

PITTSBURGH MASTERS VELO CLUB (PMVC)
FRIDAY NIGHT AT THE TRACK
RESULTS FOR 2009
SEASON RESULTS OF PMVC TIME-TRIAL AND TRACK SERIES, WASHINGTON BLVD. TRACK,
PITTSBURGH, PA, JUNE-AUGUST, 2009

RESULTS FOR JUNE 5, 2009. 10-MILE TIME TRIAL

30 PARTICIPANTS

A great turnout and a fast, cool evening. Totally still air. *Won by Kevan Rutledge in 21.51* (course record is 21.13 by Randy Callahan, 7/12/08). The outside track idea for single-speeds seemed to work. Thanks to Stephanie Swan and Eddie Jones for helping officiate.

A special big thanks to Gray Patton and TREK OF PITTSBURGH for prizes.

I can make subtraction and spelling errors, so bring possible mistakes to my attention, and I'll be glad to check and correct them.

1. 21.51 Kevan Rutledge 27.46 mph

2. 22.09 Stephen Marlette

3. 22.15 Jeremy Kirchin

4. 22.24 Eric Milbrandt

5. 22.25 Steve Bedillion (single-speed, outside track)

6. 22.34 Thomas Hansen

7. 22.53 Craig Cozza

8-9. 22.55 Andrew Gorski

8-9. 22.55 Michael Ellis (self-reported, finished in left lane)

10. 23.22 Edward Johnson

11. 23.27 Steven Brewer

12. 23.30 Bill Kanarek

13. 23.40 Henry Dimmick

14. 23.42 Ben Stephens

15. 23.56 T. Lyle Ferderber

16. 24. 24 Jim Andreyo

17. 24.21 David Hickey

18. 24.23 Barb Grabowski (1st woman)

19. 24.48 Michael Wagner

20. 25.24 Gray Patton (2nd woman)

21. 25.45 Rich Allen

22. 26.00 Daniel O'Hara

23. 26.04 Allie Ackerman (3rd woman)

24. 26.10 Ray Sielski

25. 26.49 Doug Riegner

26. 27.23 Shreya Mehta

27. 27.13 Nick Rossi

28. 18 Ian Baun

29. 06 Nili Muley

(19.17) Ron Kolowitz (either we recorded a wrong time or Ron did too few laps)

RESULTS FOR JUNE 12, 2009. TRACK EVENTS

8 PARTICIPANTS

We could use 6-10 more participants to improve group adhesion in some of the longer events, so the group wouldn't break up so badly, but everyone got their exercises for the evening, and the sprints were hotly and excitingly contested. **Steve Bedillion took advantage of his superior sprint prowess to edge the charging Steve Kurpiewski. Steve B. graciously agreed to be the rabbit for the final event.**

A. Side-by-Side 2-Lap Pursuit

1. Steve Bedillion 2.11

2. Steve Kurpiewski 2.12

3. Jon Lomax 2.24

4. Aaron Bennett 2.27

5. Jon Crawford 2.29
6. Jim Mock 2,35
7. Nick Rossi 2.41
8. John Doncevic 2.43

B. 10-Lap Handicap (two groups)

1. Kurpiewski
2. Bedillion
3. Bennett
4. Crawford
5. Lomax

C. Sprints

First Round: Bedillion, Kurpiewski, Bettett advance; Lomax out

Second Round: Crawford, Mock advance; Rossi, Doncevic out

Finals:

1. Bedillion

2. Crawford

3. Kurpiewski
4. Bennett
5. Mock

D. Danish Sprint 5+5 Laps

1. Bedillion.
2. Kurpiewski
3. Crawford
4. Bennett
5. Mock

E. Rabbit

1. Bedillion
2. Kurpiewski
3. Bennett
4. Crawford
5. Lomax

FINAL POINTS

1. Steve Bedillion 24

2. Steve Kurpiewski 20

3. Aaron Bennette 12 (tie decided by pursuit time)
4. John Crawford 12
5. Jon Lomax 5
6. Jim Mock 2

RESULTS FOR JUNE 19, 2009. 20-MILE TIME TRIAL

17 PARTICIPANTS

As usual, age and brute force won out over youth, beauty, and style, as **Skip Rogers turned in a 44.47 to edge Kevin Rutledge by two seconds in the 20-mile time trial.** Riders were very well behaved, with no serious incidents of drafting or see-sawing back and forth, as tends to happen in the longer events.

In a preliminary event, Steve Bedillion took slightly over half a second off Bob Gottlieb's 2-lap time, turning in a flat 1.59. Congratulations Steve, and maybe this will persuade Bob to get out on the track this year.

Bring any mistakes to my attention.

2-Lap Invitational

1.59.00 Steve Bedillion (new course record, 30.25 mph)

20 Mile Individual Time Trial. Existing record 43.54 by Eric Hodos, 7/4/08.

1. 44.47 Skip Rogers

2. 44.49 Kevan Rutledge

3. 45.01 Tim Drook

4. 46.27 Andy Gorski

5. 47.02 Michael Ellis

6. 48.09 Henry Dimmick

7. 49.07 John Heffner

8. 49.18 Ben Stephens

9. 49.38 Dave Hickey

10. 49.38 T. Lyle Ferderber

11. 53.08 Ray Sielski

12. 53.14 Jon Lomax

13. 56.50 Nick Rossi

14. 57.07 Ron Kolowitz

15. 59.04 Paul Ricci

16. 46.04 Eric Lundgren (one lap short)

17. 46.23 Jason Mills (one lap short)

RESULTS FOR JUNE 26.

10 Competitors.

A lot more spectators. A good enthusiastic audience and they were well rewarded by the night's events. A really good night for track and a good competitive group, except that Steve Kurpiewski eventually started running away with things. A new event, the two-man team handicap pursuit was a success, but the points awarded need to be adjusted downward a bit. In any case, it didn't affect the final payoffs. Thanks to Mark Powder, Erin Alpert, and Stephanie Swan for officiating, allowing the promoter to race.

Side-by-Side Pursuit. (A. 2-Lap 2 laps, 1 mile)

1. 2.11 Steven Kurpiewski 5

2. 2.15 Tim Zwergel 4

3. 2.16 John Heffner 3

4. 2.21 Aaron Bennett 2

5. 2.23 Jon Lomax 1

6. 2.23. Adam Amrheim

7. 2.30 Jim Mock

8. 2.32 John Doncevic

9. 2.33 Nick Rossi

10. 2.40 Oscar Swan

B. B. Two-Lap 5-up Sprints

Heat 1 (2 advance): Bennett, Amrheim, Zwergel, Doncevic, Swan

Heat 2 (2 advance): Kurpiewski, Heffner, Lomax, Rossi, Mock

Repechage (1 advances): Mock

Final:

1. Heffner 3+5=8

2. Kurpiewski 5+4=9

3. Bennett 2+3=5

4. Amrheim 2

5. Mock 1

C. 2-Man Handicap Pursuit (4 laps)

1. Rossi 5, Swan 5

2. Kurpiewski 9+4=13, Zwergel 4+4=8

3. Heffner 8+3=11, Bennett 5+3=8

4. Lomax 1+2=3, Amrheim 2+3=5

5. Mock 1+1=2, Doncevic 1

D. Miss-N-Out (8 laps)

1. Kurpiewski 13+5=18

2. Zwergel 8+4=12

3. Heffner 11+3=14

4. Bennett 8+2=10

5. Lomax 3+1=4

E. 9-Lap Point-A-Lap (Tie-Breaker: the later lap)

1. Kurpiewski 18+5=23

2. Bennett 10+4=14

3. Mock 2+3=5

4. Amrhein 5+2=7

5. Zwergel 12+1=13

OMNIUM FINALS (Tie-Breaker: more wins; otherwise, better TT time)

1. Steven Kurpiewski 23

2. John Heffner 14

3. Aaron Bennett 14

4. Tim Zwergel 13

5. Adam Amrhein 8

6. Jim Mock 5

7. Nick Rossi 5

8. Oscar Swan 5

9. Jon Lomax 4

10. Jon Doncevic 1

RESULTS FOR JULY 3, 2009.

31 Competitors (tying a record).

Seemingly a fast night, as the promised precipitation held off. **Joe Vallese powered his way through and around a crowded and talented field to set a new course 10 mile record of 20.46**, shattering Randy Callahan's record of last year of 21.13. It was nice to see Turner Johnson back at the track, putting in the second-place time of 21.38; and Eric Hodos, coming back from a broken leg to place 3rd. In preliminary events, Steve Bedillion and Skip Rogers, respectively, missed breaking the ½ and 1-mile records by about a second, to an encouraging crowd. Thanks to Emily Swan for officiating and Mark Power for starting, timing, and judging. And especially, thanks to Pgh. Pro Bicycles of Squirrel Hill for providing prizes.

Please bring any corrections to my attention. Results, records, and announcements are posted to

<http://polish.slavic.pitt.edu/pmvc/>

1. 20.46 Joe Vallese (new course record, 28.9 mph)

2. 21.38 Turner Johnson

3. 21.39 Eric Hodos

4. 21.59 Stephen Marlette

5. 22.17 Tim Drook

6. 22.23 Skip Rogrs

7. 22.30 Steven Brewer

8. 22.32 Thomas Hansen

9. 22.35 Mark Bedel

10. 22.39 Andy Gorski

11. 23.15 John Heffner

12. 23.46 Bill Kanarek

13. 23.58 T. Lyle Ferderber

14. 24.16 Dave Hickey

15. 24.19 Aaron Shelmire

16. 24.43 Victor Lisotto

17. 24.58 Ray Sielski

18. 25.02 Dan O'Hara

19. 25.09 Jacob Yundt

20. 25.20 Rich Allen

21. 25.24 Jim Miller
22. 26.28 Nick Rossi
23. 27.04 Ken Wilkins
24. 27.08 Paul Ricci
25. 27.15 Anne-Marie Alderson (first and only woman)
26. 27.36 Ron Kolowitz
27. 27.59 Greg Flood
28.28.03 Ian Baun
DNF (flat) Andreas Scheurell
DNF Ed Johnson
12.00 (for 5 miles) Jim Andreyo

RESULTS OF TRACK RACES, JULY 10, 2009.

12 PARTICIPANTS

12 participants, par for the event. If we had twice as many we could have an A and a B group. Another good evening of track racing, and a couple of new riders, at least for this year. **We broke the gender barrier at last, as Stephanie Swan became the first female fixed wheeler to compete.** The competition was a lot closer than in past weeks. The high point of the evening was the tire-width win of Steve Kurpiewski over John Crawford in the sprint finals. Steve Kurpiewski took home the Giro helmet donated by Pro Bikes. Thanks to Mark Power, Erin Alpert, and Eddie Jones for officiating.

A. 2-Lap (1-Mile) Pursuit

1. 2.09 Steve Kurpiewski

2. 2.16 Jason Mills

3. 2.18 John Lomax
4. 2.18 Ted King-Smith
5. 2.22 Adam Amrhein
6. 2.27 John Crawford
7. 2.27 John Doncevic
8. 2.28 Nick Rossi
9. 2.29 Chad Sedlak
10. 2.29 Joe Dickerson
11. 2.36 Oscar Swan
12. 2.37 Stephanie Swan

B. Four-up sprint eliminations:

1. Kurpiewski, Rossi
2. Mills, Crawford
3. Amrhein, Nickerson

Sprint Semifinals:

1. Crawford, Kurpiewski
2. Dickerson, Lomax

Repechage:

Lomax, Kingsmith

Sprint Finals:

1. Kurpiewski

2. Crawford

3. Lomax
4. Dickerson

C. Dollar-a-Lap for 5th Place: Jason Mills ran away with it.

D. 4-Person Olympic Sprint

1. Doncevic, Rossi, Lomax, Kurpiewski
2. S. Swan, Dickerson, Amrhein, King-Smith
3. O. Swan, Sedlak, Mills, Crawford

E. 10-Lap Two-Group Handicap. 20 second interval (probably should have been 30 seconds)

1. Kurpiewski

2. Mills

3. King-Smith
4. Rossi
5. Lomax
6. Amrheim
7. O. Swan
8. Sedlak
9. Dickerson
10. S. Swan
11. Donceвич

Final Points (ties decided by pursuit time)

1. Steve Kurpiewski 18

2. Jason Mills 11

3. Jon Lomax 9
4. Ted King-Smith 8
5. John Crawford 6
6. Nick Rossi 5
7. Joseph Dickerson 4
8. John Doncevic 3
9. Adam Amrheim 2
10. Stephanie Swan 2
11. Chad Sedlak 1
12. Oscar Swan 1

RESULTS FOR 25 M TT, JULY 17, 2009.

12 PARTICIPANTS

Results from the 40k. Thanks to Stephanie for filling in for Oscar. Held under threatening skies that finally opened up for the first 10 minutes with hard rain and then steady rain for about 30 minutes. But the times were super fast, with half of the riders coming in under a minute.

1. Brian Hopkins 54:25

2. Eric Milbrandt 56:07

3. Matt Mauclair 56:38
4. Steve Marlett 56:55
5. Thomas Hansen 57:23
6. Andy Gorski 57:39
7. Tim Dook 57:46
8. John Cotter 1:00:30 (Merckx style.
9. Chris Mayhew 1:04:07 (Merckx style.
10. Henry Dimmick 1:05:12
11. Jacob Yundt 1:06:12
12. Ray Sielski 1:08:06

RESULTS FOR TRACK RACES, JULY 24, 2009.

12 PARTICIPANTS

A couple of new riders tonight, and some good racing, with Steve Bedillion breaking Steve Kurpiewski's several weeks' stranglehold on first place. The tone of the competition was set at the beginning, when Bedillion took the pursuit by a single second over Kurpiewski. We held a semi-successful Madison, and will try it again before the season is over. Everyone got points. Thanks to Erin Alpert for registering and helping to officiate.

A. 2-lap Pursuit

1. 2.07 Steve Bedillion (best time so far this year)

2. 2.08 Steve Kurpiewski

3. 2.11 Jason Mills
4. 2.14 Edward King-Smith
5. 2.18 Jon Lomax
6. 2.24 John Doncevic
7. 2.25 Joseph Dickerson
8. 2.26 Chad Sedlak
9. 2.28 Nick Rossi
10. 2.32 Jim Mock
11. 2.33 Brad quartuccio
12. 2.34 Rob Wolf

B. 2-Lap Sprints

1st Round: Bedillion, Mills advance

2nd Round: King-Smith, Lomax advance

Repechage: Kurpiewski, Mock advance

Final:

1. Bedillion

2. Mills

3. Kurpiewski

4. King-Smith

5. Mock

C. Olympic Sprint

1. 3.13 Bedillion, Lomax, Rossi

2. 3.17 Kurpiewski, Doncevic, Mock

3. 3.21 Mills, Dickerson, Quartuccio

4. 3.33 King-Smith, Sedlak, Wolf

D. Madison

1. Kurpiewski and Mills

2. Bedillion and Mock

3. King-Smith and Dickerson

4. Sedlak and Wolf

E. 10-Lap Sprint Every Other Lap (With Every Other Lap Neutral)

Steve Bedillion pretty much ran away with this one, winning 4 of the five sprints.

1. Bedillion

2. Kurpiewski

3. Mock

4. Mills

5. King-Smith

Final Points:

1. 24 Bedillion

2. 20 KURPIEWSKI

3. 10 King-Smith

4. 13 Mock

5. 17 Mills

6. 6 Dickerson

7. 6 Doncevic

8. 6 Lomax

9. 7 Rossi

10. 3 Quartuccio

11. 3 Sedlak

12. 3 Wolfe

RESULTS OF 15M TT, JULY 31, 2009.

15 participants

Spectators were treated to Steve Bedillion's attempt to break Joe Papp's 10-year-old 1-lap standing start record (56.99). which fell barely a second short at 58.05. Later, the well-oiled UPMV 4-man team demolished their previous 10-mile record (21.40), by recording a 21.08. In the main event, in times well off Eric Hodos' record of 32.56, Tim Drook took the win. Thanks to Stephanie Swan for registration and officiating.

A. 1 lap. 58.05. Steve Bedillion

B.

1. 34.33 Tim Drook

2. 35.59 John Heffner

3. 36.38 Aaron Shelmire

4. 38.01 T. Lyle Ferderber

5. 38.51 Vic Lisotto

6. 39.18 Jacob Yundt

7. 39.52 Jon Lomax

8. 40.22 Patricia George (1st woman)

9. 40.37 Ray Sielski

Rick Allen DNF (flat)

C. 10-Mile 4-Man TT

21.08 (new course record): Skip Rogers, Eric Hodos, Glenn Snyder, Kevan Rutledge

RESULTS OF 10 MILE TT, AUGUST 7, 2009.

19 PARTICIPANTS

Cool temps and overcast skies brought out a big group, including a goodly number of women. Joe Vallese attempted the one lap record and fell a scant second short. Thanks to Mark Powder, Chris Mayhew, and Erin Alpert for officiating.

1. Steve Marlette 22:04

2. Joe Vallese 22:19*

3. Jon Hefner 22:22

4. Andy Gorski 22:47

5. Eric Lundgren 23:37*

6. Mark Bedel 23:40

7. Ben Stephens 23:47

8. T. Lyle Ferderber 23:50

9. Gray Patton 23:57 1st Woman

10. Aaron Shelmire 24:05*

11. Barb Grabowski 24:29 2nd Woman

12. Chris Mayhew 24:41*

13. Victor Lisotto 25:01

14. Dave Petrack 25:39

15. Ray Sielski 25:52

16. Donnie Panizales 26:01

17. Stephen Sehr 26:43

18. Kate Bennet 27:41 3rd Woman

19. Stacie Truskowski 30:43 4th Woman

- *Indicates those riding Merckx style although I know I missed a few people.*

TRACK EVENT ON AUGUST 14

WAS CANCELED DUE TO AN EARLY ACCIDENT.

5 PARTICIPANTS

RESULTS OF 25M TIME TRIAL, AUGUST 21, 2009.

21 PARTICIPANTS

Pittsburgh is developing a core of excellent time trial specialists, and they were out in full force this past Friday for the season's last stab at 25m. When over a third of the field comes in under an hour, you know you're in an elite group. Eric Milbrandt was smoking, and came within a few seconds of breaking the course record of 23.58 set in 2004 by Dave Wenger. If the field hadn't been so crowded, Eric would have probably toppled the record. UPMC took the first four places, leading to their being threatened with a lifetime ban, or at least a ban on people named Eric. I have a feeling a lot of the times below are personal bests. For sure Mark Bedel's under-hour time is. By the way, **congratulations to Skip Rogers who returned from the US Senior Games in San Francisco with gold and silver medals.**

1. 54.01 Eric Milbrandt

2. 55.21 Eric Hodos

3. 55.48 Skip Rogers

4. 56.39 Kevan Rutledge

5. 56.56 Steve Marlette

6. 57.18 Jon Heffner

7. 58.27 Andy Gorski

8. 59.17 Eric Lundgren

9. 59.45 Mark Bedel

10. 1.00.09 Bill Kanarek

11. 1.00.40 Steven Brewer

12. 1.01.19 Ed Johnson

13. 1.01.55 Henry Dimmick

14. 1.02.11 T. Lyle Ferderber

15. 1.02.27 Jason Maust

16. 1.03.47 Vic Lisotto

17. 1.04.21 Dave Hickey

18. 1.05.24 Ray Sielski

19. 1.07.54 Patricia George (1st and only woman)

20. 1.08.09 Donny Panizales

DNF Turner Johnson

RESULTS OF 5-MILE TIME TRIAL AND RECORD ATTEMPTS, AUGUST 28, 2009.

14 PARTICIPANTS

Threat of rain held off a larger participation, but still the mood was upbeat as we finished another year, and the **UPMC four-person team demolished the record for 20 miles, and looked good doing.** A couple of other record attempts failed. **Nice to see four women out for the last night of the season.** Thanks to Erin Alpert for Registration and officiating.

FIVE MILE INDIVIDUAL

1. 11.24 Craig Cozza

2. 11.48 Henry Dimmick

3. 12.44 Barbara Grabowski (1st woman)

4. 12.48 Ray Sielski

5. 13.10 Matt Cozza

6. 14.50 Sherri Cozza (2nd woman)

7. 14.57 Stacey Dawso (3rd woman)

8. 15.25 Hethba Fatnassi (4th woman)

Stephen Marlette's attempt at the 20 km record fell short. No time recorded.

12.36 5-Mile Woman 2-Person Team (Barbara Grabowski and Rachel Teodon)

41.58 4-Man 20 Mile Team (new course record)

Skip Rogers

Eric Hodos

Eric Milbrandt

Kevan Rutledge