



2008 John Fraser Memorial Mile Time Trial

Sunday, April 6th, 2008

PRELIMINARY RESULTS(posted 04/08/08 @ 11:00am)

Congratulations to the more than 270 finishers of today's The John Fraser Memorial Time Trial. The MATTs outdoor season is officially underway at what looks to be great season. Thanks to all of the volunteers, supporters and to the community of Maple Park for their support of today's race.

Race day conditions (10:30am): Clear skies; 55 deg F; Wind S @ 16mph; Humidity: 63%; Barometric Pressure 29.97in
One final round of congratulations to Lucky Drawing Winners: Laura Middaugh (Sigma) and Steve Prinner (Profile Design)

Please contact Mike Ebert @ ebert@abdcycling.com if you have any questions regarding results.

AM1 / 2

Place	Cat	Name	Club	Time
1	AM1/2	Mark Swartzendruber	Scarletfire Racing	22:01.79
2	AM1/2	Brett Stewart	ABD	22:08.02
3	AM1/2	Tom Doughty	Amgen/Giant Masters Racing	22:23.84
4	AM1/2	Rob Jungels	ABD/GEARGRINDER	22:44.55
5	AM1/2	Christian Waterstraat	The Bike Shop	22:54.77
6	AM1/2	Josh Mallan	MetLife	23:14.36
7	AM1/2	James Host	PACT	23:22.68
8	AM1/2	Ted Westerheide	MetLife	23:32.35
9	AM1/2	Jason Wagner	Unattached	23:56.30
10	AM1/2	Rory Shackles	Turin	24:09.38
11	AM1/2	Dan Verner	Met Cycling	24:10.89
12	AM1/2	Michael Jones	Metlife-Pony Shop	24:18.99
13	AM1/2	Kris Kuttler	WDT	26:45.48

AM15

Place	Cat	Name	Club	Time
1	AM15	Lukas Verzbicas	Multisport Madness Kids	25:47.11
2	AM15	Josh Kanute	Multisport Madness Kids	30:35.91
3	AM15	Nolan Dickson	Multisport Madness Kids	30:58.41
4	AM15	Stephen Miwa	Team Apache	31:00.64
5	AM15	Patrick Cagney	Multisport Madness	32:05.33
6	AM15	Joshua Crane	Spin Doctor Cyclewerks CC	34:48.06
7	AM15	Carter Dickson	Multisport Madness Kids	35:23.96
8	AM15	MJ Redlich	ABD	37:01.84
9	AM15	Michael Miwa	Team Apache	37:07.03
10	AM15-5k	Jon Stehlik	ABD	37:11.58
11	AM15	Graham Clark	ABD	38:41.92
12	AM15	Martin Torosian	Multisport Madness Kids	38:56.39
13	AM15-5k	Joseph Glinka	ABD	39:28.77
14	AM15-5k	Jacob Schilling	Team Mack	42:24.57
15	AM15	Sean McCarthy	Unattached	48:38.62
	AM15	Konrad Witt	ABD	DNS
	AM15	Nathan Reeve	Multisport Madness Kids	DNS



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AM16+

Place	Cat	Name	Club	Time
1	AM16+	Theo Quednau	ABD	25:17.12
2	AM16+	James Bird	ISCorp	25:26.04
3	AM16+	Josh Bobka	Spin Doctor Cyclewerks CC	28:02.68
4	AM16+	Adam Kosela	Bikeline of Naperville	28:42.69
5	AM16+	William Boyle	Team Mack	28:48.05
6	AM16+	Michael Wilkie	Unattached	31:55.45
	AM16+	Nick Scanlan	Multisport Madness Kids	DNS

AM3

Place	Cat	Name	Club	Time
1	AM3	Tomasz Boba	WDT	23:07.00
2	AM3	Ryan Cooper	Flatlandia Cycling Team	23:43.11
3	AM3	Jerome Harrison	Planet X	24:06.28
4	AM3	Doug Peterson	WDT	24:07.54
5	AM3	Voytek Glinkowski	WDT International	24:14.93
6	AM3	Adam Zucco	Unattached	24:15.57
7	AM3	Derric Ungaro	WDT Avoli	24:16.25
8	AM3	Loch Miwa	Team Apache	24:41.32
9	AM3	Dan Madsen	Mack	24:50.96
10	AM3	Alex Bowden	Team Type 1	25:03.70
11	AM3	Curtis Bice	ABD	25:05.12
12	AM3	Gordon Broich	ABD	25:06.74
13	AM3	James Sneddon	ABD	25:50.09
14	AM3	Steve Parrish	ABD	26:00.53
15	AM3	James Scott	Team Apache	26:15.04
16	AM3	Michael Redlich	ABD	27:02.63
17	AM3	Erik Arntzen	Alberto's Sport	27:04.24
18	AM3	Michael Januszewski	ABD	28:02.07
19	AM3	Mark O'Banion	Unattached	28:30.54
	AM3	James Sauls	Vision Quest	DNS
	AM3	Tim Hermanas	vitaminwater-Trek	DNS



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AM30 +

Place	Cat	Name	Club	Time
1	AM30+	Mark Swartzendruber	Scarletfire Racing	22:24.90
2	AM30+	Rob Jungels	ABD/GEARGRINDER	23:13.45
3	AM30+	Jason Wagner	Flatlandia Cycling Team	23:28.84
4	AM30+	David Greenblatt	Brazen Dropouts	24:25.46
5	AM30+	Matthew Thibodeau	Unattached	24:31.70
6	AM30+	Brian Akers	Unattached	24:35.40
7	AM30+	Andrew Tschampa	PACT-Dishnetwork	24:35.87
8	AM30+	Jim Rose	Redline Racing	25:15.51
9	AM30+	Kevin Stephens	Project 5 Racing	25:25.65
10	AM30+	Robert Roop	North Branch Cycling Club	25:58.38
11	AM30+	Zbigniew Demel	Pact Dish Network	26:05.25
12	AM30+	Mark O'Banion	Unattached	28:41.00
13	AM30+	Nathan Phelps	Unattached	29:22.65
14	AM30+	Richard Mstowski	ABD	29:27.08
	AM30+	Francois Millard	XXX Racing-Athletico	DNS



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AM4

Place	Cat	Name	Club	Time
1	AM4	Eric Knuth	Brazen Dropouts	23:21.68
2	AM4	Brian Akers	Unattached	23:50.22
3	AM4	Chris Riekert	XXX Racing-Athletico	23:54.10
4	AM4	Damon Rinard	Brazen Dropouts	24:00.92
5	AM4	Chris Padfield	Team Pegasus	24:03.34
6	AM4	Peter Allen	XXX Racing-Athletico	24:03.61
7	AM4	Michael Stodden	North Branch Cycling Club	24:26.44
8	AM4	Charles Gerlach	Unattached	24:26.60
9	AM4	Robert Fortelka	ABD	25:15.27
10	AM4	Kevin McDowell	Multisport Madness Kids	25:31.49
11	AM4	Jim Flechsig	ABD	25:37.58
12	AM4	Bob Marshall	ABD	25:38.62
13	AM4	Paul Zelewsky	ABD	25:42.09
14	AM4	Ben Kanute	Multisport Madness Kids	25:42.18
15	AM4	Robert Roop	North Branch Cycling Club	25:50.48
16	AM4	Scott Bowden	ABD	25:54.33
17	AM4	Gary Rulo	ABD	26:08.30
18	AM4	Gary Peterson	Team Apache	26:23.15
19	AM4	Mike Kanute	Multisport Madness Kids	26:24.35
20	AM4	Steven Dehmlow	Unattached	26:29.30
21	AM4	Maciej Kurka	WDT	26:51.38
22	AM4	Landon Brenner	FFBC	26:58.12
23	AM4	John Westergaard	Unattached	27:26.66
24	AM4	Jose Rios	Unattached	27:47.99
25	AM4	Marc Taylor	Lakeshore Bike	27:51.15
26	AM4	Mark Misicko	Tower Racing	27:55.65
27	AM4	Michael Puzen	Flatlandia Cycling Team	27:55.76
28	AM4	Steve Prinner	ABD	28:01.92
29	AM4	Stanley Beamon	Team Apache	28:11.02
30	AM4	Mike Vail	ABD	28:12.74
31	AM4	Sead Duranovic	ABD	28:13.74
32	AM4	James Lund	ABD	28:43.62
33	AM4	Nathan Phelps	Unattached	28:51.40
34	AM4	Michael Haji-Sheikh	Unattached	29:11.10
35	AM4	Keith Halsall	ABD	29:26.93
36	AM4	Mitchell Piekos	The Bike Shop	29:29.09
37	AM4	MJ Slikas	Team Apache	29:31.34
38	AM4	Steve Middaugh	ABD	29:51.70
39	AM4	Tom Kenny	Team Extreme	30:11.23
40	AM4	Hector Navarro		30:45.86
41	AM4	Jordan Heggen	Multisport Madness Kids	30:56.64
42	AM4	Kent Billingsley	ABD	31:03.01
43	AM4	Steven Crane	Spin Doctor Cyclewerks CC	31:44.86
44	AM4	Will McGrath	Unattached	32:00.01
	AM4	Oz Ozguc	ABD	DNS
	AM4	George Lagone	Unattached	DNS
	AM4	Jay Corgiat	ABD	DNS
	AM4	Scott Lively	Spin Doctor Cycle Works	DNS
	AM4	John Kostich	BBC	DNS
	AM4	Christopher Covone	Unattached	DNS
	AM4	Spiro Spyratos	ABD	DNS
	AM4	Brian Hildreth	ABD	DNS



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AM40 +

Place	Cat	Name	Club	Time
1	AM40+	Mark Swartzendruber	Scarletfire Racing	22:20.14
2	AM40+	Ted Westerheide	MetLife	23:26.98
3	AM40+	Michael Jones	Metlife-Pony Shop	23:54.03
4	AM40+	Charles Gerlach	Unattached	24:01.11
5	AM40+	Dan Verner	Met Cycling	24:11.64
6	AM40+	Loch Miwa	Team Apache	24:11.99
7	AM40+	James Kambol	Vision Quest	24:13.87
8	AM40+	James Scott	Team Apache	24:16.24
9	AM40+	Andrew Tschampa	PACT-Dishnetwork	24:33.91
10	AM40+	Scott Hockenberry	The Bike Shop	25:03.19
11	AM40+	Darin Steiner	RVO	25:16.58
12	AM40+	Todd Busteed	ABD	25:47.50
13	AM40+	Ludwig Montfort	Unattached	26:14.28
14	AM40+	Brian Van	Mack	26:34.33
15	AM40+	Steven Gage	ABD	27:23.51
16	AM40+	John Deifel	Project 5 Racing	27:30.86
17	AM40+	Michael Wakeley	Blue Competition Cycles	27:47.77
18	AM40+	Brian McCarthy	South Chicago Wheelmen	27:53.95
19	AM40+	Michael Haji-Sheikh	Unattached	28:56.57
20	AM40+	Kenneth Glinka	ABD	29:21.52
21	AM40+	Rom Tamondong	Spring Rock CC / Pearl Izumi	29:50.83
22	AM40+	Richard Mstowski	ABD	29:53.01
23	AM40+	Dave Trotter	ABD	30:17.56
24	AM40+	Randy Sonkin	Team Apache	30:45.95
25	AM40+	Pierre Lasserre	Unattached	31:34.25
26	AM40+	David Clark	ABD	31:46.82
	AM40+	Bisi Tubic	Unattached	DNS
	AM40+	Steven Bielski	ABD	DNS



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AM50+

Place	Cat	Name	Club	Time
1	AM50+	Tom Doughty	Amgen/Giant Masters Racing	22:32.57
2	AM50+	Josh Mallan	MetLife	22:49.56
3	AM50+	James Host	PACT	23:12.20
4	AM50+	Richard Adamczyk	WDT	23:56.27
5	AM50+	Dan Norbeck	Vision Quest	23:59.61
6	AM50+	Dan Madsen	Mack	24:29.51
7	AM50+	á Charlie Thalheimer	Team BBC	24:38.36
8	AM50+	Ronald Mattson	Freeport Bicycle Co.	24:40.49
9	AM50+	Bob Marshall	ABD	25:19.34
10	AM50+	Tom Altemus	Rock Valley Oil	25:33.17
11	AM50+	Richard Kreutzfeldt	2CC	25:40.04
12	AM50+	David Goetzinger	Chain Reaction Free Flight	25:41.18
13	AM50+	Joe Bobka	Spin Doctor Cyclewerks CC	26:01.46
14	AM50+	Rich Green	Team RVO	26:02.03
15	AM50+	Herbert Case	Team RVO	26:11.54
16	AM50+	Gary Whalen	Team Apache	27:25.71
17	AM50+	Walter Stoops	Unattached	27:32.82
18	AM50+	Richard Kryszak	South Chicago Wheelmen	27:47.71
19	AM50+	Gary Whalen	Team Apache	27:47.94
20	AM50+	Charles Snyder	The Bike Shop	28:03.22
21	AM50+	Scott Pahl	ABD	28:14.56
22	AM50+	David Skogley	Evanston Bike Club	28:56.73
23	AM50+	Richard Turner, Jr.	Unattached	29:07.58
24	AM50+	George Vargas	Turin	30:27.97
25	AM50+	Bob Witt	Midwest Masters	30:42.11
26	AM50+	Ken Fry	ABD	30:56.96
27	AM50+	John Poplett	Turin	31:38.20
28	AM50+	Bob Wolowiec	Gazoobies International	31:51.71
29	AM50+	Don Janes	ABD	32:23.73
30	AM50+	Alan Stern	Velo Club Roubaix	33:01.41
31	AM50+	Steven Greene	ABD	33:09.84
	AM50+	Jay Starr	ABD	DNS
	AM50+	Douglas George	ABD	DNS
	AM50+	James Sauls	Vision Quest	DNS
	AM50+	Terry Cerwin	ABD	DNS

AM60+

Place	Cat	Name	Club	Time
1	AM60+	Ken Roanhaus	TEAM RVO	24:13.38
2	AM60+	Richard Proskurnicki	Redline Racing	26:24.00
3	AM60+	Gene Nozicka	Alberto's Sport	26:25.17
4	AM60+	Steven Presti	LAPT-CC	27:14.16
5	AM60+	Dennis Jurs	Team Mack	27:14.72
6	AM60+	Julian Coupland	Velo Club Roubaix	29:35.84
7	AM60+	Bill Kallas	ABD	31:02.97
8	AM60+	Edward Rhyne	Unattached	31:59.65
9	AM60+	John Taylor	Unattached	33:08.00



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AM65+

Place	Cat	Name	Club	Time
1	AM65+	Peter Alexander	Midwest Masters	28:06.96
2	AM65+	Chuck Naughton	Team Mack	30:16.64
3	AM65+	Richard Vichotka	Midwest Masters	30:20.68
4	AM65+	Steve Holland	Wheeling Wheelmen	33:21.71
5	AM65+	Don Schiff	Quad Cities Bike Club	34:45.20
6	AM65+	Andrzejewski Mieczyslaw	Unattached	37:06.23

AM70+

Place	Cat	Name	Club	Time
1	AM70+	Bob Beck	Midwest Masters	28:54.59
2	AM70+	R.W. Herbert	Midwest Masters	32:32.17
3	AM70+	John Krehbiel	Midwest Masters	33:04.97
4	AM70+	Gary Englehorn	Unattached	56:34.31
	AM70+	Roger Turquois	ABD	DNS

AM75+

Place	Cat	Name	Club	Time
1	AM75+	Pat Murphy	ABD	30:27.51
2	AM75+	Gerald Beam	Turin	35:21.28

AW15

Place	Cat	Name	Club	Time
1	AW15	Jennifer Howland	Multisport Madness Kids	31:31.54
2	AW15	Erin Paradis	Multisport Madness Kids	34:33.40
3	AW15	Teagan Delgado	Multisport Madness Kids	38:05.97
4	AW15-5k	Larkin Dickson	Multisport Madness Kids	44:32.24
	AW15	Maggie Scanlan	Multisport Madness Kids	DNS

AW16+

Place	Cat	Name	Club	Time
1	AW16+	Courtney Convey	Unattached	28:52.90
2	AW16+	Jessica Clay	Multisport Madness	29:25.76
3	AW16+	Melanie Greiner	Multisport Madness Kids	30:30.86
4	AW16+	Jennifer Clay	Multisport Madness	31:33.77
5	AW16+	Kelsey Clawson	Multisport Madness	31:42.61
6	AW16+	Sarah Cable	Multisport Madness Kids	33:04.87
7	AW16+	Eilsabeth Miwa	Team Apache	39:58.72
	AW16+	Meghan Lapeta		DNS



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AW4

Place	Cat	Name	Club	Time
1	AW4	Elizabeth Waterstraat	The Bike Shop	27:42.22
2	AW4	Kim Malmquist	ABD	28:43.98
3	AW4	Tricia Berg	XXX Racing-Athletico	29:07.58
4	AW4	Gwen Hosters	Vision Quest	29:14.54
5	AW4	Ginger Sides	Team Apache	29:30.27
6	AW4	Donna Maday	ABD	29:58.02
7	AW4	Cathy Frampton	Unattached	32:32.28
8	AW4	Gina Kenny	ABD	32:53.53
9	AW4	Dawn Symonds	ABD	33:01.11
10	AW4	Elyse Sawka	Multisport Madness	33:40.51
11	AW4	Liz Oehmen	ABD	34:02.00
	AW4	Maureen Sanders	ABD	DNS
	AW4	Joy Houser	ABD	DNS
	AW4	Jennifer Busch	ABD	DNS

AW40 +

Place	Cat	Name	Club	Time
1	AW40+	Pascale Petro	Team Apache	28:15.79
2	AW40+	Mary Roe	Team Apache	33:47.50
	AW40+	Jennifer Cerwin	ABD	DNS

AW50 +

Place	Cat	Name	Club	Time
1	AW50+	Diane Roanhaus	TEAM RVO	27:12.27
2	AW50+	Jean Tschampa	PACT-Dishnetwork	27:23.08

AW60 +

Place	Cat	Name	Club	Time
1	AW60+	Patricia Beam	Team RVO	31:26.78
2	AW60+	Nancy Beck	Midwest Masters	36:56.78

AW70 +

Place	Cat	Name	Club	Time
1	AW70+	Patricia Beam	Team RVO	30:40.11



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AWO

Place	Cat	Name	Club	Time
1	AWO	Leigh Thompson	Vision Quest	25:14.26
2	AWO	Debbie Dust	Met Life/Pony Shop	25:17.97
3	AWO	Jennifer Harrison	Planet X	26:17.36
4	AWO	Pascale Petro	Team Apache	26:17.97
5	AWO	Kristin Arntzen	Alberto's Sport	27:13.62
6	AWO	Jessica Prinner	ABD	27:27.87
7	AWO	Wendy Gaddey	Alberto's Sport	27:58.79
8	AWO	Jean Tschampa	PACT-Dishnetwork	29:05.74
9	AWO	Cecile Redoble	XXX Racing-Athletico	29:41.78
10	AWO	Ginger Sides	Team Apache	30:05.39
11	AWO	Sue Semaszczuk	ABD	30:34.53

CM19-29

Place	Cat	Name	Club	Time
1	CM19-29	Bartosz Gralczyk	Unattached	25:53.49
2	CM19-29	Antonio Zamora	Team Joselyns	27:04.83
3	CM19-29	Jerry Deans	Unattached	33:49.08
	CM19-29	Johan Lindvall	QuavR	DNS
	CM19-29	Andrew Becker	Unattached	DNS

CM30-39

Place	Cat	Name	Club	Time
1	CM30-39	Neal Charleston	Unattached	24:50.18
2	CM30-39	Eric Wulf	Unattached	26:55.89
3	CM30-39	Jonathan Culli	ABD	27:15.73
4	CM30-39	Daniel Dodson	North Branch Cycling Club	27:45.17
5	CM30-39	Wesley Walker	Unattached	29:05.55
6	CM30-39	Peter Friddle	Unattached	29:49.38
7	CM30-39	Jose Carillo		30:16.99
8	CM30-39	Dan Koors	Unattached	30:23.78
9	CM30-39	Juan Espina	Unattached	30:35.39
10	CM30-39	Steven Zadel		30:40.02
11	CM30-39	Glenn Beresinski	ABD	31:24.94
12	CM30-39	Randy Beauchamp	Unattached	31:36.98
13	CM30-39	David Reedy	CAMBR	37:50.53
	CM30-39	Jason Silber	Unattached	DNS



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CM40-49

Place	Cat	Name	Club	Time
1	CM40-49	Al Glodowski	Unattached	27:52.97
2	CM40-49	Mark Harrison	Rusty Chain	28:34.31
3	CM40-49	Jack Reidy	Unattached	29:04.89
4	CM40-49	Alan Hemminger	Unattached	29:21.81
5	CM40-49	Jonathan Wiese	Unattached	29:29.43
6	CM40-49	Greg Fordyce	Unattached	30:16.59
7	CM40-49	Tim Ewing	Unattached	30:53.48
8	CM40-49	Harold Finch	Unattached	32:06.72
9	CM40-49	Daniel Reilly		32:08.75
10	CM40-49	Greg Janson	Unattached	34:25.81
11	CM40-49	Todd Wozniak		36:30.60
	CM40-49	William Leonard	Rusty Chain	DNS
	CM40-49	MIGUEL Muzzio	Salt Creek Tri Club	DNS
	CM40-49	Paul Myers	Unattached	DNS
	CM40-49	Mike Salela	Unattached	DNS

CM50+

Place	Cat	Name	Club	Time
1	CM50+	Scott Feigleson	ABD	27:46.60
2	CM50+	Janusz Nowick	Unattached	28:06.42
3	CM50+	Edward Rottmann	Unattached	28:21.61
4	CM50+	Ray Dal Lago	Unattached	29:16.44
5	CM50+	Eric Peterson	Unattached	30:03.20
6	CM50+	Steve Hill	QuavR	30:25.78
7	CM50+	Craig McKenzie	Unattached	31:57.89
8	CM50+	Eugene Kieronski	Unattached	34:30.22
9	CM50+	Skora Tadeusz	Unattached	34:45.99
10	CM50+	Tom Pedrick	ABD	36:19.08
	CM50+	Don Wostratzky	Unattached	DNS

CW19-29

Place	Cat	Name	Club	Time
1	CW19-29	Amy Halshall	ABD	34:09.73
	CW19-29	Nora Lindvall	QuavR	DNS

CW30-39

Place	Cat	Name	Club	Time
1	CW30-39	Katie Thatcher	Unattached	31:32.56
	CW30-39	Angela May	Unattached	DNS



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CW40-49

Place	Cat	Name	Club	Time
1	CW40-49	Janine Staudacher	Unattached	29:59.12
2	CW40-49	Grace Creveling	Unattached	30:11.32
3	CW40-49	Lori Miller	ABD	32:52.31
4	CW40-49	Bethann Bock	Unattached	33:05.01
5	CW40-49	Laura Middaugh	Unattached	41:02.28
	CW40-49	Sharon Bielski	Unattached	DNS

Fastest Men

Place	Cat	Name	Club	Time
1		Mark Swartzendruber (AM1/2)	Scarletfire Racing	22:01.79
2		Brett Stewart (AM1/2)	ABD	22:08.02
3		Mark Swartzendruber (AM40+)	Scarletfire Racing	22:20.14

Fastest Women

Place	Cat	Name	Club	Time
1		Leigh Thompson (AWO)	Vision Quest	25:14.26
2		Debbie Dust (AWO)	Met Life/Pony Shop	25:17.97
3		Jennifer Harrison (AWO)	Planet X	26:17.36



TREK



for more information on this and other Athletes By Design Cycle Club events, visit
www.abdcycling.com