



2010 Cucina Fresca Ice Breaker Time Trial
Presented by Seattle Super Squadra Cycling Club
March 6, 2010 - Black Diamond, WA
Men Category Pro / 1 / 2
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110
Start Time = 9:00 AM
Race Distance
10 Miles
FINAL
Average Speed
of Winner
29.5 mph

Number of Riders
24

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	7	MP12	McKissick	Ian	Lenovo	172573	20:19.6	00:00.0
2	169	MP12	Van Wyck	Dustin	IJM.org	229254	21:08.1	00:48.5
3	113	MP12	Tubbs	Ian	Lenovo	111313	21:16.6	00:57.0
4	110	MP12	Hone	Mike	Lenovo	155193	21:46.0	01:26.4
5	71	MP12	Herriott	Todd	Herriott Sports Performance	50707	21:46.3	01:26.7
6	111	MP12	Ongers	Shawn	Lenovo	220235	21:55.2	01:35.6
7	80	MP12	O'Donnell	John	Keller Rohrback	100146	22:07.2	01:47.7
8	5	MP12	Farrell	Kyle	Garage Racing	230828	22:16.1	01:56.5
9	115	MP12	Carlson	Brent	Lenovo	223236	22:18.0	01:58.4
10	20	MP12	Wetzel	Logan	Second Ascent	216334	22:18.6	01:59.0
11	34	MP12	Marion	Chad	Garage Racing	239850	22:21.8	02:02.2
12	28	MP12	Bethel	Jason	Garage Racing	169273	22:26.8	02:07.2
13	6	MP12	Reynolds	Lang	Hagens Berman Cycling Team	168449	22:35.2	02:15.6
14	33	MP12	Hitchcock	Brian	Garage Racing	284741	22:40.4	02:20.8
15	133	MP12	Boyer	Larry	Cucina Fresca Cycling Team	268153	22:47.4	02:27.8
16	113	MP12	Tubbs	Ian	Lenovo	111313	23:15.5	02:55.9
17	128	MP12	Schuman	Eric	Lenovo	52882	23:26.3	03:06.7
18	136	MP12	Dykstra	Travis	Cucina Fresca Cycling Team	205950	23:26.8	03:07.3
19	32	MP12	Hilwig	Jay	Garage Racing	167866	23:50.1	03:30.5
20	36	MP12	Masterson	Kevin	Garage Racing	188289	23:55.0	03:35.5
21	141	MP12	Vrbanac	Michael	Cucina Fresca Cycling Team	36829	24:00.4	03:40.8
22	143	MP12	Jason	Williams	Cucina Fresca Cycling Team	241690	24:11.9	03:52.3
23	38	MP12	Sandstrom	Tricia	Team Group Health	220308	25:40.1	05:20.5
24	156	MP12	velez	robert	First Rate Mortgage Cycling Tea	179565	27:15.3	06:55.7



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Men Category 3
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Start Time = 9:00 AM
Race Distance
10 Miles
FINAL
Average Speed
of Winner
26.9 mph

Number of Riders
24

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	240	M3	Rosenast	Alex	Garage Racing	196878	22:20.0	22:20.0
2	797	M3	Sullivan	Brian	Cucina Fresca Cycling Team	238604	22:30.4	00:10.4
3	361	M3	Coleman	Max	L'Ecole No. 41/Wheatland Wheele	272452	22:37.5	00:17.4
4	223	M3	Clarke	Chad	Fanatik Bike Co.	263383	22:45.4	00:25.4
5	287	M3	Potter	Tom	Olympia Orthopaedic Associates	206784	22:53.2	00:33.2
6	339	M3	Gladfelter	Mike	Cucina Fresca Cycling Team	267218	22:56.7	00:36.7
7	412	M3	Telitsine	Alex	IJM.org	253377	22:59.8	00:39.8
8	268	M3	Phillips	Sean	SCCA/ Starbucks Cycling	274488	23:17.0	00:57.0
9	2024	M3	Kaufman	Adam	Recycled Cycles	220477	23:26.3	01:06.2
10	306	M3	Otani	Keiichi	Hagens Berman Cycling Team	289231	23:28.4	01:08.3
11	419	M3	Koski-Karell	Daniel	Unattached	259540	23:36.3	01:16.2
12	414	M3	Tucker	Guy	IJM.org	252718	23:39.7	01:19.7
13	410	M3	Rogers	RC	IJM.org	222969	23:46.6	01:26.6
14	290	M3	Schweiger	Joel	Cycle U	179387	23:49.7	01:29.7
15	263	M3	Ryan	Dave	Bikesales.com	30982	23:56.4	01:36.4
16	263	M3	Ryan	Dave	Unattached		23:58.1	01:38.1
17	308	M3	Walburn	Brian	Hagens Berman Cycling Team	91050	24:02.8	01:42.8
18	349	M3	Peterson	Zqwan	Cucina Fresca	109655	24:13.3	01:53.3
19	347	M3	Nease	Travis	Cucina Fresca Cycling Team	107677	24:20.7	02:00.7
20	272	M3	Howell	Andrew	Recycled Cycles Racing	195828	24:24.1	02:04.1
21	297	M3	Matson	Steve	Old Town Bicycle	171544	24:25.7	02:05.7
22	208	M3	Johnson	James	Second Ascent	201972	24:38.5	02:18.5
23	407	M3	Martin	Corrie	IJM.org	220576	24:39.0	02:19.0
24	418	M3	Haldeman	Matt	Team Corpore Sano		28:40.7	06:20.7
DNS	247	M3	Bales	Mark	Bikesale.com	2403		





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Men Category 4 / 5
Finish Results
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#2010-110

Start Time = 9:00 AM

Race Distance
10 Miles
FINAL
Average Speed
of Winner
26.6 mph

Number of Riders
111

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	804	M45	Leuschke	Rainer	Blue Rooster Cycling Team/The S	275808	22:35.2	22:35.2
2	2067	M45	Lyons	Ethan	x		22:44.3	00:09.0
3	744	M45	Spencer	Philip	Lenovo	70352	22:46.6	00:11.4
4	669	M45	Mirante	Mark	SCCA/ Starbucks Cycling	293125	22:52.2	00:17.0
5	2028	M45	Booth	Philip	x		23:04.7	00:29.4
6	736	M45	Louie	Jordan	Hagens Berman Cycling Team	275346	23:08.3	00:33.1
7	705	M45	McHale	John	2020/Fuel	236928	23:12.6	00:37.3
8	622	M45	Bishop	Dave	Fanatik Bike Co.	221351	23:18.8	00:43.6
9	2061	M45	Sather	Richard	x		23:38.2	01:03.0
10	643	M45	O'Neal	Max	Bikesale.com	229273	23:39.0	01:03.7
11	214	M45	Salo	David	Second Ascent	235240	23:39.0	01:03.7
12	667	M45	Rasmussen	Jordan	SCCA/ Starbucks Cycling	307269	23:42.1	01:06.8
13	741	M45	Jackson	Chris	Lenovo	223028	23:47.3	01:12.1
14	675	M45	Cole	Vern	SCCA/ Starbucks Cycling	65114	23:49.1	01:13.9
15	612	M45	Mahan	Chris	Second Ascent	190831	23:51.5	01:16.3
16	660	M45	Heer	Bart	SCCA/ Starbucks Cycling	256032	23:52.5	01:17.2
17	698	M45	Jurgens	Rolland	Cycle U	285465	23:56.1	01:20.8
18	668	M45	Taylor	Mark	SCCA/ Starbucks Cycling	260624	23:57.5	01:22.2
19	2003	M45	Truong	David	x		23:59.3	01:24.1
20	1099	M45	Eisen	Andrew	Cycle U	305019	24:01.5	01:26.3
21	1109	M45	Cumming	Christopher	Motofish Racing	293064	24:06.6	01:31.3
22	2094	M45	FARRELL	RYAN	x		24:12.2	01:37.0
23	894	M45	Wright	Ian	Apex Racing Team	282122	24:12.7	01:37.4
24	1146	M45	Cable	Cris	Cucina Fresca Cycling Team	303117	24:13.2	01:37.9
25	749	M45	Colich	Frank	Cucina Fresca Cycling Team	270202	24:18.8	01:43.5
26	786	M45	Portin	Mark	Cucina Fresca Cycling Team	271175	24:20.8	01:45.5
27	614	M45	O'Brien	Jim	Second Ascent	220616	24:22.8	01:47.6
28	712	M45	Rodgers	John	Old Town Bicycle	264341	24:25.7	01:50.4
29	2009	M45	Demick	Rob	x		24:25.7	01:50.4
30	771	M45	Kibler	Timothy	Cucina Fresca Cycling Team	66004	24:31.4	01:56.2
31	912	M45	Mahan	Avi	Unattached		24:34.1	01:58.8
32	728	M45	Richmond	Chad	Hagens Berman Cycling Team	266795	24:37.9	02:02.7
33	860	M45	Daifuku	Richard	Brandford Bike	237201	24:38.4	02:03.1
34	2011	M45	Seifer	Barret	x		24:38.5	02:03.3
35	694	M45	Haley	Bradlee	Cycle U	288845	24:39.6	02:04.4
36	782	M45	Paulus	Owen	Cucina Fresca Cycling Team	269775	24:39.7	02:04.4
37	1040	M45	kuykendall	kerby	Bikesales.com	272670	24:43.0	02:07.7
38	1166	M45	Milner	Daniel	Blue Rooster Cycling Team/The S	307354	24:44.9	02:09.6
39	806	M45	Sielinski	Ron	Blue Rooster Cycling Team/The S	260190	24:46.1	02:10.8





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10 Miles **of Winner**
FINAL **26.6 mph**

Number of Riders
111

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
40	625	M45	Fryer	Tom	Fanatik Bike Co.	256191	24:46.4	02:11.1
41	672	M45	Strong	Richie	SCCA/ Starbucks Cycling	290771	24:46.9	02:11.7
42	697	M45	Thompson	Mark A.	Cycle U	288485	24:48.3	02:13.0
43	2005	M45	Guillen	Brian	x		24:51.3	02:16.0
44	883	M45	SWANSON	DAVID	Gregg's Green Lake Cycle	102515	24:56.3	02:21.1
45	793	M45	Stanigar	Matthew	Cucina Fresca Cycling Team	76958	25:05.5	02:30.2
46	693	M45	Hocking	Gary	Cycle U	271937	25:10.9	02:35.7
47	759	M45	Glaberson	Bradley	Cucina Fresca Cycling Team	220142	25:12.4	02:37.2
48	630	M45	Reinholtz	Tim	Fanatik Bike Co.	244686	25:13.3	02:38.0
49	2012	M45	Jewell	Kent	x		25:13.8	02:38.6
50	629	M45	Olson	Randy	Fanatik Bike Co.	278232	25:14.5	02:39.3
51	1093	M45	Barclay	Doug	Cycle U	273974	25:14.6	02:39.3
52	1001	M45	Bastin	Doran	Second Ascent	288761	25:16.5	02:41.3
53	1091	M45	Ramos	Mario	Cycle U	303639	25:17.6	02:42.4
54	1090	M45	Snyder	Greg	Cycle U	276171	25:20.8	02:45.6
55	1289	M45	Connell	Jason	Unattached	305679	25:24.4	02:49.2
56	1185	M45	Jorgensen	Larry	ByrneInvent		25:25.9	02:50.7
57	1098	M45	Sullivan	Chad	Cycle U	305201	25:33.9	02:58.7
58	676	M45	Nguyen	Vu	SCCA/ Starbucks Cycling	271893	25:37.3	03:02.0
59	1144	M45	williams	jason	Lenovo	305198	25:37.3	03:02.1
60	1244	M45	Brooks	Herb	Unattached	279522	25:38.1	03:02.8
61	1151	M45	Frederickson	Nathan	Cucina Fresca Cycling Team	304809	25:43.6	03:08.3
62	918	M45	Tremonte	Chris	Recycled Cycles Racing	206402	25:45.2	03:10.0
63	886	M45	Follmer	Mark	Cycle Therapy/4 Corners Racing	225619	25:46.5	03:11.2
64	2066	M45	martin	gary	x		25:47.7	03:12.4
65	1057	M45	Benson	Greg	SCCA/ Starbucks Cycling		25:48.7	03:13.5
66	603	M45	Cooper	Bill	Second Ascent	208427	25:54.6	03:19.4
67	1287	M45	Hubbard	Mark	Amore' Coffee	302869	25:59.3	03:24.1
68	767	M45	Hubbard	Matthew	Cucina Fresca Cycling Team	272171	26:04.8	03:29.6
69	665	M45	Amdahl	Ed	SCCA/ Starbucks Cycling	268589	26:10.5	03:35.2
70	1167	M45	Shulock	Adrian	Blue Rooster Cycling Team/The S		26:13.4	03:38.1
71	1103	M45	Crosby	Brian	Collision 1	297549	26:16.0	03:40.8
72	2070	M45	McManhus	Eimhin	x		26:22.7	03:47.5
73	1270	M45	Baron	Werner	Unattached	306287	26:24.7	03:49.5
74	2074	M45	swienty	mike	x		26:25.1	03:49.9
75	709	M45	Molzan	Matt	Old Town Bicycle	248142	26:39.4	04:04.1
76	867	M45	Wright	Brian	Unattached	288112	26:40.6	04:05.4
77	1239	M45	Sproull	Jim	Unattached	215036	26:41.5	04:06.3
78	1092	M45	Wendl	John	Cycle U	285901	26:43.2	04:07.9





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10 Miles
FINAL
Average Speed
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26.6 mph

Number of Riders
111

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79	670	M45	Camera	Paul	SCCA/ Starbucks Cycling	230866	26:44.3	04:09.1
80	1286	M45	anderson	todd	Bicycle Centers/Collision 1 Rac	1713	26:58.9	04:23.6
81	777	M45	Marks	Kevin	Cucina Fresca Cycling Team	177483	27:01.2	04:26.0
82	1160	M45	Evans	Steve	Blue Rooster Cycling Team/The S		27:03.4	04:28.2
83	1291	M45	Montz	Randy	Cycle U	307236	27:11.1	04:35.8
84	1061	M45	Schneider	Todd	Recycled Cycles Racing	272529	27:11.3	04:36.1
85	691	M45	Dougan	Travis	Cycle U	280758	27:13.5	04:38.3
86	868	M45	Tabor	Tyler	Team 53x11 Coffee	212787	27:14.8	04:39.6
87	664	M45	Caswell	Charles	SCCA/ Starbucks Cycling	255484	27:18.9	04:43.6
88	850	M45	Yamamoto	David	First Rate Mortgage Cycling Tea	87178	27:29.1	04:53.8
89	2013	M45			Unattached		27:31.3	04:56.1
90	774	M45	Kregenow	David	Cucina Fresca Cycling Team	271203	27:41.3	05:06.0
91	1096	M45	Brihagen	Glenn	Cycle U	304646	27:46.0	05:10.8
92	1015	M45	Currie	William	Fanatik Bike Co.	261512	27:49.4	05:14.1
93	2055	M45	Nguyen	Evans	Avanti	309807	27:50.1	05:14.9
94	1141	M45	Mattson	Kyle	Lenovo	2892633	27:50.8	05:15.6
95	1158	M45	Tse	Raymond	Cucina Fresca Cycling Team	251818	27:55.6	05:20.3
96	1149	M45	Druckhammer	Daniel	Cucina Fresca	273665	28:02.1	05:26.9
97	1271	M45	Boross	Dave	Unattached	63046	28:06.5	05:31.3
98	803	M45	Largerberg	Chris	Blue Rooster Cycling Team/The S	302103	28:08.2	05:33.0
99	1117	M45	Queen	Dave	2020/Fuel	236441	28:17.6	05:42.3
100	2026	M45	Lee	Hyun	x		28:19.4	05:44.2
101	1254	M45	Park	Samuel	Unattached	285679	28:23.5	05:48.3
102	865	M45	Peter	DesRosier	Lakemont Cycling Club	288084	29:10.6	06:35.3
103	1056	M45	Longdon	David	SCCA/ Starbucks Cycling	304692	29:18.7	06:43.5
104	2004	M45	Wakeman	Wayne	x		29:21.7	06:46.5
105	260	M45	Silva	Lorraine	Bikesales.com	238907	29:49.0	07:13.8
106	1284	M45	Beers	Benjamin	Unattached	308249	29:49.3	07:14.1
107	1285	M45	Beers	Maxwell	Unattached	308248	30:00.0	07:24.7
108	2096	M45	Hefley	Randy	Unattached	One Day	30:10.8	07:35.6
109	1259	M45	Kallman	Jacob	Unattached	305196	31:17.4	08:42.2
110	1209	M45	Aregger	Jarrett	First Rate Mortgage Cycling Tea	285209	31:44.6	09:09.4
111	1274	M45	Slotta	Jeff	JFT2/LCC	201367	40:40.7	18:05.5
DNS	1244	M45	Brooks	Herb	Unattached	279522		
DNS	663	M45	Lockhart	Brian	SCCA/ Starbucks Cycling	279896		
DNS	633	M45	Broyles	Chris	Garage Racing	290249		
DNS	1240	M45	Rideout	Jay	Challenge Disc Golf	187331		
DNS	1044	M45	Robson	Mike	Bikesales.com	118582		
DNS	642	M45	Raymond	Kevin	Bikesale.com	272601		



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Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **26.6 mph**

Number of Riders
111

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DNS	897	M45	Litsinger	Kurt	Apex Racing Team	235532		





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Master Men 35+ Cat 1 / 2 / 3
Finish Results
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#2010-110

Start Time = 9:00 AM

Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **27.6 mph**

Number of Riders
5

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	159	MM1-3	Gallagher	Todd	IJM.org	12680	21:45.2	21:45.2
2	67	MM1-3	Walsh	Mick	Echelon Gran Fondo/Zteam	37104	22:16.2	00:30.9
3	223	MM1-3	Clarke	Chad	Fanatik Bike Co.	263383	22:42.3	00:57.0
4	175	MM1-3	Rathbun	Mark	Unattached	219679	23:40.2	01:55.0
5	28	MM1-3	Bethel	Jason	Garage Racing	169273	24:07.7	02:22.4



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March 6, 2010 - Black Diamond, WA
Master Men 35+ Cat 4 / 5 & All 50+
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110

Start Time = 9:00 AM

Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **24.4 mph**

Number of Riders
13

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	467	MM4-5 50+	Given	Bryce	Eastgate Cycling	187462	24:35.8	24:35.8
2	1155	MM4-5 50+	Pritchard	Mike	Cucina Fresca Cycling Team	forgot	24:42.0	00:06.2
3	706	MM4-5 50+	Baker	Larry	Old Town Bicycle	258014	24:46.9	00:11.1
4	1307	MM4-5 50+	Smith	Michael	Unattached		25:17.4	00:41.6
5	457	MM4-5 50+	Hokit	Dave	Cycle Therapy/4 Corners Racing	167014	25:25.6	00:49.8
6	2064	MM4-5 50+	Graham	Todd	Thule	198982	25:28.1	00:52.2
7	692	MM4-5 50+	Harless	Dale	Cycle U	57571	25:45.0	01:09.2
8	486	MM4-5 50+	Galpin	Amos	Unattached		25:48.5	01:12.7
9	2056	MM4-5 50+	Tuttle	Darol	Old Town Bicycle	236488	25:57.0	01:21.2
10	2008	MM4-5 50+	Nakata	Ken	Unattached	98887	25:58.4	01:22.6
11	861	MM4-5 50+	Deehan	Robert	Spoke and Sprocket Racing	186846	26:19.4	01:43.6
12	1153	MM4-5 50+	McQuade	Rich	Cucina Fresca	292715	27:14.4	02:38.6
13	2006	MM4-5 50+	Southern	Mark	Lakemont Cycling Club	289272	28:40.2	04:04.3
DNS	229	MM4-5 50+	Powell	Glenn	Fanatik Bike Co.	28559		



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Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **25.5 mph**

Number of Riders
7

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	6	WP12	Conrad	Michele	Blue Rooster Cycling Team/The S	157480	23:33.0	00:00.0
2	10	WP12	Shaw	Rhae	Cycle U	184543	23:34.0	00:01.0
3	25	WP12	Cutler	Jessica	Cucina Fresca Cycling Team	158992	24:26.0	00:53.0
4	18	WP12	Triplett	Jennifer	Hagens Berman Cycling Team	219367	24:44.2	01:11.1
5	11	WP12	Walsh	Martha	Echelon Gran Fondo/Zteam	115449	24:54.2	01:21.1
6	3	WP12	Rolcik	Jadine	Second Ascent	155561	25:04.5	01:31.5
7	7	WP12	Kavesh	Gina	Bikesale.com	65334	25:24.9	01:51.8



2010 Cucina Fresca Ice Breaker Time Trial
Presented by Seattle Super Squadra Cycling Club
March 6, 2010 - Black Diamond, WA
Women Category 3
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110

Start Time = 9:00 AM

Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **25.4 mph**

Number of Riders
6

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	60	W3	Wheeler	Jennifer	Hagens Berman Cycling Team	295914	23:39.3	00:00.0
2	2050	W3	Mezaraups	Liga	IJM.org	280579	25:20.3	01:41.1
3	97	W3	Peters	Stephanie	Team Group Health	293551	25:29.3	01:50.1
4	53	W3	Burtner	Jennifer	The Valley Athletic Club/CBC Ra	273510	25:32.4	01:53.1
5	93	W3	Donnelly-Glass	Tamara	Team Group Health	236577	27:11.8	03:32.5
6	1397	W3	Ponto	Kathy	Cycle U	308976	29:33.0	05:53.7





2010 Cucina Fresca Ice Breaker Time Trial
Presented by Seattle Super Squadra Cycling Club
March 6, 2010 - Black Diamond, WA
Women Category 4
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110

Start Time = 9:00 AM

Race Distance
10 Miles
FINAL
Average Speed
of Winner
24.3 mph

Number of Riders
51

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	2025	W4	Orcutt	Tracy	Unattached		24:39.9	00:00.0
2	122	W4	Bowmer	MaryMargaret	Fanatik Bike Co.	258644	25:27.2	00:47.3
3	229	W4	Kowalchyk	Karen	IJM.org	274641	25:45.4	01:05.5
4	202	W4			Unattached		25:45.6	01:05.7
5	174	W4	Robertson	Deenie	Hagens Berman Cycling Team	1399337	26:18.5	01:38.6
6	287	W4	Gaertner	Heidi	Team Group Health	271459	26:25.4	01:45.5
7	178	W4	Setter	Jocelyn	Unattached		26:31.5	01:51.7
8	2093	W4	Pollak	Jessica	JFT2		26:33.8	01:54.0
9	296	W4	Kregenow	LB	Team Group Health	239673	26:39.8	01:59.9
10	237	W4	Shepard	Cindy	Team Fastt	209020	26:46.9	02:07.0
11	201	W4	Tu	Carly	Cucina Fresca Cycling Team	287548	26:51.3	02:11.4
12	132	W4	Wilkie	Barbara	SCCA/ Starbucks Cycling	237047	26:56.2	02:16.3
13	293	W4	Hong	Rachel	Group Health	270643	26:59.1	02:19.3
14	186	W4	Brinkman	Amber	Cucina Fresca Cycling Team	305000	26:59.3	02:19.4
15	119	W4	McNabb	Amanda	Team Group Health	236233	27:08.0	02:28.1
16	253	W4	Lill	Jennifer	Bikesales.com	230426	27:08.5	02:28.6
17	2053	W4	Ziegler	Tina	x		27:09.5	02:29.7
18	248	W4	Hamilton	Jennifer	Bikesale.com	286206	27:24.3	02:44.4
19	101	W4	White	Robin	Team Group Health	287227	27:24.9	02:45.0
20	273	W4	Andrews	Kristy	Team Group Health	287181	27:25.3	02:45.4
21	2030	W4	Overton	Lisa	x		27:26.1	02:46.3
22	256	W4	Massey	Pam	Bikesale.com	178475	27:33.4	02:53.5
23	232	W4	Montaland	Alexie	IJM.org	272214	27:46.2	03:06.4
24	2060	W4	Martinez	Jill	x		27:46.3	03:06.4
25	222	W4	Humbert	Catherine	First Rate Mortgage Cycling Tea	252758	27:54.4	03:14.5
26	209	W4	Smith	Susanne	Blue Rooster Cycling Team/The S	272359	28:01.5	03:21.6
27	266	W4	Ehler	Keira	Bikesale.com	309184	28:10.8	03:30.9
28	160	W4	Terhune	Camille	Olympia Orthopaedic Associates	298157	28:26.9	03:47.0
29	118	W4	Montgomery	Louise	Team Group Health	303853	28:28.0	03:48.1
30	224	W4	Plese	Kely	First Rate Mortgage Cycling Tea	281405	28:38.3	03:58.4
31	131	W4	Cudone-Sheridan	Angela	SCCA/ Starbucks Cycling	275104	28:40.6	04:00.7
32	189	W4	freed	Cynthia	Cucina Fresca Cycling Team	212912	28:54.7	04:14.9
33	294	W4	Imler	Andrea	Team Group Health	303650	29:11.0	04:31.1
34	205	W4	Eggers	Emily	Blue Rooster Cycling Team/The S	307722	29:14.1	04:34.2
35	120	W4	McFadden	Sandrine	Team Group Health	258469	29:22.6	04:42.7
36	228	W4	Jameson	Elaine	IJM.org	274346	29:33.8	04:53.9
37	207	W4	Blythe	Mary	Blue Rooster Cycling Team/The S	308740	29:51.9	05:12.0
38	2027	W4	Sinnott	Bridget	x		30:22.0	05:42.2
39	251	W4	kuykendall	karen	Bikesales.com	293034	30:26.5	05:46.6





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March 6, 2010 - Black Diamond, WA
Women Category 4
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110
Start Time = 9:00 AM
Race Distance
10 Miles
FINAL
Average Speed
of Winner
24.3 mph

Number of Riders
51

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
40	264	W4	Jeanne	DaGloria	Bikesale.com	309316	31:04.5	06:24.6
41	108	W4	Scheiner	Rachel	Team Group Health	303329	31:28.5	06:48.6
42	2099	W4	Stouffer	Val	x		31:38.1	06:58.2
43	192	W4	McMahon	Kathleen	Cucina Fresca Cycling Team	252816	31:49.1	07:09.2
44	291	W4	Groeninger	Annie	Team Group Health	303657	31:58.0	07:18.1
45	278	W4	chamberlain	kitty	Team Group Health	303637	32:51.4	08:11.5
46	128	W4	Hampton	Deb	Fanatik Bike Co.		32:53.4	08:13.5
47	159	W4	Taylor	Annette	Olympia Orthopaedic Associates	304224	33:04.6	08:24.7
48	175	W4	Felker	Lindsay	Hagens Berman Cycling Team	303546	33:19.7	08:39.8
49	2051	W4	Luschen	Alexndria	JL Velo		34:22.5	09:42.6
50	50	W4	Gelotte	Diane	Team Group Health	256229	36:03.3	11:23.4
51	274	W4	bachelor	suzanne	Team Group Health	270699	36:05.7	11:25.9
DNS	286	W4	dunbar	lauren	Team Group Health	303387		
DNS	292	W4	Gruver	Cherri	Team Group Health	303651		
DNS	197	W4	Purdy	Kirsten	Cucina Fresca Cycling Team	304356		
DNS	250	W4	Kenyon	Christi	Bikesale.com	272209		





2010 Cucina Fresca Ice Breaker Time Trial
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March 6, 2010 - Black Diamond, WA
Master Women
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110

Start Time = 9:00 AM

Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **23.1 mph**

Number of Riders
3

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	122	MW	Bowmer	MaryMargaret	Fanatik Bike Co.	258644	25:59.8	00:00.0
2	94	MW	Graff	Beth	Team Group Health	178509	26:14.5	00:14.7
3	27	MW	Coppa	Linda	Blue Rooster Cycling Team/The S	61906	26:39.6	00:39.8





**2010 Cucina Fresca Ice Breaker Time Trial
Presented by Seattle Super Squadra Cycling Club
March 6, 2010 - Black Diamond, WA**

**USAC Permit
#2010-110**

Start Time = 9:00 AM

**Race Distance 10 Miles
Average Speed of Winner 26.5 mph
FINAL**

**Number of Riders
3**

**Tandem
Finish Results
USA Cycling Chief Judge - Al Cronin**

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL	
							TIME	TIME BACK
1	2034	Tandem	Walsh	Martha/Mick	Echelon Gran Fondo/Zteam	115449	22:36.0	00:00.0
2	1397	Tandem	Kathryn Ponto	John Weyhrich	Cycle U	37860/308976	23:10.7	00:34.7
3	2014	Tandem	Jason Williams	Jesscia Cutler	Cucina Fresca Cycling Team	241690	23:41.0	01:05.1



2010 Cucina Fresca Ice Breaker Time Trial
Presented by Seattle Super Squadra Cycling Club
March 6, 2010 - Black Diamond, WA
JUNIOR A MEN / WOMEN
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110
Start Time = 9:00 AM
Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **26.4 mph**

Number of Riders
1
JUNIOR A MEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	2071	JAM	Swedberg	Ben	Hagens Berman Cycling Team	200484	22:45.5	00:00.0





2010 Cucina Fresca Ice Breaker Time Trial
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 March 6, 2010 - Black Diamond, WA
JUNIOR B MEN / WOMEN
 Finish Results
 USA Cycling Chief Judge - Al Cronin

USAC Permit
 #2010-110
 Start Time = 9:00 AM
 Race Distance Average Speed
 10 Miles of Winner
FINAL 22.3 mph

Number of Riders
 1
JUNIOR B WOMEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	45	JWB	Youmans	Sara	BYRDS Cycling	268528	26:56.2	00:00.0





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 March 6, 2010 - Black Diamond, WA
JUNIOR C MEN / WOMEN
 Finish Results
 USA Cycling Chief Judge - Al Cronin

USAC Permit
 #2010-110
 Start Time = 9:00 AM
 Race Distance Average Speed
 10 Miles of Winner
FINAL 19.2 mph

Number of Riders
 1
JUNIOR C MEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	1283	JCM	Devine	Harrison	First Rate Mortgage Cycling Tea	290027	31:16.5	00:00.0





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March 6, 2010 - Black Diamond, WA
JUNIOR D MEN / WOMEN
Finish Results
USA Cycling Chief Judge - Al Cronin

USAC Permit
#2010-110
Start Time = 9:00 AM
Race Distance **Average Speed**
10 Miles **of Winner**
FINAL **20.5 mph**

Number of Riders
2
JUNIOR D MEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK
1	1300	JDM	West	Alexander	Unattached	278369	29:19.8	00:00.0
2	1014	JDM	Bowmer	Anthony	Fanatik Bike Co.	288916	43:15.2	13:55.3

