



The

# Alberta spin

The magazine of cycling in Alberta

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Off the front...



If one medal isn't enough for you (see page 5), Team Madsen collected some more at Track Nats in Victoria. Top: Steen (Juventus) rules in the Kilo. Middle Steen holds brother Lars at the sprint start. Bottom: Lars (The Track Team/Energex), a few minutes later with the Sprint Gold, with fellow Albertan Doug Baron (bicisport) with the Silver. Steen also coaches Olympic Gold medallist Lori-Ann Muenzer.



Congrats to 'il presidente' Chris Check and his wife Lara on the birth of their son Spencer Aleksandre Check. Spencer was born at 6:25 am on Wednesday, July 7th, which was his actual due date. According to Chris, "He has cranks and pedals coming out of his ears, but we love him anyway!!"

Congrats to Dr. Michael Stickland PhD (Pedal Head Doctor) recipient of a prize from the American Physiological Society and the U of A's Andrew Stewart Prize for his research on blood flow through the heart during exercise. He showed the existence of a bypass mechanism that shunted blood around a hard-pumping heart to keep blood pressure in the lungs at a safe level. Mike will continue his studies at U of Wisconsin on a grant he won from the Natural Sciences and Engineering Research Council.

Congrats to Albertan who did well in the TransRockies Mtb stage race from Fernie BC to Canmore AB. Billed as the toughest Mtb race in the world, it features 150 2-up teams in a variety of categories. Blairmore's Troy Misseghers teamed up with Niel Grover of Winnipeg to come in second in Men's Elite while 2002 Men's co-winner Niclas Christoffersson of Canmore and Marg Fedyna of Edmonton won the Mixed category. More at <http://www.transrockies.com/>

Congrats to the diligent reader who wades through all the results to read the good words and scope the good pix. 🚲

**Contributors!**

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**2004/5 Alberta Spin Deadlines**

Issue	in-by	out-by	feature
Winter 2004	Nov. 30	Dec. 15	AGM News 'Cross!!!!
Spring 2005	Mar. 31	Apr. 15	Forms, calendar
Summer 2005	June 30	July 15	Results! Pix!
Autumn 2005	August 31	Sept. 15	More results!

## Lethbridge Headwinds present the Lethbridge ITT

Lethbridge AB, June 13, 2004

#	Name	Club	Time
<b>Paralympic</b>			
1	Lisa Stowe	bicisport	16:13
2	John Berczki	bicisport	16:18
3	Brayden McDougall	bicisport	17:10
4	Tammy Cunnington	CABC/Projekt One	32:17
<b>Open Women</b>			
1	Susan Copeland(A)	Juventus	1:09:14
2	Dianna Kennedy(B)	Synergy	1:15:45
3	Samantha Nicholson(A)	Bianchi/The Bike Shop	1:17:34
4	Jennifer Racz(B)	Synergy	1:21:30
5	Carolyn Soules(B)	Crankmasters	1:23:13
6	Terii Kovacs(B)	Snakebite Society	1:33:42
<b>Category 1&amp;2</b>			
			40 km
1	Bruce Copeland	Juventus	0:56:56
2	Zach Bell	Synergy	0:57:50
3	Bob Veroba	bicisport	1:01:03
4	Geoff Johns	Bianchi/The Bike Shop	1:01:14
5	Gary Alexander	TRS Racing	1:01:28
6	Phil Abbott	bicisport	1:02:15
7	Kevin Rokosh	ERTC/redbike	1:02:52

<b>Category 3</b>			1 DNF
1	Phil Rayner	Headwinds	1:02:04
2	Reid Dalglish	Synergy	1:05:48
3	Jack VanDyk	Terrascape	1:10:05
4	Frank Kovacs	Snakebite Society	1:10:32

<b>Category 4</b>			
1	Dennis Bland	Crankmasters	1:04:15
2	Gary Brown	Rundle Mountain CC	1:04:35
3	Wayne Long	United Cycle	1:06:46
4	Craig Borgland	bicisport	1:09:57
5	Mike Trofimuk	Bow Cycle/CMC	1:11:46
6	Wayne Giles	Bow Cycle/CMC	1:14:02
7	Anthony Stadnyk	bicisport	1:19:05
8	Mel Storzynsky	bicisport	1:19:12

<b>Category 5</b>			
1	Chris Sparling	Bow Cycle/CMC	1:09:39
2	Lev Krivitsky	Crankmasters	1:12:06
3	Lee Neville	Headwinds	1:12:50
4	Todd Houston	Crankmasters	1:18:29
5	Nic Andrichuk	Bow Cycle/CMC	1:20:32
6	Jacek Kasprzyk	Crankmasters	1:23:50
7	James Mollison	bicisport	1:24:08
8	Jason Buijs	Independent	1:24:44
9	Alexander Van Geest	Headwinds	1:24:59
10	Will Monteath	Juventus	1:25:07
11	Myron Stadnyk	bicisport	1:31:32
12	Dan Cronin	Crankmasters	1:36:48

## For Sale: Parkview Terrace Condominium - Calgary

This beautifully renovated south-facing 2 bedroom apartment condominium is located in Calgary at the edge of Stanley Park with its many miles of bicycle paths, swimming pool, tennis courts, baseball diamonds, skating rink etc. The LRT, Chinook Shopping Centre, Talisman Sport Centre and five schools are close by. This unit has it all - updated, close to downtown, yet next to vast green spaces. An ideal spot for a bicycle enthusiast or young couple. Call (403) 252-0792 for more information.



**Moving  
to  
Calgary?**

# Technical

## Directions

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### Time to re-evaluate the Athlete Development Model ...

In what was an excellent year for ABA riders, it was interesting to note the age range of Alberta's top performing athletes: Several of our top performers are well into the thirties, or even forties - *Lori -Ann Muenzer* of course, comes to mind immediately, not just for her Olympic success, but her continued improvement past the age of 35. Same goes for her Juventus team-mate *Bruce Copeland*, continuing to improve in the Time Trial past the age of 40. Two other Juventus riders, *Lars and Steen Madsen*, also come to mind as power athletes who have continued to improve.

At the other end of the scale, several Alberta riders in their early and mid 20's have enjoyed much success nationally. *Roddi Lega* and *Mical Dyck* gave Alberta two Elite Canada Cup Champions this year, something that bodes well for our future in Mountain Bike. On the track, *Zach Bell* and *Cam MacKinnon* are two young riders who won National Championships this year, while on the road, *Zach Bell* and *Laura Yoisten* have shone, picking up Espoir medals at the National Championships.

The 2004 Alberta Provincial Team program was more extensive than ever, and extended to BMX this year. Thanks to the following coaches for making the Road and Track program both possible and successful: *Tanya Dubnicoff, Annette Svederus, Rick Thiessen, and Conan Cooper.*

On the topic of coaching development, Rick Thiessen is currently enrolled in the National Coaching Institute's Level 4 program in Victoria. Also coaches and other sport leaders should look forward to the *2005 Alberta Sport and Recreation Leadership Summit*, coming March 30 - April 2 in Banff. More information on this Conference will be available this winter.



Synergy presents The Ride for Wild Roses 2-up TT

Cochrane AB, July 3, 2004

#	Name	Club	Time
<b>Women</b>			
1 team DNF			
1	Nikki Lavoie	Juventus	1:01:47
	Susan Copeland	Juventus	-

#### Category 1&2

1	Geoff Johns	Bianchi/The Bike Shop	0:52:50
	Dylan Snowdon	Bianchi/The Bike Shop	-
2	Jere Hu	ERTC/redbike	0:53:58
	Kevin Rokosh	ERTC/redbike	-
3	Reid Dalglish	Synergy	0:54:57
	Craig Good	Synergy	-
4	Edward Emes	ERTC/redbike	0:55:23
	Graham Rudge	ERTC/redbike	-
5	Sean Huggins-Chan	bicisport	0:58:04
	John Bence	bicisport	-

#### Category 3

1	Bob McKerrell	CABC/Project One	0:56:16
	Michael Johns	CABC/Project One	-
2	Dan Bradley	ERTC/redbike	0:57:22
	Chris Harrison	ERTC/redbike	-
3	Phil Rayner	Headwinds	1:01:15
	Lee Neville	Headwinds	-
4	Ross Anderson	Synergy	1:01:25
	Brian Kullman	Synergy	-

#### Category 4

1	Lev Krivitsky	Calgary Crankmasters	0:58:13
	Dennis Bland	Calgary Crankmasters	-
2	Anthony Stadnyk	bicisport	1:04:54
	James Mollison	bicisport	-

#### Category 5

1	Nola Zwarich	Bianchi/The Bike Shop	1:00:04
	Nick Friesen	Bianchi/The Bike Shop	-
2	Wayne Giles	Bow Cycle/CMC	1:00:09
	Kristen Campbell	Pedalhead	-
3	Linda D'Illio	EMCC	1:10:31
	Jonathan Billheimer	EMCC	-



Calgary Crank Masters CC presents the Master's RR Championships

Davisville AB September 12, 2004

#	Name	Club	Time
<b>Master A Men</b>			
110km 7 DNF			
1	Gary Alexander	TRS Racing	3:10:09
2	Sean Barr	Pedalhead Road/Sleeman	3:11:53
3	Wade Wallace	TRS Racing	3:11:53
4	Kirk Loberg	Revoluzione	3:11:57
5	Brad Wilfley	Crankmasters	3:12:04
6	Kevin Rokosh	ERTC/redbike	3:13:25
7	Steve German	Revoluzione	3:13:43
8	Rod Walker	Crankmasters	3:13:43
9	James Ritchie	Deadgoat	3:25:39
10	Darren Anderson	Pedalhead	3:33:23

#### Master B Men

92km 4 DNF			
1	Peter Toth	ERTC/redbike	2:41:16
2	Ted Dahms	Pedalhead Road/Sleeman	2:41:40
3	Stephen Mundy	ERTC/redbike	2:41:40
4	Phil Rayner	Headwinds	2:41:40
5	Zbigniew Szymanski	United Cycle	2:41:40
6	David C. Watson	Velocity	2:43:13
7	Tommy Mak	Eurotech	2:46:19
8	Andrew Gage	Eurotech	2:48:11
9	John Kovacs	Independent	2:48:15
10	Paul Ermantrout	Velocity	2:49:30
11	Carlos Salas	TRS Racing	2:51:43
12	Orest Massitti	bicisport	2:51:43
13	Gerry McCuaig	Deadgoat	2:51:43
14	Craig Horon	Velocity	2:57:58
15	Michael Zelensky	Pedalhead	3:01:37

#### Master C and D - 62 Kilometres

1	Neal Stoughton*	Simple Green	1:51:20
2	Paul MacDonald	United Cycle	1:51:20 G - Master C
3	Wayne Long	United Cycle	1:55:47 S - Master C
4	Steve Sampson	Crankmasters	1:55:47 B - Master C
5	Henry Yau	Deadgoat	1:55:53
6	Thom Steenaerts	Eurotech	1:55:53 G - Master D
7	Michael Faulkner	Edmonton Masters' CC	2:06:24

\*out-of-province rider

#### Master Women and Master E Men - 48 Kilometres

1	Gail Wozny	Edmonton Masters' CC	1:28:21 G - Master A Women
2	Peter Bigg	Edmonton Masters' CC	1:31:08 G - Master E Men
3	Carolyn Soules	Crank Crankmasters	1:32:05 G - Master B Women
4	Victoria Dodd	Revoluzione	1:33:58 S - Master A Women
5	Sandra Yaworski	Crankmasters	1:34:42 S - Master B Women
6	Terii Kovacs	Snakebite Society	1:38:37 B - Master A Women
7	Susan Sutherland	Synergy	1:44:47 B - Master B Women

# GOILD!

Summer Alberta

*\*I wanted to use this slug (72pt Blackoak, my loudest typeface) on the cover but it would have messed up Rob Jones' great picture.*



*Lori-Ann Muenzer (Juventus, CAN) exercises her smile muscles after winning the Gold medal in the Women's sprint at the Athens Olympics. Responsibilities of success include appearing at the HBC golf fundrasier for the Commonwealth Games team, Eskimo and Trapper games, presenting awards at the Canadian Country Music Awards and, as shown at upper left and lower right, signing autographs for the next generation of sprinters. Upper right and lower left pix by kind courtesy of [www.canadiancyclist.com](http://www.canadiancyclist.com)*

Blizzard Bits

by Pat Ferris

The defending Challenge Cup winner Blizzard Club won the first Challenge Cup meet of the 2004 season by out-pointing Grande Prairie overall, to win with 108 points to Grande Prairie's 69 points.

Grande Prairie's Pro-Triathlete Joe Radench overcame a record crowd of thirty-seven riders to win Challenge Cup #1 Sunday on the Montney circuit. He won the 60 km event with a time of 1:43:04. The Blizzard's Stephen Ferris was second at 1:43:32, Rod Lewis at three seconds later for third and Tim Gladysz 11 seconds after for 4th. Mark Kildaw (GP) was 5th at 1:43:51.

The 60 km event went over the road from Montney to Prespatou under fair conditions. The pack split and got together numerous times during attacks and breakaway attempts by Grande Prairie riders Richard Fletcher and Mark Kildaw. The strong GP team made it tough for the locals.

It all came down to the final hill with 6 km to go. Joe Radench attacked the final hill and broke clear leaving the trio of Stephen Ferris, Rod Lewis and Tim Gladysz to chase. Ferris and Lewis managed to get close but Radench held them off for the win.

Geoff MacDonald (GP) was 6th at 1:43:51, Steve Magusin (GP) 1:44:01 for 7th, Pat Ferris 1:44:35, Ina Hoffman (GP) 1:44:43 and Ed Fornelli 1:44:57 for 10th.

Blaine Richter (GP) 1:45:14 for 11th, Richard Fletcher (GP) 1:45:17, Roger St. Jean 1:45:19, Andrew Kovacs 1:45:46, Gary Hilderman 1:46:00, Terry Stone 1:49:34, Sam Keats 1:53:52, Ken Perry (GP) 1:53:56, Gord Harris 1:54:00, Dean Lowry 1:55:17, Ross Garbutt 1:56:28, Francis Plum 2:00:44 and one DNF.

Gilbert Bilodeau won the 30 km event with a 1:02:33. Adrienne Gilbride (GP) was second at 1:04:31 and Ken Nix third at 1:05:23. Richard Wood did 1:06:51 for 4th and Steve Sparling 1:06:58 for 5th. Adam Currie had 1:10:34 for 6th, Jack Gladysz 1:13:51, Trisha Gladysz 1:15:14, Kim Veraart 1:15:22 and Drew Garcia 1:19:23.

Val Lewis and Marg Evens had 1:36:00 for 33km, Lois Harris 20 for 7 km and Dawn Gladysz 38 for 13 km. Gilbert Bilodeau and Trisha both qualified for the Zone 8 BC Summer Games team. They rode a mountain bike qualifier Sunday morning and competed in the 30 km Challenge Cup event in the afternoon. 



Stephen Ferris doing a superman after a Blizzard club time trial. The French judge deducted two-tenths for Stephen not having his toes pointed (see example at right). Photo by Pat Ferris. The Blizzard Bicycle Club of Fort St. John, BC affiliates with the Alberta Bicycle Association because we're closer than BC's populous Lower Mainland. And 'cuz we rock. Ed.



## Rundle Mountain CC presents the Mountain Bike Provincial Championships

Canmore Nordic Centre, Canmore AB August 29 2004

#	Name	Club	Time
<b>Senior Elite Men</b>			
			2 DNF
1	Roddi Lega	United Cycle	1:56:52
2	Troy Missegheers	Mountain Bike City	2:02:08
3	Mark Webster	Bianchi/The Bike Shop	2:03:27
4	Brian Cook	Café Racers	2:07:25
5	Evan Sherman	United Cycle	2:09:46
6	Jason Shenkariuk	Pedalhead	2:09:50
7	Adam Bailey	Black Sheep Squadron	2:13:23
8	Andre Sutton	Hardcore	2:14:11
9	Jonathan Keats	Pedalhead	2:16:33
10	Steve Martins	Hardcore	2:17:09
11	Jonathan Nutbrown	Bow Cycle/CMC	2:17:46
12	Pat Doyle	Deadgoat	2:23:55
13	Craig Stappler	Bianchi/The Bike Shop	2:24:13
14	Steven Elm	Bow Cycle/CMC	2:29:51
15	Ross Anderson	Synergy	2:32:28

<b>Senior Elite Women</b>			
1	Mical Dyck	Terrascape Racing	1:37:10
2	Danelle Kabush	Gears Racing	1:38:15
3	Madeline Bate	Terrascape Racing	1:39:48
4	Christine Missegheers	Mountain Bike City	1:45:24
5	Christine Ezinga	Bianchi/The Bike Shop	1:51:57
6	Marisa Tosi	Terrascape Racing	1:56:01
7	Annette Svederus	United Cycle	1:59:20
8	Sandy Ayre	Pedalhead	1:59:57

<b>Senior Expert Men</b>			
			1 DNF
1	Marc Freemantle	Independent	1:31:49
2	Dion Clark	Bow Cycle/CMC	1:32:45
3	Roy Custodio	Terrascape Racing	1:34:02
4	Robert Leeds	Bow Cycle/CMC	1:34:52
5	Neall Banner	Bow Cycle/CMC	1:35:09
6	Kirk Hamilton	River Valley Cycle	1:35:50
7	Ryan Steenbergen	Bow Cycle/CMC	1:40:50
8	Mike Sarnecki	United Cycle	1:47:15
9	Jonathan Shalapy	United Cycle	1:52:43

<b>Master 30-39 Expert Men</b>			
1	Peter Lawrence	Independent	1:28:20
2	Lonn Bate	Terrascape Racing	1:29:00
3	Dave Crewe	GS Campione	1:32:39
4	Darren Anderson	Pedalhead	1:34:03
5	Phil McDonald	Snakebite Society	1:35:15
6	Geoff Clark	Deadgoat	1:36:09
7	Tom Brodzinski	Deadgoat	1:36:54
8	Wayne Calder	Deadgoat	1:38:06
9	Stephen Couse	Deadgoat	1:39:19
10	Peter Yez	Juventus	1:39:58
11	Jason Nadeau	Independent	1:43:10
12	Dan Wood	ERTC/redbike	1:45:57

<b>Senior Expert Women</b>			
1	Pepper Harlton	Dirtgirls	1:55:06
2	Jill Parnell	Independent	1:59:03
3	Carrie Williamson	Terrascape Racing	2:04:47
4	Amy Woodward	Bow Cycle/CMC	2:10:13
5	Janka Hegedus	Pedalhead Road/Sleeman	2:18:56
6	Monique Robertson	Pedalhead	2:21:40

<b>Master Expert Women 30+</b>			
1	Loni Kletti	Freewheel Cycle	1:50:27
2	Leslie Schleich	bicisport	1:52:03
3	Michelle Hook	Pedalhead	2:13:43

<b>Junior Sport Men</b>			
1	Peter Watson	GP Wheelers	1:51:03

<b>Junior Expert Men</b>			
1	Brian Bain	Bow Cycle/CMC	1:28:45
2	Eric Magee	Rundle Mountain CC	1:32:53
3	Ryan Anderson	Juventus	1:34:06
4	Kevin Lega	United Cycle	1:38:33
5	Mark MacDonald	Sport Chek Cycling	1:40:48
6	Shaun Adamson	United Cycle	1:42:30

<b>Under 17 Expert Men</b>			
1	Cody Canning	United Cycle	1:27:06
2	Mike Bidniak	Juventus	1:32:52
3	Drew Smith	Rundle Mountain CC	1:35:23
4	Leo Lacourciere	Couloir Bike and Ski	1:49:57
5	Brian Robinson	Bow Cycle/CMC	1:53:25

<b>Senior Sport Men</b>			
1	Kevin Noble	United Cycle	1:45:16
2	Nikolas Jackman	United Cycle	2:22:00
3	Orrin Little	Pedalhead	2:46:40

<b>Master 30-39 Sport Men</b>			
			2 DNF
1	Steven Johnson	Independent	1:38:55
2	William Carry	Pedalhead Road/Sleeman	1:39:36
3	Alistair Abdai	Deadgoat	1:42:39
4	Neil Johns	Hardcore	1:43:35
5	Brennan Bagdan	Pedalhead	1:43:40
6	Stephen Walsh	Deadgoat	1:45:08
7	James Ritchie	Deadgoat	1:45:17
8	Jeff German	Deadgoat	1:45:18
9	Kevin Walsh	Snakebite Society	1:49:53
10	Charles Gibney	Pedalhead	1:50:12
11	Thomas Auer	Pedalhead	1:50:39
12	Brad Kane	Deadgoat	1:51:05
13	Clayton Stafford	Independent	2:15:09

<b>Master 40+ Men</b>			
			1 DNF
1	Rod Smith	Calgary Cycle	1:32:04
2	Stan Magee	Rundle Mountain CC	1:33:45
3	John Gilchrist	Deadgoat	1:38:26
4	Dwayne Ellis	GS Campione	1:39:24
5	Dave Whitten	Hardcore	1:43:12
6	Craig Fraser	Calgary Cycle	1:45:18
7	Jack Funk	Deadgoat	1:45:21
8	Ivan Dansie	Deadgoat	1:48:20
9	Graham Smith	Rundle Mountain CC	1:52:57
10	Henry Yau	Deadgoat	1:55:45
11	Thomas Steenaerts	Eurotech	1:59:39
12	Don Fox	Juventus	2:01:33

<b>Senior Sport Women</b>			
1	Richelle Johnston	Ridley's Cycle	1:07:31

<b>U17 Sport Women</b>			
1	Alison Short	Rundle Mountain CC	1:05:31

<b>Under 17 Sport Men</b>			
1	Logan Brauer	Juventus	1:51:07
2	Kasper Woiceshyn	Bow Cycle/CMC	1:54:15
3	Neal Gregory	Bow Cycle/CMC	2:03:38

<b>Under 15 Women</b>			
1	Leah Griffith	Rundle Mountain CC	1:49:01

<b>Under 15 Men</b>			
1	Justin Middleton	Juventus	0:48:20
2	Robert McPhalen	Calgary Cycle	0:49:35
3	Blaine McNally	River Valley Cycle	1:38:52

<b>Under 13 Men</b>			
1	Alexander Bosch	Calgary Cycle	1:09:27
2	Kevin Stafford	Independent	1:34:49
3	Trevor Bosch	Calgary Cycle	1:51:56

Canmore AB May 16, 2004

#	Name	Club	Time
<b>Women A + B</b>			
1	Laura Yoisten	DeVinci/Sportrack	44:15
2	Jessica DeMars	Bianchi/The Bike Shop	44:35
3	Nola Zwarich	Bianchi/The Bike Shop	44:35
4	Samantha Nicholson	Bianchi/The Bike Shop	44:35
5	Diana Bladon	Oak Bay Cycle	44:35
6	Tanya Bagnell	ERTC/redbike	44:48
7	Susan Copeland	Juventus	lapped
8*	<i>Jennifer Racz</i>	Synergy	lapped
9*	<i>Sheena Lambert</i>	Synergy	lapped
10*	<i>Colleen Baldwin</i>	Pedalhead Road/Sleeman	lapped
11*	<i>Heather Griffith</i>	Rundle Mountain CC	lapped

\*Women B riders listed in italics

**Category 1&2 + 3**

1	Ryan MacKenzie	DeVinci/Sportrack	53:15
2	Taylor Little	River Valley Cycle	53:15
3	Nicholas Jendzjowsky	Pedalhead Road/Sleeman	53:15
4	Andrew Davidson	Bow Cycle/CMC	53:15
5	Byron Davis	Pedalhead	53:26
6*	<i>Rene Regimbald</i>	Synergy	53:26
7*	<i>Robert Martens</i>	Blizzard	53:26
8*	<i>Sean Carter</i>	Snakebite Society	53:26
9	Jesse James Collins	bicisport	53:26
10	John Bence	bicisport	53:26
11	Dan Wood	ERTC/redbike	53:26
12	Per Strom	bicisport	53:26
13	Jere Hu	ERTC/redbike	53:26
14	Bob Veroba	bicisport	53:26
15	Dylan Snowdon	Bianchi/The Bike Shop	53:26
16	Wade Wallace	TRS Racing	53:40
17	Mike Stickland	Pedalhead Road/Sleeman	53:45
18	Craig Good	Synergy	lapped
19	Stephen German	Revoluzione	lapped
20*	<i>Joel Regimbald</i>	Synergy	lapped
21*	<i>Brian Kullman</i>	Synergy	lapped
22	Scott Manktelow	Rundle Mountain CC	lapped
23*	<i>Steven Elm</i>	Bow Cycle/CMC	lapped
24*	<i>Harley Desprey</i>	Velocity	lapped
25	Kevin Masters	Pedalhead Road/Sleeman	lapped
26	Guri Randhawa	Pedalhead Road/Sleeman	lapped
27*	<i>Marty Schaffer</i>	bicisport	lapped
28*	<i>David Watson</i>	Velocity	lapped
29	Kevin Rokosh	ERTC/redbike	lapped
30	David Ariano	ERTC/redbike	lapped
31*	<i>Chris Harrison</i>	ERTC/redbike	lapped
32	James Sparling	Bow Cycle/CMC	lapped
33	Frank Kovacs	Snakebite Society	lapped
34	Craig Horon	Velocity	lapped
35	Jon Wood	ERTC/redbike	lapped

\*Category 3 riders listed in italics

**Category 4**

1	Trev Williams	Revoluzione	44:37
2	Jason LaPierre	Way Past Fast	44:37
3	Jayson Gillespie	Synergy	45:13
4	Ross Harbottle	Bow Cycle/CMC	47:45
5	Sean Walsh	Bow Cycle/CMC	47:45
6	Dean Rawson	Pedalhead Road/Sleeman	47:45
7	Tyler Boake	Synergy	47:45
8	Anthony Stadnyk	bicisport	47:45
9	Scott Websdale	Independent	47:45
10	Chris Hooper	Synergy	47:45
11	Wayne Giles	Bow Cycle/CMC	lapped
12	Jon Keech	Synergy	lapped
13	Ryan Lakhram	Juventus	lapped

COP Calgary Sunday May 30 2004

#	Name	Club	Run 1	Run 2
<b>U17 Women</b>				
1	Nicole Derksen	Vicious Cycle	2:53.29	2:53.93
<b>Master 30+ Women</b>				
1	Amber Roberts		3:14.55	3:01.49
2	Michelle Wolstenholme	Cranky's Cranksters	4:25.60	4:32.90
<b>Senior Sport Women</b>				
1	Kelly Skehill	Vicious Cycle	3:21.87	3:22.71
<b>Senior Elite Women</b>				
1	Stephanie Nychka	Cranky's Cranksters	2:41.51	2:42.76
<b>U17 Men</b>				
1	Dan Csokonay	Bow Cycle/Oakley	2:29.28	2:41.00
2	Tucker Braund		2:30.12	2:35.61
3	Geoff Briggs		2:41.16	2:34.17
4	Mike Patychuk		2:43.30	2:43.25
5	Scott Janisch		2:45.77	2:48.87
6	Dustin Metz		2:52.07	2:49.00
7	Martin Medynski		2:53.69	2:49.52
8	Rodney Brooks		2:51.07	2:49.55
9	Allie Diamond	Vicious Cycle	2:55.25	2:51.21
10	Adam Green	BP Cycle	2:52.09	3:13.80
11	Peter Kennedy	Rocky Mtn. B'n' B	3:18.22	3:04.49
12	Jeff Kular	St. Albert T'Raiders	3:05.63	3:10.61
13	Craig Stuart		3:19.50	DNS
<b>Junior Men</b>				
1	Wriley Bell	Rocky Mtn. B'n' B	2:37.19	2:29.30
2	Justin Willoughby	Calgary Cycle	2:31.90	2:33.57
3	Tyson Fandrick	Gravity Sports	2:32.23	2:32.07
4	Matt Pauly	Rocky Mtn. B'n' B	2:34.14	2:35.25
5	David Edwards	Vicious Cycle	2:41.06	2:44.20
6	Jason Conroy	Cranky's Cranksters	2:49.22	2:47.38
7	Justin Pruss		2:51.49	2:53.00
8	Trevor Sumlak		2:56.36	2:54.50
9	Curtis Shankowsky	Cranky's Cranksters	3:01.01	3:02.90
<b>Master Sport 30-39 Men</b>				
1	Tom Marjakangas		2:26.74	2:31.68
2	Andrew Phelps	Cranky's Cranksters	2:47.19	2:50.19
3	John Girard	BP Cycle	2:56.00	3:02.57
<b>Senior Sport Men</b>				
1	Clayton Racicot	Ridley's Cycle	2:22.43	2:28.45
2	Nicholas Quinn	Calgary Cycle	2:24.50	2:36.59
3	Dwayne Saultier	River Valley Cycle	2:37.09	3:06.22
4	Tim Demler	Couloir Ski & Bike	2:39.71	2:48.20
5	Scott Middleton	Cranky's Cranksters	2:39.77	2:52.08
6	Tim Skehill	Vicious Cycle	2:43.18	2:54.34
7	Mike Halprin	Couloir Ski & Bike	2:46.99	DNS
8	Graeme Wright	Rocky Mtn. B'n' B	3:14.23	3:23.23
9	Tod Kermodé		3:26.08	3:23.20
<b>Master Expert 30-39</b>				
1	Neil Fox	Couloir Ski & Bike	2:24.57	2:29.39
<b>Senior Expert Men</b>				
1	Ryan Hopping	United Cycle	2:25.29	2:32.28
2	Kurtis Ellis	Couloir Ski & Bike	2:27.06	2:31.86
3	Corey Lemessurier		2:33.65	2:43.00
4	Jason McCue	Vicious Cycle	4:00.76	2:40.42
5	Scott Guthrie	United Cycle	2:50.76	2:53.61
<b>Senior Elite Men</b>				
1	Aaron Clark	Columbia Cycle	2:23.58	2:22.00
2	Mark Wolstenholme	Cranky's Cranksters	2:24.37	2:23.45
3	Noel Edwards	Couloir Ski & Bike	2:26.52	2:23.87
4	Nathan Briggs	Norco/Oakley	2:27.01	2:24.67

## Marc's Back in France

by Marc Bomhof (*m\_bomhof@yahoo.ca*)

Hello everyone,

Well, it is once again time to write my update. I have come to my favorite café and ordered a coffee. It would be nice if it were a little bit bigger, as it seems to be gone after only a few sips, which isn't nearly enough time to write. The little chocolate that comes with it never seems to last long either. Waiters here are nice to the cyclists though and will give me all the time I want. There are quite a few locals, sipping wine and coffee, eating the pastries they just picked up at the bakery and reading the newspapers.

If any of you have been following the weather lately in France you will know that it has not been great. There have been some sunny days, but just when you think it is getting nice and the sun will stay, the rain and cold returns. This has been quite frustrating for all the cyclists currently residing in Limoux, which includes many women currently preparing for the Tour d'Aude. Unfortunately for me, along with the bad weather has come a very disappointing season. I briefly mentioned in my last letter the problems I was having with my back. Well it appears that the problem is a lot greater than I originally expected and I regret to inform you now that I have stopped racing for the season.

I have tried just about everything in my power to prevent this from happening. Since my arrival in France, I have diligently done my core strength exercises and maintained a rigorous stretching routine. When the racing commenced my back seemed to deteriorate further with every race. I continued to experiment with numerous positions on the bike and even started meeting with an osteopath, which seemed only to be really expensive French lessons. In the races, my back would start to ache and the unrelenting pace did not allow my back to recover. My back muscles would fatigue in an effort to mobilize the spine and would start to spasm and this robbed my legs of power. It was troubling when I could get to the top of a hill in good position but on the down-

hill not be able to push the pedals because of the pain. I had no choice but to stop. I realized that I would not be able to achieve my cycling goals as long as I was dealing with this handicap.

There is hope that the problem can be repaired but it will take some months. During these months I will not be able to ride. I decided that the best time to do that would be in the fall when I will return to school at the University of Lethbridge. This decision allows me to stay in France for the summer and fulfill the contract I had with my coach, Chris Georgas, which is guiding the guests he hosts at his hotel/touring company. I will increase my work hours but now he will be paying me so I can have some money for school in the fall. I hope the treatments I receive in the fall will be successful and that next spring I can slowly build up my base miles again, which I hope will be pain free.

Life goes on though. The day I told my coach about my decision to stop racing he asked me if I would be willing to be a mechanic for the Basis-Aude women's team which was competing in the women's world cup races. I had nothing better to do, so the next day I was driving to Belgium for Tour de Flanders. I was a gopher boy throughout the trip but I had a chance to act as *soigneur*, mechanic and sometimes assisted as *Director Sportif*. The other bonus was being able to try out all the wonderful Belgian beers without any guilt. Still, it was hard watching the races from the sidelines. The team participated in stage races in north Holland, the Fleche Wallone (Belgium) and the last race was in Bern, Switzerland. The traveling is now over and the team is resting in Limoux before they compete in the Tour d'Aude, which is right in my area. For this event I have been designated the chef, which I am quite looking forward to. I think the girls were looking for a change from overcooked pasta in Belgium and the deep fried meat.

All the best to everyone and I wish you all a wonderful season.



Cat 1&2s go across, then UP at the Plateau de Joffre RR. Results overleaf

Red Deer AB August 1, 2004

#	Name	Club	Time
<b>Women A + B</b>			
1	Jennifer Racz	Synergy	1:31:17
2	Christine Ezinga	Bianchi/The Bike Shop	1:31:41
3	Tanya Bagnell	ERTC/redbike	1:35:33
4	Natasha Kuzmak	Synergy	1:37:44

**Category 1&2**

1	Jeff Bolstad	TRS Racing	2:50:27
2	Phillippe Abbott	bicisport	2:50:27
3	Taylor Little	River Valley Cycle	2:50:27
4	Jere Hu	ERTC/redbike	2:50:27
5	Mark Webster	Bianchi/The Bike Shop	2:50:27
6	Sean Barr	Pedalhead Road/Sleeman	2:50:27
7	Nick Jendzjowsky	Pedalhead Road/Sleeman	2:50:27
8	Shawn Goulet	Pedalhead Road/Sleeman	2:50:27
9	Paul Tichelaar	River Valley Cycle	2:50:27
10	Per Strom	bicisport	2:50:27
11	David Leahy	TRS Racing	2:50:27
12	Mark Fewster	TRS Racing	2:50:52
13	Kamren Farr	ERTC/redbike	2:50:52
14	Ted Dahms	Pedalhead Road/Sleeman	2:52:11
15	Robert Simpson	Juventus	2:52:17
16	Graeme Thomson	bicisport	2:54:57
17	Ted Emes	ERTC/redbike	2:54:57

**Category 3**

2 DNF			
1	Peter Toth	ERTC/redbike	
2	Tim Deschenes	Velocity	
3	John Twells	Pedalhead	
4	Jeff Klassen	ERTC/redbike	
5	Michael Vukadinovic	Skookum Cycle	
6	Trevor Williams	Revoluzione	
7	Dylan Menard	Juventus	
8	Curtis Roper	Velocity	
9	Stephen Mundy	ERTC/redbike	
10	Andy Achuff	Pedalhead	
11	Craig Horon	Velocity	
12	Chris Harrison	ERTC/redbike	
13	Shaun Adamson	United Cycle	2:44:27
14	Michael Johns	CABC/Projekt 1	2:44:27

**Category 4**

1 DNF			
1	Mike Bidniak	Juventus	1:52:35
2	Jason Franks	CABC/Projekt 1	1:52:35
3	Tim Bulger	ERTC/redbike	1:52:35
4	Brian Zurek	Pedalhead Road/Sleeman	1:52:35
5	Dennis Bland	Crankmasters	1:52:35
6	Anthony Stadnyk	Bicisport	1:52:35
7	Tommy Mak	Eurotech	1:52:35
8	Leroy Brower	Pedalhead Road/Sleeman	1:57:26
9	Wayne Long	United Cycle	1:59:01
10	Ryan Lakhram	Juventus	2:01:54
11	Heather Oswald	ERTC/redbike	2:01:54
12	Carlos Salas	TRS Racing	2:05:52
13	Cliff Morrison	Velocity	2:11:33
14	Bill Blonski	Bicisport	2:15:46

**Category 5**

1	Thomas Auer	Pedalhead Road/Sleeman	1:27:56
2	Brad Roberts	Headwinds	1:28:57
3	Justin Middleton	Juventus	1:28:57
4	John Cadman	Pedalhead Road/Sleeman	1:28:57
5	James Mollison	Bicisport	1:29:39
6	Ryan Bowen	Bianchi/The Bike Shop	1:29:39
7	Stephen Sampson	Crankmasters	1:29:39
8	Lev Krivitsky	Crankmasters	1:30:23
9	Don Fox	Juventus	1:31:17
10	Lance Adamson	United Cycle	1:34:15
11	Michael Zelensky	Pedalhead Road/Sleeman	1:36:37
12	Ken Chin	ERTC/redbike	1:39:00
13	Richard Cairney	ERTC/redbike	1:39:06
14	Davey Reynam	ERTC/redbike	1:39:18
15	Myron Stadnyk	Bicisport	1:39:30

Devon AB July 24, 2004 Distance ~42.4 km

#	Name	Club	Time
<b>Category 1&amp;2</b>			
1	Bruce Copeland	Juventus	0:55:10
2	Kevin Rokosh	ERTC/redbike	0:58:25
3	Gregg Menard	Juventus	0:59:12
4	Ted Dahms	Pedalhead Road/Sleeman	1:00:20
5	Reid Dalgleish	Synergy	1:01:09
6	David Ariano	ERTC/redbike	1:02:09

**Open Women**

1	Susan Copeland	Juventus	1:05:16
2	Nikki Lavoie	Juventus	1:09:53
3	Colleen Baldwin	Pedalhead Road/Sleeman	1:10:37
4	Athena Greenall-Wilson	Independent	1:13:07
5	Liz Ariano	ERTC/redbike	1:14:09
6	Linda D'Illio	Edmonton Masters CC	1:15:49
7	Marie Kaplan	Edmonton Masters CC	1:16:52
8	Terii Kovacs	Snakebite Society	1:18:25
9	Sandy Cousins	Edmonton Masters CC	1:18:52
10	Marcy Dibbs	Edmonton Masters CC	1:21:00

**Category 3**

1	Peter Toth	ERTC/redbike	1:00:23
2	John Twells	Pedalhead Road/Sleeman	1:00:38
3	Andy Achuff	Pedalhead	1:01:11
4	David Watson	Velocity	1:01:52
5	Tim Deschesne	Velocity	1:02:08
6	Dylan Menard	Juventus	1:02:39
7	Ross Andersen	Synergy	1:03:34
8	Jack VanDyk	Terrascape	1:03:52
9	Frank Kovacs	Snakebite Society	1:04:01
10	Craig Horon	Velocity	1:04:10

**Category 4**

1	Gary Brown	Rundle Mountain CC	0:58:38
2	Jeffrey Franc Law	Juventus	1:00:18
3	Dennis Bland	Crankmasters	1:01:13
4	Wayne Giles	Bow Cycle	1:02:49
5	Jason Frank	CABC/Projekt 1	1:04:18
6	Wayne Long	United Cycle	1:04:45
7	Tim Bulger	ERTC/redbike	1:04:49
8	Anthony Stadnyk	Bicisport	1:05:05
9	Darin Schaker	Pedalhead Road/Sleeman	1:05:18
10	Jan Sacharuk	Pedalhead Road/Sleeman	1:05:47
11	Mel Storozyński	Bicisport	1:05:50
12	Brian Zurek	Pedalhead Road/Sleeman	1:06:20
13	Greg Yanicki	Bicisport	1:07:24
14	Graeme Dibbs	Edmonton Masters CC	1:07:49
15	Nick Insole	Juventus	1:07:53
16	Jonathan Keats	Pedalhead Road/Sleeman	1:08:02
17	Chris Check	Pedalhead	1:08:25
18	Myles Marshall	Juventus	1:14:59
19	Bill Blonski	Bicisport	1:19:30

**Category 5**

1	David Gerrard	Edmonton Masters CC	1:03:41
2	Paul Ermantrout	Velocity	1:04:39
3	Peter Heppleston	Edmonton Masters CC	1:05:09
4	Lev Krivitsky	Crankmasters	1:05:29
5	Todd Houston	Crankmasters	1:07:45
6	Karl Schneider	Edmonton Masters CC	1:08:14
7	Darrell Penner	Independent	1:08:42
8	Gregory Malcom	Velocity	1:09:04
9	Spencer Smitheman	Juventus	1:10:45
10	Thomas Auer	Pedalhead Road/Sleeman	1:10:47
11	Brayden McDougall	Bicisport	1:11:00
12	Jim Yeske	Edmonton Masters CC	1:11:07
13	Don Fox	Juventus	1:11:25
14	William Monteath	Juventus	1:11:44
15	James Mollison	Bicisport	1:11:46
16	Justin Middleton	Juventus	1:14:12
17	Jon Billheimer	Edmonton Masters CC	1:15:15
18	Myron Stadnyk	Bicisport	1:15:25
19	Darcy Reynard	ERTC/redbike	1:16:32
20	Chris Conner	Juventus	1:20:59
21	Danny Cronin	Crankmasters	1:22:20
22	Jim Oldham	Crankmasters	1:22:54

# BMX -cite!

*A supplement to the Alberta Spin magazine*

*by Sue Hetherington, BMX Mom*

The Okotoks BMX Racing Association was the host this year of the debut of BMX racing in the Alberta Summer Games. Riders from Zones 1 all the way through to Zone 6 made the trip to High River and Okotoks for 3 days of competitions. The racing kicked off Friday night with 45 riders in attendance. Two contenders, Shane Clark of Lethbridge and Graham Shephard of Cochrane, found themselves injured by the end of the evening and were unable to finish in the games. Both riders remained to cheer on their fellow Zone riders.

Natasha "Taz" Vergara dominated the 13-year-old girl's class for all three days. Natasha took Gold with her Zone 3 teammate Meg Frew taking the silver and Ashley Bartz of Zone 1 rounding out the medal standings with the bronze. 14-year-old girls bounced back and forth for positions both Friday and Saturday. Fighting for gold were from Zone 6, Cayla Lowen and from Zone 1, Lindsay Harrington. Sealing her fate in a fall in the first moto of Sunday, Lindsay Harrington watched Lowen win the top spot on the podium. Cayla was the Gold medalist with Lindsay taking the Silver and new rider Sara "Cinderella" Taylor taking home the bronze.

The mighty duo of 15-year-old girls, Allanah Johnston of Zone 4 and Kristen Richardson of Zone 1 fought hard and both won our hearts and the medals. Allanah went home with a Gold necklace and Kristen proudly wore the silver.



*Below left: The Calgary, Lethbridge and Med Hat girls chillin' between motos. Above: Cochrane's Alex Sailer sails through the air. Photos courtesy of Sue Heatherington.*

The largest class fighting for the top prize was our 13-year-old boys. 14 of Alberta's top riders competed in 3 pods of racing leaving the top 8 to fight for Gold. Coming out on top was the "Gold"en boy himself from Cochrane, Alex Sailer. Clipping his heels for Silver was Brandon "Big Hair" Hetherington from Zone 1 and Connor Redman in for bronze glory from Zone 4.

In the "Dude Zone", eleven 14-year-old boys, with hair to spare, followed each other around the track all weekend. Sunday's final 3 races found Eric Hetherington hanging onto the first place Gold Medal position, Kain Tetz taking hold of the 2nd place Silver Medal victory and Michael Sager stealing 3rd place bronze glory. The dudes rocked! Fast action for our remaining seven 15-year-old boys. Scott Enders took hold of the gold early in the last pod of racing and never let it go. The silver medal went to Mike Bailey on Sunday and the Bronze medal was taken home by Dainom Sietinga.

What a great show by our BMX Racers. The kids showed great sportsmanship and represented our sport proudly. A great big THANKS to the Okotoks BMX Track, Alberta Bicycle Association and all of the volunteers for the 2004 Alberta Summer Games who made the introduction of BMX racing to the Summer games a huge success.



by Barney Brown, Airdrie BMX

A small Dutch town played host to the largest and best UCI BMX World Championships ever contested. More than 2400 riders met in Valkenswaard, Holland for a week of racing including the Pre-Worlds, the UCI Pro Shootout (by invitation only, the top 32 and 16 elite men and women in the UCI rankings), the World Challenge (all amateur riders in the 20-inch and Cruiser classes) and finally the Junior and Elite Championship Cruiser and age classes.

Rain and Holland go pretty much hand in hand but this week we were provided with great weather other than a few days of light rain that almost always happened on the off days. The track, made from Belgian clay, was able to handle almost any amount of rain and the Pro Shootout took place almost entirely in the rain. The track itself was not too technically difficult but with a couple of big obstacles on the second and third straights you could not afford to make any mistakes. With five (5!) paved corners the track was really quick and there was just no time to make up for any lost speed.

Alberta was represented by 15 riders ranging in age from 9-year-old Austin Higgins of Lethbridge to our 3 Juniors, Aaron Lepp, Patrick Lebel and Samantha Cools of Airdrie (the defending World Junior Women Champion). The Pre-Worlds race held the weekend prior to the Worlds gave everyone a chance to get in some practice and to get the track dialed in before the big events. This was the first time in 4 years that the Worlds has been held on an existing track, giving the European and local riders the past year to practice and race on the track, so our riders had to make full use of their limited track time. Our best results at the Pre-Worlds included Samantha Cools taking 1<sup>st</sup> in Jr. Women and U18 Women's Cruiser. Aaron Lepp had an outstanding result in Cruiser placing 3<sup>rd</sup> and giving us a preview of what was to come. Our younger riders did an outstanding job with Mack Bernacki, Austin Higgins, Dillon Sweeney and Abby Graalman making it through to their semis.

Wednesday night the Pro Shootout featured 48 of the World's top Elite BMX racers in an action-packed race show. The format was 4 racers to race each other 3 times with the last-placed riders being dropped each round and the top 4 women and 8 men advancing to a one-race main. Samantha Cools and 2 other Junior Women were invited to participate, Sam was eliminated in the final moto being passed by elite rider Jana Horokova (CZE) who went on to take 2<sup>nd</sup>. Warwick Stevenson of Australia took the men's final from wire to wire.

Next up on the menu was the Cruiser racing. Samantha cruised through her motos and semi into the main where she hit the gate and got tied up in the first corner and had to settle for 8<sup>th</sup>. Dillon Sweeney, racing in the U12 Cruiser class advanced to his semi with a strong performance. BC's Tory Nyhaug, who dominated his age class winning Cruiser and class at both the Pre-Worlds and the Worlds, won this class. Peter Jensen, also from BC and riding in the 45 and over Cruiser class, had an awesome day placing 2<sup>nd</sup> after having a terrible start.

Probably the Canadian highlight of the weekend took place in the Junior Men's Cruiser class with Aaron Lepp of Lethbridge, who now lives in Calgary and races out of Airdrie. Aaron raced with all of the world's top juniors beating them out of the gate moto after moto, advancing to the main event and earning himself a podium spot taking a well-deserved and hard-earned 3<sup>rd</sup> place behind Augusto Castro from Columbia and Jeremy Chaffot of France. Randy Stumpfhauser of the USA won his 3<sup>rd</sup> World Championship Cruiser title in a row when Jason Richardson passed Christian Becerine of Argentina leaving just enough room for Randy to move from 3<sup>rd</sup> to 1<sup>st</sup> and claim another title.

Challenge class racing on Saturday saw all of our boys eliminated before the mains with Austin Higgins from Lethbridge coming close, taking a spill in his semi where he was sitting in a transfer spot. Abby Graalman (12 Girls) was the lone Alberta rider in the big show and she had herself a great day, doing well in motos and placing 7<sup>th</sup> at her first World Championships. Along with Abby, 10-year-old Paige Zarazun of Ridge Meadows BC was our other girl to bring home a World number plate, this one a #2. Canada's lone #1 plate came from Tory Nyhaug making it look easy in 12 Boys leaving the rest of his class looking at his back from a long distance.

The final day of racing featured the Juniors and Elites. With the BMX in the Olympics in 2008 all of the riders looking forward to a gold medal chance were in Holland and this was the largest and deepest class of Championship class racers ever together at one event. All of our Junior men looked good in motos but with small riding errors in their 1/8 finals were unable to advance any further. Australia had 2 riders in the Jr. Men's final with Michael Fenwick beating Paul Lange (USA) down the first straight and to the finish. Watch for these 2 guys when the Olympics roll around.

Samantha Cools in Junior Women would make the main and raced her long-time rival Kim Hyashi (USA) to the first corner with Kim making it clean out of the corner and Sam inches behind her. Leatitia le Corguille of France was able to find a little room inside of Sam down the 2<sup>nd</sup> straight; the 3 girls pushed each other to the line with final result USA, France & Canada. Canada had no elite riders at this World Championship so everyone sat back to watch the racing for the BMX Rainbow jerseys. Alice Jung of the USA took the holeshot in elite women but the little lady from Argentina, Gabriela Diaz, gave her a big bump in the first corner and maintained her speed to the end and another World title. In Elite men Warwick Stevenson of Australia lead from start to finish showing why this guy has been the top AA pro in the USA.

With next year's World's going to be held indoors in Paris on a built track (no hometown advantage) many of our riders are looking forward to this event along with the 2007 World Championships which will be held in Victoria, B.C.



Enhancing Alberta's Communities



# Airdrie Alberta Cup BMX #3

Airdrie AB, July 4, 2004

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>Cruiser Pro-Open 19+ (9 Riders)</b>																
1	Patrick Lebel	???	1	1	2	1	Joshua Devins	???	4	3	3	4	4	4	4	7
2	Aaron Lepp	Airdrie	1	1	4	1	Kyle Gannon	???	4	4	4	4	4	4	4	6
3	Damian Bissett	???	2	2	1	1	Robbie Townsend	???	3	2	2	2	2	2	2	7
4	Christopher Nakamura	Okotoks	5	3	3	3	Jake Salls	???	6	5	5	5	5	5	8	DNS
5	Neil Sorensen	???	3	4	3	3	Matthew Pidhirney	Red Deer	5	5	5	5	5	5	8	DNS
6	Christopher Sailer	Cochrane	4	5	1	2	Matthew Pidhirney	Red Deer	5	DNS	6					
7	Shawn Loewen	???	3	2	5	4										
8	Cody Soule	???	2	2	4	4										
	Lori Smith	???	4	4												

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>7 Novice Male (11 Riders)</b>																
1	Jeremy Hays	???	1	1	1	1	Ty Mcdonald	Stony Plain	1	1	1	1	1	1	1	1
2	Tristan Hidalgo	Calgary	2	3	2	2	Nathan Storey	Airdrie	5	3	4	4	4	4	4	1
3	Noah Lacoste	???	3	2	1	1	Zachary Fortin	Cochrane	1	1	1	1	1	1	1	1
4	Taylor Otterson	Cochrane	2	4	3	3	Alex Hagel	Airdrie	2	2	2	2	2	2	2	2
5	Nicholas Schumacher	Red Deer	5	2	4	4	Bryan Bullivant	Calgary	1	2	1	2	2	2	2	3
6	Benjamin Croft	Airdrie	1	5	2	2	Hayden Schiffrer	???	2	1	2	2	2	2	2	3
7	Marshall Van Iderstine	Cochrane	3	6	3	3	Brandon Ulrich	Airdrie	3	3	3	3	3	3	3	4
8	Brady Haarstad	???	4	1	4	4	Josh Salls	???	4	4	4	4	4	4	4	5
	Jacob Renaud	???	4	4	5	4	Nic Williams	???	4	4	4	4	4	4	4	5
	Zachary St. Arnaud	Airdrie	5	5	5	5	David Sirois	???	4	5	5	5	5	5	5	5
	Jacob Weber	Edmonton	6	3	6	6			5	5	5	5	5	5	5	5

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>8 Novice Male (9 Riders)</b>																
1	Tavish Striemer	???	1	1	1	1	Chad Phillips	Lethbridge	2	2	2	2	2	2	2	2
2	Tyler Swanson	???	2	2	2	2	Adam Anderson	???	1	1	1	1	1	1	1	1
3	Braden Karish	???	3	3	2	2	Nick Baillie	???	1	1	1	1	1	1	1	1
4	Brett Leslie	???	1	3	3	3	Gerry Burns	Edmonton	2	2	2	2	2	2	2	2
5	Austin Schwanke	???	5	4	1	1	Duncan Pawson	Cochrane	3	3	3	3	3	3	3	3
6	Cole Farwell	???	4	4	4	4	Adam Binnie	???	4	4	4	4	4	4	4	4
7	Drew Massaro	???	2	2	4	4	Zachary Hutley	???	3	3	3	3	3	3	3	3
8	Eric Keir	Cochrane	4	1	4	4	Brett Bekolay	???	4	4	4	4	4	4	4	4
	Justin Langevin	Red Deer	3	5	5	5	Neil Vogel	Stony Plain	5	5	5	5	5	5	5	5
							Aaron James	???	5	DNS	5	5	5	5	5	5

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>9 Novice Male (9 Riders)</b>																
1	Cody Bromely	???	1	1	1	1	Matthew Beesley	???	1	1	1	1	1	1	1	1
2	Logan Jones	???	2	1	1	1	Brett Sieders	Airdrie	1	2	1	1	1	1	1	1
3	Ryan Langevin	???	1	2	2	2	Jesse Profit	???	2	2	2	2	2	2	2	2
4	Cameron Basarab	???	4	2	4	4	Corwyn Shomachuk	???	3	3	3	3	3	3	3	3
5	Blais Currie	Edmonton	3	4	2	2	Brannon Guenette	???	4	5	2	2	2	2	2	2
6	Tyler Schumacher	Red Deer	3	3	4	4	Lucas Harris	???	4	4	4	4	4	4	4	4
7	Austin Schiffrer	???	4	2	4	4	James Sekora	???	3	3	3	3	3	3	3	3
8	James Christopher	???	2	4	3	3	Nathan Pistor	Airdrie	5	4	5	4	5	4	5	4
	Thomas Corsiatto	???	5	5	5	5	Mitchell Muttitt	???	6	6	6	6	6	6	6	6
							Brock Young	Cochrane	1	2	1	2	1	2	1	2
							Jared Compagnon	???	2	1	2	1	2	1	2	1
									3	3	3	3	3	3	3	3
									4	4	4	4	4	4	4	4
									5	5	5	5	5	5	5	5
									6	6	6	6	6	6	6	6

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>10 Novice Male (12 Riders)</b>																
1	Nathan Johnson	???	1	1	1	1	Kyle Sieders	Airdrie	1	2	1	2	1	2	1	1
2	Devon Power	???	2	3	2	2	Tyler Schilling	???	2	1	1	1	1	1	1	1
3	Justin Schwanke	???	2	2	2	2	Austin Vandenhoven	???	3	2	2	2	2	2	2	2
4	Logan Marshall	???	1	4	1	1	Nolan Hehr	Medicine Hat	4	3	2	2	2	2	2	2
5	Jordan Lessard	???	3	1	3	3	Andrew Oucharek	???	5	4	3	3	3	3	3	3
							Nick Bartz	Lethbridge	6	3	3	3	3	3	3	3
							Reed Bradford	Edmonton	7	4	4	4	4	4	4	4
							Conner Peta	???	8	5	4	4	4	4	4	4
							Justin Tuchscherer	Edmonton	5	4	5	4	5	4	5	4
							Anthony Prinsen	???	3	5	3	3	3	3	3	3

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>11 Novice Male (10 Riders)</b>																
1	Ty Mcdonald	Stony Plain	1	1	1	1	Chad Phillips	Lethbridge	2	2	2	2	2	2	2	2
2	Nathan Storey	Airdrie	5	3	4	4	Adam Anderson	???	1	1	1	1	1	1	1	1
3	Zachary Fortin	Cochrane	2	2	3	3	Nick Baillie	???	1	1	1	1	1	1	1	1
4	Alex Hagel	Airdrie	1	2	5	4	Gerry Burns	Edmonton	2	2	2	2	2	2	2	2
5	Bryan Bullivant	Calgary	2	1	2	2	Duncan Pawson	Cochrane	3	3	3	3	3	3	3	3
6	Hayden Schiffrer	???	2	1	2	2	Adam Binnie	???	4	4	4	4	4	4	4	4
7	Brandon Ulrich	Airdrie	3	3	3	3	Zachary Hutley	???	3	3	3	3	3	3	3	3
8	Josh Salls	???	4	4	4	4	Brett Bekolay	???	4	4	4	4	4	4	4	4
	Nic Williams	???	4	4	4	4	Neil Vogel	Stony Plain	5	3	5	3	5	3	5	3
	David Sirois	???	5	5	5	5	Aaron James	???	5	DNS	5	5	5	5	5	5

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>12 Intermediate Male (15 Riders)</b>																
1	Hayden Benoit	???	1	1	1	1	Chad Phillips	Lethbridge	2	2	2	2	2	2	2	2
2	Garth Philpott	Lethbridge	2	1	1	1	Adam Anderson	???	1	1	1	1	1	1	1	1
3	Josh Woolman	???	3	4	2	2	Nick Baillie	???	1	1	1	1	1	1	1	1
4	Ry Kiehl	Calgary	4	4	2	2	Gerry Burns	Edmonton	2	2	2	2	2	2	2	2
5	Levi Engman	Red Deer	2	3	2	2	Duncan Pawson	Cochrane	3	3	3	3	3	3	3	3
6	Clint Latwaitis	???	4	3	4	4	Adam Binnie	???	4	4	4	4	4	4	4	4
7	Jordin Pearce	Cochrane	3	4	5	5	Zachary Hutley	???	3	3	3	3	3	3	3	3
8	Ronald Townsend	???	6	2	3	3	Brett Bekolay	???	4	4	4	4	4	4	4	4
	Dylan Bindon	???	5	5	4	4	Neil Vogel	Stony Plain	5	5	5	5	5	5	5	5
	Joel Miller	Stony Plain	4	5	4	4	Aaron James	???	5	5	5	5	5	5	5	5
	Bryan Richardson	Lethbridge	6	6	6	6										
	Chris Windrim	???	5	7	7	7										
	Ryan Mathieson	Edmonton	8	7	5	5										
	Jared Ennis	Calgary	7	6	8	8										
	Carl Ruediger	???	DNS	DNS	DNS	DNS										

#	Name	Club	M1	M2	M3	6	Adam Perley	Red Deer	4	3	5	5	6	7	8	5
<b>13 Intermediate Male (11 Riders)</b>																
1	Landon Gibson	???	1	1	1	1	Matthew Beesley	???	1	1	1	1	1	1	1	1
2	Eric St. Pierre	Cochrane	2	2	2	2	Brett Sieders	Airdrie	1	2	1	1	1	1	1	1
3	Tyler Burke	???	3	3	3	3	Jesse Profit	???	2	2	2	2	2	2	2	2
4	Daniel Mcfalls	???	4	5	2	2	Corwyn Shomachuk	???	3	3	3	3	3	3	3	3
5																



### 10 Expert Female (6 Riders)

1	Chelsea Kingston	???
2	Amelia Gillett	???
3	Meghan Beesley	???
4	Jazmyyn Kay	???
5	Meaghan Schofield	???
6	Taylor Dick	Lethbridge

### 11 Expert Female (5 Riders)

1	Sabrina Millman	Cochrane
2	Kayla Best	???
3	Jennifer Harrington	Lethbridge
4	Jessica Merkle	Edmonton
5	Kaylee Jacobsen	???

### 12 Expert Female (5 Riders)

1	Abby Graalman	???
2	Devany Service	Lethbridge
3	Kelsey Gerlitz	???
4	Kyndrilyn Perverseff	Lethbridge
5	Kyra Mcleod	???

### 13 Expert Female (5 Riders)

1	Kimberly Reid	Cochrane
2	Natasha Vergara	Calgary
3	Megan Frew	Calgary
4	Ashley Bartz	Lethbridge
5	Amanda Lavorato	???

### 14 Expert Female (4 Riders)

1	Michilla Negenman	Calgary
2	Lindsay Harrington	Lethbridge
3	Cayla Loewen	???
4	Kristina Merkle	Edmonton

### 7 Expert Male (4 Riders)

1	Brandon Pagenkopf	???
2	Bradley Bergshoeff	Cochrane
3	Cody Pratt	Red Deer
4	Kylar Van Ee	Lethbridge

### 8 Expert Male (6 Riders)

1	Tanner Vandenhoven	???
2	Sheldon Oil	Lethbridge
3	Stefan Pacheco	???
4	Travis Godard	???
5	Ross Delauw	???
6	Justin Mathieson	Edmonton

### 9 Expert Male (6 Riders)

1	Mark Bernacki	???
2	Tanor Milligan	???
3	Tyson Best	???
4	Wayde Dochuk	Stony Plain
5	Ryley Irving	???
6	Zach Sweeney	Calgary

### Cruiser 18 and Under Female (3 Riders)

1	Christine Miller	Airdrie	1	1
2	Kaila Sweeney	Calgary	2	2
3	Heather Stinson	???	3	3

### Cruiser 19+ Women (4 Riders)

1	Joanne Oucharek	???	1	1
2	Wendy Vandenhoven	???	2	2
3	Tanya Schiffner	???	3	3
4	Traci Harris	???	4	4

### Cruiser 13 and 14 Male (4 Riders)

1	Alexander Sailer	Cochrane	1	1
2	Eric Hetherington	???	2	2
3	Dillon Sweeney	???	3	3
4	Jeffrey Jacobsen	???	4	4

### Cruiser 15 and 16 Male (3 Riders)

1	Scott Enders	Edmonton	1	1
2	Donovan Bissett	???	2	2
3	Jim Brown	???	DNS	DNSDNS

### Cruiser 30 to 34 Male (7 Riders)

1	Jeff Scammell	???	1	2
2	Neil Fluet	???	5	1
3	Dave Guenette	???	2	3
4	Cliff Perley	Red Deer	3	4
5	Todd Shomachuk	???	4	5
6	Roanld Wasyliw	Calgary	6	6
7	Mark Shepherd	Cochrane	DNS	DNSDNS

### Cruiser 35 to 39 Male (6 Riders)

1	Jody Jacobsen	Calgary	1	1
2	Dean Best	???	2	2
3	Mark Chambers	Edmonton	3	3
4	Kelly Douglas	???	6	4
5	Greg Oucharek	???	5	5
6	Darcy Just	???	4	6

### Cruiser 40 to 44 Male (9 Riders)

1	Tony Fluet	???	3	2
2	Cam Enders	Edmonton	1	1
3	Rod Kiehl	Calgary	2	2
4	Victor Doehring	Medicine Hat	2	3
5	Malcolm Stinson	???	4	4
6	Bruce Sorensen	???	4	4
7	Glen Edwards	Calgary	5	3
8	Jay Stoudt	???	1	1

### 3 Kelly Douglas

4 3 3 4 3 4

### 7 Novice Female (3 Riders)

1	Victoria Stinson	???	1	1
2	Nicole Schilling	???	2	2
3	Taylor Jones	Airdrie	3	3

### 6 Intermediate Male (5 Riders)

1	Aidan Martens	???	1	2
2	Jordan Green	Airdrie	2	1
3	Jessie Gresl	???	3	3
4	Joel Quennell	???	4	4
5	Nash Sweeney	Calgary	5	5

### 8 Intermediate Male (4 Riders)

1	Clay Geddert	???	1	1
2	Christian Stronach	???	2	2
3	Dylan Wolodko	Stony Plain	3	3
4	Kyle Chambers	Edmonton	4	4

### 11 Intermediate Male (8 Riders)

1	Brandon Kerik	???	2	1
2	Tavis Stewart	???	1	2
3	Jason Lupino	???	3	3
4	Taylor Milligan	???	4	5
5	Jake Adams	???	5	4
6	Brandon Molander	???	6	6
7	Garry Griffin	Red Deer	7	7
8	Cory Zazulak	???	DNS	DNSDNS

### 14 Intermediate Male (6 Riders)

1	Cameron Walton	Airdrie	1	1
2	Corbin Benoit	???	2	2
3	Tyler Paget	Okotoks	4	4
4	Ken Nicol	Edmonton	3	3
5	Justin Pearce	Cochrane	5	5
6	Kail Pawson	Cochrane	6	6

### 16 Intermediate Male (5 Riders)

1	Michael Bailey	Okotoks	1	1
2	Jordan Abrahamson	???	2	2
3	Josh Weber	Edmonton	3	3
4	Joey Leiding	Calgary	4	4
5	Cory McCaughley	???	5	5

### 17+ Intermediate Male (4 Riders)

1	Jay Sloan	Edmonton	1	1
2	Steve Brown	???	2	2
3	Daniel Underhill	???	3	3
4	Stuart Knight	???	4	4

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Tarps On, Tarps Off

by Sue Hetherington, BMX Mom & David Bissett, BMX Fan

Canada Cup # 3 and Alberta Provincial #3 were held at the Track of Champions on July 3rd and 4th. Airdrie Alberta is the race to be at. Saturday's race had just short of 300 riders in attendance. Three years ago in Airdrie this number was just 90-some. The weather man worked his magic and stopped the rains on Saturday long enough to get the race done. Thanks to the hard work of many, many volunteers, Airdrie's track was tuned in and riders from BC and Alberta were ready to play on it. There was no "Decision Maker" obstacle on the track this week end unless Barney Brown, Track Director for Airdrie, made a call because of weather. The tarps that covered the track to keep the rain from spoiling the day came off and the gates dropped.

New and old faces graced the pro classes this Saturday. Junior male class witnessed the dueling pair of Patrick Lebel from Airdrie and Chris Astofoff from Grand Forks BC taking to the dirt. These two have been battling it out together for many years. Lebel wasn't giving away the title of 1st place to anyone though. He claimed his victory at home with Astofoff nipping his heels all the way and settling for 2nd with Justin Gundlock from Lethbridge claiming 3rd place. These Juniors are fast and it will make for heart-stopping BMX racing action next year as they all join the ranks of pro class.

15 Expert Male is another group of riders you can't afford to miss. Redman's Logan Plomondan takes a healthy lead on the home track of BMX Solutions' "Down Town" Jimmy Brown. Going into the rhythm section on the second straight, Jimmy takes on the Redman boy and kills any chance Logan has of victory this day. Jimmy makes an insane move and takes over the moto bumping Plomondan into 3rd, giving second to the Cam-ikazee Graalman and wraps up the day with a smile. Just another day at the track.

And then there is this writer's pick for "Moto of the Day": Pro Men. The gate is stacked with all of the big Canadian

Volunteers help air dry the Airdrie track




Sunday morning, Provincial #3, the tarps came off and then they went back on. 388 riders from all over Alberta lined up in the rain and the cold and waited for the day to start. Practice took a backseat to track maintenance as Barney Brown decided to tarp the track to keep it dry for race time. 20 mains (20 Mains!) started the day. The number of novice and intermediate riders was staggering. The 16 year old girls fought for their spot in the top 8. Christine "Bud" Miller, Amy Brown, Cailin Lindsay, Kerianne Brown, Sammy Katelnikoff. We have watched these young women from toddlers and if we don't blink, next year we can see them in the very first Junior Women's class! BMX Chicks Rule!

Did I see Evan McClelland on a bike on Sunday? Wearing that blinding silver helmet, ripping up the track with the pros? 2 years hiatus and he comes back on Sunday and dominates the Pro class walking all over Ken Cools and Aaron Lepp in the third moto, Ken won the day overall but Evan let everyone who was watching know..... he's back! Who'd a thunk it? Welcome back Evan!

The parents cheered on their cold, wet, determined and dedicated children and Airdrie and Alberta BMX witnessed yet another record- breaking participation. Each provincial race has increased its numbers so far this year and I can't wait to see the final Alberta showdown in Calgary. Can we break the 400 mark for 2004?? I'm betting on it.

Next stop Stony Plain Alberta. This will be Stony's first big event in their history as a BMX track. Let's make sure we bring ALL of Alberta up to them on August 8th.

We'll see you there, fast and furious. 

Riders, parents, workers and fans move through the fair at the Airdrie Alberta Cup #3. John Cools recommends the breakfast burritos from the BBQ in the background.





Above: Pro gate at the Edmonton Alberta Cup #2 meet June 13. Below: Very full gate at the Edmonton track. Can you count all 370 riders? Photos by Sue Heatherington.



## Edmonton BMX-treme Alberta Cup BMX #2

Argyll Park Edmonton, AB Alberta June 13

### 6 Novice Male

#	Name	Club
1	Gregory Jackson	Stony Plain BMX
2	Nash Sweeney	Calgary BMX
3	Nolan Lunt	Red Deer BMX
4	Max Brouillette	Edmonton BMX
5	Kayd Riguidel	Red Deer BMX

### 6 Intermediate Male

1	Jordan Green	Airdrie BMX
2	Adam Shomachuk	Edmonton BMX
3	Aidan Martens	Airdrie BMX
4	Joel Quennell	Airdrie BMX
5	Jessie Gresl	Airdrie BMX

### 7 Novice Male

1	Jesse Profit	Cochrane BMX
2	Corwyn Shomachuk	Airdrie BMX
3	Nicholas Sutter	Stony Plain BMX
4	Kaden Lalonde	Edmonton BMX
5	Mitchell Mutitt	Red Deer BMX
6	Taylor Otterson	Cochrane BMX
7	Noah Lacoste	Stony Plain BMX
8	Brady Haarstad	Red Deer BMX
	Tristan Hidalgo	Calgary BMX
	Jonathan Lemanski	Edmonton BMX
	Nicholas Schumacher	Red Deer BMX
	Sam Spilde	Edmonton BMX

### 7 Intermediate Male

1	Matthew Beesley	Airdrie BMX
2	Brett Sieders	Airdrie BMX
3	Ty Grenier	Edmonton BMX
4	Brannon Guenette	Edmonton BMX
5	Nathan Pistore	Airdrie BMX
6	James Sekora	Red Deer BMX
7	Jared Compagnon	Edmonton BMX
8	Eric Micko	Edmonton BMX

### 7 Expert Male

1	Bradley Bergshoeff	Cochrane BMX
2	Kylar Van Ee	Lethbridge BMX
3	Cody Pratt	Red Deer BMX

### 8 Novice Male

1	Brett Leslie	???
2	Rick Selinski	Edmonton BMX
3	Troy Proskiw	Velocity
4	Austin Schwanke	Stony Plain BMX
5	Tavish Striemer	Airdrie BMX
6	Justin Langevin	Red Deer BMX
7	Cole Farwell	Red Deer BMX
8	Tyler Swanson	Red Deer BMX

### 8 Intermediate Male

1	Clay Geddert	Lethbridge BMX
2	Christian Stronach	Calgary BMX
3	Aaron Shomachuk	Edmonton BMX
4	Kyle Chambers	Edmonton BMX

### 8 Expert Male

1	Stefan Pacheco	Airdrie BMX
2	Tanner Vandenhoven	Airdrie BMX
3	Ross Delauw	Lethbridge BMX
4	Justin Mathieson	Edmonton BMX
5	Travis Godard	Airdrie BMX

### 9 Novice Male

1	Logan Jones	Airdrie BMX
2	Cameron Basarab	Lethbridge BMX
3	Tyler Schumacher	Red Deer BMX
4	Ryan Langevin	Red Deer BMX
5	Murray Reid	Edmonton BMX
6	James Christopher	Edmonton BMX
7	Blais Currie	Edmonton BMX
8	Jeremy Cox	Edmonton BMX
	Austin Schiffner	Airdrie BMX
	Thomas Corsiatto	Red Deer BMX
	Brendan Wolodko	Stony Plain BMX

### 9 Intermediate Male

1	Kyle Sieders	Airdrie BMX
2	Tyler Schilling	Stony Plain BMX
3	Austin Vandenhoven	Airdrie BMX
4	Reed Bradford	Edmonton BMX
5	Jake Spilde	Edmonton BMX
6	Derek Newman	Edmonton BMX
7	Andrew Oucharek	Airdrie BMX
8	Nathan Molander	Red Deer BMX
	Justin Tuchscherer	Edmonton BMX
	Owen Nakamura	Okotoks BMX
	Miles Hares	Cochrane BMX
	Anthony Prinsen	Red Deer BMX
	Carter Grenier	Edmonton BMX
	Cole Doerksen	Red Deer BMX
	Isaac Niles	Okotoks BMX

### 9 Expert Male

1	Mark Bernacki	Airdrie BMX
2	Tanor Milligan	Red Deer BMX
3	Tyson Best	Red Deer BMX
4	Wayde Dochuk	Stony Plain BMX
5	Zach Sweeney	Calgary BMX

### 10 Novice Male

1	Steven Fithen	Stony Plain BMX
2	Justin Schwanke	Stony Plain BMX
3	Maxwell Evans	Edmonton BMX
4	Levi Bellerose	Edmonton BMX
5	Peter Lemanski	Edmonton BMX
6	Logan Marshall	Red Deer BMX
7	Kyle Gannon	Edmonton BMX
	DNS Robbie Townsend	Edmonton BMX
	Adam Perley	???
	Jake Salls	Red Deer BMX
	Joshua Devins	Airdrie BMX
	Jacqueline Chambers	Edmonton BMX
	Brett Potter	Edmonton BMX
	Kale Trylinski	Stony Plain BMX

### 10 Intermediate Male

1	Quinn Workman	Lethbridge BMX
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2	Robert Horne	Airdrie BMX
3	Jason Leiding	Calgary BMX
4	Chase Stewart	Airdrie BMX
5	Matthew Johnston	Red Deer BMX
6	Cameron Svenshek	Stony Plain BMX
7	Spencer Johnstone	Calgary BMX
	DNS Ryan Smith	Edmonton BMX
	Jeffrey Beveridge	Calgary BMX
	Anthony Eagles	Edmonton BMX

### 10 Expert Male

1	Robbie Herriman	Airdrie BMX
2	Austin Higgins	Lethbridge BMX
3	Timothy Pratt	Red Deer BMX
4	Steven Loewen	Velocity
5	Zachary Burke	Airdrie BMX
6	Thomas Pistore	Airdrie BMX
7	Aaron Wight	Calgary BMX
8	Cody Bastuk	Airdrie BMX
	Brayden Grenier	Lethbridge BMX

### 11 Novice Male

1	Ty McDonald	Stony Plain BMX
2	Zachary Fortin	Cochrane BMX
3	Nathan Storey	Airdrie BMX
4	Brandon Molander	Red Deer BMX
5	Malcolm Leppard	Edmonton BMX
6	Hayden Schiffner	Airdrie BMX
7	David Sirois	Red Deer BMX
	DNS Scott Nicol	Edmonton BMX
	Josh Salls	Red Deer BMX
	Corbin Lunger-Webb	Stony Plain BMX
	Daniel Janigo	Edmonton BMX
	Bryan Bullivant	Calgary BMX

### 11 Intermediate Male

1	Brandon Kerik	Airdrie BMX
2	Zak Spilde	Edmonton BMX
3	Cory Zazulak	Edmonton BMX
4	Jake Adams	Airdrie BMX
5	Erik Murray	Edmonton BMX
6	Jason Lupino	Airdrie BMX
7	Taylor Milligan	Red Deer BMX
8	Tavis Stewart	Airdrie BMX
	Gary Griffin	Red Deer BMX

### 11 Expert Male

1	Simon Meili	Airdrie BMX
2	Colton Higgins	Lethbridge BMX
3	Tommy Sweeney	Calgary BMX
4	Adam Bourns	Calgary BMX
5	Thomas Grombach	Velocity
6	Cody Negenman	Calgary BMX
7	Ryan Spracklin	Edmonton BMX

### 12 Novice Male

1	Nick Baile	Stony Plain BMX
2	Adam Anderson	Edmonton BMX
3	Wesley Longacre	Red Deer BMX
4	Gerry Burns	Edmonton BMX
5	Brett Bekolay	Velocity
6	Christopher Szucs	???

7	Mitchell Johnstone	Calgary BMX
	Perry Strickland	Edmonton BMX
	Zachary Hutley	Airdrie BMX
	McLeod Kyra	Calgary BMX

### 12 Intermediate Male

1	Levi Engman	???
2	Garth Philippott	Lethbridge BMX
3	Ry Kiehl	Calgary BMX
4	Liam Redmond	Red Deer BMX
5	Josh Woolman	Red Deer BMX
6	Ronald Townsend	Edmonton BMX
7	Bryan Richardson	Lethbridge BMX
8	Clint Latwattis	Red Deer BMX
	Carl Ruediger	Edmonton BMX
	Ryan Mathieson	Edmonton BMX
	Joel Miller	Stony Plain BMX
	Cameron Helm	Okotoks BMX
	Dylan Bindon	St. Albert BMX
	Mason White	Stony Plain BMX
	Hayden Benoit	Airdrie BMX
	Mathew Doerksen	Red Deer BMX

### 12 Expert Male

1	Dillon Sweeney	Airdrie BMX
2	Erick Nicol	Calgary BMX
3	Cameron Quennell	Airdrie BMX
4	Jesse Schofield	Airdrie BMX
5	Mitchell Oucharek	Airdrie BMX
6	Sam Westcott	Lethbridge BMX
7	Harley Ensor	Velocity

### 13 Novice Male

1	Francois Bonjean	Edmonton BMX
2	Alex Vandenhoven	Airdrie BMX
3	Bryce Mackey	Edmonton BMX
4	Eric Wegner	Edmonton BMX
5	Rudolf Du Toit	Cochrane BMX
6	David Reinhardt	Cochrane BMX
7	Eric Skow	Edmonton BMX

### 13 Intermediate Male

1	Kyle Perry	Edmonton BMX
2	Eric St. Pierre	Cochrane BMX
3	Travis Morrow	Okotoks BMX
4	Daniel McFalls	Edmonton BMX
5	Sam Ruediger	Edmonton BMX
6	Isaac Underwood	Velocity
7	Tyler Burke	Airdrie BMX
8	Landon Gibson	Airdrie BMX
	Cody Beveridge	Calgary BMX
	Jesse Bastuk	Airdrie BMX

### 13 Expert Male

1	Alexander Sailer	Cochrane BMX
2	Brandon Brown	Calgary BMX
3	Kayd Herriman	Airdrie BMX
4	Brock Simpson	Edmonton BMX
5	Chris Zazulak	Velocity
6	Connor Redmond	Red Deer BMX
7	Justin Stirling-Mackenzie	Calg. BMX
8	Johnston Landen	???
	Daryl Schilling	Stony Plain BMX

**17+ Intermediate Male**  
 1 Kenny Arthur Calgary BMX  
 2 Jay Sloan ???  
 3 Josh Weber ???  
 4 Joey Leiding Calgary BMX  
 5 Steve Brown ???  
 6 Daniel Underhill ???  
 7 Stuart Knight Edmonton BMX

**14 Intermediate Male**  
 1 Ken Nicol Edmonton BMX  
 2 Corbin Benoit Airdrie BMX  
 3 Mike Osborne Edmonton BMX  
 4 Chris Stefaniuk Edmonton BMX

**14 Expert Male**  
 1 Scott Bernacki Airdrie BMX  
 2 Brandon Tetzloff Velocity  
 3 Shane Clark Lethbridge BMX  
 4 Logan Stephenson Airdrie BMX  
 5 Michael Sager Red Deer BMX  
 6 Devon Kuly Velocity  
 7 Jeffrey Jacobsen Calgary BMX  
 8 Curtis English Stony Plain BMX  
 Alex Kipp Edmonton BMX  
 Walter Urbat Cochrane BMX  
 Ryan Stewart Edmonton BMX  
 Eric Hetherington Med. Hat BMX

**15 Novice Male**  
 1 Jordan Shelton Airdrie BMX  
 2 Levi Vance Red Deer BMX  
 3 Shane Manderville Edmonton BMX  
 4 Tyler Buchsdruecker Edmonton BMX  
 5 Spencer Lane Edmonton BMX  
 6 Harley Auger Edmonton BMX  
 7 Russell Patterson Edmonton BMX  
 8 Corbin Benoit Airdrie BMX

**15 Intermediate Male**  
 1 Mike Bailey Okotoks BMX  
 2 Jordan Abrahamson Airdrie BMX  
 3 Luke Maskell ???

**15 Expert Male**  
 1 Logan Plamondon Red Deer BMX  
 2 Scott Enders ???  
 3 Brad Goshulak ???  
 4 Cameron Graalman Red Deer BMX  
 5 Dainom Sietinga Calgary BMX  
 6 Matt Hansen Red Deer BMX  
 7 Shane Burke Red Deer BMX  
 8 Jess Hutley ???

**16 Expert Male**  
 1 Jesse Kowall St. Albert BMX  
 2 Matthew Yoisten Calgary BMX  
 3 Brady Vankeulen Edmonton BMX  
 4 Victor Godden ???  
 5 Donovan Bissett Calgary BMX  
 6 Brent Lowen Red Deer BMX  
 7 Joshua Foreman Calgary BMX

**12 Expert Female**  
 1 Abbey Graalman Red Deer BMX  
 2 Kelsey Gerlitz Red Deer BMX  
 3 Kyndrilyn Perverseff Lethbridge BMX  
 4 Kyra Mcleod Okotoks BMX  
 5 Rod Kiehl Calgary BMX  
 6 Malcolim Stinson Edmonton BMX  
 7 Larry Lowen Red Deer BMX  
 8 Glen Edwards Calgary BMX  
 9 Jay Stoult Airdrie BMX  
 10 Victor Doebring Medicine Hat

**14 Expert Female**  
 1 Michilla Negenman Calgary BMX  
 2 Megan Frew Calgary BMX  
 3 Lindsay Harrington Lethbridge BMX  
 4 Cayla Loewen Velocity  
 5 Kristina Merkle Edmonton BMX  
 6 Natasha Vergara Calgary BMX

**Cruiser 19+ Women**  
 1 Wendy Vandenhoven Airdrie BMX  
 2 Joanne Oucharek Airdrie BMX

**Cruiser 18 and Under Female**  
 1 Christine Miller Airdrie BMX  
 2 Kaila Sweeney Calgary BMX  
 3 Lindsay Edwards Calgary BMX  
 4 Heather Stinson Edmonton BMX

**15 Expert Female**  
 1 Kaila Sweeney Calgary BMX  
 2 Alannah Johnston Red Deer BMX  
 3 Kristen Richardson Lethbridge BMX  
 4 Christine Miller Airdrie BMX  
 5 Kaila Sweeney Calgary BMX  
 6 Lindsay Edwards Red Deer BMX  
 7 Heather Stinson Lethbridge BMX

**16+ Expert Female**  
 1 Christine Miller Airdrie BMX  
 2 Kerrinn Brown Calgary BMX  
 3 Caitlin Lindsay Med. Hat BMX  
 4 Lindsay Edwards Calgary BMX  
 5 Samantha Katinikoff Calgary BMX  
 6 Gabrielle Pelland Edmonton BMX

**30+ Expert Male**  
 1 Calvin Berube Velocity  
 2 Charlie Proskiw Edmonton BMX  
 3 Kelly Douglas Edmonton BMX  
 4 Corey Newman Edmonton BMX

**7 Expert Female**  
 1 Daina Tuchscherer Edmonton BMX  
 2 Victoria Stinson Edmonton BMX  
 3 Nicole Schilling Stony Plain BMX

**9 Novice Female**  
 1 Ilana Just Red Deer BMX  
 2 Heather Stinson Edmonton BMX  
 3 Shelby Scammell Edmonton BMX  
 4 Isabel Mayfield Edmonton BMX  
 5 Jordan Riguidel Red Deer BMX  
 6 Kendra Vandenhoven Airdrie BMX  
 7 Megan Jackson Lethbridge BMX

**10 Novice Female**  
 1 Brittany Fortin Cochrane BMX  
 2 Hailey Mcfalls Edmonton BMX  
 3 Jacqueline Chambers Edmonton BMX  
 4 Kara Dowhanuk Airdrie BMX

**10 Expert Female**  
 1 Amelia Gillett Stony Plain BMX  
 2 Meghan Beesley Airdrie BMX  
 3 Jazmyn Kay Calgary BMX  
 4 Meaghan Scho field Airdrie BMX

**11 Expert Female**  
 1 Nicole Tetzloff Velocity  
 2 Jessica Merkle Edmonton BMX  
 3 Jennifer Harrington Lethbridge BMX  
 4 Kayla Best Red Deer BMX  
 5 Kaylee Jacobsen Calgary BMX

**Cruiser Pro-Open 19+**  
 1 Cory Banks St. Albert BMX  
 2 Aaron Lepp Airdrie BMX  
 3 Patrick Lebel Airdrie BMX  
 4 Damian Bissett Calgary BMX  
 5 Christopher Sailer Cochrane BMX  
 6 Neil Sorensen Red Deer BMX  
 7 Shawn Loewen Edmonton BMX  
 8 Chris Nakamura Okotoks BMX  
 Justin Doebring Med. Hat BMX  
 Cody Soule Red Deer BMX  
 Lori Smith ???  
 Jeff Ingram Team Bike Shop

**Junior 17 and 18 Male**  
 1 Patrick Lebel Airdrie BMX  
 2 Chris Nakamura Okotoks BMX  
 3 Justin Gundlock Lethbridge BMX  
 4 Sean Stewart Airdrie BMX  
 5 Cody Bell Airdrie BMX  
 6 Tyler Hansen Red Deer BMX  
 7 Justin Duperron Red Deer BMX  
 8 Tyson Travnik Edmonton BMX

**Cruiser 17 to 29 Male**  
 1 Scott Enders Edmonton BMX  
 2 Neil Fluet Edmonton BMX  
 3 Donovan Bissett Calgary BMX

**Cruiser 30 to 34 Male**  
 1 Dave Guenette Edmonton BMX  
 2 Jeff Scammell Edmonton BMX  
 3 Cliff Perley Red Deer BMX  
 4 Todd Shomachuk Airdrie BMX  
 5 Roanld Wasyliw Calgary BMX

**Cruiser 35 to 39 Male**  
 1 Mark Chambers Edmonton BMX  
 2 Jody Jacobsen Calgary BMX  
 3 Dean Best Red Deer BMX  
 4 Greg Oucharek Airdrie BMX  
 5 Kelly Douglas Edmonton BMX  
 6 Darcy Just Red Deer BMX

**Cruiser 40 to 44 Male**  
 1 Tony Fluet Edmonton BMX  
 2 Cam Enders Edmonton BMX

**20" Pro-Elite Female 19+**  
 1 Samantha Cools Airdrie BMX  
 2 Tiffany Harris Edmonton BMX  
 3 Lori Smith ???

**20" Pro-Elite Male 19+**  
 1 Cory Banks St. Albert BMX  
 2 Ken Cools Airdrie BMX  
 3 Damian Bissett Calgary BMX  
 4 Aaron Lepp Airdrie BMX  
 5 Christopher Sailer Cochrane BMX  
 6 Mark Miller Edmonton BMX  
 7 Stacy Hansen Red Deer BMX

**Alberta Bicycle Association - Annual General Meeting**  
 Saturday, October 30<sup>th</sup>, 7pm  
 University of Calgary - Kinesiology Building rm. B-132  
 2500 University Dr NW - Calgary

- 1.0 Review and approval of the agenda
- 2.0 Approval of AGM Minutes, Oct 25<sup>th</sup>, 2003
- 3.0 Reports
  - 3.1 President
  - 3.2 V.P. Admin
  - 3.3 V.P. Racing
  - 3.4 V.P. Recreation & Transportation
  - 3.5 V.P. BMX
  - 3.6 V.P. Women's Cycling
  - 3.7 Members at Large (4)
  - 3.8 Chief Commissaire
  - 3.9 Executive Director
  - 3.10 Technical Director
  - 3.11 Events Coordinator
- 4.0 Items for approval
  - 4.1 Audited financial statement (2003)
  - 4.2 Bylaw changes
- 5.0 New Business
  - 5.1 Financial update 2004
- 6.0 Elections
  - 6.1 President (2 years)
  - 6.2 Vice President BMX (2 years)
  - 6.3 1 Racing Committee member Road and Track (2 years)
  - 6.4 2 Racing Committee members Mountain Bike (2 years)
  - 6.5 1 BMX Committee member (2 years)
  - 6.6 2 Members at Large (2 years)
  - 6.7 2 Financial Auditors (1 year)
- 7.0 Adjournment

*We have allotted time for Questions  
and Answers following the completion  
of the agenda.*

*The Agenda will be followed by the  
ABA Trophies and Awards Ceremony.*

### **Proposed Bylaw Changes:**

- 1) Current: 3. Membership Privileges  
 a) Any individual member shall be eligible to vote at any Annual, General and Special Meeting. Members under the age of majority may have a parent or guardian vote on their behalf.

c) Individual member votes must be made in person or by proxy. A majority vote of voting representatives present and proxy votes shall decide any motion or question except as noted. A member present at a meeting can carry only one member's proxy vote.

Proposed: 3. Membership Privileges

a) Any individual member shall be eligible to vote at any Annual, General and Special Meeting. Members under the age of majority may have a parent or legal guardian vote on their behalf. A parent or legal guardian can only hold one vote, regardless of the number of minor aged children registered.

Rationale: To clarify that parents of underage members carry the same proxy voting power as members.

- 2) Addition Required: Article XV - Professional Staff  
 The Association may employ the following members on a full-time, part-time or contact basis:  
 ADD: Events Coordinator - Shall serve as a hub for all matters regarding events. The Events Coordinator shall report, through the Technical Director or Executive Director, to the President.

Rationale: To include a description of our new permanent staff position in the bylaws.

### 2004 Annual General Meeting and Commissaires' Annual General Meeting

The 2004 Annual General Meeting will be held on Saturday, October 30th in Calgary at the University of Calgary in the Kinesiology building room B-132. The University of Calgary is located at 2500 University Dr. NW. Meeting registration for the AGM will take place between 6:15pm-6:45pm and the meeting will start at 7:00pm. The Commissaires' AGM will take place at the Olympic Oval in room 54, located at the University of Calgary, 2500 University Dr. NW. from 5:00pm-6:00pm..

Please remember to bring your license or proof of I.D.

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#### Club Vote

The \_\_\_\_\_ club gives permission to ABA member

\_\_\_\_\_

to vote on its behalf at the Alberta Bicycle Association's Annual General Meeting Saturday, October 30th, 2004.

Signature of club president: \_\_\_\_\_

Name of Club President: \_\_\_\_\_

License number of member casting vote: \_\_\_\_\_

Date: \_\_\_\_\_

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#### Proxy Form

I, \_\_\_\_\_, being a licensed member of the Alberta Bicycle Association for the 2004 calendar year, do hereby give permission to \_\_\_\_\_, who is:

\_\_\_\_\_ a licensed member of the Alberta Bicycle Association for the 2004 calendar year

\_\_\_\_\_ my parent or legal guardian (only for members under the age of 18 years)

to act on my behalf at the Annual General Meeting Saturday, October 30<sup>th</sup>, 2004.

Signature of member giving permission: \_\_\_\_\_

Club Affiliation of member giving permission: \_\_\_\_\_

License number of member giving permission: \_\_\_\_\_

Date: \_\_\_\_\_

*Please register your one (1) proxy form at the AGM sign-in between 6:15pm-6:45pm on October 30th*

Glenmore Velodrome, Calgary AB May 29-30, 2004

#	Name	Club	Pursuit			200m			500/kilo			Keirin		Total
			#	Time	Pts	#	Time	Pts	#	Time	Pts	Pts race	Pts	
<b>U17 Women</b>														
2000m														
1	Danielle Kenny	Bow Cycle/CMC	1	2:59.1	10	2	15.05	7	2	43.50	7	5		29
2	Monique Sullivan	Bow Cycle/CMC	2	3:01.4	7	1	13.55	10	1	40.12	10	1		28
3	Torie Grant	Juventus	4	3:09.6	3	3	15.63	5	3	44.27	5			13
4	Renee Kenny	Bow Cycle/CMC	3	3:06.7	5									5
<b>Junior Women</b>														
2000m														
1	Laura Brown	Bow Cycle/CMC	5	3:10.5	10	1	14.14	10	1	40.11	10	7		37
2	Stephanie Roorda	Synergy				2	44.49	7						7
<b>U17 Men</b>														
3000m														
1	Eric Smith	Bow Cycle/CMC	1	3:59.0	10	1	12.33	10	1	1:14.0	10	10		40
2	Anthony Stadnyk	bicisport	2	4:15.6	7	3	13.9	5	2	1:19.3	7	5		24
3	Brian Robinson	Bow Cycle/CMC	3	4:25.1	5	4	14.19	3	3	1:21.4	5			13
4	William Monteath	Juventus	7	4:42.1		2	13.52	7	7	1:24.8				7
5	Nic Andrichuk	Bow Cycle/CMC	4	4:31.9	3	6	14.44	1	6	1:22.8	1	2		7
6	Spencer Smitheman	Juventus	5	4:34.4	2	7	14.5		4	1:21.7	3	1		6
7	Paul MacDonald	Sport Chek	6	4:41.7	1	5	14.21	2	5	1:21.9	2			5
8	Christian Conner	Juventus	9	5:14.3		9	15.45							0
9	Kasper Woiceshyn	Bow Cycle/CMC	8	4:58.0		8	14.97		8	1:27.4				0
<b>Junior Men</b>														
3000m														
1	Mark MacDonald	Sport Chek	1	3:51.7	10	2	12.28	7	2	1:11.2	7	10	10	44
2	Zach Grant	Juventus				1	11.89	10	1	1:11.0	10	5	7	32
3	Rene Regimbald	Synergy	3	4:10.8	5	4	12.88	3	3	1:13.6	5	7	5	25
4	Sean Walsh	Bow Cycle/CMC	2	4:07.2	7	5	13.52	2	4	1:16.2	3	2	3	17
5	Ross Harbottle	Bow Cycle/CMC				3	12.75	5	5	1:20.2	2	1	2	10
<b>Open Women</b>														
3000m														
1	Anne-Brit Ericksen	Carter Snakebite Society	1	4:45.0	10	1	14.09	10	1	40.50	10	3		33
2	Sheena Lambert	Synergy	2	4:49.3	7	2	14.71	7	2	42.59	7			21
3	Lisa Sweeney	Kappa				4	43.77	3	4	43.77	3	10		13
4	Samantha Nicholson	Bianchi/The Bike Shop							3	43.76	5	2		7
<b>Master Men</b> *Master B riders, others are Master A														
3000m														
1	cp Walsh	Synergy	2	4:09.7	7	1	12.22	10	2	1:14.0	7	7	10	41
2	Reid Dalgleish	Synergy	1	4:03.9	10	4	13.55	3	3	1:15.6	5	10	7	35
3	Tim Caulfield*	Juventus				2	12.25	7	1	1:13.1	10			17
4	Dave Embury*	Juventus	4	4:21.5	3	8	14.42		4	1:17.8	3		5	11
5	David Corr	Synergy	3	4:18.5	5	6	13.76	1	5	1:18.1	2		2	10
6	Norm Kalmanovitch*	Bow Cycle/CMC	8	4:38.9		3	13.04	5						5
7	John Plant*	Crankmasters	5	4:30.2	2	7	13.98		6	1:20.6	1		1	4
8	Rob Onodera*	GS Campione	6	4:32.8	1	10	16.25		7	1:22.9			3	4
9	Roger Tetrault*	Velocity	9	4:41.3		5	13.61	2	9	1:24.9				2
10	Stuart Harbottle*	Bow Cycle/CMC	7	4:35.3		9	14.76		8	1:24.7				0
<b>Paralympian - Men</b>														
3000m														
1	Ryan Arbuckle	Independent	1	4:37.3	10	1	14.03	10	1	1:23.4	10			30
2	John Berezcki	bicisport	2	4:56.5	7	2	16.2	7	2	1:33.2	7			21
3	Brayden MacDougall	bicisport	3	4:58.6	5	3	16.4	5	3	1:35.0	5			15
4	Bruce Penner	Independent	4	5:24.0	3	4	18.69	3	4	1:44.7	3			9
<b>Paralympian - Women</b>														
2000m														
1	Lisa Stowe	bicisport	1	3:29.8	10				1	47.99	10			20
<b>Open Men</b>														
4000m														
1	Ryan McKenzie	DeVinci/Sportrack	1	5:00.4	10	2	11.5	7	1	1:08.9	10	5	3	35
2	Graeme Thomson	bicisport	2	5:08.1	7	3	11.74	5	3	1:10.5	5	10	7	34
3	Doug Baron	bicisport				1	11.14	10	2	1:09.5	7	3	10	30
4	Chris Rubuliak	Juventus	3	5:11.5	5	7	12.32		5	1:12.8	2	7	2	16
5	Joel Regimbald	Synergy	9	5:40.6		5	12.05	2	7	1:13.0		2	5	9
6	Nick Jendzjowsky	Pedalhead Road/Sleeman	4	5:15.1	3	9	12.51		4	1:12.2	3	1		7
7	Mike Patton	Synergy				4	11.79	3	6	1:12.9	1			4
8	Craig Good	Synergy	5	5:34.5	2				11	1:18.2				2
9	Mike McCorkell	bicisport	7	5:35.8		6	12.27	1					1	2
10	Marty Machacek	GS Campione	6	5:34.9	1				10	1:15.7				1
11	Felix Haspel	Synergy	11	5:55.2		10	12.61		9	1:15.6				0
12	Sean Huggins-Chan	bicisport	10	5:48.5		13	13.89		12	1:21.7				0
13	Chris Hooper	Synergy	8	5:36.6		8	12.4		8	1:14.4				0



by Jeffrey Michael Franc-Law, MD, CCFPEM, D. Sport Med

## Dehydration, Hyponatremia, and Sodium Replacement

**W**hen the hot Alberta weather is in full swing, riders from novice to experienced are hanging around at the beginning of every ride or race, asking the same question that Fausto Coppi probably asked himself: how much water should I bring? Unfortunately, this question has become much more complex over time and recent publications have detailed the danger of both dehydration and overhydration. Sadly, quite a few myths about hydration persist.

**Q:** Dehydration causes poor athletic performance, so the more I drink the better I will perform, right?

**A:** Surprisingly, this is likely not true. In marathon runners, where most of the studies of dehydration have been performed, there is evidence in fact that the runners who perform the best times tend to be slightly dehydrated when compared to those with the worst times.

**Q:** How can I measure dehydration, can I just weigh myself before and after a ride?

**A:** Just weighing yourself and assuming that all weight loss is water is not a good method to assess hydration. During hard efforts, glycogen is burned from the muscles for fuel, and this too will result in weight loss. One study estimated that in hard efforts when an athlete lost 2kg of body weight, only 200g was water, the rest was glycogen.

**Q:** Why do runners with dehydration often collapse at the finish line?

**A:** The glamorous and often publicized collapse of marathoners and triathletes at the finish line is likely not due to dehydration. In fact, a typical athlete would need to exercise for about 10 hours, at a sweat rate of 1 litre/hr without drinking anything before being dehydrated enough to cause lack of consciousness. Instead, this is usually caused by something called Postural Hypotension. When running or cycling, the muscles in the legs require a large blood flow and the blood vessels in the muscles expand to allow a greater blood volume. During exercise, the increased heart rate, increased ability of the heart to pump blood and the rhythmic contraction of the muscles keep the blood pressure adequate. When the athlete suddenly stops, the blood pressure suddenly drops. The low blood pressure means decreased oxygen and glucose to the brain, leading to fainting. With postural hypotension, the athlete will usually recover quickly after lying down with the feet elevated: blood flow to the brain is restored and the leg blood vessels in the muscles will quickly return to their normal resting state.

**Q:** Is it possible to be overhydrated?

**A:** It certainly is. This is a potentially serious illness called hyponatremia. Drinking too much water can result in a low sodium level in the body, essentially diluting the salt concentration much like Espresso made with too much water. This can lead to initial feelings of nausea, vomiting and exhaustion. Eventually this can lead to confusion, seizures, coma and even death. A helpful hint is that athletes with hyponatremia often have swelling of the limbs, with rings or watch straps becoming too tight.

**Q:** Which athletes are at the most risk of hyponatremia?

**A:** There are several risk factors for hyponatremia.

1. Fluid Ingestion: Excess fluid is the primary cause. Among marathon runners, those with hyponatremia drank on average twice as much as others.

2. Prolonged Exercise: In marathon runners for example, the slowest runners, with finishing times over 4hr20min are most likely to develop hyponatremia.

3. High Temperatures: During high temperatures athletes are more likely to drink excessively when fatigue is misinterpreted as dehydration.

4. Gender: Females may be more likely to develop hyponatremia than males.

**Q:** If hyponatremia is caused by a low sodium level, then if I take salt tablets or drink a sport beverage with salt, then I'll be okay?

**A:** Unfortunately, it is not that simple. There is a saying among physicians that "Most sodium problems are water problems." Hyponatremia is a disease of too much water, not of too little sodium. Although sodium is lost in the sweat, it is not the primary problem. It appears that during exercise the kidneys are unable to properly regulate excess water. Although it is reasonable to consume some salt during prolonged exercise, intake of salt does not guarantee that hyponatremia will not occur. Avoiding overhydration is the best way to prevent hyponatremia.

**Q:** Don't I need to drink lots of fluids to avoid heatstroke?

**A:** True heat stroke is actually quite uncommon. It is caused by an imbalance of heat production and heat loss. There is no evidence that increasing fluid intake will prevent heatstroke.

**Q:** I get leg cramps at the end of a long ride. Is this caused by dehydration? Is it true that salt tablets can help?

**A:** There is no scientific evidence to the popular belief that cramps are caused by dehydration or salt depletion. Leg cramps are likely due to a spinal cord reflex due to fatigue in susceptible individuals. Neither water nor salt is likely to prevent this. Some people find that stretching the muscle gently can treat or prevent cramps.

**Q:** In the end, how much should I drink?

**A:** A good guide is to drink when thirsty and to not force yourself to drink. It is probably safer and more beneficial to performance to finish slightly dehydrated rather than overhydrated. Several guidelines exist but generally drinking from 400 to 800ml of fluid per hour is probably safe. For rides of less than one hour, plain water is adequate. On longer rides, a dilute glucose drink that ensures a sodium intake of 0.5 to 0.7 grams/litre of fluid is probably reasonable (note that many sports drinks contain only 0.4 grams of sodium per litre).



Ciao!

*Dr. Franc-Law holds certification in Emergency Medicine and Sports Medicine. He is an active XC, DH, and road racer. He is available for individual consultation and training programs at [www.voltarace.com](http://www.voltarace.com).*





## DirtGirls present the Down'n'Dirty XC

Terwillegar Park, Edmonton AB June 13, 2004

#	Team / Club	Time
<b>Under 17 Sport Men</b>		
1	Leo Lacourciere Couloir Ski & Bike	0:53:57
2	Drew Smith Rundle Mountain CC	0:53:58
3	Spencer Smitheman Juventus	0:59:56
4	Logan Brauer Juventus	1:01:24
5	Tyler Rushfeldt Juventus	1:04:05
6	Corey Libke United Cycle	1:16:48
7	Zaeem Khan United Cycle	1:18:15

<b>Senior Beginner Men</b>		
1	Cody Johns Independent	2 DNF
2	Thomas Auer Pedalhead Racing	1:00:24
3	Stan Boutin Independent	1:01:07
4	Richard Moses Independent	1:04:08
5	Rob Evans Hardcore	1:06:19
6	Andrew Scholte Pedalhead Racing	1:07:02
7	Jared Boudreau River Valley Cycle	1:07:59
8	Emils Muehlenbachs Pedalhead	1:08:16
9	Mike Kohlenberg Independent	1:08:58
10	Wilson Bonnelame River Valley Cycle	1:17:09
11	Craig Harris Independent	1:19:18
12	Mike Waddingham Independent	1:22:39

<b>Master Men 40+</b>		
1	Brian Lics Hardcore	2 DNF
2	Stan Magee RMCC	1:25:39
3	Ivan Dansie Deadgoat Racing	1:27:00
4	Garry Ogletree Hardcore Racing	1:33:02
5	Shawn Wells	1:35:30
6	Mike Stenecker River Valley Cycle	1:37:02
7	Joe Yurkovich Hardcore	1:37:19
8	Harvey Brauer Velocity	1:38:46
9	Don Fox Juventus	1:39:05
10	Kim Kohlenberg St. Albert Trailriders	1:40:27

<b>Senior Sport Women</b>		
1	Tara Whitten Independent	1:01:46
2	Marcie Reinhart Independent	1:08:46
3	Janka Hegedus Pedalhead Roadworks	1:10:13
4	Jeannette Allum Ridley's	1:10:49
5	Angie Hedgson Snake Bite Society	1:15:26
6	Jodi Siever DirtGirls	1:16:29
7	Christine Rozak DirtGirls	1:19:00
8	Kim Churchill Pedalhead Racing	1:23:40
9	Shannon Roberge DirtGirls	1:23:40
10	Alison Supina DirtGirls	1:29:24
11	Jacqueline Bryant Independent	1:36:56
12	Carly Lyseng DirtGirls	1:44:45
13	Kirstin Smith DirtGirls	1:48:50

<b>Under 15 Men</b>		
1	Robert Mcphalen Calgary Cycle	1 DQ
2	Justin Middleton Juventus	1:02:03
3	Kolton Canning United Cycle	1:04:41
4	Adam Noden United Cycle	1:13:32
5	Cody Grant Juventus	1:15:46
6	Caid Buda Independent	1:16:56
7	Nathaiel Preston Independent	1:25:16

<b>Under 13 Men</b>		
1	Alexander Bosch Calgary Cycle	0:38:39
2	Keith Ogletree Hardcore Racing	0:42:49
3	Trevor Bosch Calgary Cycle	0:42:56
4	Kevin Stafford Independent	0:47:23

<b>Junior Sport Men</b>		
1	Slawomir Szulc United Cycle	1:35:41
2	Ryan Libke United Cycle	1:35:54

<b>Master Sport Women</b>			
1	Sherlyn Rawson Pedalhead Roadworks		1:12:58
2	Kathy Flynn TRS Racing		1:14:19
3	Carrie Grover DirtGirls		1:15:52
4	Caroline Schwabe United Cycle		1:20:52
5	Annette Coderre Independent		1:20:53
6	Michelle Wolstenholme Cranky's Cranksters		1:28:02
7	Sandy Cousins DirtGirls		1:28:33
8	Michelle Ellis DirtGirls		1:33:05
9	Susan Buda DirtGirls		1:37:51

<b>Junior Sport Women</b>			
1	Mellisa Findlay Biciport		1:38:40
2	Kylie Morin Northern Bush Rastas		1:11:31
3	Danielle Kenny Bow Cycle		1:12:20
4	Torie Grant Juventus		1:12:31
5	Lindsey Walker Juventus		1:19:28

<b>Senior Beginner Women</b>			
1	Diane Su DirtGirls		0:38:28
2	Holly Risdon DirtGirls		0:39:22
3	Jackie Myshak DirtGirls		0:39:45
4	Kate Hibbard ERTC/redbike		0:40:36
5	Jennifer Woroniuk Dirt Girls		0:41:42
6	Heather Adamski Pedalhead		0:42:23
7	Melany Ring DirtGirls		0:42:46
8	Clotilde Belanger DirtGirls		0:42:51
9	Janice Kohut DirtGirls		0:42:55
10	Lori Duke DirtGirls		0:46:39
11	Nancy Fisher DirtGirls		0:46:44
12	Zoe Kernan Northern Bush Rastas		0:52:14

<b>Under 15 Women</b>			
1	Kendra Middleton Ft. Sask. Bicycle Club		0:56:12

<b>Senior Sport Men</b>			
1	Neall Banner Bow Cycle		1 DNF
2	Will Critchley Pedalhead		1:50:02
3	Mark Wolstenholme Cranky's Cranksters		1:51:25
4	Kevin Bladon United Cycle		1:53:18
5	Jere Hu ERTC/redbike		1:53:39
6	Robert Leeds Bow Cycle		1:53:58
7	Ben Juchli River Valley Cycle		1:54:45
8	Kevin Noble United Cycle		1:57:50
9	Brian Zurek Pedalhead		1:58:34
10	Nathan Sedgewick Northern Bush Rastas		2:00:16
11	Rob Wirtz Hardcore		2:04:08
12	Adam Chalkley Pedalhead Racing		2:04:32
13	Jason Kinsella Independent		2:06:19
14	Simon Richard River Valley Cycle		2:06:40
15	David Hazlett Independent		2:09:23
16	Steve Vinci Snake Bite Society		2:12:07
17	Mike Moleschi Hardcore		2:12:57
18	Shannon Hein Pedalhead		2:18:58
19	Scott Middleton Cranky's Cranksters		2:19:33
20	Paul Archbutt River Valley Cycle		2:19:58
21	James Cocchio Crank's Cranksters		2:23:14
22	Dave Vriens Independent		2:25:09
23	Stephane Morier Independent		2:27:06
24	Christopher Kirchen River Valley Cycle		2:29:17

<b>Junior Expert Men</b>			
1	Ryan Anderson Juventus		1 DNF
2	Brian Bain CMC / Bow Cycle		2:09:24
3	Sean Adamson United Cycle		2:14:03
4	Jared Wilson River Valley Cycle		2:21:36
5	Kevin Lega United Cycle		2:24:13
6	Eric Magee Rundle Mountain CC		2:26:22
7	Steven Yau Bow Cycle		2:26:53
8	Kevin Bowser Bow Cycle		2:32:53

**Master Sport Men**

			4 DNF, 1 DNS
1	Will Carry	Pedalhead	1:53:42
2	Wayne Calder	Deadgoat	1:53:43
3	Brennan Bagdan	Pedalhead	1:57:20
4	Neil Johns	Hardcore	1:57:51
5	Scott Furber	Deadgoat Racing	1:59:01
6	Bruce Penner	United Cycle	1:59:28
7	Alistair Abdai	Deadgoat	1:59:33
8	Dean Rawson	Pedalhead Roadworks	2:00:45
9	Quentin Blindenbach	Hardcore Racing	2:02:32
10	Ted Andersen	Deadgoat Racing	2:02:39
11	Steve Walsh	Deadgoat Racing	2:03:32
12	Daryl Lehocky	Red Bike	2:03:47
13	Tim Reiss	Pedalhead Racing	2:03:57
14	Trevor Pombert	United Cycle	2:05:47
15	Steven Johnson	Independent	2:06:05
16	Rene Corbet	Independent	2:08:00
17	Travis Nesdole	Pedalhead	2:08:36
18	Vaughn Shears	Pedalhead	2:10:49
19	Douglas Roch	Hardcore Racing	2:11:49
20	Jason Bryant	Independent	2:12:02
21	Marco Campitelli	TRS Racing	2:12:43
22	Mark Woodhouse	Sport Chek Cycling	2:14:29
23	Warren Hartfelder	Deadgoat Racing	2:14:38
24	Daniel Grufman	River Valley Cycle	2:18:27
25	Clayton Stafford	Independent	2:20:10
26	Fraser Ross	Independent	2:23:36
27	Terry Williams	River Valley Cycle	2:24:30
28	Paul Mollins	United Cycle	2:35:01
29	Shane Hardie	River Valley Cycle	2:38:26
30	Dave Welsh	Hardcore Racing	3:32:00

**Under 17 Expert Men**

			1 DNF
1	Cody Canning	United Cycle	1:54:40
2	Mike Bidniak	Juventus	1:56:59

**Senior Expert Woman**

			1 DNF
1	Kristy Sarnoski	Dirt Girls	2:18:15
2	Pepper Harlton	Dirt Girls	2:18:17
3	Jackie Duckering	Northern Bush Rastas	2:21:28
4	Christina Bruns	Dirt Girls	2:27:17
5	Leanna Bacon	Northern Bush Rastas	2:33:10
6	Rebecca Morris	CABC/Projekt One	2:54:28

**Master Expert Woman**

			1 DNS
1	Christine Ezinga	Bianchi / The Bike Shop	1:39:01
2	Leslie Schlebach	Bicisport	1:39:05
3	Lynda Davey	Rundle Mountain	1:40:17
4	Michelle Hook	Pedalhead	1:44:10
5	Judy Harlton	Dirt Girls	1:44:58
6	Carolynne Laughy	Pedalhead	1:51:03
7	Alana Cassidy	Northern Bush Rastas	1:57:57
8	Simone De Rosemond	Northern Bush Rastas	1:58:32
9	Patty Tetreault	Northern Bush Rastas	2:07:16

**Elite Men**

			1 DNF, 1 DNS
1	Roddi Lega	United Cycle	2:22:52
2	Mark Webster	Bianchi / The Bike Shop	2:22:54
3	Jason Shenkariuk	Pedalhead	2:23:11
4	Evan Sherman	United Cycle	2:29:49
5	Steve Martins	Hardcore Racing	2:30:03
6	Troy Missegheers	Mountain Bike City	2:30:17
7	Craig Stapppler	Bianchi / The Bike Shop	2:31:23
8	Nick Friesen	Bianchi / The Bike Shop	2:34:10
9	Andre Sutton	Hardcore	2:35:16
10	Pat Doyle	Deadgoat	2:37:47
11	Dave Kennedy	Bow Cycle/CMC	2:40:39
12	Cory Zetterstrom	Northern Bush Rastas	2:44:14
13	Steven Elm	Bow Cycle/CMC	2:47:48
14	Byron Davis	Pedalhead	2:55:24

**Master Expert Men**

1	Stephen Couse	Deadgoat Racing	2:11:17
2	Peter Yez	Juventus	2:11:18
3	Davin Vandebek	Independent	2:11:24
4	Tim Brezsnyak	Deadgoat Racing	2:12:58
5	Jim Brogden		2:13:25
6	Pete Leibel		2:15:00
7	Darren Anderson	Pedalhead Racing	2:15:34
8	Jeffrey Franc-Law	Juventus	2:18:21
9	Neil Clarke	Northern Bush Rastas	2:20:23
10	Scott Osinchuk	Pedalhead Roadworks	2:22:27
11	Andy Achuff	Pedalhead	2:23:18
12	Darcy Jones	Deadgoat Racing	2:25:50
13	Chris Check	Pedalhead	2:33:14
14	Rob Brandrick	Independent	2:33:31
15	Chris Yeo	Northern Bush Rastas	2:42:00

**Senior Expert Men**

			3 DNF
1	Cam Mcknight	ERTC/redbike	2:10:45
2	Ryan Hopping	United Cycle	2:11:40
3	John Twells	Pedalhead	2:11:52
4	Shaun Goulet	Pedalhead Road/Sleeman	2:12:40
5	Paul Ignatiuk	ERTC/redbike	2:13:31
6	Devin Erfle	Deadgoat	2:15:20
7	Guri Randhawa	Pedalhead Road/Sleeman	2:18:16
8	Michael Duckering	Northern Bush Rastas	2:18:27
9	Dion Clark	Bow Cycle	2:18:49
10	Mike Stoner	Pedalhead	2:21:21
11	James Rasmussen	United Cycle	2:24:17
12	Anthony Bjorge	Down 'n Dirty	2:26:21
13	Brys Francis	United Cycle	2:30:55

**Senior Elite Women**

1	Mical Dyck	Terrascape Racing	2:18:54
2	Trish Grajczyk	Deadgoat	2:24:00
3	Marisa Tosi	Terrascape Racing	2:31:03
4	Sandy Ayre	Pedalhead	2:33:28
5	Christine Missegheers	Mtn.Bike City/Tatonka	2:37:48
6	Heather Oswald	ERTC/redbike	2:38:55
7	Laura Whitehead	Terrascape	2:41:15
8	Susan Clarke	Northern Bush Rastas	2:48:39
9	Erica Musyj	Northern Bush Rastas	2:52:13

**Provincial Track Team Sprint** More on pages 37 and 44.

#	Name	Club	Cat.	Time
1	Stuart Harbottle	Bow Cycle/CMC	Sport	1:34.5
	Brian Kullman	Synergy		
	Frank Kovacs	Snakebite Society		
2	Spencer Smitheman	Juventus	U17	1:30.4
	Will Monteath	Juventus		
	Eric Smith	Bow Cycle/CMC		
1	Bob Veroba	bicisport	Open	1:22.6
	Mike Patton	synergy		
	Graeme Thomson	bicisport		
2	Dylan Menard	Juventus	Open	1:27.0
	Peter Toth	ERTC/redbike		
	Chris Rubuliak	Juventus		
3	Tom Amberiadis	bicisport	Open	1:27.7
	Joel Regimbald	Synergy		
	Rene Regimbald	Synergy		
4	David Corr	Synergy	Open	1:31.0
	Craig Good	Synergy		
	Reid Dalglish	Synergy		
5	cp Walsh	Synergy	Open	1:38.0
	Anthony Stadnyk	bicisport		
	Ross Harbottle	Bow Cycle/CMC		

by Conan Cooper PhD, NCCP, CSCS

I get a lot of questions and discussions year round but especially during off-season training about "testing." The testing of competitive cyclists and the use of testing in fitness has been around for a long time. It can provide very useful data. For science, it's really the only acceptable way of presenting a concept. But how useful is it really for training the competitive cyclist?

### What are Tests?

Tests that measure physiological parameters (heart rate, oxygen consumption, lactate, etc.) were specifically designed to isolate a single variable from a mess of several interacting factors. The best scientific papers are based on experiments that can demonstrate a change in a single specific variable under the influence of some other manipulation to the system. In fact, if several variables change at the same time as a test variable, then the experimental model is a failure. I trust that present-day oxygen consumption, lactate, heart rate and other measures are all pretty accurate. It's just that they're also very specific. An athletic performance, on the other hand, is due to the interaction of all the variables and the cumulative effect of a system. On that basis, how useful is any test that measures a specific variable? Or for that matter how useful is training that focuses on change of a specific variable?

### The Use of Tests

I use testing, and I can interpret the results of test data presented to support a theoretical model. I find all test data very interesting but not necessarily useful in training an athlete. Many studies, together, can tend to point to certain statistically normal ranges for results, and ranges for different levels of athletes. It's probably true that outside of a certain range you won't be very competitive. If, for example your maximal oxygen consumption is under 65mL/min/kg, you probably won't be a top-level road racer. Probably.

Apparent advances in training have recently, or over the last 15 years anyway, come from so called "threshold" testing; or lactate testing. There's even a book out titled "Lactate Threshold Training," by Janssen. It's a pretty good book with a bunch of graphs and "sciencey" stuff in it. If you get the chance, read it. But the point of the training presented, and the goal of some training programmes, is to change a physiological parameter. Performance is expected to improve as the parameter changes. There are many truly talented coaches and athletes who probably understand the error in that notion. It's quite possible that the parameter may change but without an improvement in performance.

Take lactate testing, for example. It's well documented that certain regimens of constant-load training, or interval training will result in a reduction of lactate production at a given power output. I'd agree that lower lactate generation at a given intensity is a positive result of training and it may prove to increase a performance in the lab. But it may not lead to a better performance at the next race. There are far too many other variables that could play into a performance.

Another more obvious example would be to attempt to match the physical characteristics of an elite cyclist's legs. You could conceivably start a weight-training programme that would result, after a few months, in hypertrophy and definition of your legs. Much like the "elite-level" lactate threshold, you'd have an "elite-level" look to your legs. But it may have no impact or could even have negative impact on your cycling performance. It looks good, though.

### Anaerobic Work Capacity

Getting back to the example of training to increase power at a given blood lactate ("lactate threshold training"), you could have the highest lactate threshold of all the competitors at the start of a race. But how many races consist of riding constantly at threshold? Maybe some; time trials can be quite that way. Or triathlons might be a good case for a strong emphasis on training threshold. What happens, though, when you ride above threshold in an event? Each time you do, you deplete another variable: your anaerobic work capacity. Taking two cyclists with the same relative power output at threshold, the same production and tolerance for lactate and the same relative oxygen consumption, the one with the greater anaerobic work capacity will win the race. Lactate measurements don't indicate anything about anaerobic work capacity. Someone always wins, and it comes down to some apparently unmeasurable variable. It could be psychological; it could be tactical; it could be a lot of things.

A big part of it is likely what we commonly know as "staying power," or "reserves," or "a finish." It's what's left at the end of a long exertion, or what it took to get away from a group. Anaerobic work capacity is a good candidate for what we think of as finishing power. It's what you "burn off" at the end of a time trial, or what it takes to make a jump during a road race, or the effort it takes to get up a hill in racing mountain bike. In track racing, it might be the whole effort of a sprint. In a single BMX heat, anaerobic work capacity probably IS the whole effort. The athlete that uses less of his anaerobic work capacity remains strongest at the end of a race.

### Racing, Field Tests, & Power Output


Returning to the point, testing a single parameter is probably naïve. It'll give a good idea of changes due to training, but it may not indicate changes in actual performance. Besides racing, the best way to monitor improvements in performance due to a training regimen is a field test: time your ride up the same hill at different periods during a training cycle. It's almost too simple and might not cost anything. But it does test actual performance without focusing on an isolated variable. Another alternative that's quasi-experimental is by the use of power measuring devices: SRM, PowerTap, and the likes. As far as tests go, the measure of duration that a given power can be held is superior to anything else.

Ultimately, no single variable, not heart rate, not lactate, not oxygen, not mass, not bodyfat, nothing, is a better measure to predict performance than power output. And the measure of power is even superior in some ways to field testing outside on a given course, since you can

control the test environment. The other single variables (heart rate, lactate, oxygen consumption) are responders to the way your body produces the power. If you had the capacity to measure how ALL the individual variables change for your own body to produce a performance change, then you might have a system where a single measure of one variable can be used to extrapolate to performance. That would take a lot of resources and is probably impractical.

Another example. If you want to complete a 4000m Individual Pursuit (track event) in 4m30s, you must put out a very calculable, very consistent power and time for each lap. If you can put in the lap times, then the way your physiology changes to meet the demand is irrelevant. You may produce lactate to 21mMolar; you may reach a heart rate of 210bpm; and you may have a maximal oxygen consumption of 65mL/min/kg. None of those really matter if you can put out the power required to make the time: the performance is paramount. It may be true that your training changes your lactate threshold to reach that performance but it also might not be.

### The Ultimate Test

Don't get caught up in testing. It can be helpful and useful, but if it looks like science, then it probably IS science, and was meant to be interpreted in a controlled situation. When a consistently reliable test comes out that measures a single variable that better predicts performance than power output, a simple field test or a race, then the time will have come that all we need to do is line you up and take the sample prior to awarding prizes. That time has yet to come. 



*Conan coaches local cyclists in Calgary. Seasonally, he coaches at the Olympic Oval National Cycling Centre and he's avidly involved as a Commissaire and on ABA Provincial team projects. In his spare time, Conan conducts medical research as a Post-Doctoral Fellow at the University of Calgary.*

## Calgary CrankMasters present the Stampede Road Race

Millarville, AB, July 18, 2004

#	Name	Club	Time
<b>Elite Men</b>			
1	Jeff Bolstad	TRS Racing	3:17:08
2	Mike Northcott	Jamis	3:17:38
3	Jere Hu	ERTC/redbike	3:19:11
4	Jesse James Collins	bicisport	3:19:11
5	Gary Alexander	TRS Racing	3:19:11
6	Stuart Houltham	Trek	3:19:13
7	Trev Williams	Revoluzione	3:19:16
8	Steven Elm	Bow Cycle/CMC	3:25:23
9	Pat Dodge	Bianchi/The Bike Shop	3:26:22
10	Paul MacDonald	United Cycle	3:28:35
11	Dan Petersen	Bow Cycle/CMC	3:30:06
12	Ross Anderson	Synergy	3:31:08
13	Neall Banner	Bow Cycle/CMC	3:34:27
14	Rob Fougere	Cycle Logic	3:34:33
15	Peter Lawrence	Independent	3:35:30
16	Stephen Mundy	ERTC/redbike	3:42:44
17	Robert Stirling	Velocity	3:42:44
18	Frank Kovacs	Snakebite Society	3:53:48
19	Phil McDonald	Snakebite Society	3:53:48
20	Koen Raedscheiders	Revoluzione	4:01:12
21	Jason Buijjs	Independent	-1 lap
22	Bill Blonski	bicisport	-1 lap
<b>Elite Women</b>			
1	Christine Ezinga	Bianchi/The Bike Shop	1:58:45
2	Leslie Schleich	bicisport	1:58:47
3	Tanya Bagnell	ERTC/redbike	2:03:32
4	Colleen Baldwin	Pedalhead Road/Sleeman	2:06:39
5	Sherlyn Rawson	Pedalhead Road/Sleeman	2:08:42
<b>Junior Women</b>			
1	Carissa Wilkes	Velosport Rotorua	1:49:10
2	Danielle Kenny	Bow Cycle/CMC	1:55:36
3	Heather Griffith	Rundle Mountain CC	2:05:00
4	Renee Kenny	Bow Cycle/CMC	2:09:46
<b>Master Women</b>			
1	Liz Ariano	ERTC/redbike	1:58:45
2	Joanne Breau	bicisport	2:07:06
3	Terii Kovacs	Snakebite Society	2:09:41
4	Marcy Dibbs	ERTC/redbike	2:25:00

<b>Junior Men</b>			1 DNF
1	Wayne Giles	Bow Cycle/CMC	1:49:10
2	Brad Vanderveen	Velocity	1:49:57
3	Anthony Stadnyk	bicisport	1:50:43
4	Andrew Schietzsch	United Cycle	2:28:23

<b>Master A Men</b>			3 DNF
1	Darren Anderson	Pedalhead	3:40:53
2	Dean Rawson	Pedalhead	3:41:13
3	Dennis Bland	Calgary Crankmasters	3:41:14
4	James Ritchie	Deadgoat	3:42:13
5	Paul Martin	Independent	3:45:26
6	Dan Bierd	bicisport	3:55:19
7	Rod MacAllister	Calgary Crankmasters	3:57:18

<b>Master B Men</b>			3 DNF
1	Ted Dahms	Pedalhead Road/Sleeman	2:39:16
2	Zbigniew Szymanski	United Cycle	2:39:17
3	Tommy Mak	Eurotech Cycle	2:39:17
4	David Watson	Velocity	2:39:18
5	Phil Rayner	Headwinds	2:39:18
6	John Gilchrist	Deadgoat	2:49:19
7	John Kovacs	Independent	2:49:19
8	Don Halliday	Bow Cycle/CMC	2:49:57
9	Orest Massiti	bicisport	2:49:59
10	Carlos Salas	TRS Racing	2:50:14
11	Craig Fraser	Calgary Cycle	2:59:24
12	Mel Storzynsky	bicisport	3:00:05
13	Steve Schiefler	Calgary Cycle	3:01:43

<b>Master C Men</b>			1 DNF
1	Steve Sampson	Calgary Crankmasters	1:49:10
2	Peter Heppelston	Edmonton Masters CC	1:49:57
3	Henry Yau	Deadgoat	1:50:21
4	Claude Breau	bicisport	1:50:46
5	Bill Stillwell	Calgary Crankmasters	1:54:15
6	Wayne Long	United Cycle	1:55:58
7	Gave Sciguamo	Calgary Crankmasters	2:02:33
8	Graeme Dibbs	Edmonton Masters CC	2:17:19

<b>Master D Men</b>			1:51:05
1	Tom Steenaerts	Eurotech Cycle	1:51:05

<b>Master E Men</b>			2:00:46
1	Peter Bigg	Edmonton Masters CC	2:00:46

## Edmonton Masters CC presents the Provincial ITT

Darwell AB September 5, 2004

# Name Club Time

### U17 Men - 15km

1	Anthony Stadnyk	bicisport	0:23:01
2	Spencer Smitheman	Juventus	0:24:21
3	William Monteath	Juventus	0:24:26
4	Nicholas Andrichuk	Bow Cycle	0:25:06
5	James Mollison	bicisport	0:25:34

### Junior Men - 30km

1	Shaun Adamson	United Cycle	0:56:06
2	Wayne Giles	Bow Cycle	0:56:40

### Open Women - 40km

1	Nola Zwarich (A)	Team Bianchi	1:07:20
2	Samantha Nicholson (A)	Team Bianchi	1:07:43
3	Colleen Baldwin (B)	Pedalhead Road Works	1:09:11
4	Dianna Kennedy (A)	Synergy Racing	1:12:35

### Cat 1&2 - 40km

1	Zach Bell	Synergy Racing	0:52:45
2	Bruce Copeland	Juventus	0:52:48
3	Geoff Johns	Team Bianchi	0:56:52
4	Scott Manktelow	Rundle Mountain CC	0:59:05
5	Reid Dalgleish	Synergy Racing	1:01:35

### Cat 3 - 40km

1	Andy Achuff	Pedalhead Racing	0:58:32
2	Frank Kovacs	Snakebite Society	0:58:57
3	Peter Toth	ERTC/redbike	0:59:05
4	John Twells	Pedalhead Racing	0:59:11
5	John Riess	Pedalhead Road/Sleeman	1:00:30
6	Dylan Menard	Juventus	1:00:33
7	Robert Martens	Blizzard Cycling	1:01:00
8	Bob McKerrell	CABC/Projekt One	1:01:10
9	Jack Van Dyk	Terrascape Racing	1:02:00
10	Stephen Mundy	ERTC/redbike	1:02:54
11	Robert Fougere	Cycle-Logic	1:03:37
12	Rob MacCollum	Pedalhead Road/Sleeman	1:03:52

### Cat 4 - 40km

1	Dennis Bland	Calgary Crankmasters	0:59:32
2	Jason Frank	CABC/Projekt One	0:59:35
3	Aaron Chappell	ERTC/redbike	1:03:13
4	Nick Insole	Juventus	1:03:26
5	Greg Yanicki	bicisport	1:05:29
6	Kenneth Riess	Pedalhead Road Works	1:06:17
7	Jan Sacharuk	Pedalhead Road Works	1:06:27
8	Dave Jaeger	CABC/Projekt One	1:06:29



### Cat 5 - 40km

1	Reid Cummings	Bow Cycle/CMC	1:02:46
2	Paul Ermantrout	Velocity	1:03:58

### Master A Men - 40km

1	Gary Brown	Rundle Mountain CC	1 DNF
2	Kevin Rokosh	ERTC/redbike	0:56:55
3	Chris Rubuliak	Juventus	0:57:07
4	James Ritchie	Deadgoat Racing	0:57:08
5	Todd Houston	Calgary Crankmasters	1:05:53
6	Sean Huggins-Chan	bicisport	1:06:58

### Master A Women - 40km

1	Gail Wozny	Edmonton Masters CC	1:06:23
2	Elizabeth Ariano	ERTC/redbike	1:12:51
3	Terii Kovacs	Snakebite Society	1:17:10

### Master B Men - 40km

1	Phil Rayner	Headwinds	0:55:58
2	Zbigniew Szymanski	United Cycle	0:56:21
3	Ted Dahms	Pedalhead Road/Sleeman	0:58:15
4	David Watson	Velocity	1:01:33
5	Jacek Kasprzyk	Calgary Crankmasters	1:10:08

### Master B Women - 40km

1*	Carolyn Soules	Calgary Crankmasters	1:09:28
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### Master C Men - 40km

			Raw time	VTTA adj.
1	Lev Krivitsky	Calgary Crankmasters	1:01:18	13:11
2	Wayne Long	United Cycle	1:04:59	7:51

### Master C Women - 40km

1	Marie Kaplan	Edmonton Masters CC	1:15:33	5:51
1	Marcy Dibbs	Edmonton Masters CC	1:17:39	5:51
3	Sandy Cousins	Edmonton Masters CC	1:16:47	5:36

### Master D Men - 40km

1	Erich Schroder	Edmonton Masters CC	1:17:04	4:20
2	James Oldham	Calgary Crankmasters	1:19:14	-1:21

### Master E Men - 40km

1*	Peter Bigg	Edmonton Masters CC	1:08:41	14:34
2	Danny Cronin	Calgary Crankmasters	1:20:20	2:55

\* indicates 2004 Maurice Johnson Award winners, best time on VTTA age standard. Maurice was a World Champion Masters cyclist who was doing 40k ITTs in just over an hour into his 80's, when a car fatally injured him while riding in 2002



Game faces...



# ERTC/redbike presents the Canada Day Criterium

Legislature Grounds Edmonton AB, July 1, 2004

## Women and Masters C Men

#	Name	Club	Category
1	Paul MacDonald	United Cycle	MM C
2	Jenny Trew	Oak Bay (Victoria BC)	W A
3	Ed Heacock	Edmonton Masters	MM C
4	Jessica Demars	Bianchi/The Bike Shop	W A
5	Jennifer Racz	Synergy	W B
6	Alena Radomsky	Oak Bay (Victoria BC)	W A
7	Dianna Kennedy	Synergy	W A
8	Kristin Campbell	Pedalhead Road/Sleeman	W B
@1	Allan Mcintosh	Edmonton Masters	MM C
@1	Peter Heppleston	Edmonton Masters	MM C
@1	Colleen Baldwin	Pedalhead Road/Sleeman	W B
@1	Stephanie Roorda	Synergy	W B
@1	Anne Brit Carter-Ericksen	Snakebite Society	W B
@1	Marcy Dibbs	Edmonton Masters	W B
@1	Lisa Bowe	bicisport	W A
@1	Gail Wozny	Edmonton Masters	W B
@1	Marie Kaplan	Edmonton Masters	W B
@1	Kristen Baker	Way Past Fast	W B
@1	Anna Paton	Way Past Fast	W A
@1	Peter Miller	Cycledelia	MM C

## Masters A and B Men

1	Ted Dahms	Pedalhead Road	MM B
2	Zbigniew Szymanski	United	MM B
3	Cp Walsh	Synergy	MM A
4	Rod Walker	Bow Cycle/CMC	MM A
5	David Watson	Velocity	MM B
6	Kevin Rokosh	ERTC/redbike	MM A
7	Paul Plakas	Pedalhead Road	MM A
8	Michael Johns	CABC/Projekt 1	MM B
@1	Don Fox	Juventus	MM B
@1	Sean Carter	Snakebite	MM A
@1	Frank Kovacs	Snakebite	MM A
@1	Shawe Frahm	EMCC	MM B
@1	Brennan Bagdan	Pedalhead Road	MM A
@1	Ken Chin	ERTC/redbike	MM B
@1	David Gerrard	EMCC	MM B
@1	Paul Kozak	ERTC/redbike	MM B
@1	Chris Check	Pedalhead	MM A
@1	Andy Achuff	Pedalhead	MM A
@1	Thomas Auer	Pedalhead	MM B
@1	Brian Licis	Hardcore	MM B
@1	Tim Deschenes	Velocity	MM B
@1	David Corr	Synergy	MM A
@1	Fabian Castro	River Valley Cycle	MM A

## Category 4 Men

1	Brian Zurec	Pedalhead Road/Sleeman
2	John Riess	Pedalhead Road/Sleeman
3	Dylan Menard	Juventus
4	Jayson Gillespie	Synergy
5	Stephen Mundy	ERTC/redbike
6	Scott Osinchuk	Pedalhead Road/Sleeman
7	Jason Frank	CABC/Project One
8	Darren Anderson	Pedalhead
9	Mike Bidniak	Juventus
10	Jon Keats	Pedalhead
11	Rik Tykwinski	Pedalhead
@1	Tim Bulger	ERTC/redbike

@1	Stephen Ferris	Blizzard
@1	Jon Keech	Synergy
@1	Slawdmjr Szull	United Cycle
@1	Marcelo Lafuente	Pedalhead Road/Sleeman
@1	Jason Gray	Cycle-Logic
@1	Myles Marshall	Juventus
@1	Aaron Chappell	ERTC/redbike
@1	Jan Sacharuk	Pedalhead Road/Sleeman
@1	Paul Ignatiuk	ERTC/redbike
@1	Kent Flood	bicisport
@1	Shane McClelland	Juventus
@1	Kevin Noble	United Cycle
@1	Jason Curran	Pedalhead Road/Sleeman

## Category 1/2/3 Men

	2 DQ	
1	Zach Bell	Synergy 1&2
2	Nick Jendzjowsky	Pedalhead Road/Sleeman 1&2
3	Sean Barr	Pedalhead Road/Sleeman 1&2
4	Mike Stickland	Pedalhead Road/Sleeman 1&2
5	Reid Dalgleish	Synergy 1&2
6	Jere Hu	ERTC/redbike 1&2
7	Sean Walsh	Team Alberta 3
8	Nick Friesen	Bianchi/The Bike Shop 1&2
9	Chris Wright	Juventus 1&2
10	Shawn Goulet	Pedalhead Road/Sleeman 1&2
11	Tim Ogryzlo	Pedalhead 3
12	Jeff Sparling	Team Alberta 3
13	Ryan Anderson	Team Alberta 3
14	Shaun Adamson	Team Alberta 3
15	Robert Simpson	Juventus 1&2
16	Guri Randhawa	Pedalhead Road/Sleeman 1&2
17	Matt Walker	Cycledelia 3
18	John Twells	Pedalhead 3
19	Paul Macdonald	United Cycle 3
20	Dan Wood	ERTC/redbike 1&2
21	Harley Desprey	Velocity 1&2
22	Kevin Masters	Pedalhead Road/Sleeman 1&2
23	Kamren Farr	ERTC/redbike 1&2
24	Dan Bradley	ERTC/redbike 3
25	Mark Fewster	TRS Racing 1&2
26	John-Chris Reid	Oak Bay (Victoria BC) 1&2
@1	Dylan Snowdon	Bianchi/The Bike Shop 1&2
@1	Joel Regimbald	Synergy 1&2
@1	Felix Haspel	Synergy 3
@1	Robert Martens	Blizzard 3
@1	Chris Harrison	ERTC/redbike 3
@1	Mike Sarnecki	United Cycle 3
@1	Brian Kullman	Synergy 3
@1	Ross Andersen	Synergy 3
@1	Lloyd Kupchanko	ERTC/redbike 1&2
@1	Craig Horon	Velocity 3
@1	Brian Bain	Team Alberta 3
@1	James Sparling	Bow Cycle/CMC 1&2
@1	Mark Macdonald	Sport Chek 1&2
@1	Daniel Skinner	Oak Bay (Victoria BC) 1&2
@1	Graham Rudge	ERTC/redbike 1&2
@1	Ted Emes	ERTC/redbike 1&2
@1	Dave Ellis	Pedalhead Road/Sleeman 3
@1	Jon Wood	ERTC/redbike 1&2
@1	Curtis Roper	Velocity 3
@1	Gregg Menard	Juventus 1&2
@1	Chris Rubuliak	Juventus 1&2
@1	Peter Toth	ERTC/redbike 3



## ERTC/redbike presents the Pigeon Lake RR

Mulhurst Bay AB June 6, 2004

#	Name	Club	Time
<b>Category 1&amp;2</b>			
		136 km	8 DNF
1	Phillippe Abbott	bicisport	3:20:27
2	Mike Stickland	Pedalhead Road/Sleeman	3:20:27
3	Bob Veroba	bicisport	3:20:27
4	Wade Wallace	TRS Racing	3:20:27
5	Jere Hu	ERTC/redbike	3:20:27
6	Gary Alexander	TRS Racing	3:20:27
7	Nick Friesen	Bianchi/The Bike Shop	3:20:27
8	Geoff Johns	Bianchi/The Bike Shop	3:20:27
9	David Ariano	ERTC/redbike	3:20:27
10	Mark Knoll	Bow Cycle/Moser-AH	3:20:27
11	Gregg Menard	Juventus	3:20:27
12	Kevin Rokosh	ERTC/redbike	3:20:27
13	Guri Randhawa	Pedalhead Road/Sleeman	3:20:27
14	Zbigniew Szymanski	United Cycle	3:20:27
15	Pat Dodge	Bianchi/The Bike Shop	3:20:27
16	Sean Barr	Pedalhead Road/Sleeman	3:20:27
17	Nick Jendzjowsky	Pedalhead Road/Sleeman	3:20:27
18	Per Strom	bicisport	3:20:27
19	Taylor Little	River Valley Cycle	3:20:27
20	Sean Huggins-Chan	bicisport	3:20:27
21	Cam McKnight	ERTC/redbike	3:20:27
22	Robert Fougere	Cycle-Logic	3:20:27
23	John Bence	bicisport	3:20:27
24	Shawn Taylor	Rundle Mountain CC	3:20:27
25	Matt Decore	Pedalhead Road/Sleeman	3:20:27
26	Scott Manktelow	Rundle Mountain CC	3:20:27
27	Zach Bell	Synergy	3:20:27
28	Robert Simpson	Juventus	3:20:39
29	Shane Rush	Velocity	3:20:50
30	Ryan McKenzie	DeVinci/Sportrack	3:22:17
31	Mark Fewster	TRS Racing	3:22:25
32	Ted Emes	ERTC/redbike	3:22:25
33	James Sparling	Bow Cycle/CMC	3:28:13
34	Bruce Copeland	Juventus	3:30:45
35	Joel Regimbald	Synergy	3:38:17
36	Steve German	Revoluzione	3:38:41
37	Jon Wood	ERTC/redbike	3:38:41
38	Dylan Snowdon	Bianchi/The Bike Shop	3:47:45

#	Name	Club	Time
<b>Women A &amp; B</b>			
		77 km	2 DNF
1	Kathy White(A)	Basis-Aude	2:09:12
2	Susan Copeland(A)	Juventus	2:09:12
3	Jessica Demars(A)	Bianchi/The Bike Shop	2:09:12
4	Diana Kennedy	Synergy	2:09:12
5	Pepper Harlton	Dirt Girls	2:09:12
6	Jennifer Racz	Synergy	2:09:12

7	Nikki Lavoie	Juventus	2:09:12
8	Kristin Campbell	Pedalhead Road/Sleeman	2:09:12
9	Amy Woodward(A)	Bow Cycle/CMC	2:09:12
10	Joanne Breau	bicisport	2:09:12
11	Janka Hegedus	Pedalhead Road/Sleeman	2:09:12
12	Heather Oswald(A)	ERTC/redbike	2:09:12
13	Liz Ariano	ERTC/redbike	2:09:12
14	Anne Brit Carter-Ericksen	Snakebike Society	2:09:12
15	Tara Lee Stilwell	United Cycle	2:09:12
16	Kristin Baker	Way Past Fast	2:09:12
17	Marcie Rienhart	Independent	2:09:33
18	Samantha Nicholson(A)	Bianchi/The Bike Shop	2:09:36
19	Colleen Baldwin	Pedalhead Road/Sleeman	2:09:44
20	Terii Kovacs	Snakebike Society	2:15:00
21	Sandy Ayre	Pedalhead	2:18:39
22	Tina Tomljenovic	ERTC/redbike	2:18:52
23	Rebecca Wilkinson	Synergy	2:22:42
24	Catherine Patocka	ERTC/redbike	2:24:09
25	Sherlyn Rawson	Pedalhead Road/Sleeman	2:31:10
26	Tracey McQuair	Pedalhead Road/Sleeman	2:31:10
27	Karen Martinuk	United Cycle	2:37:00
28	Alison Bentham	ERTC/redbike	2:37:00
29	Kate Hibbard	ERTC/redbike	2:37:00
30	Sandra Yaworski	Calgary Crankmasters	2:37:17

### Paralympian

1	Brayden MacDougall	bicisport
2	Lisa Stowe	bicisport
3	Bruce Penner	bicisport
4	John Berezcki	bicisport

*Below left: Women's group pushes the lead moto. Above right, Cat 1&2s roll past the lake. Photos by Matthew Sweet [www.sweetphotography.ca](http://www.sweetphotography.ca)*

### Category 3

#	Name	Club	Time
		117 km	3 DNF
1	Ryan Anderson	Juventus	2:58:12
2	Shawn Goulet	Pedalhead Road/Sleeman	2:58:12
3	Mark MacDonald	Sport Chek	2:58:12
4	Graham Rudge	ERTC/redbike	2:58:12
5	Brian Kullman	Synergy	2:58:12
6	Trev Williams	Revoluzione	2:58:12
7	Reid Dagleish	Synergy	2:58:12
8	John Twells	Pedalhead	2:58:12
9	Shaun Adamson	United Cycle	2:58:12
10	Brian Bain	Bow Cycle/CMC	2:58:12
11	Sean Walsh	Bow Cycle/CMC	2:58:12
12	Ross Anderson	Synergy	2:58:12
13	Dave Watson	Velocity	2:58:12
14	Greg Fulford	Cycle-Logic	2:58:29
15	Mike Sarnecki	United Cycle	2:58:29
16	Rob MacCollum	Pedalhead Road/Sleeman	2:58:54
17	Rene Regimbald	Synergy	2:58:54
18	Jeff Klassen	ERTC/redbike	3:00:45





19	Sean Carter	Snakebite Society	3:00:45
20	Paul Paetsch	ERTC/redbike	3:01:47
21	Jason Kincaid	United Cycle	3:01:47
22	Graeme Thomson	bicisport	3:02:23
23	Orest Massitti	bicisport	3:02:23
24	Glenn Murphy	Pedalhead Road/Sleeman	3:02:36
25	Peter Toth	ERTC/redbike	3:03:05
26	Ryan Steenbergen	Bow Cycle/CMC	3:04:28
27	Steve Martins	Hardcore	3:06:19
28	Bob McKerrill	CABC/Projekt One	3:12:32
29	Dave Shylko	Pedalhead Road/Sleeman	3:13:18
30	Wayne Giles	Bow Cycle/CMC	3:15:50
31	Michael Johns	CABC/Projekt One	3:19:33
32	Chris Harrison	ERTC/redbike	3:19:40

#### Category 4

		96 km	
1	Jeffrey Franc-Law	Juventus	2:27:40
2	Michael Bidniak	Juventus	2:27:40
3	Stephen Couse	Deadgoat	2:27:40
4	Felix Haspell	Synergy	2:27:40
5	Wayne Long	United Cycle	2:27:40
6	Myles Marshal	Juventus	2:27:40
7	Darren Anderson	Pedalhead	2:27:40
8	Steve Schiefler	Calgary Cycle	2:27:40
9	Dean Rawson	Pedalhead Road/Sleeman	2:27:40
10	Stephen Mundy	ERTC/redbike	2:27:40
11	Dennis Bland	Calgary Crankmasters	2:27:40
12	Ryan Hopping	United Cycle	2:27:42
13	Craig Borgland	bicisport	2:27:42
14	Dylan Menard	Juventus	2:27:46
15	William Carry	Pedalhead Road/Sleeman	2:27:46
16	Jason Frank	CABC/Projekt One	2:27:46
17	Anthony Stadnyk	bicisport	2:27:48
18	Tommy Mak	Eurotech	2:27:48
19	Jayson Gillespie	Synergy	2:27:50
20	Braden Young	Deadgoat	2:27:50
21	Paul Ignatiuk	ERTC/redbike	2:27:50
22	Rob Reid	Calgary Crankmasters	2:27:50
23	Carlos Salas	TRS Racing	2:27:50
24	Gerry McCuaig	Deadgoat	2:27:50
25	Darin Schacker	Pedalhead	2:27:50
26	Erik Bakke	Deadgoat	2:27:50
27	Mike Moleschi	Hardcore	2:27:50
28	Brys Francis	United Cycle	2:27:55
29	Dan Bradley	ERTC/redbike	2:27:55
30	Jamie Marshall	TRS Racing	2:27:55
31	Jan Sacharuk	Pedalhead	2:28:01
32	Carson Bannon	TRS Racing	2:28:01
33	Jonathan Keats	Pedalhead	2:28:01
34	Stephen Ferris	Blizzard	2:28:01

35	Kevin Noble	United Cycle	2:28:07
36	Craig Fraser	Calgary Cycle	2:28:07
37	John Riess	Pedalhead	2:28:07
38	Devin Erfle	Deadgoat	2:28:21
48 Entries, 38 Classified			

#### Category 5

		56 km	
1	James Cocchio	Cranky's Cranksters	1:25:20
2	Tim Bulger	ERTC/redbike	1:25:20
3	Leroy Brower	Pedalhead Road/Sleeman	1:25:20
4	Kevin Walsh	Snakebite Society	1:25:20
5	Steve Samson	Calgary Crankmasters	1:25:20
6	Nikolas Jackman	United Cycle	1:25:20
7	Paul Plakas	Pedalhead Road/Sleeman	1:25:20
8	Paul Martin	Independent	1:25:20
9	Kevin Lega	United Cycle	1:25:20
10	Peter Heppleston	Edmonton Masters CC	1:25:20
11	Shane Frahm	Edmonton Masters CC	1:25:20
12	Lance Adamson	United Cycle	1:25:20
13	Jared Green	Sport Chek	1:25:20
14	James Lyon	Cycle-Logic	1:25:20
15	Cody Canning	United Cycle	1:25:24
16	Mark Kildaw	United Cycle	1:25:24
17	Paul MacDonald	Sport Chek	1:25:24
18	Eric Smith	Bow Cycle - CMC	1:25:25
19	Jim Wiley	Edmonton Masters CC	1:25:25
20	Joe Hostyn	Edmonton Masters CC	1:25:28
21	Karl Schneider	Edmonton Masters CC	1:25:28
22	Lloyd Murray	Deadgoat	1:25:28
23	Kasper Woiceshyn	Bow Cycle/CMC	1:25:31
24	Nicolas Andrichuk	Bow Cycle/CMC	1:25:36
25	Thomas Auer	Pedalhead Road/Sleeman	1:25:36
26	Fabian Castro	River Valley Cycle	1:25:44
27	Lev Krivitsky	Calgary Crankmasters	1:25:48
28	Gary Taylor	Calgary Crankmasters	1:25:56
29	Neal Gregory	Bow Cycle/CMC	1:26:05
30	Todd Houston	Calgary Crankmasters	1:26:08
31	Don Fox	Juventus	1:26:31
32	Paul Ermantrout	Velocity	1:26:40
33	Tom Birkness	CycleLogic	1:26:43
34	David Gerard	Edmonton Masters CC	1:26:52
35	Guy Abbott	bicisport	1:26:58
36	Erik Nielsen	Bow Cycle/CMC	1:27:05
37	Christian Conner	Juventus	1:27:11
38	Ken Chin	ERTC/redbike	1:27:11
38	Myron Stadnyk	bicisport	1:27:21
39	Allan McIntosh	Edmonton Masters CC	1:28:57
40	Dennis Gregory	Bow Cycle/CMC	1:29:26
41	Richard Cairney	ERTC/redbike	1:30:04
42	Raman Mahabir	GS Campione	1:32:00
57 starters, 42 classified			

Thanks to Wetaskiwin Constable Kevin Green for traffic control on the short loop through Mulhurst.

## Canada Olympic Park presents the World Cup Challenge XC

Canada Olympic Park Calgary July 4, 2004

#	Name	Club	Time
<b>Under 13 Men</b> 5.9 Km			
1	Alexander Bosch	Calgary Cycle	0:55:46
2	Michael Wigg	AB	1:02:32
3	Kevin Stafford	AB	1:29:38

<b>Under 13 Women</b> 5.9 Km			
1	Mercedes Brentnall	Kids of Mud (MB)	1:13:20

<b>Under 15 Women</b> 5.9 Km			
1	Anna Schappert	MB	0:59:54

<b>Under 15 Men</b> 11.8 Km			
1	Justin Middleton	Juventus	1:21:25
2	Blaine McNally	River Valley Cycle	2:32:00

<b>Senior Beginner Men</b> 11.8 Km			
1	Jamie McBryan	AB	1:05:18
2	Rob Richardson	Singletrack Cycle	1:21:56
3	Todd Muir	AB	1:32:42
4	Graeme Melton	AB	1:54:52

<b>Under 17 Sport Men</b> 11.8 Km			
1	Spencer Smitheman	Juventus	1:04:49
2	Brian Robinson	Bow Cycle/CMC	1:06:26
3	Logan Brauer	Juventus	1:09:55
4	William Mantearth	Juventus	1:25:55

<b>Senior Sport Women</b> 11.8 Km			
1	Monique Robertson	Pedalhead	2 DNF
2	Richelle Joynston	Ridley's Cycle	1:32:56
3	Maureen Kunz	Louisville (KY) BC	1:33:35
4	Jennette Allum	Ridley's Cycle	1:33:43

<b>Master Sport 30+ Women</b> 11.8 Km			
1	Susan Sutherland	Synergy Racing	1:40:21
2	Laura Lee Dyck	Deadgoat Racing	1:40:24
3	Heather Eastman	Calgary Cycle	1:54:58

<b>Master 40+ Men</b> 11.8 Km			
1	Rod Smith	Calgary Cycle	1:00:14
2	Ivan Dansie	Deadgoat Racing	1:00:37
3	John Gilchrist	Deadgoat Racing	1:04:29
4	Craig Fraser	Calgary Cycle	1:07:14
5	Dan Surian	CABC/Projekt One	1:14:02
6	Mark French	Louisville (KY) BC	1:15:46
7	Steve Schiefeler	Calgary Cycle	1:17:18
8	Graham Smith	Rundle Mountain CC	1:19:25
9	Randall Kovacs	Westburne	1:21:14
10	Eric Storm	California	1:22:27

<b>Junior Sport Women</b> 11.8 Km			
1	Danielle Kenny	Bow Cycle	1:36:06

<b>Junior Sport Men</b> 17.7 Km			
1	Rex Windsor	Tread the Thunder (MB)	2:32:55

<b>Senior Expert Women</b> 17.7 Km			
1	Marcie Reinhart	AB	2:14:57
2	Linda Green	Deadgoat Racing	2:47:52
3	Karen Martinuk	United Cycle	3:05:51

<b>Master Expert 30+ Women</b> 17.7 Km			
1	Christine Ezinga	Bianchi/The Bike Shop	1 DNF

<b>Under 17 Expert Men</b> 17.7 Km			
1	Cody Canning	United Cycle	2 DNF
2	Leo Lacourciere	Couloir Ski & Bike	1:34:50
3	Paul Benson	Kids of Mud (MB)	1:41:55
4	Jason Doverspike	Tread the Thunder(MB)	2:11:13

<b>Master Sport 30-39 Men</b> 17.7 Km			
1	Craig Good	Synergy Racing	5 DNF
2	Steven Johnson	AB	1:41:57
3	Grant Eastman	Calgary Cycle	1:43:35
4	John Bence	Bicisport	1:45:56
5	James Ritchie	Bicisport	1:52:32
6	Trevor Sutherland	Deadgoat Racing	1:53:32
7	Erik Vatanen	Deadgoat Racing	1:53:33
8	Jack Vandyck	AB	1:55:44
9	Jack Vandyck	Terrascape Racing	1:57:20
10	Tim Reiss	Pedalhead	1:57:48
11	Stephen Kostuk	Bow Cycle/CMC	1:59:42
	Clayton Stafford	AB	2:24:49

<b>Senior Sport Men</b> 17.7 Km			
1	Robert Leeds	Bow Cycle/CMC	1 DNF
2	Mike Moleschi	Bow Cycle/CMC	1:32:37
3	Mike Moleschi	Hardcore	1:33:37
4	Erik Bakke	Deadgoat Racing	1:41:34
5	Nik Jackman	United Cycle	1:43:23
6	Adam Chalkley	Pedalhead	1:49:11
7	Reagan Arpin	Deadgoat Racing	1:56:05
8	Unknown 2	AB	2:03:52
9	Kevin Noble	United Cycle	2:07:44
10	Steve Vinci	Snakebite Society	2:17:52
11	Kien Tran	Pedalhead	2:23:01
12	Martin Saetre	Pedalhead	2:33:16
13	Rene Razzak	AB	2:42:45
	Khauh Nguyen	AB	3:13:26

<b>Senior Elite Women</b> 17.7 Km			
1	Tanis Banks	Floragio/Norco (BC)	2:18:28
2	Athena Greenall-Wils	AB	2:38:54
3	Annette Svederus	United Cycle	2:43:33

<b>Junior Expert Men</b> 23.6 Km			
1	Kevin Bowser	United Cycle	2:49:50

<b>Senior Expert Men</b> 23.6 Km			
1	Marc Freemantle	AB	8 DNF
2	Dion Clark	AB	2:10:46
3	Dion Clark	Bow Cycle/CMC	2:12:42
4	Jonathan Keats	Pedalhead	2:15:14
5	Paul Ignatiuk	ERTC/redbike	2:16:44
6	Ryan Hopping	United Cycle	2:28:39
7	Earl Nolan	Deadgoat Racing	2:33:22
	John Twells	Pedalhead	2:45:03

<b>Master Expert 30-39 Men</b> 23.6 Km			
1	Stephen Couse	Deadgoat Racing	5 DNF
2	Peter Lawrence	AB	2:18:09
3	Wayne Calder	AB	2:20:49
4	Wayne Calder	Deadgoat Racing	2:35:03
5	Rik Tykwinski	Pedalhead	2:35:47
	Mark Fedoroshyn	AB	2:40:46

<b>Senior Elite Men</b> 29.5 Km			
1	Jonathon Nutbrown	Bow Cycle/CMC	1 DNF
			2:49:53



Andre Sutton (Hardcore, CAN), left, and Gordon Kennedy (Bow Cycle, CAN) work their way up the big hill (well, one of the big hills) at the UCI World Cup XC race.

## World Masters Games Update: As of September, there were 200 cyclists registered in 613 event registrations. Will you be one of them?

WMG update: United Cycle has signed on as a "Friend" of the games, joining 3 levels of government and a parade of media and advertising companies in supporting 2005's big show.

*We don't want people to watch, we want people to participate. – Barb Dauphinias, WMG diver*



*Those youngsters not "masterful" enough to compete at the WMG can still participate (and get the schwag bag) by volunteering at the races. Check <http://www.2005worldmasters.com/> for volunteer opportunities.*

*Above: Alex Stieda (the one on the right with the new wardrobe) poses with 7-Eleven team director Jim Ochowicz after a brave and well-calculated breakaway in the opening stage of the 1986 Tour de France netted him all the jerseys. Alex now lives near the River Valley trails in Edmonton and rides BMX with his kids. Just the sort of person who might line up with you at the start of a WMG race. Check out Alex's TdF bike at Pedalhead Road Works. An oldie but a goodie. Photo by none other than Graham Watson. [www.grahamwatson.com](http://www.grahamwatson.com)*

# Synergy presents the Prairie Steamer SR

Calgary AB, June 19-20, 2004

## Category 1&2

GC #	Name	Club	RR #	5 DNF	HC Bonus	TT Place	GC Time	HC Bonus	TT Time	HC Bonus	TT Place	Time
1	Murray Carter	Team Manitoba	1	3:22:55	10s	4	1:18	8	2:31	10s	5	2:37
2	Jeff Bolstad	TRS Racing	2	3:24:10	6s	3	3:26:34	4	2:25	10s	8	2:47
3	Jeru Hu	ERTC/redbike	4	3:24:19	1	2	3:27:45	4	2:19	4s	3	2:41
4	Gary Alexander	TRS Racing	8	3:30:25	2	2	3:34:03	2	2:22	7	6	2:48
5	Mike Stickland	Pedalhead Road/Sleeman	7	3:30:25	5	1	3:34:05	6	2:26	10	11	2:55
6	Graham Rudge	ERTC/redbike	11	3:30:38	6	1	3:34:30	5	2:30	11	12	2:56
7	Stephen German	Revoluzione	14	3:39:30	12	7	3:43:34	12	2:44	4	4	3:03
8	Dylan Snowdon	Bianchi/The Bike Shop	16	3:39:47	9	5	3:43:40	11	2:33	8	14	2:46
9	Hanley Desprey	Velocity	20	3:43:19	11	10	3:47:25	10	2:44	3	2	3:17
10	Ted Ems	ERTC/redbike	17	3:45:50	13	9	3:58:55	12	2:54	18	15	3:17
11	Sean Huggins-Chan	bicisport	22	4:02:28	14	9	4:06:43	13	2:54	16	16	3:10
12	Guri Randhawa	Pedalhead Road/Sleeman	21	4:02:28	15	13	4:06:46	15	2:54	17	15	3:16
dnf	Mark Fewster	TRS Racing	5	3:30:25	10		dns		2:36	8	17	3:16
dnf	Wade Wallace	Pedalhead Road/Sleeman	3	3:24:10	4s		dns		dns	21	20	3:16
dnf	Matt Decore	Pedalhead Road/Sleeman	6	3:30:25			dns		dns	23	19	3:16
dnf	Nick Jendzjowsky	TRS Racing	9	3:30:25			dns		dns	22	12	3:03
dnf	Dave Leahy	Bianchi/The Bike Shop	10	3:30:25			dns		dns	18	14	3:08
dnf	Pat Dodge	Rundle Mountain CC	12	3:30:46			dns		dns	8	12	3:03
dnf	Scott Manktelow	Pedalhead Road/Sleeman	13	3:30:46			dns		dns	12	17	3:03
dnf	Sean Barr	Pedalhead Road/Sleeman	13	3:30:46			dns		dns	12	17	3:03
dnf	Zbigniew Szymanski	United Cycle	15	3:39:30			dns		dns	8	14	3:08
dnf	Geoff Johns	Bianchi/The Bike Shop	18	3:45:55			dns		dns	12	12	3:43
dnf	John Bence	bicisport	dnf				1:23	7	2:31	12	12	3:43

## Women

GC #	Name	Club	RR #	5 DNF	HC Bonus	TT Place	GC Time	HC Bonus	TT Time	HC Bonus	TT Place	Time
1	Dianna Kennedy(B)	Synergy	1	2:47:33	10s	3	0:43	1	2:59	10s	8	2:38
2	Jessica DeVlars(A)	Bianchi/The Bike Shop	2	2:47:42	6s	6	0:43	2	3:02	6s	1	2:36
3	Kristin Campbell(B)	Pedalhead Road/Sleeman	3	2:47:51	4s	9	0:47	5	3:10	4s	10	2:40
4	Samantha Nicholson(A)	Bianchi/The Bike Shop	4	2:49:04	3	2	0:42	3	3:15	4s	4	2:40
5	Kylie Case(B)	Team Manitoba	5	2:49:11	4	8	0:46	4	3:12	5	15	2:36
6	Danielle Kenny(B)	Bow Cycle/CMC	7	2:57:33	6	3	0:43	6	3:16	6s	12	2:38
7	Nola Zwartich(A)	Bianchi/The Bike Shop	8	2:57:41	7	3	0:42	7	3:29	7s	17	2:41
8	Christine Ezingat(B)	Bianchi/The Bike Shop	10	3:04:01	8	5	0:43	8	3:36	8s	16	2:43
9	Sherlyn Rawson(B)	Pedalhead Road/Sleeman	12	3:04:48	9	4	0:50	9	4:00	9s	8	2:48
10	Colleen Baldwin(B)	Pedalhead Road/Sleeman	13	3:05:01	10	10	0:46	10	4:00	10s	10	2:40
dnf	Nikki Lavoie(B)	Juventus	6	2:53:10	dns			dns			15	2:55
dnf	Joanne Breaux(B)	bicisport	9	2:59:53	dns			dns			11	2:56
dnf	Tara Lee Stilwell(B)	United Cycle	11	3:04:43	dns			dns			12	2:49

## Category 3

GC #	Name	Club	RR #	5 DNF	HC Bonus	TT Place	GC Time	HC Bonus	TT Time	HC Bonus	TT Place	Time
1	Ryan Anderson	Juventus	3	3:45:05	10s	4	1:19	3	2:25	10s	8	2:38
2	Shaun Adamson	United Cycle	6	3:45:14	4s	2	1:18	3	2:33	4s	1	2:36
3	Shawn Goulet	Pedalhead Road/Sleeman	6	3:45:19	6	5	1:19	6	2:36	6s	6	2:40
4	Jon Benson	Manitoba	7	3:45:17	5	10	1:23	5	2:36	5s	4	2:40
5	Greg Fulford	9th Street Cycle-Logic	4	3:45:24	4	4	1:20	4	2:35	4s	15	2:36
6	Reid Dalgleish	Synergy	10	3:45:35	9	3	1:18	3	2:38	9s	9	2:38
7	Ross Anderson	Synergy	12	4:02:44	11	8	1:23	11	2:45	11s	14	2:53
8	Graeme Thomsson	bicisport	12	4:02:44	2	1	1:15	2	2:30	2s	7	2:43
9	Dan Bied	bicisport	15	4:02:44	8	7	1:20	8	2:37	8s	5	2:43
10	Jay Hawranik	Manitoba	14	4:02:53	7	9	1:23	7	2:37	7s	18	2:53
dnf	Orest Massitti	bicisport	13	4:02:53	10		dns		2:44		14	2:53
dnf	Michael Johns	CABC/Projekt One	16	4:04:41	12		dns		2:51		19	3:01
dnf	Paul MacDonald	United Cycle	2	3:45:14	6s		dns				21	3:09
dnf	David Watson	Velocity	5	3:45:18	dnf		dns				17	2:57
dnf	Jason Lapierre	Independent	8	3:45:26	dnf		dns				14	3:01
dnf	Brian Bain	Bow Cycle/CMC	11	3:49:45	dnf		dns				18	3:08

Sorry to cram these results but I needed one more page than I had. Ed.

## Category 5

GC #	Name	Club	RR #	5 DNF	HC Bonus	TT Place	GC Time	HC Bonus	TT Time	HC Bonus	TT Place	Time
1	Leroy Brower	Pedalhead	2	1:30:40	6s	1	1:30:40	1	2:37	6s	5	0:40
2	Aaron Chappell	ERTC/redbike	1	1:30:37	10s	5	1:30:47	5	2:47	10s	8	0:41
3	Jared Green	Sport Chek	3	1:30:47	4s	2	1:30:47	2	2:41	4s	3	0:40
4	Tim Bulger	ERTC/redbike	4	1:30:47	7	7	1:30:47	7	2:48	7	6	0:40
5	Thomas Auer	Pedalhead	5	1:30:54	10	10	1:30:54	10	2:55	10	11	0:42
6	John Kovacs	Independent	6	1:31:02	15	15	1:31:02	15	3:10	15	13	0:43
7	Brad VanderVeen	Velocity	7	1:31:21	11	11	1:31:21	11	2:56	11	12	0:42
8	John Plant	Crankmasters	9	1:31:38	13	13	1:31:38	13	3:03	13	4	0:40
9	Reid Cummings	Bow Cycle/CMC	10	1:31:53	4	4	1:31:53	4	2:46	4	14	0:43
10	Nic Andrichuk	Bow Cycle/CMC	11	1:31:57	18	18	1:31:57	18	3:17	18	9	0:41
11	Rod MacAlister	calgary Crankmasters	13	1:36:51	3	3	1:36:51	3	2:44	3	2	0:39
12	Eric Smith	Bow Cycle/CMC	15	1:43:09	9	9	1:43:09	9	2:53	9	1	0:38
13	Mark Milburn	Bow Cycle/CMC	16	1:43:16	6	6	1:43:16	6	2:47	6	7	0:40
14	James Mollison	bicisport	17	1:43:48	16	16	1:43:48	16	3:10	16	16	0:45
15	Jason Bujs	Independent	20	1:44:55	17	17	1:44:55	17	3:16	17	15	0:44
16	Kevin Walsh	Snakebite Society	21	1:49:58	8	8	1:49:58	8	2:50	8	10	0:41
17	Erik Nielsen	Bow Cycle/CMC	23	1:52:41	19	19	1:52:41	19	3:43	19	3	0:44
dnf	Neal Gregory	Bow Cycle/CMC	22	1:52:08	12	12	1:52:08	12	3:03	12	17	0:46
dnf	Shaun Bain	Bow Cycle/CMC	18	1:43:48	14	14	1:43:48	14	3:08	14		dns
dnf	Jason Burton-Browne	bicisport	8	1:31:32			dns		dns			dns
dnf	Garth Leavey	United Cycle	12	1:32:43			dns		dns			dns
dnf	Chris Spurling	Bow Cycle/CMC	14	1:41:09			dns		dns			dns

## Tandem & Paralympic

GC #	Name	Club	RR #	1DNF	HC Bonus	TT Place	GC Time	HC Bonus	TT Time	HC Bonus	TT Place	Time
1	Dean Edwards	Velocity	1	1:42:33	4:04		1:42:33	4:04	1:46:37	4:04		1:46:37
1	Scott Williams (Tandem)	bicisport	1	1:55:40	4:12		1:55:40	4:12	1:59:52	4:12		1:59:52
1	Brayden McDougall (Paralympic)	Independent	1	0:43:00	5:23		0:43:00	5:23	0:48:23	5:23		0:48:23
1	Paul Jalbert (Paralympic) - 16 km	Independent	1	0:43:00	5:23		0:43:00	5:23	0:48:23	5:23		0:48:23

## Category 4

GC #	Name	Club	RR #	1DNF	HC Bonus	TT Place	GC Time	HC Bonus	TT Time	HC Bonus	TT Place	Time
1	Dan Bradley	ERTC/redbike	1	2:13:20	10s	2	2:13:20	10s	2:38	10s	8	2:38
2	Tyler Boake	Synergy	13	2:13:20	1	1	2:13:20	1	2:36	1	1	0:37
3	Stephen Mundy	ERTC/redbike	3	2:13:20	4s	6	2:13:20	4s	2:40	4s	10	0:40
4*	Dylan Menard	Juventus	5	2:13:20	5	5	2:13:20	5	2:40	5	4	0:38
5*	Andrew Nichol	Manitoba	15	2:13:20	1	1	2:13:20	1	2:36	1	15	0:42
6	Tommy Mak	Eurotech	11	2:13:20	2	2	2:13:20	2	2:38	2	12	0:41
7	Craig Borgland	bicisport	2	2:13:20	6s	12	2:13:20	6s	2:49	6s	3	0:38
8	Chris Hooper	Synergy	7	2:13:20	7	7	2:13:20	7	2:46	7	2	0:37
9	Rob Reid	Calgary Crankmasters	10	2:13:20	10	10	2:13:20	10	2:41	10	17	0:43
10	Brian Zurek	Pedalhead	9	2:13:20	9	9	2:13:20	9	2:43	9	16	0:42
11	Nicholas Lacko	Manitoba	16	2:13:20	11	11	2:13:20	11	2:48	11	8	0:40
12	Dennis Bland	Calgary Crankmasters	6	2:13:20	13	13	2:13:20	13	2:53	13	6	0:39
13	Brad Wilfley	Calgary Crankmasters	4	2:13:20	15	15	2:13:20	15	2:55	15	9	0:40
14	Anthony Stadyuk	bicisport	8	2:13:20	16	16	2:13:20	16	2			

## Rundle Mountain CC presents the Canmore 6-up TTT

Canmore AB May 16, 2004

**Men**

1	Bob Veroba	bicisport	DNF
	Per Strom	bicisport	0:51:32
	Ryan McKenzie	Devinci/Sportrack	0:51:32
	Taylor Little	River Valley Cycle	0:51:32
	James Sparling	Bow Cycle/CMC	0:51:32
	Jesse James Collins	bicisport	0:51:33
2	Gregg Menard	Juventus	0:52:03
	Chris Rubuliak	Juventus	0:52:03
	Christopher Wright	Juventus	0:52:03
	Bruce Copeland	Juventus	0:52:03
	Nicholas Jendzjowsky	Pedalhead Road/Sleeman	0:52:03
	Kevin Masters	Pedalhead Road/Sleeman	0:52:16
3	Geoff Johns	Bianchi-The Bike Shop	0:52:33
	Dylan Snowdon	Bianchi-The Bike Shop	0:52:33
	Nicholas Friesen	Bianchi-The Bike Shop	0:52:33
	Paul Kelly	Bianchi-The Bike Shop	0:52:33
	Pat Dodge	Bianchi-The Bike Shop	0:52:33
	Robert Gasienca	Bianchi-The Bike Shop	DNF
4	Edward Emes	ERTC/redbike	0:53:02
	Kevin Rokosh	ERTC/redbike	0:53:02
	Graham Rudge	ERTC/redbike	0:53:02
	Cameron McKnight	ERTC/redbike	0:53:02
	Jere Hu	ERTC/redbike	0:53:10
	David Ariano	ERTC/redbike	0:55:44
5	Shawn Taylor	Rundle Mountain CC	0:55:15
	Scott Manktelow	Rundle Mountain CC	0:55:15
	Gary Brown	Rundle Mountain CC	0:55:15
	Andrew Reed	Rundle Mountain CC	0:55:15
	Brent Bittner	Rundle Mountain CC	0:56:03
	Patrick Griffith	Rundle Mountain CC	1:03:50
6	Reid Dalglish	Synergy Racing	0:56:15
	Tyler Boake	Synergy Racing	0:56:15
	Jayson Gillespie	Synergy Racing	0:56:15
	Craig Good	Synergy Racing	0:56:15
	Chris Hooper	Synergy Racing	1:01:20
	Brian Kullman	Synergy Racing	1:10:28
7	Bob McKerrell	CABC/Projekt One	0:57:52
	Jason Frank	CABC/Projekt One	0:57:52
	Michael Fix	CABC/Projekt One	0:57:52
	Michael Meeres	CABC/Projekt One	0:57:52
	Ted Dahms	Pedalhead Road/Sleeman	0:57:52
	Dave Jaeger	CABC/Projekt One	1:02:01
8	Dylan Menard	Juventus	0:58:04
	David C Watson	Velocity	0:58:04
	Harley Desprey	Velocity	0:58:04

Craig Horon	Velocity	0:58:04
Ryan Lakhram	Juventus	1:04:24
Brad VanderVeen	Velocity	1:08:25

**Masters**

1	Peter Heppleston	Edmonton Masters CC	1:00:03
	Ed Heacock	Edmonton Masters CC	1:00:03
	Karl Schneider	Edmonton Masters CC	1:00:03
	Shane Frahm	Edmonton Masters CC	1:00:03
	Gordon Sustrik	Edmonton Masters CC	1:09:26
	Jim Yeske	Edmonton Masters CC	1:10:05
2	Marie Kaplan	Edmonton Masters CC	1:08:05
	Barry Evans	Edmonton Masters CC	1:08:05
	Johnathan Billheimer	Edmonton Masters CC	1:11:03
	Linda d'Ilio	Edmonton Masters CC	1:11:16
	Marcy Dibbs	Edmonton Masters CC	1:18:43
	Graeme Dibbs	Edmonton Masters CC	1:18:43

**Women**

1	Christine Ezinga	Bianchi-The Bike Shop	1:04:18
	Leslie Schlebach	Bicisport	1:04:15
	Samantha Nicholson	Bianchi-The Bike Shop	1:00:38
	Jessica Demars	Bianchi-The Bike Shop	1:00:38
	Nola Zwarich	Bianchi-The Bike Shop	1:00:38
	Laura Yoisten	Devinci/Sportrack	1:00:38
2	Colleen Baldwin	Pedalhead Road/Sleeman	1:07:46
	Janka Hegedus	Pedalhead Road/Sleeman	1:07:13
	Kristin Campbell	Pedalhead Road/Sleeman	1:05:37
	Sheryl Rawson	Pedalhead Road/Sleeman	1:05:37
	Susan Copeland	Juventus	1:05:37
	Nikki Lavoie	Juventus	1:05:37
3	Kathleen Keil	Rundle Mountain CC	1:13:59
	Anne-Louise Brooks	Rundle Mountain CC	1:13:59
	Heather Griffith	Rundle Mountain CC	1:13:59
	Julia Skleryk	bicisport	1:13:59
	Alana Snow	bicisport	1:14:56
	Jill Branson	Rundle Mountain CC	1:15:56

**Mixed**

1	Wayne Giles	Bow Cycle/CMC	1:02:36
	Sean Walsh	Bow Cycle/CMC	1:02:36
	Eric Smith	Bow Cycle/CMC	1:02:36
	Jennifer Racz	Synergy Racing	1:02:36
	Lisa Bowe	Bicisport	DNF
	Sheena Lambert	Synergy Racing	1:10:45
2	Tanya Bagnell	ERTC/redbike	1:04:03
	Tina Tomljenovic	ERTC/redbike	1:04:03
	Liz Ariano	ERTC/redbike	1:04:03
	Aaron Chappell	ERTC/redbike	1:04:03
	Christopher Harrison	ERTC/redbike	1:04:03
	Tim Bulger	ERTC/redbike	1:04:03

**Provincial Track Team Pursuit** More on pages 27 and 44

#	Name	Club	Cat.	Time					
1	Dylan Menard	Juventus	Open	4:52.7	4	Will Monteath	Juventus	U17	5:30.7
	Chris Rubuliak	Juventus	Open			Spencer Smith	Juventus	U17	
	Bob Veroba	bicisport	Open			Bill Blonski	bicisport	Sport	
	Graeme Thomson	bicisport	Open			Anthony Stadnyk	bicisport	U17	
2	Zach Bell	Synergy	Open	5:01.0	5	Sean Huggins-Chan	bicisport	Open	5:32.2
	Joel Regimbald	Synergy	Open			Reid Dalglish	Synergy	Open	
	Rene Regimbald	Synergy	Junior Men			David T. Corr	Synergy	Sport	
	Craig Good	Synergy	Open		6	Greg Yanicki	bicisport	Sport	5:39.5
3	Paul MacDonald	Sport Chek	U17	5:14.3		Stephanie Roorda	Synergy	Junior Women	
	Eric Smith	Bow Cycle/CMC	U17			Rob Onodera	GS Campione	Sport	
	Ross Harbottle	Bow Cycle/CMC	Junior Men			Stuart Harbottle	Bow Cycle/CMC	Sport	
	Mark MacDonald	Sport Chek	Junior Men						

Stony Plain AB May 16, 2004

#	Name	Club	Time
<b>Master Sport Men A</b>			
			3 DNF
1	William Carry	Pedalhead	1:33:40
2	Scott Furber	Deadgoat Racing	1:35:01
3	Wayne Calder	Deadgoat Racing	1:35:25
4	Bruce Penner	United Cycle	1:36:03
5	Darren Shepherd	Pedalhead	1:38:39
6	David Ford	Deadgoat Racing	1:38:59
7	Alistair Abdai	Deadgoat Racing	1:39:07
8	Trevor Pombert	United Cycle	1:39:18
9	Vaughn Shears	Pedalhead	1:39:26
10	Mark Stranzinger	Independent	1:39:37
11	Stacey Mateika	CABC projekt one	1:40:33
12	Jeff German	Deadgoat Racing	1:40:56
13	Tim Reiss	Pedalhead	1:40:57
14	Quentin Blindenbach	Hardcore	1:41:00
15	Andrew Phelps	Cranky's Cranksters	1:42:36
16	Murray Aubin	ERTC/redbike	1:43:04
17	Daryl Lehocky	ERTC/redbike	1:45:00
18	Rene Corbet	Independent	1:47:16
19	Travis Nesdole	Pedalhead	1:48:20
20	Clayton Stafford	Independent	1:49:03
21	Kevin Haugjord	Velocity	1:49:26
22	Adam Lee	Pedalhead	1:53:33
23	Terry Williams	RVC	1:53:35
24	Daniel Grufman	RVC	1:53:55
25	William Harvey	Independent	1:58:57
26	Jamie Tomes	United Cycle	2:05:16

<b>Master Men B</b>			
			1 DNF
1	Stan Magee	Rundle Mountain CC	1:35:38
2	Dave Whitten	Hardcore	1:36:38
3	John Riess	Pedalhead	1:41:23
4	Michael Zelensky	Pedalhead	1:43:54
5	Garry Ogletree	Hardcore	1:44:37
6	Shawn Wells	Cycling BC	1:45:59
7	Ivan Dansie	Deadgoat Racing	1:46:59
8	Gerry Mccuaig	Deadgoat Racing	1:47:29
9	Dan Fox	Juventus	1:48:24
10	Harvey Brauer	Velocity	1:51:23
11	George Enseil	Independent	1:52:17
12	Lawrence Keller	Deadgoat Racing	1:57:13
13	Mike Kohlenberg	Independent	2:12:58

<b>U17 Sport Men</b>			
1	Drew Smith	Rundle Mt Cycle Club	1:10:55
2	Leo Lacourciere	Couloir Bike & Ski	1:10:56
3	Brian Robinson	CMC/Bow Cycle	1:12:47
4	Spencer Smitheman	Juventus	1:16:53
5	Logan Brauer	Juventus	1:19:10
6	Will Monteath	Juventus	1:24:22
7	Tyler Rushselltd	Juventus	1:26:06
8	Brendon Wolthius	Arrowhead Riders	1:30:06

<b>Senior Beginner Men</b>			
1	Thomas Aver	Pedalhead	1:19:48
2	Ros Evans	Independent	1:23:08
3	Matt Szarko	Pedalhead	1:27:00
4	John Stellingwerff	Arrowhead Riders	1:31:17
5	Craig Lee	Independent	1:35:20
6	Harold Roscher	Arrowhead Riders	1:43:14

<b>Senior Sport Women</b>			
			1 DNF
1	Marcie Reinhart	Independent	1:28:42
2	Angie Hodgson	Snakebite Society	1:33:03
3	Monique Robertson	Pedalhead	1:35:19
4	Kim Ellis	DirtGirls	1:38:13
5	Katy Curtis	Hardcore	1:39:06
6	Shannan Roberge	DirtGirls	1:46:21

<b>Junior Sport Men</b>			
1	Slawomir Szulc	United Cycle	1:51:25

<b>Master Sport Women</b>			1 DNF
1	Carolynne Laughy	Pedalhead	1:34:04
2	Michele Mcdononald	Tech Shop	1:36:37
3	Michelle Wolstenholme	Cranky's Cranksters	1:58:55

<b>Senior Beginner Women</b>			
1	Vanessa Voss	DirtGirls	1:28:33
2	Kim Ritter	Independent	1:33:29
3	Deb Rawluk	Independent	1:41:21
4	Leslie Peterson	Independent	1:41:25
5	Lindsey Oliver	Independent	1:44:46
6	Lauri Wischoff	DirtGirls	1:49:06
7	Mandy Berndsen	Independent	1:49:08
8	Alison Supina	DirtGirls	1:52:24
9	Jennifer Woroniuk	DirtGirls	1:53:55
10	Erin Hutman	DirtGirls	2:08:01

<b>U17 Sport Women</b>			
1	Danielle Kenny	Bow Cycle	1:28:14
2	Torie Grant	Juventus	1:37:32
3	Lindsey Walker	Juventus	1:38:17

<b>U15 Men</b>			
1	Robert McPhalen	Calgary Cycle	0:55:24
2	Kolton Canning	United Cycle	0:59:35
3	Cody Grant	Juventus	1:02:29
4	Nathaniel Preston	Juventus	1:05:11
5	David Larson	Juventus	1:08:50

<b>U13 Men</b>			
1	Alexander Bosch	Calgary Cycle	1:04:09
2	Keith Ogletree	Hardcore	1:04:47
3	Kevin Stafford	Independent	1:08:30
4	Trevor Bosch	Calgary Cycle	1:08:53

<b>Senior Elite Men</b>			
			4 DNF
1	Roddi Lega	United Cycle	2:02:00
2	Mark Webster	Bianchi/Bike Shop	2:04:08
3	Andre Sutton	Hardcore	2:05:22
4	Evan Sherman	United Cycle	2:08:21
5	Bryant Hebert	Bianchi/Bike Shop	2:08:45
6	Pat Doyle	Deadgoat Racing	2:11:39
7	Jonathan Nutbrown	Bow Cycle	2:14:27
8	Nick Lynem	Ridley's	2:16:39
9	Steve Martins	Hardcore	2:22:25
10	Dave Kennedy	CMC/Bow Cycle	2:25:45

<b>Junior Expert Men</b>			
			2 DNF
1	Brian Bain	CMC/Bow Cycle	1:50:09
2	Ryan Anderson	Juventus	1:50:10
3	Kevin Lega	United Cycle	1:55:31
4	Eric Magee	Rundle Mountain CC	2:01:09
5	Shaun Adamson	United Cycle	2:01:13
6	Jared Wilson	River Valley Cycle	2:02:57
7	Pat Berry	Deadgoat Racing	2:18:32

<b>Master Expert Men A</b>			
			3 DNF
1	Stephen Couse	Deadgoat Racing	1:50:05
2	Andrew Anastasiadis	Sport Chek	1:50:45
3	Rik Tykwinski	Pedalhead	1:51:10
4	Lonn Bate	Terrascope Racing	1:52:09
5	Peter Yez	Juventus	1:55:18
6	Jason Nadeau	Crazy Legs Racing	1:55:59
7	Mark Fedoroshyn	Independent	1:56:46
8	Neil Johns	Hardcore	1:57:15
9	Jeff Seaborn	Terrascope Racing	1:57:30
10	Tom Brodzinski	Deadgoat Racing	1:57:40
11	Nick Woodhouse	Sport Chek	1:58:04

<b>Senior Elite Women</b>			
1	Madelaine Bate	Terrascope Racing	1:59:49
2	Annie Tykwinski	Pedalhead	2:02:07
3	Trish Gradczyk	Deadgoat Racing	2:03:41
4	Sandy Ayre	Pedalhead	2:12:41

**Senior Expert Men**

2 DNF
1 Ryan Hopping United Cycle 1:51:32
2 Jonathon Keats Pedalhead/Bicardi 1:51:42
3 Mike Sarnecki United Cycle 1:52:16
4 Craig Stappler Bianchi/Bike Shop 1:54:02
5 Devin Erfle Deadgoat Racing 1:54:29
6 Dan Mcdonogh Independent 1:54:44
7 Anthony Bjorge River Valley Cycle 1:55:06
8 Alan Whitten United Cycle 1:58:00
9 James Rasmussen United Cycle 1:58:19
10 Kirk Hamilton River Valley Cycle 1:59:04
11 Dion Clark CMC/Bow Cycle 2:00:27
12 Dominic Gauvin Rocky Mtn Bike N' Board 2:02:24
13 Paul Ignatiuk ERTC/redbike 2:06:43

**Master Expert Women**

1 Loni Klettli Freewheel 1:46:45
2 Juliette Franklin Deadgoat Racing 1:59:39
3 Michelle Hook Pedalhead 2:00:39
4 Judy Harlton DirtGirls 2:10:36

**Senior Expert Women**

1 DNF
1 Marisa Tosi Terrascape Racing 1:50:36
2 Nicole Gemel Deadgoat Racing 1:53:37
3 Pepper Harlton DirtGirls 1:55:54
4 Kristy Sarnoski DirtGirls 1:58:11
5 Linda Green Deadgoat Racing 2:01:13
6 Christina Bruns DirtGirls 2:04:09

**Senior Sport Men**

3 DNF
1 Neall Banner Bow Cycle 1:32:13
2 Jonathon Shalapay United Cycle 1:35:21
3 Will Critchley Pedalhead 1:35:46
4 Gunnar Giese United Cycle 1:36:18
5 Kevin Bladon United Cycle 1:36:56
6 Phillip Harvey Pedalhead 1:37:00
7 kevin Noble United Cycle 1:37:39
8 Jeremy Myers Deadgoat Racing 1:38:32
9 Robert Leeds CMC/Bow Cycle 1:42:01
10 Nikolas Jackman United Cycle 1:43:40
11 Simon Richard River Valley Cycle 1:44:18
12 James Cocchio Cranky's Cranksters 1:45:34
13 Dale Skulsky Sport Chek 1:48:16
14 Mark Wolstenholme Cranky's Cranksters 1:48:59
15 Adam Chalkley Pedalhead 1:50:40
16 Stevan Vinci Snakebite Society 1:55:26
17 Darryl Cormier Independent 1:57:37
18 Scott Middleton Cranky's Cranksters 2:08:34
19 John Vanderveen Arrowhead Riders 2:15:53
20 Kien Tran Pedalhead 2:17:25

**U17 Expert Men**

1 Cody Canning United Cycle 1:35:03
2 Mike Bidniak Juventus 1:36:34
3 Jordan Brietzke Snakebite Society 1:58:39

Glenmore Velodrome Calgary July 31, 2004

#	Name	Club	200m		Sprint		Pursuit		500/kilo		Scratch		Points		Keirin	
			#	Time	Pts	#	Time	Pts	#	Time	Pts	Pts	Race	Om	Pts	Total
<b>Sport Men</b>																
1	Eric Smith (U17)	Bow Cycle/CMC	1	12.56	10	1	3:55.4	10	1	1:13.6	10	10	20	10	10	60
2	Frank Kovacs	Snakebite Society	2	13.13	7	3	4:14.6	5	2	1:19.1	7	7	10	7	5	38
3	Will Monteath (U17)	Juventus	3	13.20	5	5	4:26.4	2	4	1:21.5	3	3	7	5	7	25
4	Greg Yanicki	bicisport	5	14.13	3	4	4:18.4	3	3	1:20.5	5	1	1	3	2	17
5	Sean Walsh (JR)	Bow Cycle/CMC	4	13.37		2	4:09.2	7				5	1			12
6	Randy Mason	Synergy										2	-35	2	3	7
7	Bill Blonski	bicisport	7	18.24	1	6	5:00.7	1						1	1	4
<b>Master Men</b>																
							3000m			1000m			10:16.8			
1	Bob Burden (MB)	ERTC/redbike				1	4:03.4	10	1	1:16.8	10	10	16	10	10	50
2	David Corr (MA)	Synergy	2	13.40	7	2	4:24.2	7	3	1:17.8	5	7	7	7	3	36
3	Norm Kalmanovitch (MB)	Bow Cycle/CMC	1	13.09	10	4	4:28.5	3	2	1:17.3	7	3	6	5	2	30
4	Stuart Harbottle (MB)	Bow Cycle/CMC	3	14.22	5	3	4:25.8	5	5	1:24.9	2	5	5	3	5	25
5	Rob Onodera (MB)	GS Campione	6	14.87	2	5	4:36.6	2	4	1:24.8	3	2	5	2	7	18
6	Dennis Gregory (MB)	Bow Cycle/CMC	4	16.14	3				6	1:30.4	1	1				5
<b>Open Women</b>																
										500m			10:16.8			
1	Stephanie Roorda (JR)	Synergy	1	13.50	10				2	41.34	7	7	3	10	10	44
2	Anne-Brit Ericksen-Carter	Snakebite Society	2	14.63	7				1	39.49	10	10	2	7	7	41
<b>Paralympic - Men</b>																
							3000m									
1	Brayden MacDougall	bicisport				1	4:47.9	10	1	1:34.9	10					20
2	John Berezcki	bicisport	1	16.81		2	4:59.0	7	2	1:39.3	7					14
<b>Paralympic - Women</b>																
							3000m									
1	Lisa Stowe	bicisport				1	3:10.2	10	1	1:31.2	10					20
<b>Open Men</b>																
							4000m						10:34.2			
1	Graeme Thomson	bicisport	2	12.09	10	3	5:01.1	5		1:09.7	10	7		7	10	49
2	Zach Bell	Synergy				1	4:48.1	10				10		10		30
3	Tom Amberiadis	bicisport	1	12.09	7	6	5:27.5	1		1:11.5	7	2		2	19	
4	Bob Veroba	bicisport				2	4:54.4	7				5		5	17	
5	Chris Hooper	Synergy	3	12.50	3	5	5:24.3	2		1:14.2	5				5	15
6	cp Walsh	Synergy				7	5:30.1			1:33.2	2	1		3	7	13
7	Peter Toth	ERTC/redbike	5	13.19	2	4	5:23.2	3				3		1	3	12
8	Felix Haspel	Synergy	4	13.07	5	8	5:48.5			1:16.6	3					8
9	Phil Abbott	bicisport												2		2
<b>Tandem</b>																
1	Kelly Nadeau/cp Walsh	Synergy	1	13.19												10

by Jack VanDyk MKIN, CSCS, PFLC

Many of you may have been approached by students pursuing their Masters degree in exercise science as they try to recruit subjects for their research projects. Depending upon the research being conducted, cyclists are interested in knowing their  $\text{VO}_2\text{max}$ , lactate or anaerobic threshold, peak power output etc. and how to use that information in training. However, as a subject you are placed into a controlled and specific group to determine the effects of whatever the research pertains to, you get tested, perhaps follow a training regimen and get tested again to measure the effect. I know because I have both been recruited and recruited cyclists for research projects looking at these variables. Should testing be limited to only laboratory research projects or can testing be used outside the lab more regularly to help the Sport class mountain biker and Category 4 road racer reach higher levels of performance? Some may even question the need to perform elaborate laboratory style testing for training purposes opting to ride hard and race into form instead.

One reason for testing is to measure changes in an athlete's physiology over the course of a training season and to relate the changes to the effectiveness of the training program. Specific training has specific effects on our physiology and testing allows us to measure those effects. As an oversimplified example, for those who train with high intensities and low volume, road races may present a problem as the athlete may not have the endurance required to stay with the main group until the end and yet during the shorter criterium style races they may do quite well. A second reason is to identify an athlete's strengths and pinpoint weaknesses that may need to be addressed in training such as climbing and sprinting. The objective of this article is to provide some general insight into how one can use various testing methods to help guide your training. Please keep in mind that the points presented are "general" and may or may not apply to each reader.

When endurance athletes hear the term "testing", they generally think riding or running to exhaustion in order to measure one's  $\text{VO}_2\text{max}$ . Physiologists record variables such as oxygen consumption, heart rate, blood lactate, power, body weight and percent body fat (see table 1) and then crunch the numbers to derive some meaning from them. The information can build a profile of each athlete to identify strengths and weaknesses that can help in event selection and the development of an appropriate training program for the said event. This is an important point since it can aid both coach and athlete in the goal-setting process to help create realistic rather than unrealistic goals and plan to train effectively for specific races depending upon the profile of the course.

The Canadian Cycling Association has developed an excellent Athlete Development Model. See <http://www.canadian-cycling.com/e2/about/athdevel.html>. The requirements for success in the various cycling disciplines is broken down in the model which provides an excellent understanding of the morphological and physiological characteristics required to excel in a specific cycling

Body Mass	58.0 kg
Percent Body Fat	16.2 %
Maximal HR	186 bpm
Maximal Lactate	12.8 mmol/L
Maximal Aerobic Power	280 W
Relative MAP	4.8 W/kg
Absolute $\text{VO}_2\text{max}$	3.8 L/min
Relative $\text{VO}_2\text{max}$	65.5 ml/kg/min
Lactate Threshold Power	220 W
Relative Lactate Threshold Power	3.8 W/kg
Percent of MAP	78.5 %
HR @ Lactate Threshold	165 bpm
Percent of Max HR	87.8 %

Table 1: Physiological variables often measured during laboratory testing. Values shown are for an elite female cross-country racer.

discipline whether it be a 4000m track pursuit, 40km individual time trial, sprinting or mountain biking. Most coaches and exercise scientists agree that higher power outputs relative to body mass (watts/kilogram) is a good indicator of climbing and time trial potential but this does not always ensure successful results. Dr. Andy Coggan, an expert in exercise physiology specific to cycling and power meter training, provides an interesting power profiling chart at <http://www.cyclingpeaksoftware.com/profile.html> showing the relative watts across different categories of racers over specific durations. Armed with this information, one can select specific events that best match their abilities and train specifically for them or target specific weaknesses that would limit success in an important event that one must race in, such as a selection race or qualifier.

#### Assessment Variables

$\text{VO}_2\text{max}$  is regarded as the gold standard in exercise science for measuring endurance potential and for good reason.  $\text{VO}_2\text{max}$  indicates the body's ability to take in oxygen, extract the oxygen from the blood and produce energy. The higher an athlete's  $\text{VO}_2\text{max}$ , the more power they can produce aerobically. Training improves  $\text{VO}_2\text{max}$ , however there is a limit as to how much and how high we can push it. Dr. Stephen Seiler has an informative website (<http://home.hia.no/~stephens/index.html>) containing a wealth of information regarding exercise physiology and explains that with consistent training over a number of years  $\text{VO}_2\text{max}$  will plateau and show very little further improvements with training despite improved performances. Therefore repeated measurements of  $\text{VO}_2\text{max}$  itself may not be necessary after a year or two of consistent training or a consistent plateau in  $\text{VO}_2\text{max}$  is observed since there are other factors which have been identified that contribute to one's improvement.

A less cumbersome way to assess cycling ability is to simply use a calibrated cycling ergometer such as a Tacx Ergotrainer or Computrainer and measure the highest power output achieved during a maximal test. The following link contains the protocol used by the Canadian Cycling Association <http://www.canadian-cycling.com/e2/teams/testing.html>. The final workload or portion of a workload completed will provide the maximal aerobic power (MAP) which can show great improvements even if and when  $\text{VO}_2\text{max}$  plateaus. There

is also a limit as to how high one's MAP can be trained so don't think that it can continue to increase year after year. Once the MAP of an athlete is known, expressing it relative to body weight (w/kg) provides additional insight into the performance potential of the athlete. Generally of the local mountain bike athletes I have tested at the expert to elite level, those producing 4.5w/kg or higher (5.0 w/kg + for elite males) generally perform better than those producing less than 4.5w/kg especially on the hillier race courses. Some of the values reported from the pro peleton are 6.0 – 7.0 w/kg which is astounding given the low body weight (less than 68kg) of some of these riders and the fact that they repeatedly sustain such power outputs for up to 30 minutes.

When combined with body fat measurements, one can determine how much body weight specifically fat can be lost to improve race performance. Decreasing body weight can have a dramatic effect on performance especially if it is body fat that is lowered which helps when the values are expressed relative to the maximal values (VO<sub>2</sub>max and MAP). The trick though is to try to maintain one's maximal values or increase them to improve one's relative scores. Dropping too much weight can be more detrimental to performance than being slightly heavier. In athletes I have measured, body fat values less than 10.0% for males and less than 19.0% for females are typical of the more competitive racer. Therefore, consistent assessment of both MAP and percent body fat throughout the training year can provide valuable information and feedback when combined with race performances for both coach and athlete in terms of what is required of the training program.

Another variable of interest is the lactate or anaerobic threshold, which is generally accepted as the highest sustainable intensity one can maintain for about 1 hour (sometimes referred to as 40km time trial pace). For a more complete discussion on this topic, see *Alberta Spin* Spring 2004. Once the lactate threshold (LT) is determined, it can also be expressed relative to MAP as a percentage. Intuitively, a higher LT relative to MAP indicates a well developed aerobic energy system. Top level cyclists can average 80% of their MAP or 85-95% of maximal heart rate for durations of about an hour. The speed or power output at LT is regarded as an excellent marker of endurance performance and is often a determining factor in time trials and the longer endurance events. Once the LT workload has been determined, the corresponding heart rate can be used to assign training zones leading to a more precise assignment of heart rate training. If one has been able to measure average power output and average heart rate during an actual 40km time trial, intensity zones can also be established from these values providing more field-based information ([http://www.midweekclub.com/articles/coggan\\_levels.htm](http://www.midweekclub.com/articles/coggan_levels.htm)).

Mountain bike racers can also use the average heart rate during a race as a reference point to calculate target zones. An LT less than 75% of MAP may necessitate the need for more threshold intervals in training to improve the rate of lactate removal, reduce the rate of production and increase the efficiency of the aerobic energy system.

The anaerobic energy system, comprised of both a power and a capacity component, is one of the parameters often forgotten in research conducted on endurance athletes. Most cycling events require a powerful anaerobic energy system to make decisive moves and in most cases repeated attacks. The data gathered from power measuring devices has allowed coaches and researchers to understand more clearly the evolution of various cycling events and have identified the anaerobic energy system as being critical to success. The Anaerobic Wingate test (30 seconds all out at a pre-calculated workload) has been used as the standard for assessing peak power, average power (the power component generated by the muscles), anaerobic capacity (total work produced using anaerobic energy) and the drop in power as a measure of fatigue. It requires a more specialized ergometer to conduct the test as well as recording equipment so this test is not as readily available. Some labs express the peak power instantaneously or over 5 or 6 seconds duration. Measuring the same athlete but using the different durations will dramatically influence the peak value; therefore, it is imperative to use the same test and duration to express peak power. Higher peak power scores generally suggest greater sprinting ability and when the fatigue index (rate of drop in power output over 30seconds) is calculated, varying interpretations can be made based on the slope of the curve (see figure 1).

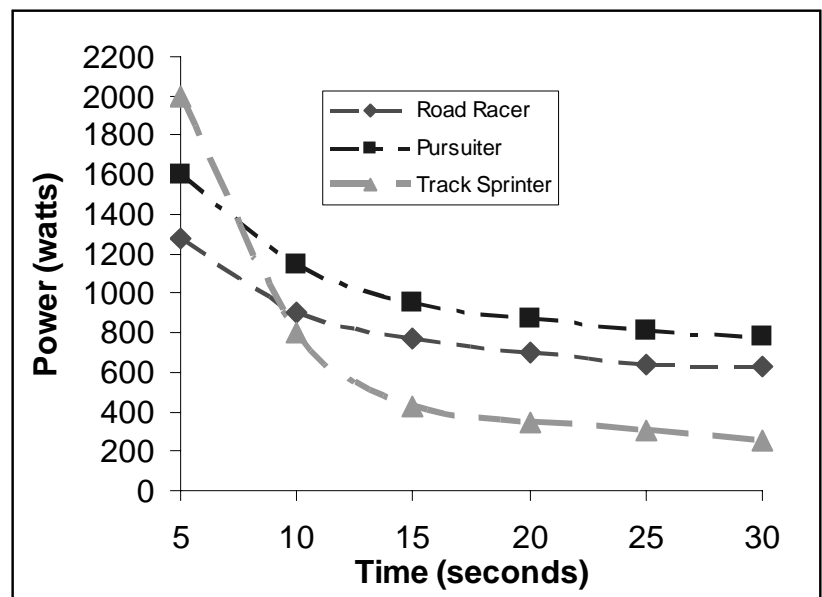


Figure 1: Hypothetical and simplified example of Anaerobic Wingate results for various cycling specialists.

continued from previous page

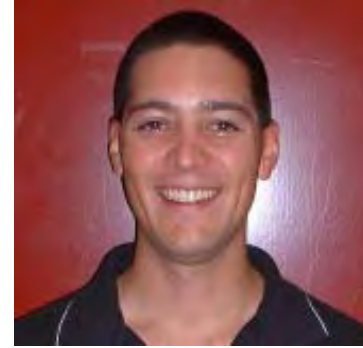
Although the road racer in figure 1 produced the lowest 5-second peak power, the drop in power is relatively small compared to the sprinter indicating a great buffering capacity in the skeletal muscles and the ability to maintain high power outputs for longer periods meaning good anaerobic capacity. To increase the anaerobic capacity further would require more short-high intensity interval training with longer recoveries to fully stress the capacity component while improving the buffering capacity would necessitate shorter recoveries to increase lactate production and accumulation. This information alone can provide one with numerous options for designing anaerobic training sessions.

The information presented in this article can help in the design of training programs and in particular, specific training phases to help prepare riders for their upcoming event(s). Identifying the strengths and weaknesses of an athlete through both testing, past race results and subjective feedback will help during the off-season in the preparation periods. General cross training activities can also be planned to stress the various energy systems independent of the specific muscles used in cycling. This

article has only scratched the surface regarding the use of testing to develop athletes. Volumes of information have been written about each area discussed here as well as many additional topics not covered. If you are serious about your cycling performance, incorporating periodic testing during the year may help take you to the next level and at the very least help you to understand the process of training to a better degree.



*Jack VanDyk is the Human Performance and Endurance Training Systems Coordinator for the Talisman Centre in Calgary. He completed his Masters of Kinesiology degree from the University of Calgary focusing on strength training and cycling performance. Jack is a testing and training consultant for a number of mountain bike and road racers including the Terrascope Racing team, adventure racers and triathletes. He can be reached at 355-1259 or [jvandyk@talismancentre.com](mailto:jvandyk@talismancentre.com).*



## Bow Cycle presents the Bowness Provincial Criterium

Calgary AB August 2, 2004 960m circuit

#	Name	Club	Time
<b>Category 1&amp;2</b> 50 min + 5 laps 2 DNF			
1	Matthew Decore	Pedalhead Road/Sleeman	56:54
2	Dan Wood	ERTC/redbike	56:56
3	Jeff Bolstad	TRS Racing	56:56
4	Mike Stickland	Pedalhead Road/Sleeman	56:56
5	cp Walsh	Synergy	56:56
6	Jere Hu	ERTC/redbike	56:56
7	Nick Jendzjowsky	Pedalhead Road/Sleeman	56:56
8	Taylor Little	River Valley Cycle	56:56
9	Chris Wright	Juventus	56:56
10	Dan Petersen	Bow Cycle/CMC	56:56
11	Byron Davis	Pedalhead	56:56
12	Zach Bell	Synergy	56:56
13	Peter Lawrence	Independent	56:56
14	Per Strom	bicisport	56:56
15	Jason Shenkariuk	Snakebite Society	56:56
16	Mark Knoll	Bow Cycle/Moser-AH	56:56
17	Dave Leahy	TRS Racing	56:56
18	Phil Abbott	bicisport	56:56
19	Mark Fewster	TRS Racing	56:56
20	Harley Desprey	Velocity	56:56
21	Shawn Goulet	Pedalhead Road/Sleeman	56:56
22	Ted Emes	ERTC/redbike	56:56
23	Greg Shore	Juventus	56:56
24	Jesse Collins	bicisport	57:00
25	Dylan Snowdon	Bianchi/The Bike Shop	57:45
26	Cam McKnight	ERTC/redbike	57:47
27	Chris Rubuliak	Juventus	57:47
28	Bob Veroba	bicisport	57:48
29	John Bence	bicisport	58:26
<b>Category 5</b> 30 minutes + 5 laps 2 DNF			
1	Neall Banner	Bow Cycle/CMC	35:29
2	Rod Walker	Crankmasters	35:29
3	Rod MacAlister	Crankmasters	35:29
4	Kevin Walsh	Snakebite Society	35:29
5	Paul Martin	Independent	35:29
6	Thomas Auer	Pedalhead	35:29
7	Evan Wick	Independent	35:29
8	Lance Adamson	United Cycle	35:29
9	James Mollison	bicisport	35:29
10	Neal Gregory	Bow Cycle/CMC	35:29
11	Stuart Harbottle	Bow Cycle/CMC	35:29
12	Nic Andrichuk	Bow Cycle/CMC	at 1 lap
13	Randy Mason	Synergy	at 1 lap
14	Dennis Gregory	Bow Cycle/CMC	at 2 laps
15	Myron Stadyk	bicisport	at 2 laps
16	Jason Buijs	Independent	at 3 laps
17	Bill Blonski	bicisport	at 4 laps

<b>Women A + B</b> 40 minutes + 5 laps			
1	Jessica Demars	Bianchi/The Bike Shop	48:04 Gold - A
2	Nola Zwarich	Bianchi/The Bike Shop	48:25 Silver - A
3	Jennifer Racz	Synergy	48:25 Gold - B
4	Athena Greenwall-Wilson	Independent	48:25 Silver - B
5	Samantha Nicholson	Bianchi/The Bike Shop	48:25 Bronze - B
6	Kristin Campbell	Pedalhead Road/Sleeman	48:25 Bronze - B
7	Christine Ezinga	Bianchi/The Bike Shop	48:25 B
8	Lisa Bowe	bicisport	48:25 A
9	Janka Hegedus	Pedalhead Road/Sleeman	at 1 lap B
10	Colleen Baldwin	Pedalhead Road/Sleeman	at 2 laps B
11	Julia Skleryk	bicisport	at 2 laps B
12	Sherlyn Rawson	Pedalhead Road/Sleeman	at 3 laps B
13	Terii Kovacs	Snakebite Society	at 4 laps B
<b>Category 3</b> 1 DNF			
1	Shaun Adamson	United Cycle	47:53
2	Robert Martens	Blizzard	47:55
3	Felix Haspel	Synergy	47:55
4	Dan Bradley	ERTC/redbike	47:55
5	Jeff Klassen	ERTC/redbike	47:55
6	Jack Van Dyk	Terrascope	47:55
7	Gord Kennedy	Bow Cycle/CMC	47:55
8	David Kennedy	Bow Cycle/CMC	47:55
9	Sean Carter	Snakebite Society	47:55
10	Dylan Menard	Juventus	47:55
11	Stephen Mundy	ERTC/redbike	47:55
12	Orest Massitti	bicisport	47:55
13	Chris Harrison	ERTC/redbike	47:55
14	Brian Bain	Bow Cycle/CMC	47:55
15	Frank Kovacs	Snakebite Society	47:55
16	Dave Ellis	Pedalhead Road/Sleeman	47:55
17	Phil MacDonald	Snakebite Society	47:55
18	Jayson Gillespie	Synergy	47:55
19	Mike Vukadinovic	Skookum Cycle	47:55
20	Lonn Bate	Terrascope	47:55
21	Dean Rawson	Pedalhead Road/Sleeman	47:55
22	Ross Andersen	Synergy	47:55
23	David Watson	Velocity	47:55
24	Andrew Gage	Eurotech	47:55
25	Trev Williams	Revoluzione	48:04
<b>Category 4</b> 40 minutes + 5 laps 1 DNF			
1	James Ritchie	Deadgoat	47:20
2	Brian Zurec	Pedalhead Road/Sleeman	47:20
3	Mike Bidniak	Juventus	47:20
4	Tim Bulgur	ERTC/redbike	47:20
5	Dennis Bland	Crankmasters	47:20
6	Anthony Stadyk	bicisport	47:20
7	John Gilchrist	Deadgoat	47:20
8	Mark Fedoroshyn	Independent	47:20
9	Craig Fraser	Calgary Cycle	47:32
10	Wayne Giles	Bow Cycle/CMC	48:14
11	Greg Yanicki	bicisport	

Breton AB August 22, 2004

#	Name	Club	Time
<b>Open Men/Category 1&amp;2</b> 98 Kilometres			
1	Zach Bell	Synergy	2:36:09
2	Ryan McKenzie	DeVinci/Sportrack	2:36:11
3	Jesse James Collins	bicisport	2:37:13
4	Cam MacKinnon	TheTrackTeam.ca	2:37:20
5	Jeff Bolstad	TRS Racing	2:37:20
6	Taylor Little	River Valley Cycle	2:37:20
7	Nick Friesen	Bianchi/The Bike Shop	2:37:20
8	Shawn Goulet	Pedalhead Road/Sleeman	2:37:20
9	Mark MacDonald	Sport Chek	2:37:20
10	Jere Hu	ERTC/redbike	2:37:20
11	Dylan Snowdon	Bianchi/The Bike Shop	2:37:20
12	Philippe Abbott	bicisport	2:37:20
13	Per Strom	bicisport	2:37:20
14	Graham Rudge	ERTC/redbike	2:38:18
15	Tim Ogryzlo	Pedalhead Road/Sleeman	2:38:18
16	Pat Dodge	Bianchi/The Bike Shop	2:38:18
17	Matt Decore	Pedalhead Road/Sleeman	2:38:49
18	Ted Dahms	Pedalhead Road/Sleeman	2:38:50
19	Ted Emes	ERTC/redbike	2:38:50
20	Sean Barr	Pedalhead Road/Sleeman	2:39:34
21	Mark Fewster	TRS Racing	2:39:57
22	Bob Veroba	bicisport	2:40:59
23	Reid Dalgleish	Synergy	2:51:12
24	Graeme Thomson	bicisport	2:51:12
25	David Leahy	TRS Racing	2:51:12
26	Steve German	Revoluzione	2:51:12
27	Rob Simpson	Juventus	2:52:52
28	Kirk Loberg	Revoluzione	2:53:25
29	David Ariano	ERTC/redbike	2:58:00
30	Sean Huggins-Chan	bicisport	2:58:00
31	Harley Desprey	Velocity	2:58:00

#	Name	Club	Time
<b>Women A and B</b> 78 Kilometres			
1	Laura Yoisten(GA)	DeVinci/Sportrack	2:39:18
2	Jessica DeMars(SA)	Bianchi/The Bike Shop	2:41:04
3	Tessa Bilodeau(GB)	Blizzard	2:42:28
4	Nola Zwarich(AB)	Bianchi/The Bike Shop	2:42:28
5	Liz Ariano(SB)	ERTC/redbike	2:42:28
6	Kristin Campbell(A)	Pedalhead Road/Sleeman	2:42:28
7	Athena Greenall-Wilson(BB)	Independent	2:42:28
8	Anna Paton(A)	Way Past Fast	2:42:28
9	Janka Hegedus(B)	Pedalhead Road/Sleeman	2:42:28
10	Samantha Nicholson(A)	Bianchi/The Bike Shop	2:42:28
11	Colleen Baldwin(B)	Pedalhead Road/Sleeman	2:45:29

#	Name	Club	Time
<b>Category 3</b> 98 Kilometres			
1	Ryan Anderson	Juventus	8 DNF
2	Stephen Mundy	ERTC/redbike	2:50:45
3	David Kennedy	Bow Cycle/CMC	2:50:48
4	John Twells	Pedalhead Road/Sleeman	2:50:48
5	Brian Zurek	Pedalhead Road/Sleeman	2:50:54
6	Andre Sutton	Hardcore	2:50:54
7	Bruce Voelker	Team Coastal	2:51:45
8	Frank Kovacs	Snakebite Society	2:51:46
9	Chris Harrison	ERTC/redbike	2:52:45
10	Shaun Adamson	United Cycle	2:53:15
11	Dylan Menard	Juventus	2:53:17
12	Gord Kennedy	Bow Cycle/CMC	2:56:39
13	Orest Massitti	bicisport	3:04:55
14	Andy Achuff	Pedalhead	3:14:55
15	Dan Bradley	ERTC/redbike	3:15:57
16	Ross Andersen	Synergy	3:26:17

#	Name	Club	Time
<b>Category 4</b> 98 Kilometres			
1	Steve Couse	Deadgoat	4 DNF
2	Mike Bidniak	Juventus	2:47:04
3	Anthony Stadnyk	bicisport	2:47:04
4	John Riess	Pedalhead Road/Sleeman	2:47:20
5	Jason Frank	CABC/Projekt One	2:47:20
6	Tommy Mak	Eurotech	2:47:20
7	Darren Anderson	Pedalhead	2:47:20
8	Thomas Auer	Pedalhead	2:47:30
9	William Carry	Pedalhead Road/Sleeman	2:47:30
10	Tim Bulger	ERTC/redbike	2:47:30
11	John Gilchrist	Deadgoat	2:48:06
12	Ken Riess	Pedalhead Road/Sleeman	2:48:31
13	Nick Insole	Juventus	2:48:49
14	Kevin Noble	United Cycle	2:49:14
15	Tim Brewster	Cycle-Logic	2:49:38
16	Brian Shields	Headwinds	2:49:42
17	James Rasmussen	United Cycle	2:50:26
18	Dennis Bland	Calgary Crankmasters	2:50:54
19	Jonathan Keats	Pedalhead	2:51:31
20	James Ritchie	Deadgoat	2:51:51
21	Aaron Chappell	ERTC/redbike	2:54:12
22	Rob Reid	Crankmasters	2:54:59
23	Jan Sacharuk	Pedalhead Road/Sleeman	2:55:36
24	Myles Marshall	Juventus	2:55:36
25	Craig Fraser	Calgary Cycle	2:55:36
26	Brian Robinson	Bow Cycle/CMC	2:56:02
27	Mark Fedoroshyn	Independent	3:03:14
28	Bill Blonski	bicisport	3:25:00

#	Name	Club	Time
<b>Category 5</b> 78 Kilometres			
1	Reid Cummings	Bow Cycle/CMC	4 DNF
2	Shane Frahm	Edmonton Masters' CC	2:21:55
3	Evan Wick	Independent	2:21:55
4	John Candman	Pedalhead Road/Sleeman	2:22:04
5	Paul Ermantrout	Velocity	2:22:19
6	Rod McAlister	Calgary Crankmasters	2:22:25
7	Allan McIntosh	Edmonton Masters' CC	2:23:02
8	Brad VanderVeen	Velocity	2:23:29
9	Lev Krivitsky	Calgary Crankmasters	2:24:22
10	Todd Houston	Calgary Crankmasters	2:28:50
11	Nic Andrichuk	Bow Cycle/CMC	2:30:29
12	Michael Zelensky	Pedalhead Road/Sleeman	2:30:40
13	Gary Taylor	Calgary Crankmasters	2:31:01
14	Don Fox	Juventus	2:31:12
15	Myron Stadnyk	bicisport	2:31:53
16	Michael Faulkner	Edmonton Masters' CC	2:35:00
17	Paul Kozak	ERTC/redbike	2:35:11
18	Peter Miller	Cycledelia	2:40:09
19	Gilbert Bilodeau	Blizzard	2:45:39
20	Samuel Keats	Blizzard	2:46:09
21	Norm Smith	Calgary Crankmasters	2:57:05
22	Jason Buijs	Independent	3:44:53



Cat 1&2 action at the Bowness Criterium. Photo by Don Hollingshead. Don's been working on the Bicycle Advocates Handbook for Alberta, based on Cycling BC's document. The R&T committee has had success in increasing the cycling content of the Alberta Driver's Manual.

Glenmore Velodrome Calgary AB August 14-15, 2004 Team Sprint results on page 27. Team Pursuit results on page 37.

#	Name	Points Club	200M Sprint		Time	Pts	500/kilo		Race	Om Team	Pursuit	
			Time	Pts			Time	Pts			Scratch	Pts
<b>Junior Women</b>												
Total												
1	Stephanie Roorda (JR)	Synergy Racing	13.45	10	3:00.8	10	41.80	10	10	2	10	10 10 70
<b>Open Women</b>												
1	Anne-Brit Carter-Ericksen	Snakebite Society	13.36									10 10
<b>Paralympic - Women</b>												
3000m												
1	Lisa Stowe	bicisport			4:51.0	10	500m				20	
4000m												
1000m												
60 laps												
1	Zach Bell	Synergy			4:43.0	10	1:08.2	7	10	80	10	10 2 49
2	Graeme Thomson	bicisport	11.42	10	5:01.5	1	1:08.6	5	7	50	3	4 5 3 38
3	Bob Veroba	bicisport			4:50.3	7	1:09.1	3	5	61	7	4 3 29
4	Chris Rubuliak	Juventus	11.71	2	4:57.6	2	1:11.7	2		54	5	3 2 3 19
5	Mike Patton	Synergy			12.06	3	1:12.9				4	7 14
6	Joel Regimbald	Synergy			12.22	5	5:35.2				2	3 2 12
7	Travis Smith	TrackTeam.ca					1:06.7		10		10	
8	Tom Amberiadis	bicisport	11.99	7	5:13.7						2	9
9	Dylan Menard	Juventus			12.08	1	1:12.2	1		-20	3	1 3 9
10	Peter Toth	ERTC/redbike					5:21.0		3		28	2 3 8
11	Ryan McKenzie	DeVinci/Sportrack					4:53.9		5		5	
12	Cam McKinnon	TrackTeam.ca					4:55.1		3		3	
13	Craig Good	Synergy	12.77		5:23.6		1:16.9			0	1	2 3
14	cp Walsh	Synergy							2		1	3
15	Reid Dalgleish	Synergy					5:19.4		1:16.3		1	1 2
16	Sean Huggins-Chan	bicisport					5:33.1		0			1 1
17	Phil Abbott	bicisport					5:01.8		1			1
	Tim Caulfield	Juventus			12.03							
	Tyler Boake	Synergy			12.52							
	Steve German	Revoluzione			13.53		5:51.0					
	Mike McCorkell	bicisport					5:19.2					
	Chris Hooper	Synergy					1:13.5		0			
<b>Sport Men</b>												
3000m												
1000m												
35 laps												
1	Frank Kovacs	Snakebite Society	12.65	5	4:00.0	10	1:15.9	5	10	31	10	4 5 49
2	David T. Corr	Synergy	12.61	10	4:15.4	2	1:14.3	10	7	3	2	3 3 34
3	Stuart Harbottle	Bow Cycle/CMC			13.47	3	1:21.8		2	23	7	4 7 3 26
4	Jon Keech	Synergy			12.81	3	1:14.5	7	3	20	3	23
5	Brian Kullman	Synergy			13.53	5	1:18.5	3	5	20	5	4 22
6	Norm Kalmanovitch	Bow Cycle/CMC			12.75	7	1:18.9	2				10 19
7	Greg Yanicki	bicisport			13.55	2	1:19.6	1	1	2		3 3 11
8	Rob Onodera	bicisport			14.54		1:21.9			3	1	2 3 6
9	Bill Blonski	bicisport			18.32		1:37.3			-38		3 3
10	Conan Cooper	Synergy			13.84						1	1
	Randy Mason	Synergy			13.15							
<b>U17 Men</b>												
3000m												
1000m												
35 laps												
1	Eric Smith	Bow Cycle/CMC	12.22	10	3:53.4	10	1:14.1	10	10	43	10	4 10 3 67
2	Anthony Stadnyk	bicisport			13.29	5	1:18.6	7	7		2	3 7 3 41
3	Spencer Smitheman	Juventus			13.83	2	1:21.7	2	5	21	7	4 3 3 31
4	Will Monteath	Juventus			13.09	7	1:19.3	3	2			4 5 3 27
5	Paul MacDonald	Sport Chek			13.07	3	1:19.1	5	3	2	3	3 19
6	Nicolas Andrichuk	Bow Cycle/CMC			13.64	1	1:24.2	1		3	5	2 10
7	Kasper Woiceshyn	Bow Cycle/CMC			14.74		4:41.6		1		1	
	Neal Gregory	Bow Cycle/CMC			14.39		4:31.1		1:27.0			
<b>Junior Men</b>												
3000m												
1000m												
60 laps												
1	Rene Regimbald	Synergy			12.48	10	1:14.9	7	10	-80	3	4 10 3 54
2	Mark MacDonald	Sport Chek					3:54.0		10		15	10 7 3 40
3	Ross Harbottle	Bow Cycle/CMC			12.78	7	1:18.6	5	7	0	7	3 5 3 37
4	Zach Grant	Juventus			12.87	5					-60	5 3 13

## Bow Cycle presents the Provincial Hill Climb Championships

Mount Norquay, Banff AB September 19, 2004

\* new course record

#	Name	Club	Time
<b>U17 Men</b>			
1	Cody Canning	United	16:28.5
2	Anthony Stadnyk	bicisport	16:35.3
3	Spencer Smitheman	Juventus	16:45.4
4	James Mollison	bicisport	16:48.7
5	Neal Gregory	Bow Cycle/CMC	17:09.0
6	Nic Andrichuk	Bow Cycle/CMC	18:02.5

**Master E Men**

1	Peter Bigg	Edmonton Masters' CC	19:47.3
2	Danny Cronin	Crankmasters	23:37.6
3	Geoff Broadbent	Edmonton Masters' CC	25:44.4

**Junior Men**

1	Mark MacDonald	Sport Chek	14:30.5
2	Wayne Giles	Bow Cycle/CMC	14:43.2
3	Shaun Adamson	United	15:57.9
4	Evan Wick	Independent	16:50.1
5	Mark Milburn	Bow Cycle/CMC	16:50.9

**Paralympic**

1*	John Berezcki	bicisport	21:14.0
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**Open Women**

1*	Danelle Kabush	GearsRacing.com	15:37.6
2	Laura Yoisten	DeVinci/Sportrack	16:43.1
3	Jessica DeMars	Bianchi/The Bike Shop	16:53.5
4	Nola Zwarich	Bianchi/The Bike Shop	17:09.6
5	Samantha Nicholson	Bianchi/The Bike Shop	17:13.1
6	Rebecca Wilkinson	Synergy	20:49.7

**Master A Women**

1	Liz Ariano	ERTC/redbike	19:51.7
2	Victoria Dodd	Revoluzione	19:56.9
3	Barb Kostyk	GS Campione	21:09.6

**Category 5**

1	John Cadman	Pedalhead	16:25.6
2	Koen Raedschelders	Revoluzione	16:29.0
3	Rod MacAlister	Crankmasters	16:39.7
4	Kevin Walsh	Snakebite Society	16:53.0
5	Michael Zelensky	Pedalhead Road	17:41.1
6	Todd Houston	Crankmasters	18:41.3

**Open Men/Category 1&2**

1	Scott Manktelow	Rundle Mountain CC	14:01.5
2	Ryan McKenzie	DeVinci/Sportrack	14:17.7
3	Jesse James Collins	bicisport	14:25.1
4	Mark Webster	Bianchi/The Bike Shop	14:27.8
5	Per Strom	bicisport	14:34.7
6	Geoff Johns	Bianchi/The Bike Shop	14:42.4
7	Dan Petersen	Bow Cycle/CMC	14:57.1
8	Nick Friesen	Bianchi/The Bike Shop	15:04.0
9	Byron Davis	Pedalhead	15:25.3
10	Reid Dalgleish	Synergy	15:35.1
11	Shawn Taylor	Rundle Mountain CC	15:38.0

**Category 3**

1	Lonn Bate	Terrascape	14:27.5
2	Steven Elm	Bow Cycle/CMC	14:28.1
3	Kyle Marcotte	Revoluzione	14:29.2
4	Dennis Bland	Crankmasters	15:45.0
5	Brian Kullman	Synergy	15:53.5
6	Brian Zurek	Pedalhead Road	15:54.9
7	Jason Frank	CABC/Projekt 1	16:26.2
8	Frank Kovacs	Snakebite Society	16:45.8
9	Stephen Mundy	ERTC/redbike	17:31.8

**Category 4**

1	Frank Woolstencroft	Revoluzione	14:21.6
2	Neill Banner	Bow Cycle/CMC	14:28.3
3	Reid Cummings	Bow Cycle/CMC	15:33.2
4	Erik Bakke	Deadgoat	16:01.3
5	Tommy Mak	Eurotech	16:22.9
6	Robert Reid	Crankmasters	16:26.0
7	Ryan Hopping	United	16:38.0
8	Lukas Rasmussen	Headwinds	16:42.1
9	Nik Jackman	United	17:06.8
10	Manrique Bautista	Pedalhead	17:32.9
11	Bill Blonski	bicisport	20:51.1

**Master A Men**

1	Gary Brown	Rundle Mountain CC	14:33.2
2	Gary Alexander	TRS Racing	14:58.9
3	Steve German	Revoluzione	15:30.4
4	Phil MacDonald	Snakebite Society	15:42.0
5	Kirk Loberg	Revoluzione	16:02.1
6	Rod Walker	Crankmasters	16:20.6
7	James Ritchie	Deadgoat	16:30.0
8	Kevin Rokosh	ERTC/redbike	16:33.6
9	cp Walsh	Synergy	16:43.6
10	Sean Huggins-Chan	bicisport	16:55.4

**Master B Women**

1	Carolyn Soules	Crankmasters	19:30.3
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**Master B Men**

1	Pat Dodge	Bianchi/The Bike Shop	14:48.4
2	David Watson	Velocity	15:33.4
3	Phil Rayner	Headwinds	15:48.5
4	Rod Smith	Calgary Cycle	15:49.9
5	Orest Massitti	bicisport	16:00.0
6	David Ariano	ERTC/redbike	16:56.6
7	Carlos Salas	TRS Racing	17:28.8
8	John Gilchrist	Deadgoat	17:46.7
9	Jacek Kaprzyk	Crankmasters	18:57.2

**Master C Men**

1*	Neal Stoughton	Simple Green	15:19.7
2	Lev Krivitsky	Crankmasters	17:57.5
3	Henry Yau	Deadgoat	17:59.2
4	Wayne Long	United	21:17.3

**Junior Women**

1	Heather Griffith	Rundle Mountain CC	19:50.9
2	Stephanie Roorda	Synergy	20:34.8

Canmore AB May 15, 2004 Distance - 40 Kilometres

#	Name	Club	Time
<b>Category 1&amp;2</b>			2 DNF
1	Bruce Copeland	Juventus	0:54:30
2	Cameron McKnight	ERTC/redbike	0:55:13
3	Gary Alexander	TRS Racing	0:55:44
4	Dylan Snowdon	Bianchi/The Bike Shop	0:56:36
5	Scott Manktelow	Rundle Mountain CC	0:56:54
6	Kevin Rokosh	ERTC/redbike	0:57:02
7	Geoff Johns	Bianchi/The Bike Shop	0:57:06
8	Per Strom	bicisport	0:57:06
9	James Sparling	Bow Cycle/CMC	0:57:08
10	Ryan McKenzie	Devinci/Sportrack	0:57:12
11	Gregg Menard	Juventus	0:57:20
12	Nicholas Friesen	Bianchi/The Bike Shop	0:58:31
13	Ted Dahms	Pedalhead Road/Sleeman	0:59:20
14	Jere Hu	ERTC/redbike	0:59:44
15	Shawn Taylor	Rundle Mountain CC	1:00:39
16	John Bence	bicisport	1:01:02
17	Stephen German	Revoluzione	1:01:10
18	David Ariano	ERTC/redbike	1:03:02
19	Andrew Davidson	Bow Cycle/CMC	1:11:40
<b>Category 3</b>			
1	Kevin Masters	Pedalhead Road/Sleeman	0:57:00
2	Reid Dalgleish	Synergy	0:58:08
3	John Impey	Bow Cycle/CMC	0:58:11
4	Graham Rudge	ERTC/redbike	0:58:37
5	Mark MacDonald	Sport Chek	0:58:46
6	Phil Rayner	Headwinds CC	0:59:00
7	Jack VanDyk	Terrascape Racing	0:59:47
8	Edward Emes	ERTC/redbike	1:00:01
9	Frank Kovacs	Snakebite Society	1:00:08
10	David C Watson	Velocity	1:00:15
11	Jeff Klassen	ERTC/redbike	1:01:41
12	Steve Elm	Bow Cycle/CMC	1:01:45
13	Bob Mckerrell	CABC/Projekt One	1:02:06
14	Joel Regimbald	Synergy	1:02:55
15	Craig Horon	Velocity	1:03:05
16	Harley Desprey	Velocity	1:05:08
17	Mike Patton	Synergy	1:05:33
18	Christopher Harrison	ERTC/redbike	1:07:53
<b>Category 4</b>			
1	Gary Brown	Rundle Mountain CC	0:56:55
2	Kyle Marcotte	Revoluzione	0:57:38
3	Dennis Bland	Crankmasters	0:59:11
4	Trev Williams	Revoluzione	0:59:16
5	Jason Frank	CABC/Projekt One	0:59:50
6	Jason Lapierre	Independent	0:59:56
7	Wayne Long	United Cycle	1:01:12
8	Wayne Giles	Bow Cycle/CMC	1:01:50
9	Dylan Menard	Juventus	1:02:07
10	Craig Borgland	bicisport	1:02:45
11	Darin Schacker	Pedalhead Road	1:02:58
12	Tyler Boake	Pedalhead Road/Sleeman	1:03:23
13	Stephen Ferris	Blizzard	1:03:26
14	Frank Woolstencroft	Revoluzione	1:04:27
15	Dean Rawson	Pedalhead Road/Sleeman	1:04:47
16	Mike Trofimuk	Bow Cycle/CMC	1:05:17
17	Anthony Stadnyk	bicisport	1:05:50
18	Stuart Dalziel	Headwinds	1:07:04
19	Greg Yanicki	bicisport	1:07:12
20	Michael Fix	CABC/Projekt One	1:07:23
21	Dave Jaeger	CABC/Projekt One	1:07:30
22	Marcelo Lafuente	Pedalhead Road/Sleeman	1:08:00
23	Claude Breau	bicisport	1:08:02
24	Bill Blonski	bicisport	1:12:43
25	Adrian Marcano	Calgary Cycle	1:12:44
26	Sean Walsh	Bow Cycle/CMC	2:02:40

**Women A**

1	Jessica Demars	Bianchi/The Bike Shop	1:04:17
2	Laura Yoisten	Devinci/Sportrack	1:05:08
3	Susan Copeland	Juventus	1:05:15
4	Nola Zwarich	Bianchi/The Bike Shop	1:05:28
5	Samantha Nicholson	Bianchi/The Bike Shop	1:05:39
6	Tanya Bagnell	ERTC/redbike	1:06:27
7	Joanne Breau	bicisport	1:10:13
8	Lisa Bowe	bicisport	1:11:32

**Women B**

1	Christine Ezinga	Bianchi/The Bike Shop	1:08:16
2	Colleen Baldwin	Pedalhead Road/Sleeman	1:08:42
3	Carolyn Soules	Crankmasters	1:10:21
4	Sheena Lambert	Synergy	1:11:06
5	Susan Sutherland	Synergy	1:11:14
6	Jennifer Racz	Synergy	1:11:14
7	Renee Kenny	Bow Cycle/CMC	1:11:33
8	Tina Tomljenovic	ERTC/redbike	1:12:40
9	Liz Ariano	ERTC/redbike	1:13:44
10	Julia Skleryk	bicisport	1:13:48
11	Victoria Dodd	Revoluzione	1:15:29
12	Tamara Salomon	Independent	1:16:06
13	Terii Kovacs	Snakebite Society	1:16:24
14	Catherine Patocka	ERTC/redbike	1:18:07
15	Alison Bentham	ERTC/redbike	1:18:49
16	Diana Klaassen	Independent	1:19:01
17	Rebecca Wilkinson	Synergy	1:19:56

**Paralympic**

1	Brayden McDougall	bicisport	0:28:15
2	John Bereczki	bicisport	0:30:11
3	Lisa Stowe	bicisport	0:34:00

**Category 5**

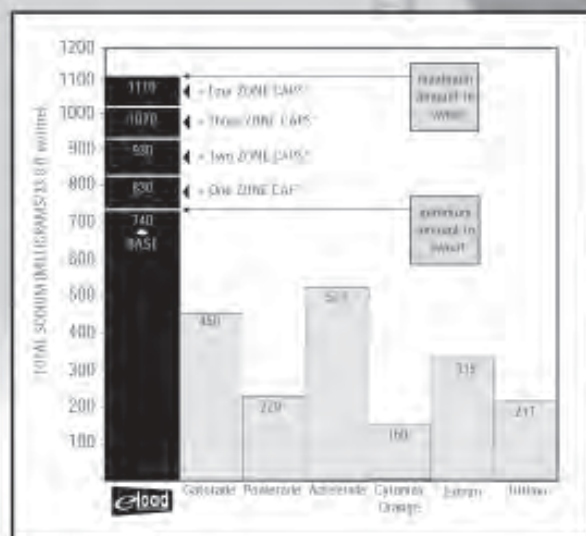
			1 DNF
1	Ed Heacock	Edmonton Masters CC	1:01:00
2	Patrick Griffith	Rundle Mountain CC	1:01:55
3	Chris Sperling	Bow Cycle/CMC	1:01:57
4	Peter Heppleston	Edmonton Masters CC	1:02:42
5	Eric Smith	Bow Cycle/CMC	1:02:42
6	Jared Green	Sport Chek	1:03:28
7	Braden Young	Deadgoat	1:04:51
8	Matt DiSilvestro	Independent	1:04:55
9	Tim Bulger	ERTC/redbike	1:05:06
10	Paul Piakas	Pedalhead Road/Sleeman	1:05:30
11	David Quaschnick	Independent	1:05:59
12	Kevin Walsh	Snakebite Society	1:06:05
13	Scott Perry	bicisport	1:06:11
14	James Smith	Bow Cycle/CMC	1:06:23
15	Lev Krivitsky	Crankmasters	1:06:56
16	Erik Bakke	Deadgoat	1:07:05
17	Mark Milburn	Bow Cycle/CMC	1:07:22
18	Reid Cummings	Bow Cycle/CMC	1:07:26
19	Shaun Bain	Bow Cycle/CMC	1:07:33
20	Todd Houston	Crankmasters	1:07:46
21	James Mollison	bicisport	1:08:10
22	Nicolas Andrichuk	Bow Cycle/CMC	1:08:56
23	Lorne Short	Rundle Mountain CC	1:09:03
24	William Stilwell	Crankmasters	1:09:09
25	Brad VanderVeen	Velocity	1:09:32
26	Geoff Webb	Bow Cycle/CMC	1:09:59
27	Cory Slinger	Independent	1:10:46
28	Raman Mahabir	GS Campione	1:11:28
29	Gregory Malcolm	Velocity	1:12:50
30	Jacek Kasprzyk	Crankmasters	1:13:57
31	William Monteath	Juventus	1:14:45
32	Kasper Woiceshyn	Bow Cycle/CMC	1:15:36
33	Aaron Chappell	ERTC/redbike	1:16:01
34	Danny Cronin	Crankmasters	1:17:30
35	James Oldham	Crankmasters	1:19:51
36	Neal Gregory	Bow Cycle/CMC	1:21:40

***Muscle cramps, dizziness, headaches,  
stomach upset, nausea, vomiting,  
unusual fatigue, diarrhea, fainting,  
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**On the cover:** Lori-Ann Muenzer (Juventus, CAN) has the Olympic gold medal in the bag as she beats Russia's Tamilla Abassova 2-0 in the Womens' Sprint final in Athens. Photo by Rob Jones, [www.canadiancyclist.com](http://www.canadiancyclist.com)