

## FINAL RESULTS

Sponsored by Prairie Path Cycles and promoted by the ABD Cycle Club  
hosted at the Winfield Middle School in Winfield, IL



### AM65+

Place	Cat	Last	First	Club	Time
1	AM65+	Holland	Steven	Elite Athletic Racing Team	17:17.40
2	AM65+	Murphy	Pat	ABD	17:43.61
3	AM65+	Vichotka	Richard	Midwest Masters	18:03.38
4	AM65+	McGovern	Garry	Redline Racing	18:35.00
5	AM65+	Vichotka	Richard	Midwest Masters	18:52.40
6	AM65+	Schiff	Don	Quad Cities Bike Club	19:03.91

### AM70+

Place	Cat	Last	First	Club	Time
1	AM70+	Alexander	Peter	Midwest Masters	17:16.93
2	AM70+	Beck	Bob	Midwest Masters	18:31.40
3	AM70+	Krehbiel	John	Midwest Masters	19:01.95
4	AM70+	Englehorn	Gary	Unattached	28:18.64
	AM70+	Patterson	Jack	Midwest Masters	DNS

### AM75+

Place	Cat	Last	First	Club	Time
1	AM75+	Murphy	Pat	ABD	18:04.70
2	AM75+	Beam	Gerald	Turin	22:31.41

### AM80+

Place	Cat	Last	First	Club	Time
1	AM80+	McKeague	Robert	Unattached	19:09.25

### AW15

Place	Cat	Last	First	Club	Time
1	AW15	Scanlan	Marie	Multisport Madness Triathlon Team	17:48.38
2	AW15	Stimac	Heidi	Unattached	18:59.87
3	AW15	Paradis	Erin	Multisport Madness Triathlon Team	19:24.45
4	AW15	Delgado	Teagan	Multisport Madness Triathlon Team	19:50.74
	AW15	Sellars	Savanah	Multisport Madness Triathlon Team	DNS

### AW15-5k

Place	Cat	Last	First	Club	Time
	AW15-5k	Crane	Kayla	ABD	DNS

### AW16

Place	Cat	Last	First	Club	Time
	AW16	El-Sherif	Sonia	Multisport Madness Triathlon Team	DNS



## 10th Annual ABD INDOOR TRIAL SERIES

Race #3 - Sunday, February 22nd, 2009

### FINAL RESULTS

Sponsored by Prairie Path Cycles and promoted by the ABD Cycle Club  
hosted at the Winfield Middle School in Winfield, IL



## AW4

Place	Cat	Last	First	Club	Time
1	AW4	Convey	Courtney	Multisport Madness Triathlon Team	16:36.71
2	AW4	Howland	Jennifer	Multisport Madness Triathlon Team	17:13.60
3	AW4	Clawson	Kelsey	Multisport Madness Triathlon Team	17:17.11
4	AW4	Frampton	Cathy	Unattached	17:18.91
5	AW4	Peszek	Monika	WDT-Allvoi International Cycling Team	17:28.81
6	AW4	Knepper	Leah	Unattached	18:00.38
7	AW4	Green	Lynne	QuavR	18:39.81
8	AW4	Kenny	Gina	ABD	19:33.90
	AW4	Clay	Jennifer	Multisport Madness Triathlon Team	DNS
	AW4	Clay	Jessica	Multisport Madness Triathlon Teamsp	DNS
	AW4	Houser	Joy	Unattached	DNS
	AW4	Oehmen	Liz	ABD	DNS
	AW4	Greiner	Melanie	Multisport Madness Triathlon Team	DNS
	AW4	Kuna	Mona	ABD	DNS

## AW40+

Place	Cat	Last	First	Club	Time
1	AW40+	Motyka	Agnieszka	Experience Triathlon	16:46.62
	AW40+	Palmquist	Christine	The Bike Shop/Training Bible	DNS

## AW50+

Place	Cat	Last	First	Club	Time
1	AW50+	Schmidt	Heidi	Unattached	17:50.61
2	AW50+	Mattson	Ann	Freeport Bicycle Co.	17:59.62
3	AW50+	Hoff	Christy	Midwest Masters	18:54.51

## AW60+

Place	Cat	Last	First	Club	Time
1	AW60+	Beck	Nancy	Midwest Masters	21:54.96

## AW70+

Place	Cat	Last	First	Club	Time
1	AW70+	Beam	Patricia	TEAM RVO	19:01.60

## AWO

Place	Cat	Last	First	Club	Time
1	AWO	Prinner	Jessica	ABD	15:50.27
2	AWO	Thompson	Leigh	Vision Quest	16:37.36
3	AWO	Kenny	Gina	ABD	19:52.70

## CM15-5k

Place	Cat	Last	First	Club	Time
1	CM15-5k	Aitchison	Jacob	Team Dawg	11:41.94



# 10th Annual ABD INDOOR TRIAL SERIES

Race #3 - Sunday, February 22nd, 2009

## FINAL RESULTS

Sponsored by Prairie Path Cycles and promoted by the ABD Cycle Club  
hosted at the Winfield Middle School in Winfield, IL



### CM19-29

Place	Cat	Last	First	Club	Time
1	CM19-29	Friedman	Joel	Bicycle Heaven	16:00.64
2	CM19-29	Zamora	Antonio	Team Jocelyns	16:25.75
3	CM19-29	Markgraf	Adam	Unattached	16:46.00

### CM30-39

Place	Cat	Last	First	Club	Time
1	CM30-39	Koors	Dan	Unattached	16:09.44
2	CM30-39	Platzke	Michael	Unattached	16:39.45

### CM40-49

Place	Cat	Last	First	Club	Time
1	CM40-49	Hellman	Darren	Spin Doctors	16:41.93
2	CM40-49	Cianci	Albert	Unattached	16:57.32
3	CM40-49	Hemminger	Alan	Unattached	17:35.72
4	CM40-49	Biery	Joseph	Unattached	18:02.42
5	CM40-49	Golminas	Joe	Unattached	18:16.28
6	CM40-49	Wells	James	Unattached	18:37.19
7	CM40-49	Martellotta	Dan	Elmhurst Bicycle Club	18:59.27
	CM40-49	Mann	Bob	Multisport Madness Triathlon Team	DNS
	CM40-49	Lorenz	John	Unattached	DNS
	CM40-49	Hosking	Matt	Multisport Madness Triathlon Team	DNS
	CM40-49	Frank	Paul	ABD	DNS

### CM50+

Place	Cat	Last	First	Club	Time
1	CM50+	Flad	Andy	Unattached	16:13.74
2	CM50+	Mckenzie	Craig	Downers Grove Bicycle Club	16:14.44
3	CM50+	Kula	Gary	Downers Grove Bicycle Club	16:22.61
4	CM50+	Feigleson	Scott	Unattached	16:46.21
5	CM50+	Pedrick	Tom	ABD	17:18.17
6	CM50+	Maclennan	John	Unattached	17:31.70
7	CM50+	Kieronski	Eugene	Unattached	17:39.25
8	CM50+	Walsh	Patrick	Lifetime Fitness	17:47.11
9	CM50+	Kaiser	Greg	Unattached	19:24.63
10	CM50+	Rottmann	Edward	Unattached	DNF
	CM50+	Conway	Bernie	Unattached	DNS

### CW15

Place	Cat	Last	First	Club	Time
	CW15	Lorenz	Alexandra	Multisport Madness Triathlon Team	DNS
	CW15	Mann	Rachel	Multisport Madness Triathlon Team	DNS

### CW19-29

Place	Cat	Last	First	Club	Time
1	CW19-29	Voelkel	Nicole	Multisport Madness Triathlon Team	17:00.41



# 10th Annual ABD INDOOR TIME TRIAL SERIES

Race #3 - Sunday, February 22nd, 2009

## FINAL RESULTS

Sponsored by Prairie Path Cycles and promoted by the ABD Cycle Club  
hosted at the Winfield Middle School in Winfield, IL



### CW30-39

Place	Cat	Last	First	Club	Time
1	CW30-39	Piper	Cris	Unattached	21:52.90
	CW30-39	Green	Jennifer	Unattached	DNS

### CW40-49

Place	Cat	Last	First	Club	Time
1	CW40-49	Gialdini	Kim	Downers Grove Bicycle Club	17:37.53
2	CW40-49	Miller	Lori	ABD	18:19.80
	CW40-49	Bielski	Sharon	Unattached	DNS

### CW50+

Place	Cat	Last	First	Club	Time
1	CW50+	Kaiser	Helen	Unattached	18:23.44

### Fastest Men

Place	Cat	Last	First	Club	Time
1	AM1/2	Verner	Dan	PACT-Dishnetwork	13:55.96
2	AM40+	Swartzendruber	Mark	Scarletfire Racing	14:07.94
3	AM30+	Gerlach	Charles	Unattached	14:13.77

### Fastest Women

Place	Cat	Last	First	Club	Time
1	AWO	Prinner	Jessica	ABD	15:50.27
2	AW4	Convey	Courtney	Multisport Madness Triathlon Team	16:36.71
3	AWO	Thompson	Leigh	Vision Quest	16:37.36



prairie path cycles  
WINFIELD • BATAVIA  
www.prairiepathcycles.com



**TREK**



For more information on this and other Athletes By Design Cycle Club events, visit  
[www.abdcycling.com](http://www.abdcycling.com)