



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

Number of Riders
21

Men Category Pro / 1 / 2
Finish Results
USA Cycling Chief Judge - Al Cronin

Race Distance
10 Miles
FINAL - REVISION C
Average Speed
of Winner
29.5 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	7	MP12	McKissick	Ian	Lenovo	172573	20:19.58	00:00.0	Everett	WA
2	169	MP12	Van Wyck	Dustin	IJM.org	229254	21:08.09	00:48.5	Seattle	WA
3	113	MP12	Tubbs	Ian	Lenovo	111313	21:16.58	00:57.0	Bellevue	WA
4	110	MP12	Hone	Mike	Lenovo	155193	21:45.98	01:26.4	Seattle	WA
5	71	MP12	Herriott	Todd	Herriott Sports Performance	50707	21:46.26	01:26.7	Seattle	WA
6	111	MP12	Ongers	Shawn	Lenovo	220235	21:55.18	01:35.6	Walla Walla	WA
7	80	MP12	O'Donnell	John	Keller Rohrback	100146	22:07.24	01:47.7	Seattle	WA
8	5	MP12	Farrell	Kyle	Garage Racing	230828	22:16.09	01:56.5	Seattle	WA
9	115	MP12	Carlson	Brent	Lenovo	223236	22:17.95	01:58.4	Seattle	WA
10	20	MP12	Wetzel	Logan	Second Ascent	216334	22:18.57	01:59.0	Renton	WA
11	34	MP12	Marion	Chad	Garage Racing	239850	22:21.76	02:02.2	Seattle	WA
12	28	MP12	Bethel	Jason	Garage Racing	169273	22:26.82	02:07.2		
13	6	MP12	Reynolds	Lang	Hagens Berman Cycling Team	168449	22:35.19	02:15.6	Seattle	WA
14	33	MP12	Hitchcock	Brian	Garage Racing	284741	22:40.44	02:20.9	Seattle	WA
15	2028	MP12	Booth	Philip		4246	23:04.66	02:45.1	Shoreline	WA
16	128	MP12	Schuman	Eric	Lenovo	52882	23:26.32	03:06.7	Seattle	WA
17	136	MP12	Dykstra	Travis	Cucina Fresca Cycling Team	205950	23:26.84	03:07.3	Kirkland	WA
18	32	MP12	Hilwig	Jay	Garage Racing	167866	23:50.09	03:30.5	Seattle	WA
19	36	MP12	Masterson	Kevin	Garage Racing	188289	23:55.05	03:35.5	Newcastle	WA
20	141	MP12	Vrbanac	Michael	Cucina Fresca Cycling Team	36829	24:00.41	03:40.8	Seattle	WA
21	156	MP12	Velez	Robert	First Rate Mortgage Cycling Tea	179565	27:15.29	06:55.7	tacoma	WA
DNS	134	MP12	Williams	Jason	Cucina Fresca Cycling Team	241690	DNS			





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Start Time = 9:00 AM

Number of Riders
20

Men Category 3
Finish Results
USA Cycling Chief Judge - Al Cronin

Race Distance
10 Miles
FINAL - REVISION C
Average Speed
of Winner
26.9 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	240	M3	Rosenast	Alex	Garage Racing	196878	22:20.01	00:00.0	seattle	WA
2	797	M3	Sullivan	Brian	Cucina Fresca Cycling Team	238604	22:30.39	00:10.4	Bothell	WA
3	361	M3	Coleman	Max	L'Ecole No. 41/Wheatland Wheele	272452	22:37.45	00:17.4	Walla Walla	WA
4	223	M3	Clarke	Chad	Fanatik Bike Co.	263383	22:45.42	00:25.4	Bellingham	WA
5	339	M3	Gladfelter	Mike	Cucina Fresca Cycling Team	267218	22:56.75	00:36.7	Redmond	WA
6	412	M3	Telitsine	Alex	IJM.org	253377	22:59.81	00:39.8	Renton	WA
7	268	M3	Phillips	Sean	SCCA/ Starbucks Cycling	274488	23:16.99	00:57.0	Bellevue	WA
8	2024	M3	Kaufman	Adam	Recycled Cycles	220477	23:26.26	01:06.2	Covington	WA
9	306	M3	Otani	Keiichi	Hagens Berman Cycling Team	289231	23:28.36	01:08.3	Kirkland	WA
10	419	M3	Koski-Karell	Daniel	UW	259540	23:36.24	01:16.2	Seattle	WA
11	214	M3	Salo	David	Second Ascent	235240	23:38.96	01:18.9	Seattle	WA
12	414	M3	Tucker	Guy	IJM.org	252718	23:39.74	01:19.7	Bellingham	WA
13	290	M3	Schweiger	Joel	Cycle U	179387	23:49.72	01:29.7	Seattle	WA
14	263	M3	Ryan	Dave	Bikesales.com	30982	23:58.13	01:38.1	Seattle	WA
15	308	M3	Walburn	Brian	Hagens Berman Cycling Team	91050	24:02.78	01:42.8	Issaquah	WA
16	349	M3	Peterson	Zqwan	Cucina Fresca	109655	24:13.34	01:53.3	Kirkland	WA
17	347	M3	Nease	Travis	Cucina Fresca Cycling Team	107677	24:20.74	02:00.7	Kirkland	WA
18	272	M3	Howell	Andrew	Recycled Cycles Racing	195828	24:24.07	02:04.1	Shoreline	WA
19	1307	M3	Smith	Michael			25:17.45	02:57.4	Covington	WA
20	418	M3	Haldeman	Matt	Team Corpore Sano	14657	28:40.75	06:20.7	Mountlake Terrace	WA
DNS	247	M3	Bales	Mark	Bikesale.com	2403	DNS		Seattle	WA





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Number of Riders
81

Men Category 4 / 5
Finish Results
USA Cycling Chief Judge - Al Cronin

Race Distance
10 Miles
FINAL - REVISION C
Average Speed
of Winner
26.4 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	2067	M45	Lyons	Ethan	V02 MULTISPORT	1089008	22:44.26	00:00.0	Mercer Island	WA
2	744	M45	Spencer	Philip	Lenovo	70352	22:46.60	00:02.3	Federal Way	WA
3	669	M45	Mirante	Mark	SCCA/ Starbucks Cycling	293125	22:52.20	00:07.9	Bellevue	WA
4	736	M45	Louie	Jordan	Hagens Berman Cycling Team	275346	23:08.34	00:24.1	Seattle	WA
5	643	M45	O'Neal	Max	Bikesale.com	229273	23:38.96	00:54.7	Seattle	WA
6	667	M45	Rasmussen	Jordan	SCCA/ Starbucks Cycling	307269	23:42.08	00:57.8	Seattle	WA
7	741	M45	Jackson	Chris	Lenovo	223028	23:47.32	01:03.1	Seattle	WA
8	660	M45	Heer	Bart	SCCA/ Starbucks Cycling	256032	23:52.47	01:08.2	Woodinville	WA
9	698	M45	Jurgens	Rolland	Cycle U	285465	23:56.08	01:11.8	Issaquah	WA
10	668	M45	Taylor	Mark	SCCA/ Starbucks Cycling	260624	23:57.48	01:13.2	Kent	WA
11	2003	M45	Truong	David	UW		23:59.32	01:15.1	Seattle	WA
12	1099	M45	Eisen	Andrew	Cycle U	305019	24:01.52	01:17.3	Seattle	WA
13	1109	M45	Cumming	Christopher	Motofish Racing	293064	24:06.57	01:22.3	Seattle	WA
14	2094	M45	Farrell	Ryan		307391	24:12.19	01:27.9	SEATTLE	WA
15	1146	M45	Cable	Cris	Cucina Fresca Cycling Team	303117	24:13.17	01:28.9	Shoreline	WA
16	749	M45	Colich	Frank	Cucina Fresca Cycling Team	270202	24:18.76	01:34.5	Seattle	WA
17	786	M45	Portin	Mark	Cucina Fresca Cycling Team	271175	24:20.78	01:36.5	Renton	WA
18	614	M45	O'Brien	Jim	Second Ascent	220616	24:22.84	01:38.6	Shoreline	WA
19	2009	M45	Demick	Rob			24:25.68	01:41.4	Seattle	WA
20	771	M45	Kibler	Timothy	Cucina Fresca Cycling Team	66004	24:31.45	01:47.2	Woodinville	WA
21	912	M45	Mahan	Avi	RAD RACING	210067	24:34.07	01:49.8	seatac	WA
22	728	M45	Richmond	Chad	Hagens Berman Cycling Team	266765	24:37.93	01:53.7	Everett	WA
23	694	M45	Haley	Bradlee	Cycle U	288845	24:39.61	01:55.3	Burien	WA
24	782	M45	Paulus	Owen	Cucina Fresca Cycling Team	269775	24:39.65	01:55.4	Kirkland	WA
25	1040	M45	Kuykendall	Kerby	Bikesales.com	272670	24:42.97	01:58.7	ravensdale	WA
26	1166	M45	Milner	Daniel	Blue Rooster Cycling Team/The S	307354	24:44.88	02:00.6	Seattle	WA
27	806	M45	Sielinski	Ron	Blue Rooster Cycling Team/The S	260190	24:46.06	02:01.8	Redmond	WA
28	672	M45	Strong	Richie	SCCA/ Starbucks Cycling	290771	24:46.94	02:02.7	Kenmore	WA
29	697	M45	Thompson	Mark A.	Cycle U	288485	24:48.25	02:04.0	Seattle	WA
30	2005	M45	Guillen	Brian	RTB		24:51.26	02:07.0	Issaquah	WA
31	883	M45	Swanson	David	Gregg's Green Lake Cycle	102515	24:56.29	02:12.0	bellevue	WA
32	759	M45	Glaberson	Bradley	Cucina Fresca Cycling Team	220142	25:12.44	02:28.2	Seattle	WA
33	1093	M45	Barclay	Doug	Cycle U	273974	25:14.57	02:30.3	Marysville	WA
34	1001	M45	Bastin	Doran	Second Ascent	288761	25:16.54	02:32.3	Seattle	WA
35	1091	M45	Ramos	Mario	Cycle U	303639	25:17.62	02:33.4	Seattle	WA
36	1090	M45	Snyder	Greg	Cycle U	276171	25:20.80	02:36.5	Mercer Island	WA





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Finish Results
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Race Distance
10 Miles
FINAL - REVISION C
Average Speed
of Winner
26.4 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
37	1289	M45	Connell	Jason		305679	25:24.43	02:40.2	Bellevue	WA
38	2064	M45	Graham	Todd	Thule	198982	25:28.06	02:43.8	Renton	WA
39	1098	M45	Sullivan	Chad	Cycle U	305201	25:33.90	02:49.6	Bellevue	WA
40	676	M45	Nguyen	Vu	SCCA/ Starbucks Cycling	271893	25:37.26	02:53.0	Bellevue	WA
41	1144	M45	Williams	Jason	Lenovo	305198	25:37.35	02:53.1	bellevue	WA
42	1151	M45	Frederickson	Nathan	Cucina Fresca Cycling Team	304809	25:43.56	02:59.3	Seattle	WA
43	918	M45	Tremonte	Chris	Recycled Cycles Racing	206402	25:45.20	03:00.9	Redmond	WA
44	886	M45	Follmer	Mark	Cycle Therapy/4 Corners Racing	225619	25:46.47	03:02.2	Renton	WA
45	2066	M45	Martin	Gary	Eastlake Cyclery	273474	25:47.68	03:03.4	mercerc island	WA
46	1057	M45	Benson	Greg	SCCA/ Starbucks Cycling		25:48.70	03:04.4	Redmond	WA
47	486	M45	Galpin	Amos	Unattached	12711	25:53.48	03:09.2	Seattle	WA
48	603	M45	Cooper	Bill	Second Ascent	208427	25:54.65	03:10.4	Kirkland	WA
49	1287	M45	Hubbard	Mark	Amore' Coffee	302869	25:59.31	03:15.0	Kirkland	WA
50	665	M45	Amdahl	Ed	SCCA/ Starbucks Cycling	268589	26:10.48	03:26.2	Redmond	WA
51	1167	M45	Shulock	Adrian	Blue Rooster Cycling Team/The S		26:13.38	03:29.1	Seattle	WA
52	1103	M45	Crosby	Brian	Collision 1	297549	26:15.99	03:31.7	Marysville	WA
53	2070	M45	McManhus	Eimhin	Unattached		26:22.73	03:38.5	Redmond	WA
54	2074	M45	Swienty	Mike			26:25.13	03:40.9	kent	WA
55	709	M45	Molzan	Matt	Old Town Bicycle	248142	26:39.36	03:55.1	Gig Harbor	WA
56	867	M45	Wright	Brian	Unattached	288112	26:40.60	03:56.3	Federal Way	WA
57	1092	M45	Wendl	John	Cycle U	285901	26:43.17	03:58.9	Sammamish	WA
58	670	M45	Camera	Paul	SCCA/ Starbucks Cycling	230866	26:44.30	04:00.0	Sammamish	WA
59	1286	M45	Anderson	Todd	Bicycle Centers/Collision 1 Rac	1713	26:58.86	04:14.6	black diamond	WA
60	1160	M45	Evans	Steve	Blue Rooster Cycling Team/The S		27:03.39	04:19.1	Seattle	WA
61	1291	M45	Montz	Randy	Cycle U	307236	27:11.06	04:26.8	Seattle	WA
62	1061	M45	Schneider	Todd	Recycled Cycles Racing	272529	27:11.30	04:27.0	Seattle	WA
63	691	M45	Dougan	Travis	Cycle U	280758	27:13.49	04:29.2	Kirkland	WA
64	868	M45	Tabor	Tyler	Team 53x11 Coffee	212787	27:14.84	04:30.6	Issaquah	WA
65	664	M45	Caswell	Charles	SCCA/ Starbucks Cycling	255484	27:18.87	04:34.6	Seattle	WA
66	2013	M45	Wong	Andrew			27:31.30	04:47.0	Seattle	WA
67	774	M45	Kregenow	David	Cucina Fresca Cycling Team	271203	27:41.28	04:57.0	Seattle	WA
68	1096	M45	Brihagen	Glenn	Cycle U	304646	27:46.02	05:01.8	Seattle	WA
69	1015	M45	Currie	William	Fanatik Bike Co.	261512	27:49.37	05:05.1	Bellingham	WA
70	2055	M45	Nguyen	Evans	Avanti	309807	27:50.14	05:05.9	Renton	WA
71	1141	M45	Mattson	Kyle	Lenovo	2892633	27:50.80	05:06.5	Seattle	WA
72	1158	M45	Tse	Raymond	Cucina Fresca Cycling Team	251818	27:55.57	05:11.3	Seattle	WA





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Men Category 4 / 5
Finish Results
USA Cycling Chief Judge - Al Cronin

Race Distance
10 Miles
FINAL - REVISION C
Average Speed
of Winner
26.4 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
73	1149	M45	Druckhammer	Daniel	Cucina Fresca	273665	28:02.09	05:17.8	Kirkland	WA
74	803	M45	Lagerberg	Chris	Blue Rooster Cycling Team/The S	302103	28:08.21	05:23.9	Seattle	WA
75	2026	M45	Lee	Hyun	broadmore capital	50227	28:19.44	05:35.2	Bothell	WA
76	1254	M45	Park	Samuel	Unattached	285679	28:23.55	05:39.3	Seattle	WA
77	865	M45	Peter	DesRosier	Lakemont Cycling Club	288084	29:10.55	06:26.3	Issaquah	WA
78	1056	M45	Longdon	David	SCCA/ Starbucks Cycling	304692	29:18.74	06:34.5	Seattle	WA
79	2004	M45	Wakeman	Wayne			29:21.75	06:37.5	Kenmore	WA
80	1284	M45	Beers	Benjamin	Unattached	308249	29:49.32	07:05.1	Fox Island	WA
81	1259	M45	Kallman	Jacob	Unattached	305196	31:17.42	08:33.2	Kirkland	WA
DNS	633	M45	Broyles	Chris	Garage Racing	290249	DNS		Kirkland	WA
DNS	642	M45	Raymond	Kevin	Bikesale.com	272601	DNS		Seattle	WA
DNS	663	M45	Lockhart	Brian	SCCA/ Starbucks Cycling	279896	DNS		Kirkland	WA
DNS	1044	M45	Robson	Mike	Bikesales.com	118582	DNS		bothell	WA
DNS	1240	M45	Rideout	Jay	Challenge Disc Golf	187331	DNS		Steilacoom	WA
DNS	2007	M45	Litsinger	Kurt	Apex Racing Team	235532	DNS		Seattle	WA





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March 6, 2010 - Black Diamond, WA

Master Men 35+ Cat 1 / 2 / 3

Finish Results

USA Cycling Chief Judge - Al Cronin

USAC Permit

#2010-110

Start Time = 9:00 AM

Race Distance
10 Miles

Average Speed
of Winner

FINAL - REVISION C

27.6 mph

Number of Riders

10

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	159	MM1-3	Gallagher	Todd	IJM.org	12680	21:45.24	00:00.0	Seattle	WA
2	67	MM1-3	Walsh	Mick	Echelon Gran Fondo/Zteam	37104	22:16.16	00:30.9	Seattle	WA
3	223	MM1-3	Clarke	Chad	Fanatik Bike Co.	263383	22:42.26	00:57.0	Bellingham	WA
4	133	MM1-3	Boyer	Larry	Cucina Fresca Cycling Team	268153	22:47.35	01:02.1	Seattle	WA
5	113	MM1-3	Tubbs	Ian	Lenovo	111313	23:15.51	01:30.3	Bellevue	WA
6	175	MM1-3	Rathbun	Mark	Unattached	219679	23:40.22	01:55.0	Seattle	WA
7	410	MM1-3	Rogers	RC	IJM.org	222969	23:46.62	02:01.4	Seattle	WA
8	28	MM1-3	Bethel	Jason	Garage Racing	169273	24:07.68	02:22.4	Seattle	WA
9	208	MM1-3	Johnson	James	Second Ascent	201972	24:38.51	02:53.3	Seattle	WA
10	407	MM1-3	Martin	Corrie	IJM.org	220576	24:39.03	02:53.8	Seattle	WA



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Master Men 35+ Cat 4 / 5 & All 50+

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Race Distance
10 Miles
Average Speed
of Winner
26.6 mph

Number of Riders
37

Finish Results
USA Cycling Chief Judge - Al Cronin

FINAL - REVISION C

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	804	MM4-5 50+	Leuschke	Rainer	Blue Rooster Cycling Team/The S	275808	22:35.24	00:00.0	Seattle	WA
2	287	MM4-5 50+	Potter	Tom	Olympia Orthopaedic Associates	206784	22:53.24	00:18.0	Tacoma	WA
3	705	MM4-5 50+	McHale	John	2020/Fuel	236928	23:12.55	00:37.3	seattle	WA
4	622	MM4-5 50+	Bishop	Dave	Fanatik Bike Co.	221351	23:18.83	00:43.6	Bellingham	WA
5	2061	MM4-5 50+	Sather	Richard	Elite Personal Training Syst	261504	23:38.22	01:03.0	Mill Creek	WA
6	675	MM4-5 50+	Cole	Vern	SCCA/ Starbucks Cycling	65114	23:49.09	01:13.9	Kent	WA
7	612	MM4-5 50+	Mahan	Chris	Second Ascent	190831	23:51.49	01:16.3	Seatac	WA
8	263	MM4-5 50+	Ryan	Dave	Bikesale.com	30982	23:56.37	01:21.1	Seattle	WA
9	894	MM4-5 50+	Wright	Ian	Apex Racing Team	282122	24:12.66	01:37.4	Seattle	WA
10	712	MM4-5 50+	Rodgers	John	Old Town Bicycle	264341	24:25.67	01:50.4	Tacoma	WA
11	297	MM4-5 50+	Matson	Steve	Old Town Bicycle	171544	24:25.69	01:50.4	Tacoma	WA
12	467	MM4-5 50+	Given	Bryce	Eastgate Cycling	187462	24:35.82	02:00.6	Mercer Island	WA
13	860	MM4-5 50+	Daifuku	Richard	Brandford Bike	237201	24:38.36	02:03.1	Mercer Island	WA
14	1155	MM4-5 50+	Pritchard	Mike	Cucina Fresca Cycling Team	246144	24:41.99	02:06.8	Bellevue	WA
15	625	MM4-5 50+	Fryer	Tom	Fanatik Bike Co.	256191	24:46.37	02:11.1	bellingham	WA
16	706	MM4-5 50+	Baker	Larry	Old Town Bicycle	258014	24:46.88	02:11.6	University Place	WA
17	793	MM4-5 50+	Stanigar	Matthew	Cucina Fresca Cycling Team	76958	25:05.46	02:30.2	Renton	WA
18	693	MM4-5 50+	Hocking	Gary	Cycle U	271937	25:10.94	02:35.7	Kirkland	WA
19	630	MM4-5 50+	Reinholtz	Tim	Fanatik Bike Co.	244686	25:13.26	02:38.0	Bellingham	WA
20	2012	MM4-5 50+	Jewell	Kent	UW		25:13.82	02:38.6	Seattle	WA
21	629	MM4-5 50+	Olson	Randy	Fanatik Bike Co.	278232	25:14.55	02:39.3	Bellingham	WA
22	457	MM4-5 50+	Hokit	Dave	Cycle Therapy/4 Corners Racing	167014	25:25.61	02:50.4	Kent	WA
23	1185	MM4-5 50+	Jorgensen	Larry	ByrneInvent	305625	25:25.91	02:50.7	Sammamish	WA
24	1244	MM4-5 50+	Brooks	Herb	Unattached	279522	25:38.07	03:02.8	Puyallup	WA
25	692	MM4-5 50+	Harless	Dale	Cycle U	57571	25:45.00	03:09.8	Bellevue	WA
26	2056	MM4-5 50+	Tuttle	Darol	Old Town Bicycle	236488	25:57.00	03:21.8		
27	2008	MM4-5 50+	Nakata	Ken	Unattached	98887	25:58.41	03:23.2	Seattle	WA
28	767	MM4-5 50+	Hubbard	Matthew	Cucina Fresca Cycling Team	272171	26:04.83	03:29.6	everett	WA
29	861	MM4-5 50+	Deehan	Robert	Spoke and Sprocket Racing	186846	26:19.42	03:44.2	Tacoma	WA
30	1270	MM4-5 50+	Baron	Werner	Unattached	306287	26:24.71	03:49.5	Sammamish	WA
31	1239	MM4-5 50+	Sproull	Jim	Unattached	215036	26:41.50	04:06.3	Kirkland	WA
32	777	MM4-5 50+	Marks	Kevin	Cucina Fresca Cycling Team	177483	27:01.23	04:26.0	Redmond	WA
33	1153	MM4-5 50+	McQuade	Rich	Cucina Fresca	292715	27:14.46	04:39.2	Lynwood	WA
34	1271	MM4-5 50+	Boross	Dave	Unattached	63046	28:06.54	05:31.3	Kent	WA
35	1117	MM4-5 50+	Queen	Dave	2020/Fuel	236441	28:17.57	05:42.3	Shoreline	WA
36	2006	MM4-5 50+	Southern	Mark	Lakemont Cycling Club	289272	28:40.16	06:04.9	Seattle	WA
37	1274	MM4-5 50+	Slotta	Jeff	JFT2/LCC	201367	40:40.72	18:05.5	Issaquah	WA
DNS	229	MM4-5 50+	Powell	Glenn	Fanatik Bike Co.	28559	DNS		Lynden	WA





2010 Cucina Fresca Ice Breaker Time Trial
 Presented by Seattle Super Squadra Cycling Club

March 6, 2010 - Black Diamond, WA

Women 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

Average Speed

of Winner

FINAL - REVISION C

25.5 mph

Number of Riders

6

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	6	WP12	Conrad	Michele	Blue Rooster Cycling Team/The S	157480	23:33.04	00:00.0	Seattle	WA
2	10	WP12	Shaw	Rhae	Cycle U	184543	23:34.01	00:01.0	Seattle	WA
3	25	WP12	Cutler	Jessica	Cucina Fresca Cycling Team	158992	24:26.04	00:53.0	Seattle	WA
4	18	WP12	Triplett	Jennifer	Hagens Berman Cycling Team	219367	24:44.19	01:11.1	Seattle	WA
5	3	WP12	Rolcik	Jadine	Second Ascent	155561	25:04.53	01:31.5	Kirkland	WA
6	38	WP12	Sandstrom	Tricia	Team Group Health	220308	25:40.10	02:07.1	Seattle	WA



2010 Cucina Fresca Ice Breaker Time Trial
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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

10 Miles

Average Speed

of Winner

FINAL - REVISION C

25.4 mph

Number of Riders

5

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	60	W3	Wheeler	Jennifer	Hagens Berman Cycling Team	295914	23:39.25	00:00.0	Seattle	WA
2	2050	W3	Mezaraups	Liga	IJM.org	280579	25:20.30	01:41.1	Seattle	WA
3	97	W3	Peters	Stephanie	Team Group Health	293551	25:29.33	01:50.1	Seattle	WA
4	53	W3	Burtner	Jennifer	The Valley Athletic Club/CBC Ra	273510	25:32.36	01:53.1	Olympia	WA
5	93	W3	Donnelly-Glass	Tamara	Team Group Health	236577	27:11.78	03:32.5	Seattle	WA





2010 Cucina Fresca Ice Breaker Time Trial
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March 6, 2010 - Black Diamond, WA

USAC Permit
#2010-110
Start Time = 9:00 AM

Number of Riders
51

Women Category 4
Finish Results
USA Cycling Chief Judge - Al Cronin

Race Distance
10 Miles
FINAL - REVISION C
Average Speed
of Winner
24.3 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	2025	W4	Orcutt	Tracy		308995	24:39.88	00:00.0	Seattle	WA
2	122	W4	Bowmer	MaryMargaret	Fanatik Bike Co.	258644	25:27.19	00:47.3	Bellingham	WA
3	229	W4	Kowalchyk	Karen	IJM.org	274641	25:45.39	01:05.5	Snohomish	WA
4	202	W4	Vrbanac	Melissa	Cucina Fresca Cycling Team	304867	25:45.57	01:05.7		
5	174	W4	Robertson	Deenie	Hagens Berman Cycling Team	1399337	26:18.45	01:38.6	mill creek	WA
6	287	W4	Gaertner	Heidi	Team Group Health	271459	26:25.39	01:45.5	Seattle	WA
7	178	W4	Aker	Jocelyn	Hagens Berman Cycling Team	278305	26:31.54	01:51.7	Bothell	WA
8	2093	W4	Pollak	Jessica	JFT2		26:33.84	01:54.0	Kent	WA
9	296	W4	Kregenow	LB	Team Group Health	239673	26:39.80	01:59.9	Seattle	WA
10	237	W4	Shepard	Cindy	Team Fastt	209020	26:46.88	02:07.0	snohomish	WA
11	201	W4	Tu	Carly	Cucina Fresca Cycling Team	287548	26:51.32	02:11.4	Seattle	WA
12	132	W4	Wilkie	Barbara	SCCA/ Starbucks Cycling	237047	26:56.16	02:16.3	Seattle	WA
13	293	W4	Hong	Rachel	Group Health	270643	26:59.15	02:19.3	Seattle	WA
14	186	W4	Brinkman	Amber	Cucina Fresca Cycling Team	305000	26:59.31	02:19.4	Seattle	WA
15	2053	W4	Ziegler	Tina	Cycle U	309658	27:09.52	02:29.6	Issaquah	WA
16	248	W4	Hamilton	Jennifer	Bikesale.com	286206	27:24.30	02:44.4	Seattle	WA
17	273	W4	Andrews	Kristy	Team Group Health	287181	27:25.32	02:45.4	Seattle	WA
18	2030	W4	Martinez	Jill		259273	27:26.13	02:46.3	Everett	WA
19	256	W4	Massey	Pam	Bikesale.com	178475	27:33.41	02:53.5	Seattle	WA
20	232	W4	Montaland	Alexie	IJM.org	272214	27:46.24	03:06.4	bellevue	WA
21	2060	W4	Martinez	Jill		259273	27:46.31	03:06.4		
22	222	W4	Humbert	Catherine	First Rate Mortgage Cycling Tea	252758	27:54.36	03:14.5	Seattle	WA
23	101	W4	White	Robin	Team Group Health	287227	27:54.92	03:15.0	Sammamish	WA
24	209	W4	Smith	Susanne	Blue Rooster Cycling Team/The S	272359	28:01.50	03:21.6	Covington	WA
25	119	W4	McNabb	Amanda	Team Group Health	236233	28:08.02	03:28.1	Lynnwood	WA
26	266	W4	Ehler	Keira	Bikesale.com	309184	28:10.76	03:30.9	Kirkland	WA
27	160	W4	Terhune	Camille	Olympia Orthopaedic Associates	298157	28:26.92	03:47.0	Olympia	WA
28	118	W4	Montgomery	Louise	Team Group Health	303853	28:27.96	03:48.1	Bothell	WA
29	224	W4	Plese	Kely	First Rate Mortgage Cycling Tea	281405	28:38.30	03:58.4	Enumclaw	WA
30	131	W4	Cudone-Sheridan	Angela	SCCA/ Starbucks Cycling	275104	28:40.59	04:00.7	Bainbridge Island	WA
31	189	W4	Freed	Cynthia	Cucina Fresca Cycling Team	212912	28:54.73	04:14.9	Federal Way	WA
32	294	W4	Imler	Andrea	Team Group Health	303650	29:11.03	04:31.1	Seattle	WA
33	205	W4	Eggers	Emily	Blue Rooster Cycling Team/The S	307722	29:14.13	04:34.2	Seattle	WA
34	1397	W4	Ponto	Kathy	Cycle U	308976	29:32.95	04:53.1	Edmonds	WA
35	228	W4	Jameson	Elaine	IJM.org	274346	29:33.80	04:53.9	Seattle	WA
36	260	W4	Silva	Lorraine	Bikesales.com	238907	29:49.00	05:09.1	Kirkland	WA
37	207	W4	Blythe	Mary	Blue Rooster Cycling Team/The S	308740	29:51.90	05:12.0	Olympia	WA
38	2027	W4	Sinnott	Bridget		309794	30:22.04	05:42.2	Tacoma	WA
39	251	W4	kuykendall	karen	Bikesales.com	293034	30:26.47	05:46.6	ravensdale	WA





2010 Cucina Fresca Ice Breaker Time Trial
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 March 6, 2010 - Black Diamond, WA

USAC Permit
 #2010-110
 Start Time = 9:00 AM

Number of Riders
 51

Women Category 4
 Finish Results
 USA Cycling Chief Judge - Al Cronin

Race Distance
 10 Miles
 FINAL - REVISION C

Average Speed
 of Winner
 24.3 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
40	264	W4	DaGloria	Jeanne			31:21.49	06:41.6	Mountlake Terrace	WA
41	108	W4	Scheiner	Rachel	Team Group Health	303329	31:28.46	06:48.6	Seattle	WA
42	2099	W4	Stouffer	Val			31:38.11	06:58.2	Seattle	WA
43	192	W4	McMahon	Kathleen	Cucina Fresca Cycling Team	252816	31:49.12	07:09.2	Seattle	WA
44	291	W4	Groeninger	Annie	Team Group Health	303657	31:58.01	07:18.1	Seattle	WA
45	128	W4	Hampton	Deb	Fanatik Bike Co.		32:53.39	08:13.5	Bellingham	WA
46	159	W4	Taylor	Annette	Olympia Orthopaedic Associates	304224	33:04.59	08:24.7	Tumwater	WA
47	175	W4	Felker	Lindsay	Hagens Berman Cycling Team	303546	33:19.67	08:39.8	Seattle	WA
48	2051	W4	Luschen	Alexndria	JL Velo		34:22.45	09:42.6	Renton	WA
49	120	W4	McFadden	Sandrine	Team Group Health	258469	34:22.61	09:42.7	Bothell	WA
50	50	W4	Gelotte	Diane	Team Group Health	256229	36:03.27	11:23.4	Kirkland	WA
51	274	W4	Bachelor	Suzanne	Team Group Health	270699	36:05.74	11:25.9	Kirkland	WA
DNS	162	W4	Walker	Kristen	CycleU	304902	DNS		seattle	WA
DNS	197	W4	Purdy	Kirsten	Cucina Fresca Cycling Team	304356	DNS		Seattle	WA
DNS	292	W4	Gruver	Cherri	Team Group Health	303651	DNS		Sammamish	WA
DNS	286	W4	Dunbar	Lauren	Team Group Health	303387	DNS		seattle	WA



2010 Cucina Fresca Ice Breaker Time Trial
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March 6, 2010 - Black Diamond, WA

USAC Permit
#2010-110

Start Time = 9:00 AM

Number of Riders
7

Master Women
Finish Results
USA Cycling Chief Judge - Al Cronin

Race Distance
10 Miles
FINAL - REVISION C

Average Speed
of Winner
24.1 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	11	WM	Walsh	Martha	Echelon Gran Fondo/Zteam	115449	24:54.18	00:00.0	Seattle	WA
2	7	WM	Kavesh	Gina	Bikesale.com	65334	25:24.86	00:30.7	Bellevue	WA
3	122	WM	Bowmer	MaryMargaret	Fanatik Bike Co.	258644	25:59.81	01:05.6	Bellingham	WA
4	94	WM	Graff	Beth	Team Group Health	178509	26:14.49	01:20.3	Tacoma	WA
5	27	WM	Coppa	Linda		61906	26:39.63	03:06.6	Seattle	WA
6	253	WM	Lill	Jennifer	Bikesales.com	230426	27:08.49	02:14.3	Seattle	WA
7	278	WM	Chamberlain	Kitty	Team Group Health	303637	32:51.41	07:57.2	seattle	WA





2010 Cucina Fresca Ice Breaker Time Trial
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#2010-110

Start Time = 9:00 AM

Number of Riders
6

Tandem
Finish Results
USA Cycling Chief Judge - Al Cronin

Race Distance
10 Miles
FINAL - REVISION C

Average Speed
of Winner
26.5 mph

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL		CITY	STATE
							TIME	TIME BACK		
1	2034	Tandem	Mick Walsh	Martha Walsh	Echelon Gran Fondo/Zteam	115449	22:35.97	00:00.0	Seattle	WA
2	2014	Tandem	Jason Williams	Jesscia Cutler	Cucina Fresca Cycling Team	241690	23:41.02	01:05.1	Seattle	WA
3	1397	Tandem	Kathryn Ponto	John Weyhrich	Cycle U	37860/308976	23:50.70	01:14.7	Edmonds	WA





2010 Cucina Fresca Ice Breaker Time Trial
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 March 6, 2010 - Black Diamond, WA

USAC Permit
 #2010-110

Start Time = 9:00 AM

Number of Riders

8

JUNIOR A MEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	2071	JAM	Swedberg	Ben	Hagens Berman Cycling Team	200484	22:45.5	00:00.0	Kent	WA
2	850	JAM	Yamamoto	David	First Rate Mortgage Cycling Tea	302619	27:29.1	04:43.5	Auburn	WA

JUNIOR B MEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	1285	JBM	Beers	Maxwell	Unattached	308248	30:00.0	00:00.0	Fox Island	WA

JUNIOR B WOMEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	3045	JBW	Youmans	Sara	BYRDS Cycling	268528	26:56.2	00:00.0	Ketchum	ID

JUNIOR C MEN

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

JUNIOR D MEN

PLACE	BIB #	CATEGORY	LAST NAME	FIRST NAME	TEAM / AFFILIATION	USAC LICENSE	OVERALL TIME	TIME BACK	CITY	STATE
1	1300	JDM	West	Alexander	Unattached	278369	29:19.8	00:00.0	Covington	WA
2	1209	JDM	Aregger	Jarrett	First Rate Mortgage Cycling Tea	285209	31:44.6	02:24.7	kent	WA
3	1014	JDM	Bowmer	Anthony	Fanatik Bike Co.	288916	43:15.2	13:55.4	Bellingham	WA

