



## 2009 ABD Indoor Time Trial Series: Race #4 - Saturday, March 14th PRELIMINARY RESULTS (posted on 3/15/2009 at 12:59 PM)

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 Rolling 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	14:20.59
2	AM1/2	Boba	Tomaz	WDT-Allvoi International Cycling Team	15:03.95
3	AM1/2	Host	James	PACT - Dish Network	15:06.40
4	AM1/2	Jones	Michael	PACT - Dish Network	15:19.18
5	AM1/2	Kambol	James	Vision Quest	15:40.30
6	AM1/2	Jungels	Rob	ABD	16:10.18

### AM15

Place	Cat	Last	First	Club	Time
1	AM15	Feldman	Ari	Velo Club Roubaix	17:46.11
2	AM15	Witt	Konrad	ABD	18:24.52
3	AM15	Crane	Joshua	ABD	19:08.68
4	AM15	Swick	Joel	Unattached	20:07.90
5	AM15	Redlich	Mj	ABD	20:51.92
	AM15	Dickson	Carter	Multisport Madness Triathlon Team	DNS
	AM15	Torosian	Martin	Multisport Madness Triathlon Team	DNS
	AM15	Davey	Tom	Multisport Madness Triathlon Team	DNS

### AM15-5k

Place	Cat	Last	First	Club	Time
1	AM15-5k	Lorenz	Justin	Multisport Madness Triathlon Team	15:10.38

### AM16+

Place	Cat	Last	First	Club	Time
1	AM16+	Wilkie	Michael	ABD	17:21.52
2	AM16+	Miwa	Stephen	South Chicago Wheelmen	17:48.27
	AM16+	Frank	Jacob	ABD	DNS



## 10th Annual ABD INDOOR TRIAL SERIES

Race #4 - Saturday, March 14th, 2009

**PRELIMINARY RESULTS** (posted on 3/15/2009 at 12:59 PM)

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	Bice	Curtis	ABD	14:57.92
2	AM3	Peterson	Doug	WDT-Allvoi International Cycling Team	15:08.60
3	AM3	Kinonen	Chris	XXX Racing-Athletico	15:10.35
4	AM3	Akers	Brian	WDT-Allvoi International Cycling Team	15:42.53
5	AM3	Serafin	Mark	CRACOVIA	15:49.10
6	AM3	Glinkowski	Voytek	WDT-Allvoi International Cycling Team	15:56.28
7	AM3	Parrish	Steven	ABD	16:19.99
8	AM3	Madsen	Dan	ABD	16:22.93
9	AM3	Case	Herbert	TEAM RVO	17:40.49
	AM3	Scott	James	Project 5 Racing	DNS
	AM3	Mattson	Ron	Freeport Bicycle Co.	DNS
	AM3	Hasenauer	Thomas	LAPT Cycling	DNS
	AM3	Janowiak	Waylon	WDT-Allvoi International Cycling Team	DNS

### AM30+

Place	Cat	Last	First	Club	Time
1	AM30+	Gerlach	Charles	Unattached	14:53.45
2	AM30+	Kinonen	Chris	XXX Racing-Athletico	15:21.69
3	AM30+	Jungels	Rob	ABD	15:39.35
4	AM30+	Broich	Gordon	ABD	15:44.45
5	AM30+	Westerheide	Ted	PACT - Dish Network	15:46.58
6	AM30+	Akers	Brian	WDT-Allvoi International Cycling Team	15:53.52
7	AM30+	Roop	Robert	North Branch Cycling Club	16:08.31
8	AM30+	Gordon	Shawn	Unattached	16:45.79
9	AM30+	Mstowski	Richard	ABD	17:27.30
	AM30+	Kubinski	Brian	Unattached	DNS
	AM30+	Hasenauer	Thomas	LAPT Cycling	DNS



## 10th Annual ABD INDOOR TRIAL SERIES

Race #4 - Saturday, March 14th, 2009

**PRELIMINARY RESULTS** (posted on 3/15/2009 at 12:59 PM)

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	Peyer	Eric	Unattached	15:37.47
2	AM4	Flechsigg	Jim	ABD	15:42.19
3	AM4	Zelewsky	Paul	ABD	15:48.89
4	AM4	Berenyi	Joe	Endure It	15:49.75
5	AM4	Halsall	Keith	ABD	15:51.70
6	AM4	Bloomfield	Jeff	ABD	15:56.61
7	AM4	Roop	Robert	North Branch Cycling Club	16:13.88
8	AM4	Pac	Krystian	Pact-Dish Network-Polska	16:42.19
9	AM4	Convey	Kevin	Multisport Madness Triathlon Team	16:56.10
10	AM4	Kenny	Tom	Team Extreme	17:03.50
11	AM4	Howland	Tyler	Multisport Madness Triathlon Team	17:11.33
12	AM4	Watson	Phil		17:13.81
13	AM4	Gashpar	Vitaly	Colavita Chicagoland	17:15.23
14	AM4	Stritzel	William	Endure It	17:21.59
15	AM4	Piekos	Mitchell	Project 5 Racing	17:32.00
16	AM4	Billingsley	Kent	ABD	17:52.89
17	AM4	Crane	Steven	ABD	18:56.30
	AM4	Dodson	Daniel	North Branch Cycling Club	DNS
	AM4	Dickson	Keith	Multisport Madness Triathlon Team	DNS
	AM4	Mcdowell	Kevin	Multisport Madness Triathlon Team	DNS
	AM4	Dickson	Nolan	Multisport Madness Triathlon Team	DNS
	AM4	Ozguc	Oz	ABD	DNS
	AM4	Nathan	Reeven	Multisport Madness Triathlon Team	DNS
	AM4	Bowden	Scott	ABD	DNS
	AM4	Wozniak	Todd	Unattached	DNS

### AM40

Place	Cat	Last	First	Club	Time
	AM40	Cianci	Albert	Unattached	DNS

### AM40+

Place	Cat	Last	First	Club	Time
1	AM40+	Lowe	Don	Team Mack	15:21.14
2	AM40+	Gerlach	Charles	Unattached	15:21.15
3	AM40+	Saplis	Jim	Team Apache	15:32.80
4	AM40+	Westerheide	Ted	PACT - Dish Network	15:39.61
5	AM40+	Hockenberry	Scott	The Bike Shop/Training Bible	15:52.56
6	AM40+	Tschampa	Andrew	PACT-Dishnetwork	16:08.95
7	AM40+	Kambol	James	Vision Quest	16:12.26
8	AM40+	Blackburn	Bill	North Branch Cycling Club	16:28.10
9	AM40+	Duffy	Timothy	Vision Quest	16:31.34
10	AM40+	Busteed	Todd	ABD	16:33.22
11	AM40+	Glinka	Kenneth	ABD	16:37.29
12	AM40+	Miwa	Loch	Flatlandia Cycling Team	16:40.15
13	AM40+	Linton	Mark	53x11 Coffee	16:45.40
14	AM40+	Spiega	David	Team Apache	17:42.21
15	AM40+	Skogley	David	Evanston Bike Club	18:13.88
	AM40+	Scott	James	Team Apache	DNS



## 10th Annual ABD INDOOR TRIAL SERIES

Race #4 - Saturday, March 14th, 2009

**PRELIMINARY RESULTS** (posted on 3/15/2009 at 12:59 PM)

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+	Altemus	Thomas	Rock Valley Oil	15:14.44
2	AM50+	Host	James	PACT - Dish Network	15:18.46
3	AM50+	Jones	Michael	PACT - Dish Network	15:31.65
4	AM50+	Bobka	Joe	Spin Doctor Cycle Works	15:38.74
5	AM50+	Tubic	Bisi	Unattached	15:50.63
6	AM50+	Rulo	Gary	ABD	16:09.57
7	AM50+	Mattson	Ron	Freeport Bicycle Co.	16:12.25
8	AM50+	Pahl	Scott	ABD	16:20.61
9	AM50+	Norbeck	Dan	Vision Quest	16:21.61
10	AM50+	Montfort	Ludwig	Unattached	16:46.69
11	AM50+	Marshall	Bob	ABD	16:58.37
12	AM50+	Trotter	Dave	ABD	16:58.46
13	AM50+	Gage	Steven	ABD	17:07.82
14	AM50+	Fry	Ken	ABD	17:11.80
15	AM50+	Molitor	Joel	ABD	17:34.56
16	AM50+	Cerwin	Terry	ABD	17:54.38
17	AM50+	Kryszak	Richard	South Chicago Wheelmen	17:57.20
18	AM50+	Walsh	Patrick	Lifetime Fitness	19:32.00
	AM50+	Trogdon	Ed	Unattached	DNS

### AM55+

Place	Cat	Last	First	Club	Time
1	AM55+	Case	Herbert	TEAM RVO	15:44.38
2	AM55+	Madsen	Dan	ABD	16:00.40
3	AM55+	Thalheimer	Charlie	Team BBC	16:01.32
4	AM55+	Green	Rick	TEAM RVO	16:09.52
5	AM55+	Adamczyk	Richard	CRACOVIA	16:25.96
6	AM55+	Demel	Zbigniew	Pact Dish Network	16:38.63
7	AM55+	Kreutzfeldt	Richard	2CC	16:55.96
8	AM55+	Hyde	Ken	Unattached	17:10.58
9	AM55+	Iverson	Greg	BBC	17:42.45
10	AM55+	Stoops	Walter	ABD	17:42.98
11	AM55+	Cerwin	Terry	ABD	17:56.00
12	AM55+	Janes	Don	ABD	19:21.95
13	AM55+	Becker	Russell	North Branch Cycling Club	19:53.83
	AM55+	Wolowiec	Bob	Unattached	DNS
	AM55+	Kurtz	Michael	Team Army -USAC	DNS

### AM60+

Place	Cat	Last	First	Club	Time
1	AM60+	Egan	Tom	ABD	16:45.36
2	AM60+	Rhyné	Edward	Unattached	17:45.53
3	AM60+	Kallas	Bill	ABD	18:08.65
4	AM60+	Johnson	Daniel	Unattached	18:12.16
5	AM60+	Stern	Alan	Velo Club Roubaix	18:14.44
	AM60+	Taylor	John	Unattached	DNS



## 10th Annual ABD INDOOR TIME TRIAL SERIES

Race #4 - Saturday, March 14th, 2009

**PRELIMINARY RESULTS** (posted on 3/15/2009 at 12:59 PM)

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	18:24.97
2	AM65+	Murphy	Pat	ABD	18:51.11
3	AM65+	Yoder	Fred	ABD	19:08.39
4	AM65+	McGovern	Garry	Redline Racing	19:38.50
5	AM65+	Schiff	Don	Quad Cities Bike Club	19:42.82
	AM65+	Vichotka	Richard	Midwest Masters	DNS

### AM70+

Place	Cat	Last	First	Club	Time
1	AM70+	Beck	Bob	Midwest Masters	19:34.21
2	AM70+	Krehbiel	John	Midwest Masters	20:31.55
3	AM70+	Englehorn	Gary	Unattached	36:37.87
4	AM70+	Alexander	Peter	Midwest Masters	DNF

### AM75+

Place	Cat	Last	First	Club	Time
1	AM75+	Murphy	Pat	ABD	19:50.24
2	AM75+	Beam	Gerald	Turin	23:06.91

### AM80+

Place	Cat	Last	First	Club	Time
1	AM80+	Mckeague	Robert	Unattached	26:24.59

### AW15

Place	Cat	Last	First	Club	Time
1	AW15	Sellars	Savanah	Multisport Madness Triathlon Team	21:39.45
	AW15	Villani	Aleena	Multisport Madness Triathlon Team	DNS
	AW15	Stimac	Heidi	Unattached	DNS
	AW15	Scanlan	Marie	Multisport Madness Triathlon Team	DNS
	AW15	Delgado	Teagan	Multisport Madness Triathlon Team	DNS

### AW15-5k

Place	Cat	Last	First	Club	Time
1	AW15-5k	Crane	Kayla	ABD	16:17.47

### AW16

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



## 10th Annual ABD INDOOR TRIAL SERIES

Race #4 - Saturday, March 14th, 2009

**PRELIMINARY RESULTS** (posted on 3/15/2009 at 12:59 PM)

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	Frampton	Cathy	Unattached	17:19.70
2	AW4	Howland	Jennifer	Multisport Madness Triathlon Team	17:38.95
3	AW4	Knepper	Leah	Unattached	17:53.54
4	AW4	Peszek	Monika	WDT-Allvoi International Cycling Team	18:25.40
5	AW4	Pusateri	Julie	ABD	18:55.73
6	AW4	Kenny	Gina	ABD	19:36.79
7	AW4	Oehmen	Liz	ABD	20:24.73
	AW4	Convey	Courtney	Multisport Madness Triathlon Team	DNS
	AW4	Herbner	Elisabeth	Vision Quest	DNS
	AW4	Clay	Jennifer	Multisport Madness Triathlon Team	DNS
	AW4	Clay	Jessica	Multisport Madness Triathlon Teamspoi	DNS
	AW4	Houser	Joy	Unattached	DNS
	AW4	Clawson	Kelsey	Multisport Madness Triathlon Team	DNS
	AW4	Greiner	Melanie	Multisport Madness Triathlon Team	DNS

### AW40+

Place	Cat	Last	First	Club	Time
1	AW40+	Motyka	Agnieszka	Experience Triathlon	16:48.88
2	AW40+	Badgett	Peggy	Freeport Bicycle Co.	19:18.70

### AW50+

Place	Cat	Last	First	Club	Time
1	AW50+	Schmidt	Heidi	Unattached	18:28.83
2	AW50+	Mcadams	Victoria Lynne	Unattached	20:48.73

### AW60+

Place	Cat	Last	First	Club	Time
1	AW60+	Beck	Nancy	Midwest Masters	24:28.77

### AW70+

Place	Cat	Last	First	Club	Time
1	AW70+	Beam	Patricia	TEAM RVO	20:02.93

### AWO

Place	Cat	Last	First	Club	Time
1	AWO	Prinner	Jessica	ABD	16:25.80
2	AWO	Semaszczuk	Sue	ABD	18:29.43
3	AWO	Kenny	Gina	ABD	19:36.50
	AWO	Thompson	Leigh	Vision Quest	DNS

### CM15-5k

Place	Cat	Last	First	Club	Time
1	CM15-5k	Aitchison	Jacob	Team Dawg	13:35.20



## 10th Annual ABD INDOOR TRIAL SERIES

Race #4 - Saturday, March 14th, 2009

**PRELIMINARY RESULTS** (posted on 3/15/2009 at 12:59 PM)

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	Zamora	Antonio	Team Jocelyns	16:40.41
2	CM19-29	Markgraf	Adam	Unattached	17:08.42
3	CM19-29	Guranovich	Steve	Unattached	23:55.33

### CM30-39

Place	Cat	Last	First	Club	Time
1	CM30-39	Koors	Dan	Unattached	16:41.90
2	CM30-39	Kramer	Michael	Unattached	17:21.59
3	CM30-39	Mazurek	Toni	Unattached	21:42.17

### CM40-49

Place	Cat	Last	First	Club	Time
1	CM40-49	Sanders	Buck	Unattached	16:36.70
2	CM40-49	Aitchison	Scott	Endure It	16:41.45
3	CM40-49	Lorenz	John	Unattached	16:54.93
4	CM40-49	Murphy	Rob	ABD	17:07.48
5	CM40-49	Reidy	Jack	Unattached	17:22.43
6	CM40-49	Hellman	Darren	Spin Doctors	17:34.40
7	CM40-49	Salela	Mike	Unattached	18:01.46
8	CM40-49	Wells	James	Unattached	18:27.60
9	CM40-49	Biery	Joseph	Unattached	18:54.89
	CM40-49	Mann	Bob	Multisport Madness Triathlon Team	DNS
	CM40-49	Hellweg	Brian	VCS	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+	Block	Bradley	Unattached	16:18.82
2	CM50+	Rank	Tom	Unattached	17:08.93
3	CM50+	Kula	Gary	Downers Grove Bicycle Club	17:20.71
4	CM50+	Mckenzie	Craig	Downers Grove Bicycle Club	17:23.82
5	CM50+	Rottmann	Edward	Unattached	17:45.99
6	CM50+	King	Chuck	ABD	17:51.89
7	CM50+	Feigleson	Scott	Unattached	18:07.88
8	CM50+	Walsh	Patrick	Lifetime Fitness	18:14.17
9	CM50+	MacLennan	John	Unattached	18:19.40
10	CM50+	Kieronski	Eugene	Unattached	18:45.90
11	CM50+	Kaiser	Greg	Unattached	19:23.49
12	CM50+	Heyse	Mark	ABD	20:20.59
13	CM50+	Blacconiere	Michael	Unattached	20:20.81
14	CM50+	Pedrick	Tom	ABD	20:27.67
	CM50+	Flad	Andy	Unattached	DNS

### CW15

Place	Cat	Last	First	Club	Time
1	CW15	Lorenz	Alexandra	Multisport Madness Triathlon Team	21:50.91
	CW15	Mann	Rachel	Multisport Madness Triathlon Team	DNS





# 10th Annual ABD INDOOR TIME TRIAL SERIES

Race #4 - Saturday, March 14th, 2009

**PRELIMINARY RESULTS** (posted on 3/15/2009 at 12:59 PM)

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
	CW30-39	Piper	Cris	Unattached	DNS
	CW30-39	Green	Jennifer	Unattached	DNS

## CW40-49

Place	Cat	Last	First	Club	Time
1	CW40-49	Gialdini	Kim	Downers Grove Bicycle Club	17:30.78
2	CW40-49	Miller	Lori	ABD	18:40.75
	CW40-49	Bielski	Sharon	Unattached	DNS

## CW50+

Place	Cat	Last	First	Club	Time
1	CW50+	Kaiser	Helen	Unattached	18:49.17

## Fastest Men

Place	Cat	Last	First	Club	Time
1	AM1/2	Verner	Dan	PACT-Dishnetwork	14:20.59
2	AM30+	Gerlach	Charles	Unattached	14:53.45
3	AM3	Bice	Curtis	ABD	14:57.92

## Fastest Women

Place	Cat	Last	First	Club	Time
1	AWO	Prinner	Jessica	ABD	16:25.80
2	AW40+	Motyka	Agnieszka	Experience Triathlon	16:48.88
3	AW4	Frampton	Cathy	Unattached	17:19.70



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)