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The Alberta Spin

The magazine of cycling in Alberta

Vol. 38 No. 1 Summer 2006

Off the front...

The Big Aloha!

ABA President Tim Harris

Spring has come and gone, and summer is upon us. The spring has been a combination of great joy and great sorrow, as we lost three members of the racing community, and gained two new members of the ABA office family.

Pedalhead lost two members of their racing family with Lieutenant Bill Turner (Pedalhead Road Works) killed in action in Afghanistan, and Cam McTaggart (Pedalhead racing) succumbing to heat stroke at the Summer Solstice race at Bragg Creek. Bill's cycling and military families participated in his memorial and Cam's funeral was a real celebration of his life. Former ABA President Chris Check spoke with a heavy heart about how much Cam had meant to the Pedalhead family.

Edmonton Masters CC also lost a long time member as Graeme Dibbs passed away from cancer this week. I had the pleasure of working with Graeme at many events and all three riders will be missed by their clubs, friends and the ABA as a whole.

Meanwhile, the Edmonton office staff has been decreased by one, and increased by one and a half! Laurie Wilson has replaced Shauna Richard as Executive Director while Shauna is away on her maternity leave. Laurie comes to us from Basketball Alberta, and has already shown that she will bring lots of new ideas, enthusiasm, and a love of organization to the office (she was upset about our lack of "sign here" sticky notes). The other half is Shauna and Simon Richard's new baby boy who arrived on Tuesday July 11th! Skipping the names lobbied for by her President, they went with Rowan Kilian Richard. Congratulations to the Richard family!

Good luck to all our Alberta riders who are off on projects with the Provincial Team, and to their coaches and managers as well! Even the ones who had to get faxed copies of their licenses!

Have a great summer and enjoy the beautiful weather!

"The Big Kahuna"
Tim Harris

New ABA Executive Director



Laurie Wilson joins the ABA after spending the last year working with the Edmonton Youth Basketball Association and Basketball Alberta as the Community Basketball Coordinator. She has a Phys Ed degree from Augustana University College where she played basketball for three years. Laurie is looking forward to spending the next year learning more about cycling and keeping things in order until Shauna comes back! Stop by and introduce yourself if you see her at a race!

Contributors!

The Alberta Bicycle Association produces the Alberta Spin 4 times a year at the Percy Page Centre Print Shop.

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2006/7 Alberta Spin Deadlines

Issue	in-by	out-by	feature
Autumn 2006	Sep. 15	Sept. 30	More results!
Winter 2006/7	Jan. 15	Jan. 31	AGM News 'Cross!!!
Spring 2007	May 15	May 31	Forms, calendar
Summer 2007	July 15	July 31	Results! Pix!

On the cover: Brennan Bagdan (Pedalhead Road Works) puts his back into it in Cat 4 at the 12th Pigeon Lake Road Race. Photo by Alan Scheitzsch ARS Technical Images.


ALBERTA
SPORT, RECREATION
PARKS & WILDLIFE
FOUNDATION
Enhancing Alberta's Communities


Alberta
COMMUNITY DEVELOPMENT



by Claude Breau

The weather forecast did not look good for this year's cycling camp in Penticton, BC but this time Mother Nature was kinder to us than the Weather Man, much to the delight of the 25 riders ready to face the elements.

Day 1: ~90km. We started out towards Naramata with a short hilly TT in a super tail wind to seed riders into 3 groups of similar ability followed by a short break with intense coughing, wheezing, hacking and conversation containing lots of adverbs and adjectives. Our respective groups then headed south for a recovery along the east side of the lake to OK Falls. We discovered the "Red Sign" which would become the favoured daily sprint finish.

Day 2: ~150km. Osoyoos via OK Falls with a little detour up Anarchist Pass for those who dared (or were dared) to. The ride's longer distance gave everyone an opportunity to hone their paceline skills and to get better acquainted with other riders. I had forgotten how bad it feels to bonk and how important it is to drink even if you're not thirsty.

Day 3: ~50km. The plan was an easy ride to OK Falls. We were going according to plan until that Red Sign appeared in the distance. I guess we're all more or less driven by the same competitive urges.....and that's what makes us all so special.

The evening was spent at a local watering hole soaking up suds at the annual trivia challenge.

Day 4: ~125km. The climbing extravaganza. Oh yeah! This is the real deal.

We started out to Giant's Head, a fairly short 10% plus grade 2km climb about 25 km north of Penticton which was a taste of things to come. Then we went back to town and headed up Carmi Road, which starts climbing abruptly and maintains a steady 8% plus grade for 9km. The summit provides a panoramic view of the city below.

At this point, the temptation to roll back down and right back to the hotel was hard to ignore. Instead, but we continued and rode right out the other side of town and up to the foot of the Apex Mountain turnoff, at which our group decided we had had enough of defying gravity and rode full tilt back to town.

Day 5: ~140km. By now, the weather was really getting nice; leg warmers gave way to knee warmers that often ended up in jersey pockets. The group rode out on Apex Road and then south down Green Mountain Road, which is a thrilling 15km descent through some absolutely gorgeous country side with lots of high speed turns and a bunch of short big ring sprints. The ride continued through vineyard country that included lots of nice climbs and rolling sections to flex some muscle and hammer a bit.

Day 6: ~???km. We didn't even go looking for the Red Sign. A day off the pedals wasn't a day off though. The camp included an hour-long session at a local yoga clinic where a lovely young lady made us bend and flex our bodies into complex and painful poses. She may have even converted a few of us. We spent the evening at Boston Pizza where another form of competition took place in the form of "all you can eat pizza".

Day 7: The plan was 160 to 200km along the "Ironman route" and out to Naramata to complete the longer distance. It was pouring rain when I awoke and looked out the window. I won't tell you what I said. After thoughtful consideration and lots of coffee it seemed like driving back to Alberta might not be a bad idea and so we did. Sniff, sniff.

As it turned out the rainy weather cleared and riders did take on the big Apex mountain climb. I'm sorry I missed it but there's always next year!

A big "Thank You" to Andy, Guri and cp.



Canmore AB May 27-28, 2006

Individual Time Trial May 27

Rank	Name	Club	Time
			1 DNF
1	Danielle Kenny	CMC/Bow Cycle	1:06:17
2	Tricia Orzeck	Synergy	1:08:04
3	Pepper Harlton	Dirt Girls	1:10:15
4	Tanya Bagnell	ERTC/redbike	1:14:32

Women B

Rank	Name	Club	Time
			1 DNF
1	Tanya Salomon	TRS Racing	1:05:29
2	Julie Beveridge	bicisport	1:05:47
3	Kelly Cranston	Rundle Mountain CC	1:11:39
4	Carolyn Soules	Crankmasters	1:11:59
5	Sara Gross	Independent	1:12:28
6	Adrienne Tibbitts	GS Campione	1:14:07
7	Tara-Lee Stilwell	United Cycle	1:14:13
8	Melanie Zinck	Team H&R Block	1:15:49
9	Shannon Syme	Independent	1:16:18
10	Brenda Guebert	Independent	1:16:57
11	Judy Harlton	Dirt Girls	1:17:12
12	Michelle Beveridge	bicisport	1:22:56
13	Jennifer Porter	Independent	1:29:23
14	Val Trainer	Juventus	1:33:30
15	Anastasia Stadnyk	bicisport	1:47:47

Category 1&2

1	Bruce Copeland	Juventus	0:55:31
2	Bob Veroba	bicisport	0:56:55
3	Trev Williams	Speed Theory	0:58:42
4	Scott Manktelow	Rundle Mountain CC	0:58:46
5	Ryan Hopping	ERTC/redbike	0:58:54
6	Eric Smith	CMC/Bow Cycle	0:59:45
7	Mike Bidniak	Juventus	1:00:48
8	Kevin Rokosh	ERTC/redbike	1:00:49
9	Tim Ogryzlo	Pedalhead Racing	1:01:05
10	John Twells	Pedalhead Racing	1:01:15
11	Ashley Myers	Terrascape	1:02:13
12	Tim Bulger	ERTC/redbike	1:03:53
13	Borlee Harley	Team H&R Block	1:08:42
14	Byron Davis	Pedalhead Racing	1:11:31

Category 3

Rank	Name	Club	Time
			1 DNF
1	Spencer Smitheman	Juventus	0:59:48
2	Aaron Chappell	ERTC/redbike	1:00:10
3	Nic Andrichuk	CMC/Bow Cycle	1:00:15
4	Reid Cummings	CMC/Bow Cycle	1:00:50
5	John Impey	CMC/Bow Cycle	1:01:08
6	Jared Green	TRS Racing	1:01:16
7	Keith Bayly	Deadgoat	1:01:50
8	Wayne Long	United Cycle	1:01:53
9	Don Fox	Juventus	1:02:21
10	Devin Erfle	Deadgoat	1:02:30
11	Dennis Bland	Crankmasters	1:03:31
12	Zane Westerbeek	Team H&R Block	1:03:43
13	Carson Bannon	TRS Racing	1:04:50
14	Neal Gregory	CMC/Bow Cycle	1:04:55

15	Paul Robertson	Terrascape	1:04:58
16	Bob Mckerrell	CABC	1:05:09
17	Frank Woolstencroft	TRS Racing	1:05:13
18	Ross Andersen	Calgary Cycle	1:06:37
19	David Watson	Velocity	1:08:29
20	Anthony Stadnyk	bicisport	1:08:55

Category 4

			2 DNF
1	Gary Brown	Rundle Mountain CC	0:57:20
2	Donald King	CMC/Bow Cycle	1:01:29
3	Sandy Hilton	Pedalhead Roadworks	1:01:52
4	Dallas Morris	Deadgoat	1:02:24
5	Tracy Shearer	Juventus	1:03:25
6	Mark Beese	Rundle Mountain CC	1:03:26
7	Kevin Walsh	Crankmasters	1:04:16
8	Peter Heppleston	Edmonton Masters' CC	1:04:35
9	Jeff Neilson	Terrascape	1:05:28
10	Kyle Harris	Juventus	1:05:36
11	Jon Mayne	Pedalhead Roadworks	1:05:42
12	Ryan Draper	Rebound	1:06:03
13	Carlos Salas	TRS Racing	1:08:30
14	Lev Krivitsky	Terrascape	1:14:01
15	Jack Funk	Deadgoat	1:17:21

Category 5

			2 DNF
1	Christopher Brown	Independent	1:00:25
2	Peter Farran	Crankmasters	1:02:51
3	Ryan Murray	Speed Theory	1:03:40
4	Jason Wall	Independent	1:03:54
5	Ed Heacock	Edmonton Masters' CC	1:04:02
6	Paul Anderson	Speed Theory	1:04:17
7	Rod Tiedemann	Edmonton Masters' CC	1:05:14
8	Stan Walter	Crankmasters	1:05:32
9	Phillip Williamson	Crankmasters	1:05:34
10	Larry Welsh	Independent	1:06:06
11	Martin Day	CABC	1:06:44
12	Edward Roddy	Deadgoat	1:07:08
13	Jacek Kasprzyk	Crankmasters	1:07:49
14	Ernest Wyder	Speed Theory	1:08:38
15	Michael Urquhart	Singletrack	1:08:53
16	Michael Zelensky	Terrascape	1:09:01
17	Stephen Kenny	Alberta Randonneurs	1:09:16
18	Christopher Dittrick	CMC/Bow Cycle	1:10:01
19	Murray Oshanyk	Rundle Mountain CC	1:10:19
20	Andrew Schietzsch	Juventus	1:10:50
21	Lance Harris	Juventus	1:10:57
22	Lorne Short	Rundle Mountain CC	1:11:03
23	Wes Zaniecki	Crankmasters	1:11:10
24	Tim Hartley	Pedalhead Roadworks	1:11:57
25	Christopher McCue	CMC/Bow Cycle	1:12:01
26	Kasper Woiceshyn	CMC/Bow Cycle	1:12:38
27	Richard Greaves	Rebound	1:14:31
28	Stephen Andrichuk	CMC/Bow Cycle	1:14:32
29	Gordon Timm	Eurotech	1:17:15
30	Darrell Booth	Highwood Cycling	1:18:57
31	Doug Jamieson	CoachChris.ca	1:20:56
32	Patrick Hodgkinson	Crankmasters	1:22:06
33	Terry Andrichuk	CMC/Bow Cycle	1:25:48
34	Jim Oldham	Crankmasters	1:27:31

Rundle Mountain CC presents



the Canmore Race Weekend

Criterium May 27

Rank	Name	Club	Time
Category 1&2 + 3			
2 DNF 40 minutes + 3 laps			
1	Dan Wood	ERTC/redbike	0:46:03
2	Mark Foster	Team H & R Block	0:46:03
3	Sean Carter	Team H & R Block	0:46:03
4	Craig Debellefeuille	Synergy Racing	0:46:03
5	Peter Lawrence	Team H & R Block	0:46:03
6	Anthony Steenburgen	Team H & R Block	0:46:03
7	Jeff Klassen	ERTC/redbike	0:46:03
8	Nic Andrichuk	CMC/Bow Cycle	0:46:03
9	Nic Christofferson	Independent	0:46:03
10	James Ritchie	Independent	0:46:03
11	Spencer Smitheman	Juventus	0:46:03
12	Tim Bulger	ERTC/redbike	0:46:03
13	Tim Ogryzlo	Pedalhead Racing	0:46:03
14	Harlee Borlee	Team H & R Block	0:46:03
15	Zane Westerbeek	Team H & R Block	0:46:03
16	Jay Lapierre	Speed Theory	0:46:03
17	Shaun Adamson	Juventus	0:46:03
18	Scott Manktelow	Rundle Mountain CC	0:46:03
19	James Purdy	bicisport	0:46:03
20	Greg Fulford	Juventus	0:46:03
21	Steve German	TRS Racing	0:46:03
22	Byron Davis	Pedalhead Racing	0:46:03
23	Ryan Hopping	ERTC/redbike	0:46:03
24	Carson Bannon	TRS Racing	0:46:03
25	Don Fox	Juventus	0:46:03
26	Aaron Chapell	ERTC/redbike	0:46:03
27	Shawn Taylor	Rundle Mountain CC	0:46:03
28	Mike Bidniak	Juventus	0:46:15
28	Paul Kelly	Team H & R Block	0:46:18

Rank	Name	Club	Time
Category 4			
9 DNF 25 minutes + 3 laps			
1	Evan Firth-Eagland	bicisport	0:33:33
2	Brian Robinson	CMC/Bow Cycle	0:33:33
3	Dallas Morris	Deadgoat Racing	0:33:33
4	Jeff Neilson	Terrascape	0:33:33
5	Andrew Phelps	Cranky's	0:33:33
6	Steve Soldan	Independent	0:33:33
7	Kyle Anderson	ERTC/redbike	0:33:33
8	Dion Clark	CMC/Bow Cycle	0:33:33
9	David Larson	Juventus	0:33:33
10	Jon Mayne	Pedalhead Roadworks	0:33:33

Team Time Trial May 28

Rank	Names	Club	Time
Master Men			
1	Ed Heacock	Edmonton Masters' CC	1:02:00
	Rod Tiedemann	Edmonton Masters' CC	1:02:00
	Peter Heppleston	Edmonton Masters' CC	1:02:00
	Shane Frahm	Edmonton Masters' CC	1:02:00
	Karl Schneider	Edmonton Masters' CC	1:02:00
	David Watson	Velocity	1:02:00

Women

1	Marlis Kromm	bicisport	1:09:24
	Lauren Lankester	bicisport	1:09:24
	Danielle Kenny	CMC/Bow Cycle	1:09:24
	Julie Beveridge	bicisport	1:09:24
	Michelle Beveridge	bicisport	1:09:24
	Jessica Kissel	bicisport	1:09:24

Junior Men

1	Spencer Smitheman	Team Alberta - junior	0:57:56
	Anthony Stadnyk	Team Alberta - junior	0:57:56
	Nic Andrichuk	Team Alberta - junior	0:57:56
	Eric Smith	Team Alberta - junior	0:57:56
	Neal Gregory	Team Alberta - junior	0:57:56
	Mike Bidniak	Team Alberta - junior	0:57:56
2	Kurt De Frietas	CMC/Bow Cycle	1:06:10
	Mac Brentnall	CMC/Bow Cycle	1:06:10
	Patrick Mcmanus	Independent	1:06:10
	Brian Robinson	CMC/Bow Cycle	1:06:10
	James Mollison	bicisport	1:06:10
	Stephen Andrichuk	CMC/Bow Cycle	1:06:10

Open Men

1	Steve Gaffney	Independent	0:57:04
	Michael Simpson	Independent	0:57:04
	Nic Christofferson	Independent	0:57:04
	Paul Krochak	Escape Velocity/Devo	0:57:04
	Keith Bayly	Deadgoat	0:57:04
	Shane Besler	Independent	0:57:04
2	Leighton Poidevin	Rundle Mountain CC	0:57:05
	Scott Manktelow	Rundle Mountain CC	0:57:05
	Andy Reed	Rundle Mountain CC	0:57:05
	Gary Brown	Rundle Mountain CC	0:57:05
	Brent Bittner	Rundle Mountain CC	0:57:05
	Mark Beese	Rundle Mountain CC	0:57:05
3	Anthony Steenburgen	Team H&R Block	0:57:30
	Shawn Taylor	Team H&R Block	0:57:30
	Peter Lawrence	Team H&R Block	0:57:30
	Mark Foster	Team H&R Block	0:57:30
	Paul Kelly	Team H&R Block	0:57:30
	Harlee Borlee	Team H&R Block	0:57:30
4	Tracy Shearer	Juventus	1:06:03
	David Larson	Juventus	1:06:03
	Kyle Harris	Juventus	1:06:03
	Connor Witzke	Juventus	1:06:03
	Andrew Schietzsch	Juventus	1:06:03
	Lance Harris	Juventus	1:06:03

Below: Resourceful photofinish operator Tom Steenaerts uses car headlights to light up the Cat 1&2-3 finish in the Criterium. More pix by Alan Schietzsch ARS Technical Images <http://www.interpolatethis.com/06Canmore.html>



Team Bow Cycle/Cyclemeisters presents the Spring Clean Up Track Meet

Glenmore Velodrome Calgary May 6-7, 2006

6

Alberta Spin Summer 2006

#	Name	Club	Pursuit Time	#	Scratch O-Pts #	200M O-Pts Time #	Sprints #	500/kilo O-Pts Time	#	Points O-Pts Pts #	Keirin O-Pts #	O-Pts	Total Pts	
														O-Pts
Women A														
1	Monique Sullivan (jr)	CMC/Bow Cycle	2:45.9	2	12	1	15	38.828	2	12	1	15	84	
2	Laura Brown	CMC/Bow Cycle	4:06.7	1	15	2	10	39.821	3	10	2	12	67	
3	Alison Testroete	CMC/Bow Cycle	4:24.0	4	8	5	6	41.469	5	6	3	10	48	
4	Tara Whitten	Velocity	4:21.43	10	7	4	8	41.342	4	8	5	6	40	
5	Anne Brit Ericksen	Symmetrics				2	12	38.1181	15		2	12	39	
6	Natasha Kuzmak	Synergy	4:20.8	2	12	3	4	41.645	6	4	4	4	38	
7	Danielle Kenney (jr)	CMC/Bow Cycle	2:44.4	1	15	6	4	43.000	8	5	6	6	25	
8	Stephanie Roorda	Synergy			5	6		42.349	7	0	7		6	
Women B														
1	Michelle Beveridge	bicisport	3:06.6	1	15	1	15	43.311	1	15	4	15	72	
2	Anastasia Stadyk	bicisport	3:35.1	2	12	2	10	48.945	3	10	2	12	56	
3	Lisa Stowe (Para)	bicisport	4:41.2	1	15	1	15	45.549	2	12			42	
Category 1&2														
1	Ryan MacKenzie	Independent	4:57.5	1	15	2	12	1:10.9	4	8	15	2	12	10
2	Bob Veroba	bicisport	4:58.3	2	12	3	10	1:09.1	1	15	3	10	47	
3	Doug Baron	TheTrackTeam.ca				2	12	1:09.2	2	12	10	15	39	
4	Jamie Sparling	bicisport	5:04.7	3	10	4	8	1:13.6	9	1	15	30	33	
5	Cam MacKinnon	TheTrackTeam.ca	5:14.3	7	1	15	10.72	1	15					
6	Felix Haspel	Synergy	5:33.4	11			11.46	3	10	5	6	0	24	
7	Joel Regimbald	Juventus				3	10	1:11.2	5	6	4	8	24	
8	Dylan Menard	Juventus	5:07.7	6	4	6	4	1:13.1	7	3	10	12	20	
9	Reid Dalglish	Synergy				5	6	1:09.8	3	10	5	6	14	
10	Mike Patton	Synergy				6	4	1:16.1	13	5	5	6	14	
11	Devon Smibert	Synergy	5:05.5	4	8	5	6	1:14.3	11				10	
13	Craig DeBellefeuille	Synergy	5:19.5	8	7	12	12	1:13.2	8	6	4	4	8	
12	Mike McCorkell	bicisport	5:23.0	9		15	15	1:12.5	6	4	2	6	8	
13	Graeme Thomson	bicisport	5:07.6	5	6	5	5	1:14.4	12	7	4	8	8	
14	Mark Foster	Team H&R Block	5:41.5	13		9	9	1:16.9	14	14	11	6	6	
15	Rene Regimbald	CMC/Bow Cycle				10	10	1:14.1	10	7	6	4	6	
	Mark MacDonald	bicisport	5:23.8	10		8	8	12.08	8	2	7			
	Brad Remenda	Juventus				14	14	12.32	13					
	Zach Grant	Juventus				14	14	12.34	14					
	Craig Good	Synergy	5:36.5	12	8	8	8	12.79	17					
	Steve German	TRS Racing	6:00.4	14		18	18	1:25.3	15	15	12	13		
	cp Walsh	Synergy												
Category 3														
1	Eric Smith	CMC/Bow Cycle	3:39.0	1	15	1	15	1:08.7	1	15	8	4	83	
2	Spencer Smitheman	Juventus	3:54.4	2	12	3	10	1:14.7	2	10	1	15	69	
3	Frank Kovacs	Synergy Racing	3:57.3	5	6	2	12	1:12.9	3	12	3	10	52	
4	Nic Andrichuk	CMC/Bow Cycle	3:55.1	3	10	3	10	1:16.6	5	6	2	12	52	
5	Anthony Stadyk	bicisport	4:05.7	6	4	4	8	1:16.5	4	8	2	6	40	
6	Neal Gregory	CMC/Bow Cycle	3:56.9	4	8	5	6	1:17.9	6	4	5	6	28	
7	Will Monteath	Juventus	4:19.8	9		6	4	1:18.7	7	7	0	7	4	
8	Rob Brandrick	Independent	4:21.1	10	6	4	4	1:24.7	10	8	0	7	4	
	Brian Kullman	Synergy	4:18.6	8		8	8	1:19.5	8					
	Jon Keech	Synergy	4:17.1	7		8	8							

Full report on page 31

Category 4

1	James Purdy	bicisport	4:09.5	1	15	1	15	5	6	1:18.5	2	12	3	1	15	1	15	78
2	John Plant	Synergy Racing	4:15.5	2	12	2	12	2	12	1:19.6	3	10	0	2	12	2	12	70
3	Kyle Harris	Juventus	4:28.0	6	4	5	6	3	10	1:20.2	4	8	-20	3	10	3	10	48
4	Greg Yanicki	bicisport	4:23.8	5	3	3	10	3	10	1:21.6	5	6	-40	4	8	6	4	34
5	Lance Harris	Juventus	4:44.4	8	4	4	8	6	4	1:23.2	6	4	-60	5	6	5	6	28
6	Dave Corr	Synergy Racing	4:32.7	7	4	6	4	4	8	1:17.2	1	15			4	8	27	
7	Norm Kalmanovitch	CMC/Bow Cycle		3	10	7		1	15	1:20.8	9						10	
8	Matt Wheatley	Juventus	4:17.1	4	8			8							8			
9	Evan Firth-Eagland	bicisport	4:19.4	4	8			7							0			
	Evan Wick	CMC/Bow Cycle						7										

Category 5

1	Stephen Andrichuk	CMC/Bow Cycle	3:01.7	2	12	2	12	2	12	43.330	3	10	4	3	10		10	56
2	Brayden McDougall (P)	bicisport	4:36.9	1	15			3	10	1:28.4	1	15	4	2	12		12	52
3	Norm Kalmanovitch	CMC/Bow Cycle	2:52.3	1	15					39.028	1	15	10	1	15		15	45
4	Bruce Wick	CMC/Bow Cycle	3:04.6	3	10	1	15	1	15								40	
5	Bill Blonski	bicisport	3:24.0	4	8	3	10	6		50.831	4	8	0	4	8		34	
6	Dennis Gregory	CMC/Bow Cycle		4	8			4	8	42.442	2	12					20	
7	Jaye Milley	bicisport	3:31.1	5	6			5	6								12	

Tandem

1	Edwards/Baron	Velocity	5:19.9	1	15					1:12.4	1	15						30
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City of Edmonton cycling has Claire direction*

by Claire Stock

Hope you're rolling well in 2006! The new year is a happy one at the City of Edmonton with the addition of a new member of our bicycle transportation staff - welcome aboard Claire Ellick. Now there're two Claires to promote cycling!

One of the first tasks this year is compiling results from the bicycle survey done in autumn of 2005. We received a marvellous response and great suggestions - thank you to those who distributed and completed the surveys. We'll repeat the survey in spring 2006 to understand fair weather travel patterns. The survey is still available at www.edmonton.ca/cycling for ongoing comments. You can also access an array of Edmonton cycling info online and we welcome any suggestions about the web page.

For any bike-related inquiries, please contact Claire Ellick or me at 496-2407 or 496-2615.

by Claire Ellick

As the recent addition to the Bicycles & Active Transportation group at the City of Edmonton, I have the wonderful opportunity to combine my love of riding with my profession. Although a lifelong rider, I first fell in love with my bicycle through triathlon...I figured out pretty quickly that I'd rather be riding my bike than running, swimming, or anything else, really. So I've had a good combination of road riding, mountain biking and commuting to the local candy store in my 24 years. Although my preferences shift, mountain biking has been my most constant favourite...getting outside to enjoy the natural beauty we're so lucky to have in this province. When I'm not on my bike, I'm probably rock climbing or traveling - anything to be outdoors, experiencing the world.

Some of the major projects that I will be working on in 2006 include the Sidewalk Strategy - the development of a strategy to complete missing links of sidewalk throughout Edmonton, as well as an update of Edmonton's Bicycle Transportation Plan. City Council approved the last bike plan in 1992, and it has defined the bicycle goals of the City over the following years. Other ongoing projects include the Multi-use Trail Corridor Study, a mission to convert old railway and pipeline corridors into an integrated network of multi-use trails throughout the city.

I hope to bring to the job my experience, my enthusiasm and my belief that bikes are best. See you on the trails! 

*Editor's note: I couldn't help myself. Somebody stop me...

Velocity CC presents the Shish-Ke-Bab Track Meet

Argyll Velodrome June 10-11, 2006

Rank	Name	Club	Pursuit		Scratch		Sprints		500/kilo		Points		Total	
			200m	Time	Rank	Pts	Rank	Pts	Rank	Pts	Time	Pts		Rank
Women A														
			3000m						500m					
1	Tara Whitten	Velocity	13.53	4:13.7	2	12	1	15	41.84	12	5	3	15	69
2	Natasha Kuzmak	Synergy	13.42	4:15.4	3	10	2	12	42.50	10	3	4	12	56
3	Stephanie Roorda	Synergy	13.61	4:31.2	4	8	3	10	43.69	8	3	5	8	44
4	Gail Wozny	Juventus	14.42	4:28.5	1	15	4	8	45.35		2	6	10	41
5	Monique Sullivan	CMC/Bow Cycle	12.65						39.70	15				15
	Joy Mekechuk	Juventus	15.10	4:48.3	5				46.55					
	Lisa Stowe (Para)	bicisport	14.61	4:47.8							-20	10		
	Tanya Bagnell	ERTC/redbike	16.90	4:56.5	6				49.47					
Women B														
			2000m						500m					
1	Michelle Beveridge	bicisport	14.63	3:06.8	1	15	5	15	45.09	15	0	9	15	75
2	Samantha Grover	Juventus	16.56	3:22.5	2	12			49.69	10			12	46
3	Cindy Brewster	Juventus		3:18.5					47.50	12				22
	Maryann Heacock	Velocity							45.75					
Category 1&2														
			4000m						1000m					
1	Reid Dalgleish	Synergy	12.72	5:05.2	4	8			1:15.5	8	15	3	10	41
2	Nick Jendzjowsky	Pedalhead Road	12.34	5:11.3	2	12	7		1:16.1		20	1	15	37
3	Eric Smith	CMC/Bow Cycle					2	12	1:11.7	15				27
4	Felix Haspel	Synergy	11.49				1	15	1:13.6	10	1	5		25
5	Devon Smibert	Synergy		5:07.7					1:17.1		16	2	12	24
6	Chris Hooper	Synergy	12.49	5:26.8	3	10	6		1:17.1		9	4	8	18
7	Ryan Hopping	ERTC/redbike	12.81	5:31.4	1	15			1:15.9		0	7		15
8	Dylan Menard	Juventus	11.80				8		1:13.4	12				12
9	Mike Patton	Synergy	11.95				3	10	1:16.1		-15	8		10
10	Shaun Adamson	Juventus		5:26.8					1:17.4	0	6			8
11	Rene Regimbald	CMC/Bow Cycle	12.33				4	8	1:15.6					8
	Joel Regimbald	Juventus	11.68	5:49.8	5		5		1:15.9					
Category 3														
			3000m						1000m					
1	Spencer Smitheman	Juventus	12.53	3:55.5	1	15	6		1:16.6	10	17	1	15	52
2	Frank Kovacs	Synergy Racing	11.91	4:01.4	4	8	1	15	1:15.4	12	12	3	10	45
3	Craig DeBellefeuille	Synergy	12.25	3:56.8	3	10	3	10	1:17.8		17	2	12	40
4	Neal Gregory	CMC/Bow Cycle	12.76	3:56.2			4	8	1:17.4	8	7	4	8	34
5	Tim Caulfield	Juventus	11.78		6				1:15.3	15				15
6	Eric Smith	CMC/Bow Cycle	11.60	3:46.0										15
7	Kevin Rokosh	ERTC/redbike	12.70	4:01.6	2	12	7		1:18.1	2	5			12
8	Brad Remenda	Juventus	12.39				2	12	1:18.3					12
	Matt Wheatley	Juventus		4:12.1					1:21.1					
	cp Walsh	Synergy	12.30		5		5							
	Ron Ellis	Juventus	13.64		7							6		
Category 4														
			3000m						1000m					
1	Rob Leeds	CMC/Bow Cycle	12.58	4:09.8	1	15	1	15	1:18.2	15	16	1	15	75
2	Kyle Harris	Juventus	13.21	4:20.1	2	12	2	12	1:18.9	12	10	2	12	56
3	Dave Corr	Synergy Racing	12.93	4:20.0	5		4	8	1:23.1	8	-11	3	10	36
4	Anne Brit Ericksen	Symmetrics	13.04		4	8	6		1:22.9	10	-15	4	8	26
5	John Plant	Synergy Racing	13.03	4:13.6	3	10	5							22
6	Monique Sullivan	CMC/Bow Cycle	12.65				3	10						10
	Norm Kalmanovitch	CMC/Bow Cycle	12.64		6		7							
	Jason Gray	Juventus	13.58						1:27.1					
	Tim Brewster	Juventus	13.89	4:47.7					1:28.3	-16	5			
			*3000m						*1000m					
Category 5														
			2000m						500m					
1	Sherwood Plant	Synergy	13.33	2:50.1	3	10	1	15	40.11	15	8	2	12	64
2	Kurt Woytiuk	Velocity	14.00	2:49.9	1	15	2	12	43.93		11	1	15	57
3	Brayden McDougall	bicisport	14.41	4:40.8*	2	12	3	10	1:33.0*		0	8	8	30
4	David Eliuk	Velocity		2:55.6					42.49	8	1	7	10	28
5	Norm Kalmanovitch	CMC/Bow Cycle	12.64	2:56.3					40.44	12				20
6	Ron Ellis	Juventus	13.64						42.05	10				10
7	Nathaniel Preston	Juventus	14.55	3:10.7	4	8			46.40		-40	11		8
	Matt Rein	Velocity		3:10.0										
	David Todd	Juventus		3:09.9			5							
Tandem														
1	Brian Cowie/Devon Smibert	Synergy		5:05.7					1:15.7	15				30

Casino workers -

33 hard-working ABA'ers took time to support the ABA and its programs at the ABA Casino on April 27-28. Many thanks to:

General Managers:

Tim Harris ABA Board of Directors (both days!!!)
 Barry Forgie ERTC/redbike
 Brys Francis ABA Board of Directors/United Cycle

Bankers:

Harvey Brauer ABA Racing Committee/
 Velocity (both days!!!)
 Pauline Smitheman Provincial Team/Juventus
 Evan Sherman Provincial Team/United Cycle

Cashiers:

Sue Anderson Provincial Team/Juventus
 Marnie Vickery St. Albert BMX
 Mike Bidniak Provincial Team/Juventus
 Leanne Dunnigan St. Albert BMX
 Tom McKee River Valley Cycle
 Peter Buhler Stony Plain BMX
 Joanne Buhler Stony Plain BMX
 Kristy Sarnoski DirtGirls

Chip Runners:

Lino Bovo
 Terry Nieman
 Jeff Davis
 Bruce Copeland
 Mike Sarnecki
 Liesje Sarnecki
 Pepper Harlton
 Edmonton Masters CC/
 Juventus (both days!!!)
 Edmonton Masters CC
 ABA Board of Directors/ERTC/redbike
 ABA Board of Directors/Juventus
 Provincial Team/
 ABA Racing Committee/ING
 ING
 Provincial Team/DirtGirls

Count Room:

Bernie Fagnan
 Alan Schietzsch
 Shauna Richard
 Tara Rogutski
 Simon Richard
 Andy Achuff
 Guri Randhawa
 Lauri Wischoff
 Shannan Roberge
 Karen Martins
 Ken Smith
 Lisa Van Staaldunin
 Velocity
 ABA Board of Directors/Juventus
 ABA Staff
 ABA Staff
 United Cycle
 Pedalhead Racing
 Pedalhead Roadworks
 Sirens SC
 Sirens SC
 Hardcore CC
 Edmonton BMX
 St. Albert BMX

a sure bet

Action on and off the track at the Velocity Shish-ke-bab



Above: Brayden McDougall (bicisport) keeps up with the Canadian flag-patterned tandem of Brian Cowie and Devon Smibert. (Synergy).

Right: Sprockids get their medals on completion of the program operated by Juventus CC. Info at <http://www.juventus.ab.ca/sprockids/> [sprockids%20Info.htm](http://www.juventus.ab.ca/sprockids%20Info.htm)





The Edmonton cycling community has lost one of its most enthusiastic members. Lieutenant Bill Turner was a proud member of the Provincial Reconstruction Team where he served as a liaison between the Canadian military and the Afghan people. He was tragically killed, along with three other Canadian soldiers during a roadside bombing in Gumbad, Afghanistan April 22, 2006. Bill was a member of Pedalhead Road Works for the last 6 years, and was one of the most energetic riders on the team. If he wasn't racing his bike he was volunteering with the cycling community to give back to the sport he loved. Bill was more than a racer, he was a friend. He was a person that was always positive in everything he did and put his friends and family first.

His enthusiasm for life was always reflected onto those around him and his laughter would always lift your spirits. He will be missed by all those who were fortunate enough to have known him and his life will be celebrated by all his friends and family.

It is with great sadness that we must report that Pedalhead Racing Team member Cam McTaggart passed away on June 28. Cam suffered extreme heat stroke at the Summer Solstice XC race on June 25 and did not recover.

Our sincere condolences go out to his family, friends, and teammates.

On July 13, Graeme Dibbs (Edmonton Masters CC) passed away at age 56. During his tenure as president and as a long-time member of EMCC, Graeme made many contributions to the sport of bicycle racing and received the ABA's President's Award for service to Alberta cycling in 2002. He held especially dear the friendships he made through bicycle racing, touring and commuting.

ABA members who wish to do so may make memorial donations to the Alberta Cancer Foundation. 

Cycling for Celiacs.

by Laurie de Grace

This is a 1400km bike ride from Victoria to Edmonton Aug. 10 - 20. The purpose is to increase awareness of Celiac Disease and to generate funds to support ongoing research. Affecting 1 in 100 Canadians, Celiac Disease is a medical condition in which the absorptive surface of the small intestine is damaged by a protein called gluten, which is found in wheat, rye, oats and barley. While Celiac Disease as yet has no known cure, it can be controlled by a gluten-free diet.

We have room for a few more riders if you know of anyone who would be interested. The intent is to have fun, not to race!! Although most participants have Celiac Disease or know someone who does, some riders participate because they like cycling! Please feel free to share this information with anyone who might be interested in participating - or in making a donation!!! More information can be found on our website www.cyclingforceliacs.org.

Canmore race weekend goes by fast


by Andy Holmwood

A 40 Kilometre Time Trial, offering National Ranking points, started things off Saturday morning in Canmore. The race was held in cold wet weather, with a fresh snow line visible about 200 metres up the surrounding mountain slopes. The Time Trial saw few surprises, with Alberta TT specialist and perennial Provincial Champion Bruce Copeland (Juventus) recording the fastest time of the day. Dry roads were warmly welcomed Saturday evening for the downtown Canmore Criterium, held on a 900 metre rectangular course in the centre of town. The Women's race saw a strange finish, as a last-lap crash of most competitors resulted in riders trickling in over the line. The race was won by Pepper Harlton of the Dirt Girls.

A combined Category 1&2 and 3 race was all high speed, with a flurry of attacks coming from teams including ERTC/redbike, Team H&R Block and Juventus. The high speed prevented any attacks from gaining much ground until a last-lap move by ERTC's Dan Wood proved successful. Sunday morning, a rare 6-person 40 Kilometre Team Time Trial was raced in the cold and wet. Four of six men's teams competing finished within one minute of one another, with Team "Independent" winning the competition over the host Rundle Mountain CC squad by just one second. Results on pages 4 and 5.

David Roberts' email signature:

"He aha te mea nui o te Ao. He tangata, he tangata, he tangata."

It's actually Maori (the Native Peoples of New Zealand). It means "What is the most important thing in the world? It is people, people, people." 

BMX-cite!

A supplement to the Alberta Spin magazine



Above: This excellent panorama of the Morley indoor track is from the Alberta BMX site <http://www.albertabmx.com/>

WUTTWERX

WUTTWERX for getting good results in a BMX race: Keep pedalling. All positions are important, as the photo finish picture at right shows. The two riders are pushing for 3rd and 4th but they ride BMX to go fast, not to go slow.

A note about the ABA's FinishLynx photo finish camera (www.finishlynx.com). We use it at many road and track races and tested it for BMX at the Edmonton BMX-treme Alberta BMX Cup #3 on June 18. We first used it officially at the Airdrie BMX International on June 23-25.

A standard camera takes a picture of a scene in space at one instant. A photofinish camera scans a very narrow field of view, lined up very accurately with the finish line, and builds up an image of what passes the line over time. Thus, there is no finish line in a photofinish picture, it is always and only, entirely the finish line. See more such pictures in the Autumn 2005 Alberta Spin, pp. 40-45 http://www.albertabicycle.ab.ca/pdfs/newsletters/_Spin200503_web.pdf

WUTTWERX for getting a good spin on BMX results: Include both the rider's home track or club (e.g. Bugtussle BMX) and their sponsor (e.g. Bugtussle BMW) in results sent to the Alberta Spin. Not only is it polite, it makes figuring out Alberta Cup points and the Maurice Bernard Club Award a lot quicker and more accurate. 🚲



Morley AB, March 27, 2006 Total Entries = 204, Total riders=165

#	Name	Club	Plate	M 1	M 2	M 3
14 Expert Male						
1	Alexander Sailer <i>Redman Yamaha</i>	Airdrie BMX	N1	1	1	4
2	Kayd Herriman	Airdrie BMX	C2	1	2	1
3	Brandon Brown	Calgary BMX	AB4	2	3	1
4	Justin Stirling-Mackenzie <i>Redline B&P</i>	Calgary BMX	C5	2	1	5
5	Kyle Perry <i>United Cycle</i>	Edmonton BMX	P4	4	4	2
6	Derek Howie	Calgary BMX	42	3	2	3
7	Eric St. Pierre	Airdrie BMX	86	4	3	2
8	Jordan Kay Travis Morrow <i>Go Hard Sports</i>	Calgary BMX Okotoks BMX	AB8 P2X	3 5	4 5	4 3

Junior Female

1	Kerian Brown <i>Wrex</i>	Airdrie BMX	N1	1	1	1
2	Amy Brown	Airdrie BMX	C1	3	2	2
3	Lindsay Edwards	Airdrie BMX	AB6	2	3	3

Junior Male

1	Justin Gundlock	Lethbridge BMX	C3	2	4	1
2	Cody Bell	Airdrie BMX	N3	3	2	2
3	Matt Yoisten	Okotoks BMX	C04	1	1	DNF:6
4	Jesse Kowall	St. Albert BMX	N04	4	3	3
5	Lori Smith (EF)	Okotoks BMX	C2	5	5	4
6	Christine Quennell (EF)	Airdrie BMX	AB2	6	6	5

Elite Male

1	Damian Bissett	Calgary BMX	C3	1	1	1
2	Evan McClesland <i>Big Bros</i>	Calgary BMX	416	2	3	2
3	Kenny Arthur (17-29XM)	Calgary BMX	C6	3	6	3
4	Neil Fluet	Edmonton BMX	27	4	4	4
5	Trent Batchelor	Calgary BMX	61	6	2	6
6	Christopher Nakamura	Okotoks BMX	P02	5	5	5

8 Expert Female

1	Victoria Stinson <i>World Doors.com</i>	Edmonton BMX	C3	1	1	1
2	Rachelle Nielson <i>BMX EHI/UFO</i>	???	1	2	2	2
3	Vanessa Hood (8NF)	Medicine Hat BMX	99	3	3	3
4	Megan Vickery (7NM) <i>St. City Roasters</i>	St. Albert BMX	66	4	4	4

9 Expert Female

1	Ilana Just <i>B&P Redline</i>	Red Deer BMX	N01	1	1	1
2	Heather Stinson <i>World Doors .com</i>	Edmonton BMX	C2	2	2	2
3	Yvonne Kingston	Medicine Hat BMX	AB3	3	3	3

10 Novice Female

1	Kendra Vandenhoven	Airdrie BMX	AB2	1	1	1
2	Stephanie Hood	Medicine Hat BMX	98	3	2	2
3	Kassie Davies	Medicine Hat BMX	14	2	3	3

11 Expert Female

1	Chelsea Kingston	Medicine Hat BMX	AB1	1	1	1
2	Amelia Gillett <i>United Cycle</i>	Edmonton BMX	N1	2	2	2
3	Taylor Dick (10XF)	Calgary BMX	N2	3	3	3

12 Novice Female

1	Desirae Lupino	Airdrie BMX	95	2	1	1
2	Kaylee Jacobson	Calgary BMX	P1	1	2	2
3	Joscelyn Williams (11NF)	Lethbridge BMX	29	3	3	3

13 Expert Female

1	Abbey Graalman	Red Deer BMX	W7	1	1	1
2	Kyra McLeod <i>B&P Redline</i>	Calgary BMX	25	2	2	2
3	Kayla Best (12XF)	Red Deer BMX	P2	3	3	3
4	Jennifer Harrington (12XF)	Lethbridge BMX	C1	4	4	4
5	Megan Reid (13NF)	Velocity	97	5	5	5

14 Expert Female

1	Natasha Vergara	Calgary BMX	N1	1	1	1
2	Megan Frew	Calgary BMX	C2	2	2	2
3	Amanda Lavorato (14NF)	Lethbridge BMX	AB2	3	3	3

15 Expert Female

1	Michilla Negenman <i>B&P Redline</i>	Calgary BMX	N01	1	1	1
2	Sara Taylor (15NF)	Medicine Hat BMX	22	2	2	2
3	Lindsay Harrington	Lethbridge BMX	C2	3	3	3

7 Novice Male

1	Matthew Dyck	Airdrie BMX	11	2	2	1
2	Brodie Kerfoot	Calgary BMX	26	1	3	3
3	Nolan Lunt	Red Deer BMX	P2	4	1	4
4	Jordan Eikenberry	Airdrie BMX	18	3	DNF:7	2
5	Shane Koch	Red Deer BMX	55	5	5	5
6	Nolan Delauw (5-6NM)	Lethbridge BMX	64	6	4	6
7	Owen Eikenberry (5-6NM)	Airdrie BMX	17	7	6	7

7 Intermediate Male

1	Joel Quennell	Airdrie BMX	C3	1	1	1
2	Jessie Bootland	Airdrie BMX	AB7	2	2	2
3	Keegan Brown	Lethbridge BMX	AB5	3	3	3
4	Nash Sweeney	Calgary BMX	AB6	4	4	4
5	Kirby Phillips	Medicine Hat BMX	23	5	5	5

7 Expert Male

1	Cody Pratt	Red Deer BMX	C1	1	3	1
2	Aidan Martens	Airdrie BMX	C2	3	1	2
3	Jordan Green	Airdrie BMX	AB2	2	2	3

8 Intermediate Male

1	Taylor Otterson	Cochrane BMX	P5	1	2	4
2	James Sekora	Red Deer BMX	96	2	4	2
3	Brock Young	???	AB2	4	3	3
4	Nathan Pistore	Airdrie BMX	C3	5	5	1
5	Mitchell Muttitt	Red Deer BMX	55	3	6	5
6	Jesse Profit	Cochrane BMX	C6	7	1	DNF:7
7	Noah Lacoste	Stony Plain BMX	88	6	7	6

9 Intermediate Male

1	Braden Karish	Airdrie BMX	AB7	1	1	1
2	Brandon Koch	Red Deer BMX	52	2	2	2
3	Tavish Striemer <i>Tim Horton's</i>	Airdrie BMX	P4	3	3	3

9 Expert Male

1	Stefan Pacheco	Airdrie BMX	C1	1	2	1
2	Tanner Vandenhoven	Airdrie BMX	C3	2	1	2
3	Bradley Bergshoeff (8XM)	Cochrane BMX	AB8	3	3	3
4	Ross Delauw	Lethbridge BMX	N4	7	4	4
5	Clay Gedder <i>Dad's Transmission</i>	Lethbridge BMX	C5	5	5	5
6	Brett Sieders (8XM)	Airdrie BMX	C2	4	7	6
7	Christian Stronach	Calgary BMX	P5	6	6	7

Cruiser 17 to 29 Male

1	Justin Stewart (15-16MC)	Edmonton BMX	59	1	1	1
2	Dillon Sweeney (13-14MC) <i>B&P Redline</i>	Airdrie BMX	N01	2	2	2
3	Ryan Negerman	Calgary BMX	43	3	3	3

10 Novice Male

1	Murray Reid	Velocity	P5	1	3	1
2	Brett Leslie (9NM)	Lethbridge BMX	C6	2	1	2
3	Lance Phillips	Medicine Hat BMX	24	6	2	3
4	Joshua Ritter (9NM)	Red Deer BMX	10	4	4	4
5	Thomas Corsiatto	Red Deer BMX	P8	3	5	5
6	Kaden Peshke (9XM)	Airdrie BMX	11	5	6	DNF:7
7	Conner Lunger	Stony Plain BMX	35	7	7	6

10 Intermediate Male

1	Derek Newman	Edmonton BMX	16	1	1	1
2	Miles Harris	Cochrane BMX	59	4	2	3
3	Nathan Molander	Red Deer BMX	C7	DNF:6	3	2
4	Nicholas Wilson	Calgary BMX	26	2	4	5
5	Owen Nakamura	Okotoks BMX	95	3	5	4

10 Expert Male

1	Austin Higgins	Lethbridge BMX	1	1	1	1
2	Tanor Milligan	Red Deer BMX	C2	4	3	1
3	Mark Bernacki	Airdrie BMX	AB2	2	2	2
4	Tyson Best	Red Deer BMX	P4	3	1	2
5	Austin Vandenhoven	Airdrie BMX	C4	2	4	5
6	Wayde Dochuk	Stony Plain BMX	P5	3	4	4
7	Isaac Niles	Okotoks BMX	AB6X	4	3	4
8	Kyle Sieders	Airdrie BMX	C3	1	2	3
	Ryley Irving	Medicine Hat BMX	P6	5	5	3

Open Elite Cruiser

1	Damian Bissett	Calgary BMX	C2	1	1	1
2	Neil Fluet	Edmonton BMX	27	6	3	2
3	Neil Sorensen	Red Deer BMX	C3	3	2	6
	<i>Allrose BMX</i>					
4	Christopher Nakamura	Okotoks BMX	P7	4	5	3
5	Trent Batchelor	Calgary BMX	61	5	4	4
6	Jeff Ingram	???	7	2	7	DNS:8
7	Lori Smith	Okotoks BMX	C4	7	6	5

Cruiser 35 to 39 Male

1	Jody Jacobsen	Calgary BMX	N2	1	2	1
	<i>B&P Redline</i>					
2	Dean Best	Red Deer BMX	N3	2	1	2
3	Brian Otterson	Cochrane BMX	97	8	3	3
4	Lon Kerfoot	Calgary BMX	27	3	5	7
5	Mark Neilsei	???	1	6	6	4
6	Kelly Douglas	Calgary BMX	P4	4	4	8
	<i>Wife</i>					
7	Corey Newman	Edmonton BMX	15	7	7	5
8	Darcy Just	Red Deer BMX	AB4	5	8	6

Cruiser 14 to 18 Female

1	Lindsay Edwards	Airdrie BMX	AB3	1	1	2
2	Kaila Sweeney	Airdrie BMX	P2	3	2	1
3	Wendy Vandenhoven (30+FC)	Airdrie BMX	C1	2	3	3
4	Abby Graalman	Red Deer BMX	A4	4	4	4

11 Intermediate Male

1	Chase Stewart	Airdrie BMX	C6	1	1	1
2	Cameron Svenshek	Stony Plain BMX	P6	2	2	2
3	Dylan Koch	Red Deer BMX	53	3	3	3
4	Matthew Pidhirney	Red Deer BMX	88	5	4	4
5	Devon Vickery	St. Albert BMX	96	4	5	5
6	Kyle Gannon	Edmonton BMX	P2	6	6	6

11 Expert Male

1	Rob Herriman	Airdrie BMX	N1	2	1	1
2	Timothy Pratt	Red Deer BMX	C3	1	2	2
3	Thomas Pistore	Airdrie BMX	C8	4	3	3
4	Aaron Wight	Okotoks BMX	C7	3	7	4
5	Zachary Burke	Airdrie BMX	C5	6	4	5
6	Justin Irving	Medicine Hat BMX	20	5	6	6
7	Quinn Workman	Lethbridge BMX	AB7	7	5	7
8	Cameron Lavorato	Lethbridge BMX	C4	DNS:9	DNS:9	DNS:9
	<i>Bert & Macs</i>					

12 Novice Male

1	Brian Reinhardt	Cochrane BMX	59	3	2	1
2	Dayton Peterson (11NM)	Airdrie BMX	19	1	1	4
3	Taylor Phillips	Medicine Hat BMX	25	4	3	3
4	Corbin Lunger	Stony Plain BMX	P4	5	4	2
5	Nic Williams	Lethbridge BMX	P3	2	5	5

12 Intermediate Male

1	Brandon Kerik	Airdrie BMX	C5	1	1	1
	<i>Alterair Grandparents</i>					
2	Alex Hagel	Airdrie BMX	17	4	2	2
3	Tavis Stewart	Airdrie BMX	C6	2	4	3
4	Jake Adams	Airdrie BMX	AB8	3	3	4
5	Garry Griffin	Red Deer BMX	46	5	5	5
6	Brandon Molander	Red Deer BMX	59	6	6	7
7	Bryan Bullivant	Calgary BMX	36	7	8	6
8	Nathan Storey	Airdrie BMX	P1	8	7	8
	<i>Lumby Shell</i>					

12 Expert Male

1	Simon Meili	Airdrie BMX	N1	1	1	1
	<i>Supercross/ Evolution Fitness</i>					
2	Jason Lupino	Airdrie BMX	C3X	2	2	2
3	Adam Bourns	Calgary BMX	AB4	3	4	3
4	Cody Negenman	Calgary BMX	C7	4	3	4
	<i>B&P Redline</i>					
5	Taylor Milligan	Red Deer BMX	C8	6	5	5
6	Ryan Spracklin	Edmonton BMX	P7	5	6	6
	<i>RVC</i>					

13 Intermediate Male

1	Cameron Helm	Okotoks BMX	90	1	1	1
2	Adam Anderson	Edmonton BMX	42	2	2	3
3	Bryan Richardson	Lethbridge BMX	P1	3	3	2
4	Duncan Pawson	Cochrane BMX	P1X	4	4	4

13 Expert Male

1	Cameron Quennell	Airdrie BMX	C2	2	1	1
	<i>BMX Solutions</i>					
2	Omar Bainto	Airdrie BMX	AB3	3	2	4
3	Erick Nicol	Calgary BMX	C3	1	6	3
	<i>B&P Redline</i>					
4	Dillon Sweeney	Airdrie BMX	N2	4	5	2
	<i>B&P Redline</i>					
5	Josh Woolman	Red Deer BMX	C5	5	3	6
6	Ry Kiehl	Calgary BMX	P01	6	4	5

14 Novice Male

1	David Reinhardt	Cochrane BMX	P2	1	1	1
2	Dylan Peterson	Airdrie BMX	20	2	2	2
3	Aaron James (13NM)	Airdrie BMX	90	3	3	3

14 Intermediate Male

1	Alex Vandenhoven	Airdrie BMX	P3	1	2	2
2	Kaila Sweeney (16XF)	Airdrie BMX	N1	4	1	1
3	Kristen Richardson (16XF)	Lethbridge BMX	AB03X	2	3	4
4	Jesse Basiuk	Airdrie BMX	37	3	4	3

15 Intermediate Male

1	Brett James (15NM)	Airdrie BMX	99	4	1	1
2	Tyler Paget	Okotoks BMX	P3	2	2	2
3	Kail Pawson	Cochrane BMX	P4	1	3	3
4	Nickolas Gulka (15NM)	Medicine Hat BMX	19	3	4	4

15 Expert Male

1	Scott Bernacki	Airdrie BMX	N1	1	1	1
2	Logan Stephenson	Airdrie BMX	C4	3	2	2
3	Jeffrey Jacobsen	Calgary BMX	C6	2	3	4
	<i>Redline B&P</i>					
4	Kain Tetz	Red Deer BMX	98	5	6	3
	<i>K-os Customs</i>					
5	Walter Urbat	Cochrane BMX	AB8	6	4	5
6	Curtis English	Stony Plain BMX	38	4	5	6

16 Expert Male

1	James Brown	Airdrie BMX	C2	1	1	1
2	Michael Bailey (16NM)	Okotoks BMX	C5	2	3	3
3	Graham Shepherd	Cochrane BMX	AB6	4	2	4
	<i>Diamond Valley Woodworking</i>					
4	Jordan Abrahamson	Airdrie BMX	P1X	3	4	5
5	Justin Stewart	Edmonton BMX	59	6	6	2
6	Levi Vance (16IM)	Red Deer BMX	P1	5	5	6

30+ Expert Male

1	Brett Gundlock (17-29XM)	Lethbridge BMX	P2	1	1	2
2	Darren Williams	Lethbridge BMX	P4	2	2	1
3	Joshua Foreman (17-29XM)	Calgary BMX	AB06	3	3	3

Cruiser 45+ Male

1	Malcolm Stinson	Edmonton BMX	C03	2	1	1
	<i>World Doors.com</i>					
2	Tony Fluet (40-44MC)	Edmonton BMX	AB1	1	2	3
3	Rod Kiehl	Calgary BMX	P04	3	3	2
4	Mark Shepherd (40-44MC)	Cochrane BMX	AB6	5	4	4
	<i>Diamond Valley Woodworking</i>					
5	Larry Corsiatto	Red Deer BMX	99	4	5	5
6	Larry Wilison	Calgary BMX	64	6	6	6



Top and above: BMX maidens and BMX moms mix it up at the Edmonton BMX-treme Alberta Cup.

Left: Lots of prizes in Edmonton and even if they don't have wheels, you can still ride 'em.



Above: A lot of silverware up for grabs at the Airdrie International.



Left: As specified in the UCI protocol regarding the placement of flags, the national flag is placed at the start line. Thanks to Commissaire Chris Wood for the info.

Morley AB, April 15, 2006 Total Entries = 235, Total riders=209

Western National BMX Series #3

#	Name	Club	Plate	M1	M2	M3
6 Novice Male						
1	Zachary Croft	Airdrie BMX		1	1	2
2	Jaime Baskerville	Red Deer BMX	85	2	2	1
3	Brendan Stafford	Edmonton BMX	94	3	3	3
4	Kade Best	Red Deer BMX	73	4	4	4
5	Bradley Townsend	???	84	5	5	5
7 Novice Male						
1	Brayden Wasyliw	Calgary BMX	C4	2	2	1
2	Issac Timmins	Red Deer BMX	85	1	1	4
3	Ayden Parafina	Airdrie BMX	AB7	3	3	2
4	Connor Kerfoot	Calgary BMX	C5	4	4	3
8 Novice Male						
1	Brendan Townsend	???	26	2	2	1
2	Carter Pastuszko	Calgary BMX	13	1	1	3
3	Jordan Eikenberry	Airdrie BMX	C5	3	3	2
10 Novice Male						
1	Keegan Graszka	Okotoks BMX	82	1	1	1
2	Kiran Kawa	Stony Plain BMX	49	2	3	2
3	Joshua Seitz	Calgary BMX	C7	3	2	3
11 Novice Male						
1	Kaden Hyndman	Airdrie BMX	56	1	1	1
2	Justin Mainville	Red Deer BMX	94	2	2	2
3	Ryan Baskerville	Red Deer BMX	86	4	3	3
4	Jaden Donahue	Calgary BMX	C8	3	4	4
7 Intermediate Male						
1	Matthew Bell	Calgary BMX	N2	1	1	3
2	Brody-James Cooper	Calgary BMX	N8	2	3	1
3	Owen Eikenberry	Airdrie BMX	N4	4	2	2
4	Kent Isaac	Calgary BMX	N3	3	4	4
8 Intermediate Male						
1	Jessie Bootland	Airdrie BMX	N5	1	1	1
2	Brodie Kerfoot	Calgary BMX	C3	2	4	2
3	Cj Martin	???	4	3	2	4
4	Deven Kawa	Stony Plain BMX	AB7	4	3	3
9 Intermediate Male						
1	Chase Kellin	Airdrie BMX	AB7	1	1	3
2	Marshal Van Iderstine	Cochrane BMX	75	2	2	2
3	Benjamin Croft	Airdrie BMX	C5	5	3	1
4	Chase Harrison	Red Deer BMX	83	4	4	4
5	Dalton Wright	Airdrie BMX	AB8	3	5	5
10 Intermediate Male						
1	Tyson White	Red Deer BMX	AB8	1	1	1
2	Shelby Mysek	Okotoks BMX	C7	2	2	2
3	Joshua Ritter	Red Deer BMX	96	3	3	3
11 Intermediate Male						
1	Joseph Bell	Calgary BMX	66	1	1	1
2	Derrick Pierce	???	47	2	2	2
3	Max Lavallee	Okotoks BMX	C7	3	3	3
12 Intermediate Male						
1	Dayton Peterson	Airdrie BMX	C8	1	1	1
2	Louis Chartrain	Calgary BMX	58	2	2	2
3	Cameron Svenshek	Stony Plain BMX	44	3	3	3
4	Dylan Bosak	Calgary BMX	19	4	4	4
5	Devon Vickery	St. Albert BMX	12	5	5	5
6	Arthur Price	Airdrie BMX	32	6	6	6
7	Colton Carroll	Medicine Hat BMX	24	7	7	7
13 Intermediate Male						
1	Alex Hagel	Airdrie BMX	AB6	2	1	1
2	Brandon Ulrich	Airdrie BMX	61	1	2	3
3	Curtis Prins	???	AB8	4	3	2
4	Jake Adams	Airdrie BMX	C7	3	4	4
5	Garry Griffin	Red Deer BMX	13	5	5	5
6	Nic Williams	Lethbridge BMX	35	6	6	6
7	Jamal Baker	???	30	7	7	7
14 Intermediate Male						
1	Todd Castonguay	Airdrie BMX	3	1	1	1
2	Nick Bailie	Stony Plain BMX	50	2	2	2
3	Cody Kessler	Airdrie BMX	42	3	3	3

8 Expert Female

1	Megan Vickery	St. Albert BMX	N3	2	2	1
2	Rokelle Donahue	Calgary BMX	N4	1	1	3
3	Kyra Knight	Calgary BMX	61	3	3	2

10 Expert Female

1	Ilana Just	Red Deer BMX	N1	1	1	1
2	Heather Stinson	Edmonton BMX	91	2	2	3
3	Veronica Seitz	Calgary BMX	N2	3	6	2
4	Rachelle Nielsen	???	N2X	4	3	4
5	Victoria Stinson	Edmonton BMX	90	5	4	5
6	Yvonne Kingston	Medicine Hat BMX	N3	6	5	6
7	Christina Ulrich	Airdrie BMX	58	7	7	7

12 Expert Female

1	Chelsea Kingston	Medicine Hat BMX	N2	1	1	1
2	Amelia Gillett	Edmonton BMX	N4	2	2	2
3	Amanda Landers	???	1	3	4	3
4	Tanna Rach	Lethbridge BMX	N5	6	3	4
5	Kendra Vandenhoven	Airdrie BMX	N4X	5	5	5
6	Megan Bosak	Calgary BMX	N3	4	6	6

14 Expert Female

1	Abbey Graalman	Red Deer BMX	N1	1	1	1
2	Kyra Mcleod	Calgary BMX	N3	2	2	1
3	Jessica Weed	???	28	3	3	3
4	Kayla Best	Red Deer BMX	N2	2	4	4
5	Desirae Lupino	Airdrie BMX	C1	4	2	2
6	Jennifer Harrington	Lethbridge BMX	N3X	3	3	5
7	Katie Mainville	Red Deer BMX	95	4	4	3
8	Sabrina Millman	Cochrane BMX	AB1	1	1	2
	Charlotte Baskerville	Red Deer BMX	84	5	5	4
	Cassi Woolman	Red Deer BMX	C2	5	5	5

16+ Expert Female

1	Michilla Negenman	Calgary BMX	N1	1	1	1
2	Meagan Frew	Calgary BMX	N02	2	2	2
3	Lindsay Harrington	Lethbridge BMX	N4	3	3	3
4	Audra Miller	Calgary BMX	C3X	6	4	4
5	Jocelyn Rutko	Okotoks BMX	AB3	4	6	5
6	Karlie Marshall	Red Deer BMX	C3	5	5	6

8 Expert Male

1	Parker Simson	???	422	2	1	1
2	Cody Pratt	Red Deer BMX	N4	1	2	2
3	Joel Quennell	Airdrie BMX	N8	3	3	3
4	Jordan Green	Airdrie BMX	N2	4	4	4

9 Expert Male

1	Brett Sieders	Airdrie BMX	N3	4	1	1
2	Taylor Otterson	Cochrane BMX	AB4	3	2	2
3	Bradley Bergshoeff	Cochrane BMX	N1	1	4	3
4	Jesse Profit	Cochrane BMX	AB6	2	3	4

10 Expert Male

1	Stefan Pacheco	Airdrie BMX	N1	1	2	1
2	Kyle Murphy	???	C4	2	1	2
3	Kevin Weed	Red Deer BMX	8	4	3	4
4	Darien Landers	???	4	3	6	3
5	Tanner Vandenhoven	Airdrie BMX	N3	6	4	5
6	Alex Milnes	Edmonton BMX	117	5	5	6

11 Expert Male

1	Tanor Milligan	Red Deer BMX	N2	1	1	1
2	Tyson Best	Red Deer BMX	N6	2	2	2
3	Austin Vandenhoven	Airdrie BMX	N5	3	3	3
4	Calvin Mcrae	St. Albert BMX	13	5	4	4
5	Ryley Irving	Medicine Hat BMX	20	4	5	5

12 Expert Male

1	Timothy Pratt	Red Deer BMX	N4	1	1	1
2	James Palmer	???	66	1	2	4
3	Zachary Burke	Airdrie BMX	N5	2	1	4
4	Chase Felker	Okotoks BMX	AB5	6	3	2
5	Ryan Murphy	???	C5	3	3	1
6	Keanu Laaback	???	207	2	5	2
7	Justin Irving	Medicine Hat BMX	AB8	3	5	5
8	Logan Marshall	Red Deer BMX	C7	5	4	3
	Rob Herriman	Airdrie BMX	N1	7	4	3
	Cameron Lavorato	Lethbridge BMX	N8	5	2	7

Cody Basiuk	Airdrie BMX	N6	4	6	5
Thomas Pistore	Airdrie BMX	29	4	7	6
Chase Stewart	Airdrie BMX	P4	6	6	6

13 Expert Male

1 Simon Meili	Airdrie BMX	N1	3	2	1
2 Connor McCormack	???	764	1	1	1
3 Adam Bourns	Calgary BMX	N2	3	2	4
4 Dorey Martin	???	4	1	1	2
5 Cody Negenman	Calgary BMX	C5	4	3	3
6 Brandon Kerik	Airdrie BMX	C6	2	4	3
7 Tavis Stewart	Airdrie BMX	AB7	4	3	5
8 Thomas Donnelly	???	2	2	5	2
Jason Lupino	Airdrie BMX	N6	5	4	4

14 Expert Male

1 Tory Nyhaug	???	W1	1	1	1
2 Erick Nicol	Calgary BMX	N2	1	1	2
3 Omar Bainto	Airdrie BMX	N7	4	4	3
4 Cameron Quennell	Airdrie BMX	C2	3	2	3
5 Cameron Helm	Okotoks BMX	C6	4	4	4
6 Sheldon Trees	Stony Plain BMX	5	3	3	2
7 Steven Creighton	???	11	2	2	1
8 Dillon Sweeney	Airdrie BMX	N5	2	3	5
Josh Woolman	Red Deer BMX	C7	5	5	4

15 Expert Male

1 Alexander Sailer	Airdrie BMX	N1	1	1	1
2 Cameron Murphy	???	17	2	1	1
3 Tyler Pierce	???	10	1	2	2
4 Alex Vandenhoven	Airdrie BMX	C4	3	4	3
5 Sam Leuck	Medicine Hat BMX	AB4	3	2	2
6 Derek Howie	Calgary BMX	N8	2	3	3
7 Travis Morrow	Okotoks BMX	C3	4	4	4
8 Dylan Peterson	Airdrie BMX	C5	4	3	4
James Croke	Medicine Hat BMX	17X	5	5	5

16 Expert Male

1 Scott Bernacki	Airdrie BMX	N1	1	1	1
2 Brian Martel	???	17	3	2	2
3 Michael Irwin	???	923	1	2	2
4 Shane Clark	Lethbridge BMX	N8	2	1	1
5 Karsten Millman	Cochrane BMX	21	2	3	3
6 Jeffrey Jacobsen	Calgary BMX	N6	4	4	3
7 Tyler Paget	Okotoks BMX	P6	4	4	4
8 Matt McCormack	???	763	3	3	5
Kain Tetz	Red Deer BMX	35	5	5	4

17 to 29 Expert Male

1 Trent Batchelor	Calgary BMX	52	1	2	3
2 Jesse Horompoly	???	45	3	3	2
3 Justin Gundlock	Lethbridge BMX	N4	7	1	1
4 Josh Webb	Calgary BMX	C1	2	4	4
5 Kevin Daley	???	89	4	5	5
6 Levi Vance	Red Deer BMX	AB4	5	6	6
7 Christopher Cleveland	???	88	6	7	7

30+ Expert Male

1 Mike Murphy	???	N05	1	1	1
2 Lon Kerfoot	Calgary BMX	55	3	3	2
3 Darren Williams	Lethbridge BMX	N6	2	2	4
4 Chris Sasso	???	75	4	5	3
5 Gerald Trees	Stony Plain BMX	7	5	4	5
6 Mark Nielsen	???	2	6	6	6

Cruiser 19+ Women

1 Wendy Vandenhoven	Airdrie BMX	N1	1	1	1
2 Kathy Vandenhoven	Airdrie BMX	C3	2	2	2
3 Tammy Lambert	???	11	3	3	3

Cruiser 12 and Under Male

1 Timothy Pratt	Red Deer BMX	93	1	1	2
2 James Palmer	???	66	2	2	1
3 Tanor Milligan	Red Deer BMX	36	4	3	3
4 Alex Milnes	Edmonton BMX	117	5	5	4
5 Cameron Lavorato	Lethbridge BMX	96	3	4	CR:9
6 Ilana" Eat My Dust" Just	Red Deer BMX	AB2	6	6	5
7 Poppy Wilson	???	22	7	7	6

Cruiser 13 and 14 Male

1 Dillon Sweeney	Airdrie BMX	N3	2	2	2
2 Steven Creighton	???	11	1	5	1
3 Zachary Laaback	???	912	3	1	4
4 Sheldon Trees	Stony Plain BMX	4	4	3	3
5 Josh Woolman	Red Deer BMX	C2	5	4	5

Cruiser 15 and 16 Male

1 Alexander Sailer	Airdrie BMX	N2	1	1	1
2 Jeffrey Jacobsen	Calgary BMX	68	2	2	2
3 Tyler Pierce	???	16	3	3	3

Cruiser 17 to 29 Male

1 Ryan Negenman	Calgary BMX	N1	1	1	1
2 Trent Batchelor	Calgary BMX	52	3	2	2
3 Kevin Plasche	???	N02	2	DISQ	DISQ

Cruiser 30 to 34 Male

1 Darcy Fauteux	Calgary BMX	N1	2	1	1
2 Trevor Helm	Okotoks BMX	N4	1	2	2
3 Jason Donahue	Calgary BMX	C2	3	3	3
4 Brad Wilson	Calgary BMX	AB3	4	4	4

Cruiser 35 to 39 Male

1 Jeff Ingram	Calgary BMX	AB1	1	1	1
2 Lon Kerfoot	Calgary BMX	C3	2	2	3
3 Dean Best	Red Deer BMX	N4	3	3	2
4 Darcy Just	Red Deer BMX	N6	4	4	4

Cruiser 40 to 44 Male

1 Brent Fagrie	???	C1	1	1	1
2 Brian Otterson	Cochrane BMX	AB3	2	2	3
3 Tony Fluet	Edmonton BMX	AB1	3	4	2
4 Darren Williams	Lethbridge BMX	34	4	3	5
5 Gerald Trees	Stony Plain BMX	5	5	5	4

Cruiser 45+ Male

1 Ken Austin	Airdrie BMX	99	3	1	1
2 Malcolm Stinson	Edmonton BMX	92	2	2	4
3 Randal Gillett	Edmonton BMX	AB3	4	3	3
4 Chris August	???	35	1	4	5
5 Robert Bell	Calgary BMX	N6	5	5	2

Junior 17 and 18 Female

1 Kaila Sweeney	Airdrie BMX	N01	1	1	1
2 Danielle Brisson	???	C3	3	2	4
3 Layne Nyhaug	???	C02	4	4	2
4 Lindsay Edwards	Airdrie BMX	N4	5	3	3
5 Ashleigh Lewis	???	115	2	5	5

Junior 17 and 18 Male

1 James Brown	Airdrie BMX	N1	1	1	2
2 Nick Goretzen	???	N4	2	2	1
3 Tyler Gorz	???	N02	5	3	4
4 Michael Bailey	Airdrie BMX	N5	3	7	3
5 Kevin Plasche	???	N08	6	4	5
6 Greg Kuszak	???	N03	4	5	6
7 Scott Croke	Medicine Hat BMX	C8	7	6	7
8 Ward Pateman	???	N3	CR:10	DNS	DNS

20" Pro-Elite Male 19+

1 Kevin Hill	???	N3	1	2	2
2 Ken Cools	Airdrie BMX	N7	5	1	1
3 Kyle Michell	Okotoks BMX	22	2	3	3
4 Justin Doehring	???	AB4	3	4	5
5 Christopher Nakamura	Okotoks BMX	C8	7	5	4
6 Adrienne Binnie	Medicine Hat BMX	AB1	4	6	6
7 Lori Smith	???	C3	6	7	7

Cruiser Pro-Open 19+

1 Ken Cools	Airdrie BMX	81	1	1	1
2 Justin Doehring	???	N7	2	2	4
3 Kevin Hill	???	N2	5	3	2
4 James Brown	Airdrie BMX	AB1	4	5	3
5 Lori Smith	???	C3	3	4	5

FullGate Open

1 Kaila Sweeney	Airdrie BMX	P1	1	1	1
2 Layne Nyhaug	???	N1	2	2	2
3 Lindsay Edwards	Airdrie BMX	C4	3	3	3



More action from the Edmonton Alberta Cup





*Above: BMX has its ups and downs.
Right: If we doubled your license fee
you could see the bikes and rider kit
in full colour.*

*Or you could check out the online
Alberta Spin at
www.albertabicycle.ab.ca*



Western National BMX Series #4

Morley AB, April 16, 2006 Total Entries = 223, Total riders=197

#	Name	Club	Plate	M 1	M 2	M 3
8 Novice Female						
1	Rokelle Donahue	Calgary BMX	N4	1	1	2
2	Megan Vickery	St. Albert BMX	N3	2	2	1
3	Kyra Knight	Calgary BMX	61	3	3	3
6 Novice Male						
1	Zachary Croft	Airdrie BMX	C1	1	1	1
2	Jaime Baskerville	Red Deer BMX	85	2	2	2
3	Kade Best	Red Deer BMX	73	3	3	4
4	Bradley Townsend	???	84	4	4	3
7 Novice Male						
1	Brayden Wasylw	Calgary BMX	C4	2	2	1
2	Issac Timmins	Red Deer BMX	85	1	1	3
3	Connor Kerfoot	Calgary BMX	C5	3	3	2
8 Novice Male						
1	Carter Pastuszko	Calgary BMX	13	1	1	1
2	Brendan Townsend	???	26	2	2	2
3	Jordan Eikenberry	Airdrie BMX	C5	3	3	3
10 Novice Male						
1	Keegan Grasza	Okotoks BMX	82	1	1	1
2	Joshua Seitz	Calgary BMX	C7	2	3	2
3	Kiran Kawa	Stony Plain BMX	49	3	2	3
11 Novice Male						
1	Kaden Hyndman	Airdrie BMX	56	1	3	1
2	Jaden Donahue	Calgary BMX	C8	3	1	2
3	Ryan Baskerville	Red Deer BMX	86	2	2	3
7 Intermediate Male						
1	Owen Eikenberry	Airdrie BMX	N4	2	2	2
2	Matthew Bell	Calgary BMX	N2	1	1	4
3	Brody-James Cooper	Calgary BMX	N8	4	4	1
4	Kent Isaac	Calgary BMX	N3	3	3	3
8 Intermediate Male						
1	Jessie Bootland	Airdrie BMX	N5	1	2	1
2	Deven Kawa	Stony Plain BMX	AB7	2	3	2
3	Brodie Kerfoot	Calgary BMX	C3	3	1	4
4	Cj Martin	???	4	4	4	3
9 Intermediate Male						
1	Marshal Van Iderstine	Cochrane BMX	75	2	1	1
2	Chase Kelln	Airdrie BMX	AB7	1	5	2
3	Benjamin Croft	Airdrie BMX	C5	3	2	4
4	Chase Harrison	Red Deer BMX	83	4	3	3
5	Dalton Wright	Airdrie BMX	AB8	5	4	5
10 Intermediate Male						
1	Tyson White	Red Deer BMX	AB8	1	1	1
2	Shelby Mysek	Okotoks BMX	C7	2	2	2
3	Joshua Ritter	Red Deer BMX	96	3	3	3
11 Intermediate Male						
1	Joseph Bell	Calgary BMX	66	1	1	1
2	Derrick Pierce	???	47	2	2	2
3	Max Lavallee	Okotoks BMX	C7	3	3	3
12 Intermediate Male						
1	Dayton Peterson	Airdrie BMX	C8	1	1	1
2	Louis Chartrain	Calgary BMX	58	2	2	2
3	Cameron Svenshek	Stony Plain BMX	44	3	3	3
4	Dylan Bosak	Calgary BMX	19	4	4	4
5	Devon Vickery	St. Albert BMX	12	6	5	5
6	Arthur Price	Airdrie BMX	32	5	6	6
7	Colton Carroll	Medicine Hat BMX	24	7	7	7
13 Intermediate Male						
1	Alex Hagel	Airdrie BMX	AB6	1	1	2
2	Brandon Ulrich	Airdrie BMX	61	2	2	1
3	Curtis Prins	???	AB8	4	3	3
4	Jake Adams	Airdrie BMX	C7	3	4	4

5	Garry Griffin	Red Deer BMX	13	5	5	5
6	Nic Williams	lbmx	35	6	6	6
7	Jamal Baker	???	30	7	7	7

15 Intermediate Male

1	Todd Castonguay	Airdrie BMX	3	1	1	1
2	Dylan Peterson	Airdrie BMX	C5	2	2	2
3	Nick Bailie	Stony Plain BMX	50	3	4	3
4	James Croke	Medicine Hat BMX	17	4	3	5
5	Cody Kessler	Airdrie BMX	42	5	5	4

10 Expert Female

1	Ilana Just	Red Deer BMX	N1	1	1	1
2	Veronica Seitz	Calgary BMX	N2	2	4	2
3	Rachelle Nielsen	???	N2X	4	3	3
4	Heather Stinson	Edmonton BMX	91	7	2	4
5	Yvonne Kingston	Medicine Hat BMX	N3	5	5	5
6	Victoria Stinson	Edmonton BMX	90	3	6	7
7	Christina Ulrich	Airdrie BMX	58	6	7	6

12 Expert Female

1	Chelsea Kingston	Medicine Hat BMX	N2	1	1	1
2	Amanda Landers	???	1	2	2	3
3	Tanna Rach	lbmx	N5	3	4	2
4	Megan Bosak	Calgary BMX	N3	4	3	4

14 Expert Female

1	Abbey Graalman	Red Deer BMX	N1	1	1	2
2	Kyra Mcleod	Calgary BMX	N3	2	2	3
3	Jessica Weed	???	28	2	2	5
4	Desirae Lupino	Airdrie BMX	C1	3	3	2
5	Jennifer Harrington	lbmx	N3X	4	4	3
6	Kayla Best	Red Deer BMX	N2	3	3	1
7	Cassi Woolman	Red Deer BMX	C2	5	4	4
8	Sabrina Millman	Cochrane BMX	AB1	1	1	1
	Charlotte Baskerville	Red Deer BMX	84	4	5	4
	Katie Mainville	Red Deer BMX	95	CR:7	DNS	DNS

16+ Expert Female

1	Michilla Negenman	Calgary BMX	N1	1	1	1
2	Megan Frew	Calgary BMX	N02	2	2	2
3	Lindsay Harrington	lbmx	N4	4	5	3
4	Jocelyn Rutko	Okotoks BMX	AB3	3	4	6
5	Audra Miller	Calgary BMX	C3X	6	3	5
6	Karlie Marshall	Red Deer BMX	C3	5	6	4

8 Expert Male

1	Parker Simson	???	422	1	1	1
2	Cody Pratt	Red Deer BMX	N4	2	2	2
3	Joel Quennell	Airdrie BMX	N8	3	3	3

9 Expert Male

1	Bradley Bergshoeff	Cochrane BMX	N1	1	3	1
2	Brett Sieders	Airdrie BMX	N3	2	1	2
3	Taylor Otterson	Cochrane BMX	AB4	3	4	3
4	Jesse Profit	Cochrane BMX	AB6	4	2	4

10 Expert Male

1	Kyle Murphy	???	C4	1	1	1
2	Stefan Pacheco	Airdrie BMX	N1	2	2	3
3	Darien Landers	???	4	5	3	2
4	Kevin Weed	Red Deer BMX	8	3	4	5
5	Alex Milnes	Edmonton BMX	117	4	5	4

11 Expert Male

1	Tanor Milligan	Red Deer BMX	N2	1	1	2
2	Tyson Best	Red Deer BMX	N6	2	2	1
3	Calvin Mcrae	St. Albert BMX	13	3	3	3
4	Ryley Irving	Medicine Hat BMX	20	4	4	4
5	Kyle Sieders	Airdrie BMX	N4	CR:7	DNS	DNS

12 Expert Male

1	Timothy Pratt	Red Deer BMX	N4	1	1	1
2	James Palmer	???	66	2	1	2
3	Chase Felker	Okotoks BMX	AB5	1	3	5
4	Ryan Murphy	???	C5	3	3	2
5	Cameron Lavorato	lbmx	N8	2	2	1
6	Keanu Laaback	???	207	5	4	4

7	Rob Herriman	Airdrie BMX	N1	4	4	3
8	Zachary Burke	Airdrie BMX	N5	3	2	3
	Cody Basiuk	Airdrie BMX	N6	6	5	4
	Thomas Pistore	Airdrie BMX	29	5	6	5
	Justin Irving	Medicine Hat BMX	AB8	4	5	7
	Logan Marshall	Red Deer BMX	C7	6	6	6
	Chase Stewart	Airdrie BMX	P4	7	7	6

13 Expert Male

1	Connor McCormack	???	764	1	2	1
2	Simon Meili	Airdrie BMX	N1	2	1	2
3	Adam Bourns	Calgary BMX	N2	3	3	5
4	Dorey Martin	???	4	5	4	3
5	Cody Negenman	Calgary BMX	C5	4	5	4
6	Thomas Donnelly	???	2	8	6	6
7	Tavis Stewart	Airdrie BMX	AB7	6	7	8
8	Jason Lupino	Airdrie BMX	N6	7	8	7

14 Expert Male

1	Tory Nyhaug	???	W1	1	1	1
2	Steven Creighton	???	11	1	3	2
3	Erick Nicol	Calgary BMX	N2	2	1	1
4	Omar Bainto	Airdrie BMX	N7	4	2	2
5	Cameron Helm	Okotoks BMX	C6	3	3	4
6	Dillon Sweeney	Airdrie BMX	N5	3	2	3
7	Sheldon Trees	Stony Plain BMX	5	2	4	3
8	Josh Woolman	Red Deer BMX	C7	4	4	4
	Cameron Quennell	Airdrie BMX	C2	5	CR:7	DNS

15 Expert Male

1	Alexander Sailer	Airdrie BMX	N1	1	1	1
2	Cameron Murphy	???	17	2	2	2
3	Sam Leuck	Medicine Hat BMX	AB4	4	3	3
4	Alex Vandenhoven	Airdrie BMX	C4	6	4	4
5	Tyler Pierce	???	10	3	6	5
6	Derek Howie	Calgary BMX	N8	5	5	6
7	Travis Morrow	Okotoks BMX	C3	7	7	7

16 Expert Male

1	Scott Bernacki	Airdrie BMX	N1	1	1	1
2	Shane Clark	lbmx	N8	2	2	1
3	Karsten Millman	Cochrane BMX	21	2	3	4
4	Brian Martel	???	17	3	2	3
5	Michael Irwin	???	923	1	1	4
6	Jeffrey Jacobsen	Calgary BMX	N6	4	3	2
7	Kain Tetz	Red Deer BMX	35	4	4	3
8	Matt McCormack	???	763	3	5	2
	Tyler Paget	Okotoks BMX	P6	5	4	5

17 to 29 Expert Male

1	Trent Batchelor	Calgary BMX	52	2	2	1
2	Justin Gundlock	lbmx	N4	1	6	2
3	Jesse Horompoly	???	45	5	1	3
4	Josh Webb	Calgary BMX	C1	6	3	4
5	Kevin Daley	???	89	3	5	5
6	Christopher Cleveland	???	88	7	4	6
7	Levi Vance	Red Deer BMX	AB4	4	CR:9	DNS

30+ Expert Male

1	Mike Murphy	???	N05	1	1	1
2	Darren Williams	lbmx	N6	2	2	2
3	Chris Sasso	???	75	3	3	3
4	Lon Kerfoot	Calgary BMX	55	4	4	4
5	Gerald Trees	Stony Plain BMX	7	5	5	5
6	Mark Nielsen	???	2	6	6	6

Cruiser 12 and Under Male

1	Timothy Pratt	Red Deer BMX	93	1	1	1
2	James Palmer	???	66	2	2	2
3	Cameron Lavorato	lbmx	96	3	4	4
4	Tanor Milligan	Red Deer BMX	36	7	3	3
5	Alex Milnes	Edmonton BMX	117	4	5	5
6	Ilana" Eat My Dust" Just	Red Deer BMX	AB2	5	6	6
7	Poppy Wilson	???	22	6	7	7

Cruiser 13 and 14 Male

1	Steven Creighton	???	11	1	1	1
2	Dillon Sweeney	Airdrie BMX	N3	2	4	2
3	Zachary Laaback	???	912	3	2	3
4	Sheldon Trees	Stony Plain BMX	4	4	3	4
5	Josh Woolman	Red Deer BMX	C2	5	5	5

Cruiser 17 to 29 Male

1	Alexander Sailer	Airdrie BMX	N2	1	1	1
2	Trent Batchelor	Calgary BMX	52	2	2	2
3	Tyler Pierce	???	16	3	3	4
4	Ryan Negenman	Calgary BMX	N1	4	4	3
5	Tammy Lambert	???	11	5	5	DISQ

Cruiser 30 to 34 Male

1	Darcy Fauteux	Calgary BMX	N1	1	2	2
2	Steve Mysek	Okotoks BMX	34	2	5	1
3	Trevor Helm	Okotoks BMX	N4	3	1	5
4	Jason Donahue	Calgary BMX	C2	4	3	3
5	Brad Wilson	Calgary BMX	AB3	5	4	4

Cruiser 35 to 39 Male

1	Jeff Ingram	Calgary BMX	AB1	1	1	1
2	Dean Best	Red Deer BMX	N4	2	2	2
3	Lon Kerfoot	Calgary BMX	C3	3	3	3
4	Darcy Just	Red Deer BMX	N6	4	4	4

Cruiser 40 to 44 Male

1	Brent Fagrie	???	C1	1	1	1
2	Darren Williams	lbmx	34	2	3	2
3	Brian Otterson	Cochrane BMX	AB3	3	5	3
4	Gerald Trees	Stony Plain BMX	5	4	4	4
5	Tony Fluet	Edmonton BMX	AB1	5	2	5

Cruiser 45+ Male

1	Malcolm Stinson	Edmonton BMX	92	1	1	1
2	Chris August	???	35	2	2	2
3	Robert Bell	Calgary BMX	N6	3	3	3

Junior 17 and 18 Female

1	Kaila Sweeney	Airdrie BMX	N01	1	2	1
2	Layne Nyhaug	???	C02	2	1	2
3	Danielle Brisson	???	C3	3	4	3
4	Lindsay Edwards	Airdrie BMX	N4	4	3	5
5	Ashleigh Lewis	???	115	5	5	4

Junior 17 and 18 Male

1	Nick Goretzen	???	N4	2	1	2
2	James Brown	Airdrie BMX	N1	1	7	1
3	Michael Bailey	Airdrie BMX	N5	4	2	3
4	Tyler Gorz	???	N02	3	4	4
5	Greg Kuszak	???	N03	5	3	5
6	Kevin Plasche	???	N08	6	6	6
7	Scott Croke	Medicine Hat BMX	C8	7	5	7
8	Ward Pateman	???	N3	CR:10	DNS	DNS

20" Pro-Elite Male 19+

1	Ken Cools	Airdrie BMX	N7	1	1	1
2	Kevin Hill	???	N3	3	2	2
3	Kyle Michell	Okotoks BMX	22	2	3	3
4	Christopher Nakamura	Okotoks BMX	C8	4	4	4
5	Justin Doehring	???	AB4	5	5	5
6	Adrienne Binnie	Medicine Hat BMX	AB1	6	6	6
7	Lori Smith	???	C3	7	7	7

Cruiser Pro-Open 19+

1	James Brown	Airdrie BMX	AB1	1	3	1
2	Kevin Hill	???	N2	2	2	2
3	Ken Cools	Airdrie BMX	81	3	1	3
4	Kevin Plasche	???	N02	6	4	4
5	Justin Doehring	???	N7	4	5	5
6	Lori Smith	???	C3	5	6	6

FullGate Open

1	Kaila Sweeney	Airdrie BMX	P1	1	1	1
2	Layne Nyhaug	???	N1	2	2	2
3	Lindsay Edwards	Airdrie BMX	C4	3	3	3

biciSport presents the bicifest ITT - ITT Series #1

Calgary AB April 29, 2006

Rank	Club	Time
Women A		
1	Alex Wrubleski Team H&R Block	33:37
2	Susan Copeland Juventus	34:20
3	Amy Woodward CMC/Bow Cycle	34:42
4	Laura Brown CMC/Bow Cycle	35:11
5	Danielle Kenny CMC/Bow Cycle	36:01
6	Alison Testroete CMC/Bow Cycle	36:22
7	Natasha Kuzmak Synergy	36:54
8	Mical Dyck Terrascape	37:43
9	Colleen Malcolm Velocity	38:11

Women B		
1	Carolyn Soules Crankmaster	35:37
2	Julie Beveridge biciSport	35:45
3	Tanya Salomon TRS Racing	36:06
4	Jill Hunt TRS Racing	36:57
5	Lisa Mensink Speed Theory	37:30
6	Joanne Breau biciSport	37:33
7	Jennifer Alexander Speed Theory	38:09
8	Jessica Kisell biciSport	39:42
9	Kate Reed Juventus	39:59
10	Sandra Yaworski Speed Theory	40:11
11	Adrienne Tibbitts GS Campione	40:48
12	Linda D'Ilio Juventus	41:40
13	Rebecca Morris biciSport	42:43
14	Marlis Kromm biciSport	42:57
15	Lauren Lankester biciSport	43:04
16	Michelle Beveridge biciSport	43:10
17	Valerie Trainer Juventus	44:06
18	Liane Angerman Synergy	46:19

Category 1&2		
2 DNF, 1 DNS		
1	Bruce Copeland Juventus	28:48
2	Robert Veroba biciSport	29:35
3	Devon Smibert Synergy	29:57.3
4	Kyle Marcotte Speed Theory	30:01
5	James Sparling biciSport	30:07
6	Philippe Abbott Italpasta-Transport Belmire	30:45
7	Shawn Taylor Rundle Mountain CC	30:49
8	Jeff Bolstad Team H&R Block	31:08
9	Gary Anderson TRS Racing	31:29
10	Shawn Goulet Pedalhead Roadworks	31:59
11	Ted Dahms Pedalhead Roadworks	32:05
12	Craig Debellefeuille Synergy	32:14
13	Nick Jendzjowsky Pedalhead Roadworks	32:17
14	Shaun Adamson Juventus	32:30
15	John Twells Pedalhead Racing Club	32:34
16	Tim Bulger ERTC/redbike	32:55
17	Michael Bidniak Juventus	33:19
18	Jeff Sparling biciSport	33:20
19	Greg Fulford Juventus	33:27
20	Reid Dalgleish Synergy	33:35
21	Harley Borlee Team H&R Block	33:40
22	Neal Banner CMC/Bow Cycle	34:04
23	Byron Davis Pedalhead Bicycle Works	35:03
24	Tim Ogryzlo Pedalhead Bicycle Works	35:19
25	Steve German TRS Racing	37:35

Category 3		
1	Eric Smith biciSport	31:14.4
2	Anthony Steenbergen Team H&R Block	32:04
3	Anthony Stadyk biciSport	32:21
3	Jared Green TRS Racing	32:21
5	Devin Erfle Deadgoat	32:32
6	Spencer Smitheman Juventus	32:39
7	John Impey CMC/Bow Cycle	32:44
8	Frank Woolstencraft TRS Racing	32:46

9	Keith Bayly Deadgoat	33:09
10	Nick Andrichuk CMC/Bow Cycle	33:11
11	Carson Bannon TRS Racing	33:16
12	James Ritchie Independent	33:17
13	Aaron Chappell ERTC/redbike	33:31
14	Jack Vandyk Terrascape	33:33
15	Bob Mckerrel CABC	33:52
16	Ross Andersen Calgary Cycle	33:57
17	Lonn Bate Terrascape	34:05
18	Frank Kovacs Synergy	34:16
19	Neal Gregory CMC/Bow Cycle	34:22
20	Zane Westerbeeck H and R Block	34:44
21	Eric Bakke Deadgoat	34:51
22	James Mollison biciSport	34:54
23	Wayne Long United Cycle	35:14
24	Brian Robinson CMC/Bow Cycle	35:23
25	Sean Carter Team H&R Block	35:23
26	Rob Brandrick Independent	35:33
27	David Watson Velocity	35:57

Category 4		
1	Dallas Morris Deadgoat	32:49
2	Kyle Anderson ERTC/redbike	32:55
3	Reid Cummings CMC/Bow Cycle	33:06
4	Don Fox Juventus	33:11
5	Chris Stipdonk United Cycle	33:15
6	Mark Ruttiman Pedalhead Roadworks	33:39
7	Kevin Walsh Crankmaster	33:44
8	Shane Besler Independent	33:58
9	Jeff Neilson Terrascape	34:02
10	Dion Clark CMC/Bow Cycle	34:16
11	Evan Firth-England biciSport	34:21
12	Paul Martin CMC/Bow Cycle	34:22
13	Lev Krivitsky Terrascape	35:00
14	Jason Nadeau Independent	35:24
15	Paul Robertson Terrascape	35:25
16	Andrew Phelps Cranky's Bike Shop	35:30
17	Jamie Marshall Crankmaster	35:32
18	Jack Funk Deadgoat	35:42
19	John Plant Synergy	36:02
20	Kevin Noble United Cycle	36:25
21	Wayne Giles TRS Racing	36:49
22	Thomas Auer Calgary Cycle	37:18
23	Evan Wick CMC/Bow Cycle	37:29
24	Keith Anderson Pedalhead Racing Club	38:29
25	Bill Blonski biciSport	45:23

Category 5		
1	Greg Stevenson CMC/Bow Cycle	31:32
2	James Janzen Crankmasters	32:45
3	Ryan Murray Speed Theory	33:20
3	Paul Anderson Speed Theory	33:20
5	Sandy Hilt on Pedalhead Roadworks	33:45
6	James Lyon Cycle-Logic	34:17
7	Sean Lukan Deadgoat	34:25
8	David Larson Juventus	34:26
9	Doug Urness CABC	34:27
10	Peter Farran Crankmaster	34:37
11	Scott Book ERTC/redbike	34:38
12	Brad Fehr Pedalhead Roadworks	34:44
13	John Encarnacao United Cycle	34:46
14	Robert Leeds CMC/Bow Cycle	35:03
15	Jon Mayne Pedalhead Roadworks	35:10
16	Geoff Badger Speed Theory	35:12
17	Martin Day CABC	35:34
18	Hal Kuntze TRS Racing	35:40
19	Robin Auld Cranked	35:43
20	Travis Bower Cranked	35:45
21	Stan Walter Crankmaster	35:45
22	Chris Sparling biciSport	35:56

23	Michael Zelensky	Terrascape	36:05
24	Kent Simmons	bicisport	36:09
25	Bruce Wick	CMC/Bow Cycle	36:25
26	Jacek Kasprzyk	Crankmaster	36:27
27	Richard Lewis	Independent	36:31
28	Adam Boyko	Team H and R Block	36:37
29	Stephen Walsh	Schmoe Racing	36:39
30	Philip Williamson	Crankmasters	36:40
31	James Tallian	Crankmasters	36:42
32	Michael Urquhart	Singletrack	36:43
33	Tim Hartley	Pedalhead Roadworks	36:47
34	Kyle Harris	Juventus	37:06
35	Evan Harbinson	CABC	37:12
36	Rich Sitter	United Cycle	37:13
37	Malcolm Brentnall	CMC/Bow Cycle	37:19
38	Brian Wipf	CMC/Bow Cycle	37:19
39	Gary Taylor	Crankmasters	37:32
40	Josh Nakaska	Speed Theory	37:38
41	Dustin Andrews	CMC/Bow Cycle	37:55
42	Chris Langill	Schmoe Racing	38:09
43	Andrew Schietzsch	Juventus	38:20
44	Kevin Harris	Independent	38:27
45	James Smith	CMC/Bow Cycle	38:35
46	Kasper Woiceshyn	CMC/Bow Cycle	38:49
47	Jason Buijs	Eurotech	38:52
48	Lance Adamson	Juventus	38:54
49	Christopher Dittrick	CMC/Bow Cycle	38:54
50	Chris McCue	CMC/Bow Cycle	39:43
51	Lance Harris	Juventus	39:48
52	Steve Shiers	Team H&R Block	40:20
53	Gregory Malcolm	Velocity	40:42
54	Wes Zaniecki	Crankmaster	40:47
55	Stephen Andrichuk	CMC/Bow Cycle	41:00
56	Mark Jones	Cycle-Logic	41:06
57	George Berry	Velocity	41:16
58	Gordon Timm	Eurotech	43:12
59	Patrick Hodgkinson	Crankmasters	45:46
60	Terry Andrichuk	CMC/Bow Cycle	48:05
61	Barry Giles	TRS Racing	49:12

WITTWERX

WITTWERX for traction for cars racing on drag strips: Use VHT brand TrackBite, "an exclusive consumer formulation designed to offer controlled traction for competition drag racing. VHT TrackBite is a liquid track treatment, which improves traction by means of adhesion and does not soften tires nor the track surface as other imitation products may." (From the manufacturer's site, <http://72.10.43.141/trackbite.htm>.)

WITTWERX for traction for bicycles racing on drag strips: DO NOT use VHT brand TrackBite. "VHT is great in the dry, get it wet and it's hard to walk on. You know it's slippery when the painted centerline has more traction than the unpainted part." (From the Sports Car Club of America's site http://www.scca.org/garage/forum/forum_posts.asp?TID=3383&PN=1). Mechanic Murray Mattingley (ERTC/redbike) notes that the hard tread compound used in road bike tires makes them even less suited to such conditions than car tires.

WITTWERX for sitting under those patio lanterns. Doug Weber (Pedalhead/Bacardi) clamps a big patio umbrella into his bike repair stand when the weather warrants it.

WITTWERX for being right on the numbers: Commissaire Carol Mayne says "Use six pins to attach your road body number. It cuts down on the flapping and billowing and makes it more likely that the Commissaire will be able to read your number and give you the proper place in the race.

ABA Administrative Assistant Tara Rogutski adds, "Check the number pinning model or diagram at the race. For road races and crits, one number goes on your side, below your arm, not on your shoulder. For TTs, put the single number really low on your back, on your rear end if possible. Proper number placement means we can see you and give you your proper results in good time."

Cycling trivia: Tim Heemskerk (United Cycle) notes that the foam-stuffed jersey displayed as a number pinning model at some races is in the black, yellow and red pattern of the Champion of Belgium.

WITTWERX for getting the last possible metre of tread life out of your tires.

Don't.

The tread will be so thin and tender (like the veal scaloppini they made last night on the food channel) that you will spend your nights patching tubes, you will be late for dinner and your veal scaloppini will get cold.


WITTWERX for all those tubes you have to patch. Just before you slap on the patch, inflate the tube to about the size of the tire the tube will fit into. This avoids the patch being stretched and stressed when the tube is inflated inside the tire.

WITTWERX for gluing tubulars: Handy Andy Holmwood puts a small dollop of tubular glue every 10cm or so on both the rim and the base tape and then uses an almost-defunct toothbrush to spread the glue thinly and evenly.

If the tire and rim are new, do the above twice to get a good base of glue for reliable stickiness. Of course, the toothbrush is now completely defunct.

Elmo Kugelblitz, who sometimes forgets to glue his tubulars in a well-ventilated area, tried to add something to the above but his teeth were stuck together.

WITTWERX for not getting 'crossed up. Set up the marking for the entrance to chicanes by looking at them from the rider's point of view. Make sure riders can distinguish the left and right sides of the entrance. Use different coloured tape, different angles and raise the tape on one side to a different level than on the other. This avoids the entrance looking like one long line of tape.

Elmo Kugelblitz is so environmentally conscious that the time that he had an idea, a low-voltage light-emitting diode (LED) light appeared over his head instead of a light bulb. 

Velocity CC presents the Velocity Stage Race

Josephburg, Edmonton AB, May 13-14, 2006

GC Rank	Name	Club	ITT Rank	Time	Crit Rank	Time	Bon	RR Rank	Time	Bon	GC Time
Category 1&2											
1	Bob Veroba	bicisport	5	0:15:19.4	24	0:51:19		3	3:53:07	02	4:59:43.4
2	Cam McKnight	ERTC/redbike	9	0:15:38.2	35	0:51:37		2	3:53:07	04	5:00:18.2
3	Dan Wood	ERTC/redbike	18	0:16:01.7	22	0:51:19		4	3:53:07		5:00:27.7
4	Jeff Bolstad	Team H&R Block	22	0:16:09.2	7	0:51:19		1	3:53:07	06	5:00:29.2
5	Kevin Rokosh	ERTC/redbike	20	0:16:04.6	21	0:51:19		5	3:53:07		5:00:30.6
6	Devon Smibert	Synergy	3	0:15:08.9	5	0:51:19		18	3:56:32		5:02:59.9
7	James Sparling	bicisport	4	0:15:16.1	1	0:51:19	06	16	3:56:32		5:03:01.1
8	Anthony Steenbergen	Team H&R Block	6	0:15:29.7	16	0:51:19		20	3:56:32		5:03:20.7
9	Roddi Lega	Norco	8	0:15:33.7	17	0:51:19		11	3:56:32		5:03:24.7
10	Tim Heemskerck	United	10	0:15:40.1	6	0:51:19	03	9	3:56:32		5:03:28.1
11	Nick Jendzjowsky	Pedalhead Roadworks	13	0:15:55.0	3	0:51:19	02	7	3:56:32		5:03:44.0
12	Phillippe Abbott	Italpasto/Transport Belmire	17	0:16:01.2	2	0:51:19	04	6	3:56:32		5:03:48.2
13	Nick Friesen	Pedalhead Roadworks	16	0:16:00.3	13	0:51:19		21	3:56:32		5:03:51.3
14	Jessie Collins	bicisport	19	0:16:02.1	9	0:51:19		8	3:56:32		5:03:53.1
15	Shaun Adamson	Juventus	14	0:15:58.5	12	0:51:19		23	3:56:37		5:03:54.5
16	Craig Debellefeuille	Synergy	30	0:16:39.6	14	0:51:19		12	3:56:32		5:04:30.6
17	Tim Bulger	ERTC/redbike	32	0:16:44.3	19	0:51:19		15	3:56:32		5:04:35.3
18	Peter Lawrence	Team H&R Block	33	0:16:44.7	10	0:51:19		10	3:56:32		5:04:35.7
19	Ted Dahms	Pedalhead Roadworks	25	0:16:28.0	30	0:51:32		24	3:56:37		5:04:37.0
20	Evan Sherman	United	36	0:16:57.4	11	0:51:19		14	3:56:32		5:04:48.4
21	Cory Wallace	bicisport	34	0:16:44.7	33	0:51:37		13	3:56:32		5:04:53.7
22	Tim Ogryzlo	Pedalhead Racing	31	0:16:39.7	37	0:51:41		22	3:56:37		5:04:57.7
23	Sean Walsh	CMC/Bow Cycle	39	0:17:43.4	26	0:51:32		19	3:56:32		5:05:47.4
24	Shawn Taylor	Team H&R Block	11	0:15:49.2	31	0:51:37		25	4:00:07		5:07:33.2
25	John Twells	Pedalhead Racing	28	0:16:37.6	36	0:51:37		27	4:00:07		5:08:21.6
26	Mark Foster	Team H&R Block	35	0:16:55.6	32	0:51:37	02	26	4:00:07		5:08:37.6
27	Zbigniew Szymanski	United	15	0:15:59.0	25	0:51:19		28	4:02:45		5:10:03.0
28	Greg Fulford	Juventus	27	0:16:33.5	27	0:51:32		29	4:02:45		5:10:50.5
29	Harlee Borlee	Team H&R Block	37	0:17:03.0	20	0:51:19		30	4:02:45		5:11:07.0
30	Felix Haspel	Synergy	38	0:17:18.1	39	0:51:53	01	31	4:02:45		5:11:55.1
31	Stephen Mundy	ERTC/redbike	26	0:16:30.4	42	1:13:27		17	3:56:32		5:26:29.4
—	Matt Osborne	Pedalhead Roadworks	1	0:14:58.5	28	0:51:32		dnf			DNF
—	Ryan Anderson	Team AviaWest	7	0:15:30.4	4	0:51:19		dnf			DNF
—	Ryan Hopping	ERTC/redbike	12	0:15:50.3	38	0:51:48		dnf			DNF
—	Reid Dalglish	Synergy	21	0:16:05.9	23	0:51:19		dnf			DNF
—	Shawn Goulet	Pedalhead Roadworks	23	0:16:11.6	18	0:51:19		dnf			DNF
—	Kevin Masters	Aerobic Power/Fresh Start	24	0:16:21.1	34	0:51:37		dnf			DNF
—	Robert Martens	Blizzard	29	0:16:39.4	8	0:51:19		dns			DNF
—	Jedras Lukas	Pedalhead Racing	40	0:18:19.7	43	1:31:53		dns			DNF
—	Steve German	TRS Racing	41	0:18:40.9	15	0:51:19		dnf			DNF
—	Robin Baillie	Team H&R Block	42	0:21:37.1	41	1:11:53		dnf			DNF
—	Stephen Ferris	ERTC/redbike	43	0:22:43.2	29	0:51:32		dnf			DNF
—	Colin Walsh	Synergy	44	0:25:15.2	40	1:01:53		dnf			DNF

Women

1	Alexandra Wrubleski (A)	Team H & R Block	3	0:17:27.9	1	0:36:51	09	1	2:46:47	06	3:40:50.9
2	Danielle Kenny (A)	CMC/Bow Cycle	1	0:17:09.6	7	0:36:51		2	2:47:03	04	3:40:59.6
3	Laura Brown (A)	CMC/Bow Cycle	2	0:17:17.1	4	0:36:51	01	3	2:52:29	02	3:46:34.1
4	Amy Woodward (A)	CMC/Bow Cycle	4	0:17:44.6	8	0:36:51		5	2:52:29		3:47:04.6
5	Julie Beveridge (B)	bicisport	5	0:17:56.5	5	0:36:51		7	2:52:29		3:47:16.5
6	Alison Testroete (A)	CMC/Bow Cycle	6	0:18:03.2	2	0:36:51	06	4	2:52:29		3:47:17.2
7	Gail Wozny (B)	Juventus	7	0:18:21.0	10	0:36:51		10	2:52:29		3:47:41.0
8	Natasha Kuzmak (A)	Synergy	8	0:18:28.9	6	0:36:51		6	2:52:29		3:47:48.9
9	Joanne Breau (B)	bicisport	9	0:18:36.3	9	0:36:51		9	2:52:29		3:47:56.3
10	Pepper Harlton (A)	Dirt Girls	10	0:18:45.7	3	0:36:51	02	8	2:52:29		3:48:03.7
11	Anna Paton (A)	Velocity	11	0:19:06.9	11	0:36:51		13	2:52:29		3:48:26.9
12	Joy Mekechuk (A)	Juventus	14	0:19:57.7	14	0:37:40		11	2:52:29		3:50:06.7
13	Tanya Bagnell (A)	ERTC/redbike	27	0:22:19.8	15	0:37:43		14	2:52:29		3:52:31.8
14	Alicia Sykes (B)	Velocity	12	0:19:09.4	12	0:36:51		18	3:06:31		4:02:31.4
15	Teresa Sturgess (B)	Velocity	13	0:19:41.4	19	0:37:45		16	3:06:31		4:03:57.4
16	Colleen Malcolm (A)	Velocity	16	0:20:21.7	17	0:37:45		17	3:06:31		4:04:37.7
17	Liz Hoepfner (B)	Velocity	17	0:20:22.2	18	0:37:45		15	3:06:31		4:04:38.2
18	Rebecca Morris (B)	bicisport	19	0:20:45.0	16	0:37:43		20	3:13:04		4:11:32.0
19	Allison Nutting (B)	Velocity	22	0:21:13.7	22	0:37:45		19	3:13:04		4:12:02.7
20	Tara-Lee Stilwell (B)	United	25	0:21:40.0	21	0:37:45		21	3:13:04		4:12:29.0
21	Barb Rubuliak (B)	Velocity	21	0:21:06.8	20	0:37:45		23	3:14:51		4:13:42.8
22	Celine Gannon (B)	Pedalhead Roadworks	23	0:21:25.1	24	0:37:45		24	3:14:51		4:14:01.1
23	Norma Lachance (B)	Velocity	24	0:21:30.7	25	0:50:15		22	3:14:15		4:26:00.7
—	Lindsay Herrick (B)	Aerobic Power/Fresh Start	18	0:20:40.4	26	0:50:15		dnf			
—	Liane Angerman (A)	Synergy	26	0:22:12.6	27	1:02:45		dns			
—	Liz Ariano (B)	ERTC/redbike	20	0:21:03.1	23	0:37:45		dns			
—	Steph Roorda (B)	Synergy	15	0:20:03.0	13	0:37:40		dns			

GC Rank	Name	Club	ITT Rank	ITT Time	Crit Rank	Crit Time	Bon	RR Rank	RR Time	Bon	GC Time
Category 3											
1	Eric Smith	CMC/Bow Cycle	1	0:15:20.3	1	0:45:40	09	1	3:16:50	06	4:17:35.3
2	Cyrus Kangaroo	Synergy	5	0:16:30.8	2	0:45:40	05	6	3:16:50		4:18:55.8
3	Spencer Smitheman	Juventus	2	0:16:01.9	15	0:46:13		5	3:16:50		4:19:04.9
4	Anthony Stadnyk	bicisport	4	0:16:30.3	11	0:46:13	02	20	3:16:50		4:19:31.3
5	Cody Canning	ERTC/Redbike	16	0:17:07.7	3	0:45:40	02	3	3:16:50	02	4:19:33.7
6	Keith Bayly	Deadgoat	6	0:16:41.1	25	0:46:13		12	3:16:50		4:19:44.1
7	Brian Robinson	CMC/Bow Cycle	7	0:16:42.3	8	0:46:13		9	3:16:50		4:19:45.3
8	Dennis Bland	Crankmasters	8	0:16:49.2	20	0:46:13		18	3:16:50		4:19:52.2
9	Nic Andrichuk	CMC/Bow Cycle	9	0:16:52.8	5	0:46:13		7	3:16:50		4:19:55.8
10	Mike Bidniak	Juventus	17	0:17:07.8	4	0:46:13		2	3:16:50	04	4:20:06.8
11	Jay Lapierre	Speed Theory	15	0:17:07.5	30	0:46:13		10	3:16:50		4:20:10.5
14	Zane Westerbeeck	Team H & R Block	18	0:17:08.3	9	0:46:13		8	3:16:50		4:20:11.3
15	Devin Erfle	Deadgoat	19	0:17:08.9	12	0:46:13		4	3:16:50		4:20:11.9
16	James Purdy	bicisport	20	0:17:09.5	21	0:46:13		23	3:16:50		4:20:12.5
17	Jack Vandyk	Terrascape	22	0:17:23.4	17	0:46:13		11	3:16:50		4:20:26.4
18	Frank Woolstencroft	TRS Racing	11	0:17:03.3	24	0:46:13		24	3:17:23		4:20:39.3
19	Erik Bakke	Deadgoat	24	0:17:45.8	13	0:46:13		15	3:16:50		4:20:48.8
20	Andre Sutton	Hardcore	25	0:17:46.9	27	0:46:13		22	3:16:50		4:20:49.9
21	Jeff Klassen	ERTC/Redbike	21	0:17:19.0	7	0:46:13		26	3:17:24		4:20:56.0
22	Braden Young	Synergy	27	0:17:53.4	29	0:46:13		17	3:16:50		4:20:56.4
23	Sean Carter	Team H&R Block	29	0:18:17.8	6	0:46:13		14	3:16:50		4:21:20.8
24	Steve Martins	Hardcore	30	0:18:28.7	14	0:46:13		19	3:16:50		4:21:31.7
25	Neal Gregory	CMC/Bow Cycle	3	0:16:29.4	16	0:46:13		28	3:19:00		4:21:42.4
26	Curtis Roper	Velocity	23	0:17:42.8	19	0:46:13		27	3:18:14		4:22:09.8
27	Darren Anderson	Pedalhead Racing	31	0:18:37.3	31	0:48:43		16	3:16:50		4:24:10.3
28	Frank Kovacs	Synergy	14	0:17:07.5	23	0:46:13		31	3:20:53		4:24:13.5
29	James Mollison	bicisport	28	0:18:01.5	10	0:46:13		29	3:20:35		4:24:49.5
30	Bruce Voelker	Pedalhead Roadworks	33	0:18:54.6	22	0:46:13		30	3:20:37		4:25:44.6
31	Wayne Long	United	26	0:17:52.0	32	1:06:13		21	3:16:50		4:40:55.0
32	Aaron Chappell	ERTC/Redbike	36	0:54:56.5	18	0:46:13		13	3:16:50		4:57:59.5
33	Brian Kullman	Synergy	10	0:16:59.9	34	1:13:43		32	3:30:30		5:01:12.9
—	Sherwood Plant	Synergy	34	0:19:03.3	35	1:16:13		dnf			
—	Andrew Schietzsch	Juventus	35	0:20:47.5	36	1:16:13		dnf			
—	Phil Rayner	Headwinds	13	0:17:07.5	26	0:46:13		dnf			
—	Alex Van Geest	Headwinds	32	0:18:40.1	33	1:06:13		dns			
—	Brian Zurek	Pedalhead Roadworks	12	0:17:06.2	28	0:46:13		dns			
Category 4											
1	Reid Cummings	CMC/Bow Cycle	1	0:16:32.6	6	0:35:19		11	2:48:50		3:40:41.6
2	Don Fox	Juventus	3	0:16:48.0	12	0:35:19		6	2:48:50		3:40:57.0
3	Shane Besler	Independent	4	0:17:03.4	16	0:35:19		16	2:48:50		3:41:12.4
4	Paul Martin	CMC/Bow Cycle	5	0:17:10.1	1	0:35:19	06	7	2:48:50		3:41:13.1
5	Kevin Walsh	Crankmasters	6	0:17:13.8	8	0:35:19		15	2:48:50		3:41:22.8
6	Steve Soldan	Independent	10	0:17:38.0	13	0:35:19	03	14	2:48:50		3:41:44.0
7	Jeff Neilson	Terrascape	12	0:17:50.0	4	0:35:19		3	2:48:50	02	3:41:57.0
8	Craig Schmitt	Independent	11	0:17:49.4	21	0:35:19		12	2:48:50		3:41:58.4
9	Brys Francis	United	15	0:17:54.6	19	0:35:19		20	2:48:50		3:42:03.6
10	Chris Sparling	CMC/Bow Cycle	8	0:17:34.2	23	0:35:40		17	2:48:50		3:42:04.2
11	Shane Frahm	Edmonton Masters' CC	19	0:17:59.5	5	0:35:19		2	2:48:50	04	3:42:04.5
12	Geoff Webb	CMC/Bow Cycle	18	0:17:57.8	15	0:35:19		19	2:48:50		3:42:06.8
13	Evan Firth-Eagland	bicisport	23	0:18:17.0	2	0:35:19	06	4	2:48:50		3:42:20.0
14	Paul Plakas	Aerobic Power/Fresh Start	25	0:18:30.6	10	0:35:19		5	2:48:50		3:42:39.6
15	Dan Hunka	Juventus	26	0:18:35.5	14	0:35:19		9	2:48:50		3:42:44.5
16	Kevin Noble	United	30	0:19:05.5	3	0:35:19	02	1	2:48:50	06	3:43:06.5
17	Peter Heppleston	Edmonton Masters' CC	14	0:17:52.4	24	0:36:47		8	2:48:50		3:43:29.4
18	John Plant	Synergy	24	0:18:23.0	25	0:36:47		18	2:48:50		3:44:00.0
19	Dion Clark	CMC/Bow Cycle	17	0:17:57.0	17	0:35:19		25	2:53:00		3:46:16.0
20	Claude Breau	bicisport	31	0:19:27.5	26	0:36:47		22	2:51:00		3:47:14.5
21	Earl Nolan	CMC/Bow Cycle	9	0:17:37.7	27	0:38:35		26	2:55:00		3:51:12.7
22	Myles Marshall	ERTC/redbike	34	0:28:35.2	9	0:35:19		10	2:48:50		3:52:44.2
23	Tim Brewster	Juventus	27	0:18:49.1	22	0:35:19		29	2:59:00		3:53:08.1
24	Thomas Auer	Calgary Cycle	28	0:18:54.9	18	0:35:19		30	3:00:00		3:54:13.9
25	Andrew Phelps	Cranky's Bike Shop	20	0:18:02.0	11	0:35:19		31	3:01:00		3:54:21.1
26	Kyle Anderson	ERTC/redbike	2	0:16:42.2	20	0:35:19	01	32	3:03:00		3:55:00.2
27	Rob Reid	Crankmasters	22	0:18:14.5	29	0:46:05		27	2:55:00		3:59:19.5
28	Simon Richard	United	32	0:19:31.1	31	0:51:05		24	2:51:00		4:01:36.1
29	Mark Ruttiman	Pedalhead Roadworks	7	0:17:28.7	33	0:56:05		21	2:48:50		4:02:23.7
30	Lev Krivitsky	Terrascape	16	0:17:55.6	32	0:54:05		23	2:51:00		4:03:00.6
31	Greg Yanicki	bicisport	33	0:19:47.7	30	0:48:35		28	2:56:00		4:04:22.7
32	Paul Robertson	Terrascape	13	0:17:51.6	34	1:00:05		13	2:48:50		4:06:46.6
—	Evan Wick	CMC/Bow Cycle	21	0:18:04.9	7	0:35:19		dnf			
—	Jan Sacharuk	Pedalhead Roadworks	29	0:18:56.1	28	0:43:35		dnf			

continued on next page

continued from previous page

Velocity CC presents the Velocity Stage Race

Category 5

GC			ITT		Crit			RR		GC		
Rank	Name	Club	Rank	Time	Rank	Time	Bon	Rank	Time	Bon	Time	
1	Sandy Hilton	Pedalhead Roadworks	1	0:17:12.6	2	0:30:00	07	11	2:13:00		3:00:05.6	
2	Gideon Krishtalka	Team H&R Block	2	0:17:17.8	11	0:30:00		7	2:13:00		3:00:17.8	
3	Greg Stevenson	CMC/Bow Cycle	3	0:17:30.8	15	0:30:00		18	2:13:00		3:00:30.8	
4	Brad Fehr	Pedalhead Roadworks	4	0:17:31.8	21	0:30:00		14	2:13:00		3:00:31.8	
5	Rob Leeds	CMC/Bow Cycle	7	0:18:01.8	1	0:30:00		08	2	2:13:00	04	3:00:49.8
6	Doug Urness	CABC	5	0:17:56.4	10	0:30:00		5	2:13:00		3:00:56.4	
7	James Lyon	Cycle-Logic	8	0:18:05.5	5	0:30:00		1	2:13:00		3:01:05.5	
8	Kyle Harris	Juventus	6	0:17:59.1	34	0:30:09		9	2:13:00		3:01:08.1	
9	Scott Book	ERTC/redbike	9	0:18:10.2	8	0:30:00		8	2:13:00		3:01:10.2	
10	Rod Tiedemann	Edmonton Masters CC	10	0:18:21.6	12	0:30:00		3	2:13:00		02	3:01:21.6
11	Kevin Gregg	ERTC/redbike	12	0:18:28.8	4	0:30:00		4	2:13:00		3:01:28.8	
12	Jon Mayne	Pedalhead Roadworks	13	0:18:29.0	18	0:30:00		21	2:13:00		3:01:29.0	
13	Damon Davis	Independent	15	0:18:31.2	3	0:30:00		02	16	2:13:00	3:01:29.2	
14	James Tallian	Crankmasters	16	0:18:32.8	25	0:30:00		24	2:13:00		3:01:32.8	
15	David Larsen	Juventus	17	0:18:33.5	17	0:30:00		10	2:13:00		3:01:33.5	
16	Adam Boyko	Team H&R Block	18	0:18:38.1	13	0:30:00		12	2:13:00		3:01:38.1	
17	Jason Dyck	Aerobic Power/Fresh Start	20	0:18:41.5	27	0:30:00		17	2:13:00		3:01:41.5	
18	Gerhard Jacobs	Cranky's	19	0:18:39.6	33	0:30:08		27	2:13:00		3:01:47.6	
19	Chris McCue	CMC/Bow Cycle	23	0:18:59.6	23	0:30:00		23	2:13:00		3:01:59.6	
20	Trevor Pombert	United	26	0:19:00.8	30	0:30:00		20	2:13:00		3:02:00.8	
21	Bill Hodgetts	Pedalhead Roadworks	29	0:19:09.9	22	0:30:00		6	2:13:00		3:02:09.9	
22	Bruce Wick	CMC/Bow Cycle	31	0:19:16.0	9	0:30:00		25	2:13:00		3:02:16.0	
23	Al Gilbert	CABC	32	0:19:17.5	20	0:30:00		13	2:13:00		3:02:17.4	
24	Charles Finstad	Singletrack	25	0:19:00.7	19	0:30:00		30	2:14:02		3:03:02.7	
25	David Quaschnick	Pedalhead Roadworks	10	0:18:21.6	36	0:30:45		31	2:14:02		3:03:08.6	
26	Conrad Quist	ERTC/redbike	33	0:19:17.8	32	0:30:00		32	2:14:02		3:03:19.8	
27	James Dean	Pedalhead Roadworks	21	0:18:53.8	40	0:31:46		22	2:13:00		3:03:39.8	
28	Lorne Dmitruk	Cycle-Logic	27	0:19:00.9	43	0:31:49		26	2:13:00		3:03:49.9	
29	Chris Langill	Schmoe Racing	28	0:19:08.6	39	0:31:43		19	2:13:00		3:03:51.6	
30	Clint Millard	United	37	0:20:09.1	6	0:30:00		29	2:14:02		3:04:11.1	
31	Lindsay Dodd	Cycle-Logic	42	0:20:48.4	16	0:30:00		28	2:14:02		3:04:50.4	
32	Jason Wall	Independent	36	0:18:01.0	7	0:30:00		38	2:24:09		3:12:10.0	
33	Larry Welsh	Independent	14	0:18:29.4	14	0:30:00		36	2:24:09		3:12:38.4	
34	Tim Hartley	Pedalhead Roadworks	22	0:18:54.5	26	0:30:00		33	2:24:09		3:13:03.5	
35	Ryan Petersen	Velocity	51	0:30:41.2	31	0:30:00		15	2:13:00		3:13:41.2	
36	Rob Barfuss	Headwinds	38	0:20:09.9	29	0:30:00		34	2:24:09		3:14:18.9	
37	Stephen Andrichuk	CMC/Bow Cycle	40	0:20:35.4	47	0:34:49		39	2:24:09		3:19:33.4	
38	Michael Zelensky	Terrascape	50	0:28:42.3	41	0:31:46		35	2:24:09		3:24:37.3	
39	Richard Carr	United	43	0:21:00.7	38	0:31:24		44	2:32:47		3:25:11.7	
40	Emils Muehlenbachs	Pedalhead Racing	24	0:19:00.7	50	0:42:19		37	2:24:09		3:25:28.7	
41	Brayden McDougall	bicisport	39	0:20:34.6	44	0:32:19		46	2:32:47		3:25:40.6	
42	Rob Wooley	Speed Theory	44	0:21:02.2	45	0:34:49		45	2:32:47		3:28:38.2	
43	Matt Meyer	Juventus	45	0:21:15.2	46	0:34:49		41	2:32:42		3:28:46.2	
44	Mark Jones	Cycle-Logic	46	0:21:33.4	49	0:37:19		40	2:32:42		3:31:34.4	
45	Richard Cairney	ERTC/redbike	48	0:22:04.1	48	0:37:19		43	2:32:42		3:32:05.1	
46	Matthew Rein	Velocity	47	0:21:48.5	51	0:42:19		42	2:32:42		3:36:49.5	
—	Paul Kozak	ERTC/redbike	30	0:19:12.5	24	0:30:00		dnf				
—	Warren Schmitz	Aerobic Power/Fresh Start	41	0:20:48.2	28	0:30:00		dnf				
—	Travis Bower	Cranked	34	0:19:27.3	35	0:30:12		dns				
—	Antonio Bilotta	Pedalhead Racing	52	0:51:15.8	37	0:31:22		dns				
—	Bogdan Braun	United	35	0:19:39.9	42	0:31:46		dns				
—	Jean-Claude Coupal	United	49	0:22:32.6	52	0:44:49		dnf				

Below left: Kevin Grigg (ERTC/redbike) is a lean machine in the Cat 5 crit. Graham Shrive photo. Below: Reid Dalglish (Synergy) is the pointy end of the arrow in the Cat 1&2 crit.



DirtGirls presents the Down 'n' Dirty XC

Rank	Club	Time:	Elite Men	Expert Men	Novice Men	DNF	
Elite Women							
1	Mical Dyck	2:14:30	1 Tim Heemskerk	1 Jeff Neilson	1 Cody Johns	21 Kevin McMahan	
2	Andrea Bunnin	2:32:08	2 Cory Wallace	2 Darren Anderson	2 Echehart Marenholtz	22 Trevor Pombert	
3	Penny Thompson	2:38:43	3 Evan Sherman	3 Thomas Lenherr	3 Bradley Krupa	23 Chad Geutes	
4	Amy Woodward	2:40:27	4 Ryan Hopping	4 Neil Johns	4 Stan Boutin	24 Kris Aksomitis	
5	Andrea Nighbor	2:47:18	5 Casey Dyck	5 Davin Beek	5 Don Shewan	25 Stan Rachar	
Expert Women							
1	Loni Klettli	2 DNF	6 Dallas Morris	6 Mike Norton	6 Kevin Finlay	26 Emils Muehlenbachs	
2	Karen Martins	1:57:30	7 Andre Suttou	7 Michael Stoner-Walker	7 Ewen Clark	27 Dave Staerkle	
3	Sheri Foster	2:00:58	8 Dion Clark	8 Adrian Specogna	8 Brad Harrington	Sport Youth Men	
4	Jessica Kisell	2:06:52	9 Steve Martins	9 Phil McDonald	9 David Hazellett	1 David Larson	
5	Jill Parnell	2:16:00	10 Peter Lawrence	10 Simon Tremblay	10 Stephen Mihli	2 Peter Knight	
Sport Women							
1	Kim Ritter	1:37:53	11 Earl Nolan	11 Malcolm Brentnall	11 David Dyck	3 Patrick Mc Manus	
2	Lisa Licis	1:39:08	12 Robert Leeds	12 Keith Bayly	12 Richard Moses	4 Mackenzie Carson	
3	Solveig Lindgren	1:39:53	13 Dave Kennedy	13 Tracy Shearer	13 Eric Epp	5 Connor Witzke	
4	Carrie Grover	1:45:27			14 Roger Steele	6 Nathaniel Preston	
5	Tami Thicke	1:46:35			15 John McKnight	Novice Men	
6	Aimee Willette	1:55:09			16 Jim Thomas	1 Cody Johns	
7	Christine Rozak	1:57:31			17 Michael Ostiowy	2 Echehart Marenholtz	
Sport Youth Women							
1	Lauren Lankester	1:03:49			18 Ray Schmidt	3 Bradley Krupa	
2	Kelly Hall	1:06:52			19 Adrien Wolters	4 Stan Boutin	
3	Samantha Grover	1:08:29			20 Rick Poole	5 Don Shewan	
4	Jenn Virtue	1:08:58			21 Guy Carson	6 Kevin Finlay	
5	Kendra Middleton	1:14:16			22 Lance Harris	7 Ewen Clark	
Novice Women							
1	Shantel Koenig	1:05:47			23 Joe Royle	8 Brad Harrington	
2	Annette Bethell	1:06:55			24 Luke Wolters	9 David Hazellett	
3	Nicole Muzzechka	1:08:11			25 David Granoien	10 Stephen Mihli	
4	Anne Hosker	1:10:25			26 Richard Michaud	11 David Dyck	
5	Holley Christianson	1:11:55			27 Brad Chisholm	12 Richard Moses	
6	Amber Finlay	1:14:57			28 Kevin Grover	13 Eric Epp	
7	Erin Dubyk	1:14:58			29 Stewart Hutchings	14 Roger Steele	
8	Krystyn Ong	1:15:42			30 Noel Bateman	15 John McKnight	
9	Erin Fraleigh	1:15:58			31 Adam Storms	16 Jim Thomas	
10	Terrri-Anne Howard	1:17:04			Novice Youth Men		
11	Maryann Heacock	1:20:10			1 Eric Johnson	1 DNF	
12	Cindy Grand	1:20:49			2 David Todd	1 DNF	
13	Connie Verbruggen	1:23:19			3 Felix Wilberg	1:04:38	
14	Corinne Langford	1:25:48			4 Michael Lankester	Cyclemeisters/Bow Cycle 1:06:52	
15	Carren Bateman	1:30:35			5 Evan Wishloff	Cyclemeisters/Bow Cycle 1:10:33	
16	Chrissy MacInnes	1:31:58			6 Kevin Stafford	United Cycle 1:11:13	
17	Caitlin Ryan	1:32:32			Novice Youth Women		
18	Heather Rachar	1:34:01			1 Millicent Brentnall	1 DNF	
19	Tara Hardstaff	1:34:18					
20	Carol Rae	1:34:39					
21	Cheryl Kasianiuk	1:38:08					
22	Heather Von Bloedau	1:42:50					
Novice Youth Women							
1	Millicent Brentnall	59:50					

ERTC/redbike presents the Pigeon Lake Road Race

Mulhurst Bay AB Sunday, June 4, 2006

Rank	Name	Club	Time
Women A			
		75 km	1 DNF
1	Alison Testroete	CMC/Bow Cycle	2:07:22
2	Pepper Harlton	Dirt Girls	2:07:22
3	Julie Beveridge	bicisport	2:07:22
4	Amy Woodward	CMC/Bow Cycle	2:07:22
5	Joy Mekechuk	Juventus	2:07:22
6	Heather Oswald	ERTC/redbike	2:07:22
7	Tricia Orzeck	Synergy	2:07:41
8	Tanya Bagnell	ERTC/redbike	2:07:41

Rank	Name	Club	Time
Women B			
		75 km	
1	Joanne Breau	bicisport	2:07:22
2	Lyne Liboiron	Independent	2:07:22
3	Kelsey Miller	CMC/Bow Cycle	2:07:22
4	Carolyn Soules	Crankmasters	2:07:22
5	Melanie Zinck	Team H&R Block	2:07:53
6	Lindsay Herrick	Aerobic Power/Fresh Start	2:23:53
7	Liz Ariano	ERTC/redbike	2:24:12
8	Judy Harlton	Dirt Girls	2:24:12
9	Alli Nutting	Velocity	2:24:12
10	Liane Angerman	Synergy	2:29:07

Rank	Name	Club	Time
Category 5			
		58 km	10 DNF, 1 DNS
1	Damon Davis	Independent	1:26:05
2	Angus Cowan	Independent	1:26:05
3	Rob Found	Freeskool	1:26:05
4	Trevor Pombert	United Cycle	1:26:05
5	Kevin Gregg	ERTC/redbike	1:26:05
6	Kobe Davis	Café Racers	1:26:05
7	Martin Day	CABC	1:26:05
8	Jon Encarnação	United Cycle	1:26:05
9	Tim Wu	bicisport	1:26:05
10	Bradley Kennedy	Schmoe Racing	1:26:05
11	Sinh Chiem	United Cycle	1:26:05
12	Chris Langill	Schmoe Racing	1:26:05
13	Lance Adamson	Juventus	1:26:05
14	Clayton Hoffman	Singletrack	1:26:22
15	Chris Mccue	CMC/Bow Cycle	1:26:25
16	Greg Christensen	Cranky's Bike Shop	1:26:29
17	Rich Sitter	United Cycle	1:26:29
18	Paul Kozak	ERTC/redbike	1:27:32
19	Gerhard Jacobs	Cranky's Bike Shop	1:27:52
20	Paul Anderson	Speed Theory	1:28:04
21	Roger Clemens	United Cycle	1:28:11
22	Ryan Petersen	Velocity	1:28:39
23	Bogdan Braun	United Cycle	1:29:20
24	David Pick	Singletrack	1:29:22
25	Bill Hodgetts	Pedalhead Roadworks	1:29:32
26	Michael Zelensky	Terrascape	1:29:32
27	Lance Harris	Juventus	1:32:22
28	Tim Hartley	Pedalhead Roadworks	1:32:37
29	Stan Rachar	CFM Racing	1:32:37
30	Geoff Rackette	Velocity	1:32:37
31	Charles Finstad	Singletrack	1:35:30
32	Andrew Schietzsch	Juventus	1:35:36
33	Doug Jamieson	CoachChris.ca/Ted Velikon	1:35:40
34	Bruce Carter	Headwinds	1:35:40
35	Lorne Dmitruk	9th Street Cycle-Logic	1:35:40
36	Emils Muehlenbachs	Pedalhead Racing	1:35:50
37	Kasper Woiceshyn	CMC/Bow Cycle	1:36:00
38	Conrad Quist	ERTC/redbike	1:41:12
39	Michael Kohlenberg	United Cycle	1:45:57
40	Richard Carr	United Cycle	1:45:59
41	Neil Ruhl	Juventus	1:46:33
42	Jason Dyck	Aerobic Power/Fresh Start	1:47:38
43	Richard Cairney	ERTC/redbike	1:51:30
44	Alan McCaldler	Edmonton Masters' CC	1:51:46
45	Tim Lockie	United Cycle	1:53:56
46	Jean Claude Coupal	United Cycle	1:55:29
47	Ken Rumsey	Singletrack	2:19:59
48	Mark Baril	Singletrack	2:20:35

Category 4

Rank	Name	Club	Time
Category 4			
		117 km	1 DNF, 1 DNS
1	Justin Middleton	Juventus	2:57:58
2	Paul Martin	CMC/Bow Cycle	2:57:58
3	Claude Breau	bicisport	2:57:58
4	Mike McKee	Deadgoat	2:57:58
5	Justin Williams	Singletrack	2:57:58
6	Brys Francis	United Cycle	2:57:58
7	Peter Heppleston	Edmonton Masters' CC	2:57:58
8	Gideon Krishtalka	Team H&R Block	2:57:58
9	Paul Plakas	Aerobic Power/Fresh Start	2:57:58
10	Shane Frahm	Edmonton Masters' CC	2:57:58
11	David Larson	Juventus	2:57:58
12	Jack Funk	Deadgoat	2:57:58
13	Danielle Kenny	CMC/Bow Cycle	2:57:58
14	Mark Ruttiman	Pedalhead Roadworks	2:57:58
15	Steve Schiefler	Calgary Cycle	2:57:58
16	Doug Urness	CABC	2:57:58
17	Joshua Kutryk	Independent	2:57:58
18	Mike Norton	Independent	2:57:58
20	Kyle Anderson	ERTC/redbike	2:57:58
28	Thomas Auer	Calgary Cycle	2:57:58
19	Paul Ermantrout	Velocity	2:57:58
21	Craig Schmitt	Independent	2:57:58
22	Dion Clark	CMC/Bow Cycle	2:57:58
23	Jon Mayne	Pedalhead Roadworks	2:57:58
24	Scott Book	ERTC/redbike	2:57:58
25	Kirk Hamilton	River Valley Cycle	2:57:58
26	Lev Krivitsky	Terrascape	2:57:58
27	Kyle Harris	Juventus	2:57:58
29	Carlos Salas	TRS Racing	2:57:58
30	Pete Graves	Independent	2:57:58
31	Tracy Shearer	Juventus	2:57:58
32	Dan Hunka	Juventus	2:57:58
33	Tim Riess	Pedalhead Racing	2:57:58
34	Jan Sacharuk	Pedalhead Roadworks	2:57:58
35	Sandy Hilton	Pedalhead Roadworks	2:57:58
36	Rich Wegerhoff	Schmoe Racing	2:57:58
37	Mark Rumsey	Hardcore	3:01:13
38	Brennan Bagdan	Pedalhead Roadworks	3:01:53
39	Gerry McCuaig	Deadgoat	3:04:35
40	Greg Yanicki	bicisport	3:07:13
41	James Mollison	bicisport	3:09:29
42	Michael Meeres	CABC	3:14:48
43	Craig Fraser	Calgary Cycle	3:24:05
44	Tom Mumby	Juventus	3:23:59
45	Bill Blonski	bicisport	3:48:17

Category 6

Rank	Name	Club	Time
Category 6			
		45 km	
1	Kurt Defreitas	CMC/Bow Cycle	1:17:00
2	Stephen Andrichuk	CMC/Bow Cycle	1:17:00
3	Ron Ellis	Juventus	1:17:00
4	Michelle Beveridge	bicisport	1:17:00
5	Ivan Todosijcuk	ERTC/redbike	1:17:00
6	Gail Wozny	Juventus	1:17:53
7	Laura Lee Dyck	Crankmasters	1:21:40
8	Brayden McDougall	bicisport	1:21:40
9	Marilyn Taylor	Independent	1:22:39
10	Mackenzie Carson	Juventus	1:22:47
11	Connor Witzke	Juventus	1:23:25
12	Kendra Middleton	Juventus	1:23:25
13	Carrie Grover	Dirt Girls	1:23:25
14	Linda D'Illio	Juventus	1:23:25
15	Mark Jones	9th Street Cycle-Logic	1:23:40
16	Erich Schroeder	Edmonton Masters' CC	1:23:40
17	Brad Knapik	CMC/Bow Cycle	1:26:57
18	Jessica Kisell	bicisport	1:29:04
19	Amber Finlay	Deadgoat	1:29:15
20	Robert Woodward	Independent	1:29:15
21	Stewart Hutchings	United Cycle	1:30:00
22	Krystyn Ong	Dirt Girls	1:30:30
23	Kate Reed	Juventus	1:31:23
24	Jaye Milley	bicisport	1:31:23
25	Terry Andrichuk	CMC/Bow Cycle	1:31:39



Above left: Kevin Masters (Aerobic Power/Fresh Start) shows his own finishing style in Cat 1&2. Above right: Jason Wall (I, Ind) and Andrew Tomassini (GS Campione) cross the finish line one way or another. Photos by Alan Schietzsch ARS Technical Images. More at <http://www.interpolatethis.com/PL06/>

26	Heather Rachar	CFM Racing	1:31:39
27	Samantha Grover	Juventus	1:31:54
28	Doug Laver	Independent	1:36:08
29	Carol Johns	Juventus	1:36:30
30	Val Trainer	Juventus	1:36:30
	John McBean	9th Street Cycle-Logic	not classified

Category 1&2

		134 km	6 DNF
1	Jeff Bolstad	Team H&R Block	3:22:08
2	Jesse James Collins	bicisport	3:22:10
3	Chris Wright	Juventus	3:22:13
4	Cyrus Kangarloo	Synergy	3:22:13
5	Nick Friesen	Pedalhead Roadworks	3:22:13
6	Peter Lawrence	Team H&R Block	3:22:13
7	Matthew Decore	Pedalhead Roadworks	3:22:13
8	John Twells	Pedalhead Racing	3:22:13
9	Kevin Masters	Aerobic Power/Fresh Start	3:22:13
10	Trev Williams	Speed Theory	3:22:13
11	Neall Banner	CMC/Bow Cycle	3:22:13
12	Mark Foster	Team H&R Block	3:22:13
13	Reid Dalgleish	Synergy	3:22:13
14	Kevin Rokosh	ERTC/redbike	3:22:13
15	James Sparling	bicisport	3:22:39
16	Ted Dahms	Pedalhead Roadworks	3:22:39
17	Ryan Hopping	ERTC/redbike	3:22:52
18	Zbigniew Szymanski	United Cycle	3:22:52
19	Shawn Goulet	Pedalhead Roadworks	3:22:52
20	Guri Randhawa	Pedalhead Roadworks	3:23:28
21	Byron Davis	Pedalhead Racing	3:23:51
22	Dan Wood	ERTC/redbike	3:23:55
23	Mike Bidniak	Juventus	3:24:14
24	Anthony Steenbergen	Team H&R Block	3:24:14
25	Tim Ogryzlo	Pedalhead Racing	3:25:30
26	Stephen Mundy	ERTC/redbike	3:26:41
27	Sean Huggins Chan	bicisport	3:27:01
28	Greg Fulford	Juventus	3:30:59
29	Harlee Borlee	Team H&R Block	3:33:29
30	Tim Bulger	ERTC/redbike	3:34:06

Category 3

		117 km	3 DNF
1	Devin Erfle	Deadgoat	2:56:17
2	Jason Lapierre	Speed Theory	2:56:17
3	Spencer Smitheman	Juventus	2:56:17
4	Erik Bakke	Deadgoat	2:56:17
5	Aaron Chappell	ERTC/redbike	2:56:17
6	Carson Bannon	TRS Racing	2:56:17
7	Curtis Roper	Velocity	2:56:17
8	Zane Westerbeek	Team H&R Block	2:56:17
9	Dave Kennedy	CMC/Bow Cycle	2:56:17
10	Nic Andrichuk	CMC/Bow Cycle	2:56:17
11	Dennis Bland	TRS Racing	2:56:17
12	Andre Sutton	Hardcore	2:56:17
13	Sean Walsh	CMC/Bow Cycle	2:56:17
14	LeRoy Brower	Pedalhead Roadworks	2:56:17
15	Brian Zurek	Pedalhead Roadworks	2:56:17
16	Tommy Mak	Eurotech Cycle	2:56:17
17	Steve Martins	Hardcore	2:56:17
18	Don Fox	Juventus	2:56:17
19	Frank Kovacs	Synergy	2:56:17
20	Kevin Noble	United Cycle	2:56:17
21	David Watson	Velocity	2:56:17
22	Michael Johns	CABC	2:56:17
23	Frank Woolstencroft	TRS Racing	2:56:31
24	Jack Vandyk	Terrascape	2:56:31
25	James Ritchie	Independent	2:56:35
26	Finn Pedersen	Team H&R Block	2:56:38
27	Rob Brandrick	Independent	2:56:38
28	Robert Fougere	Independent	2:56:38
29	Paul Robertson	Terrascape	2:56:53
30	Bruce Voelker	Pedalhead Racing	2:56:53
31	Sean Carter	Team H&R Block	2:56:53
32	Jeff Klassen	ERTC/redbike	2:57:02
33	Darren Anderson	Pedalhead Racing	3:06:02
34	Spencer Royds	Independent	3:37:11

Much kudos

Congrats to cyclists for having so many things worthy of congratulations lately.

... with files from anything that catches my attention and that I can spin into a cycling story...

Congrats to ABA ED-on-leave Shauna Richard on increasing the ABA's future membership by one at 8:14am on July 11 weighing 7lbs and 7oz.

Congrats to Airdrie on being voted one of Canada's hockey-est cities in the CBC Hockeyville program. We already know that it's BMX-ville.

Congrats to Karly Coleman and Andy Hengst, both of Edmonton Bicycle Commuters on being the top tandem in the Edmonton Commuter Challenge race for bragging rights for commuter speed and energy efficiency. Among the stuff in the BOB trailer behind their custom recumbent wedge were some plants, so Karly and Andy even supplied their own oxygen for the trip.

Congrats to the Percy page Centre, home of the Edmonton office of the ABA, on their spiffy new bike racks with *moootch kappasittee*.

Congratulations to bicsport rider Philippe Abbott, who recently earned his first podium placing in Europe. Riding for the Canadian National Team, Phil finished 3rd at "La Gainsbarre" in Normandie, France. Philippe was also the top U23 rider in the race. Scope: <http://www.velo101.com/calendrier/resultats.asp?Numero=5819>

Congrats to the DirtGirls on their MEC club night at Mountain Equipment Co-op. Says DG and ABA Member at large Kristy Sarnoski, "The Club night was awesome - 70 people showed and 45 showed to the first ride the following night."

Congrats to former VP Women's Cycling Laurel Shuttleworth, named Volunteer of the Year at Edmonton's downtown YMCA.

Congrats in advance to Mike Cabigon who will raise money for cancer research by completing 6 Ironman triathlons in the 60 days from June 25 (Nice, France) to August 27 (Penticton Ironman Canada). Scope <http://www.endureforthecure.com/>, then donate.

Congrats to Rabbit Hill Recreations Inc. for changing every reference to "ski" and "snow" on their website (<http://www.rabbiithill.com/>) to "bike" and "freeride". It's all DH from here...

Congrats to U.S. President George Bush's Secret Service posse for keeping up with him as he marked Earth Day April 21 with a mainly downhill Mtb ride through California's Napa County. Mtb One is a blue and white Trek Fuel.

Congrats to Martin Machacek (Synergy Racing) for his art exhibitions at the Steeps Teahouses in Edmonton and Calgary. Scope <http://www.martycultural.com/> for word on his art and adventures. Please do not adjust your set.

Congrats to the People's Pedal bike sharing program in Edmonton on more than a year of successful operation. They have added 3 more stations where program members may pick up and leave the distinctive red borrow-bikes. Scope <http://www.peoplespedal.org/> for the 411. Do people still say "the 411"?

Congrats to the New Orleans Times-Picayune for winning the George Polk and Pulitzer prizes for journalism for its coverage of the flooding in the Big Easy caused by Hurricane Katrina in 2005. The daily newspaper continued publishing while the city was under water with reporters on bicycles riding along the tops of the levees checking for breaches.

Congrats to Lori-Ann Muenzer (Juventus) on the release of her new book *One Gear, No Breaks*, co-written with former racer Karl Wilberg. The book describes her long, rewarding but often frustrating career in bike racing. Some of the proceeds from sales of her book will go to the Lori-Ann Muenzer Program to introduce youngsters to competitive cycling. Scope also her video of the same name.

Lori-Ann was also the featured rider of the Heart and Stroke Fund Big Bike ride in Hawrelak Park on May 5. and hosted the Bikeology Movie Night at the Art Gallery of Alberta. Scope <http://www.bikeology.ca/> for info on that.

Congrats to the developers of the Cave Avenue homes in Banff. The condos include energy efficiency and water conservation features such as green roofs. Most importantly, it has a workshop where you can adjust your bike and skis. Maybe they'll supply a Park Tool BFH.

Congrats to Juventus CC for getting continuing support for their Sprockids (age 8-13) and Lori Ann Muenzer (11-14) youth cycling programs. Scope www.juventus.ab.ca.

Congrats to the students of McNally CHS in Edmonton who raised \$23,000 for Cops for Cancer in a 24-hour stationary bike-a-thon in March.

Congrats to former ABA VP Rec&Trans Jeff Gruttz for his work on the Alberta Recreational Corridors Coordinating Committee. He's working with government departments and other user groups to generate recreational opportunities for all users.

Jeff relays some research from North Carolina about the economic effects investing public money into of cycling paths, especially in tourist areas. NC's Outer Banks area found economic returns of approximately nine times the initial expenditure on bike paths.

Thanks to River Valley Cycle, Revolution Cycle and Hardcore Bikes for their in-kind donations to the Commissaire's Fund for Bar-end Cap-Challenged Riders. Remember to keep those handlebar ends capped!

Congratulations to the economic policy wonks of the federal government for kyboshing a 30% import tax on imported bikes. They also kyboshed a similar tax on barbecues, so now you can trade emission credits with yourself.

Congratulations to our Commonwealth Games riders: Travis Smith scored Canada's first medal in the cycling program winning silver in the Keirin event. Smith claimed his second medal of the Commonwealth Games, winning a bronze in the Men's Sprint, behind Olympic champion Ryan Bayley (Australia) and Ross Edgar (Scotland).

Zach Bell's 4:31.831 4000m individual pursuit time breaks the 12-year-old Canadian record set by Brian Walton in 1994 and put him in 9th place overall in the event. Zach was 5th in the men's 20km scratch race.

Cam MacKinnon finished in 6th place in the Kilometre Time Trial (1:05.3) which is a personal best.

Team Sprint: In qualifying, the Canadian team of Yannik Morin, Travis Smith and Cam MacKinnon qualified fifth; a heartbreaking 46 thousandths out of the bronze medal final.

by Jim Smith (CMC/Bow Cycle)

The Alberta track season started May 6 and 7 with the Cyclemeisters Calgary/Team Bow Cycle Spring Clean-Up. This event was part of the season-long Journal Cup series and provided national ranking points.

61 riders signed on for some or all of the events. The field included a number of current and former national champions such as Cam McKinnon (The Track Team), Doug Baron (The Track Team), Bob Veroba (Bicisport), Ryan Mackenzie (Independent) Anne-Brit Ericksen (Symmetrics) and juniors Eric Smith, Monique Sullivan and Danielle Kenny (all from host club CMC/Bow Cycle).

Saturday was warm and windy - a typical "nice" Calgary day in May. In Men's Cat 1&2, Cam McKinnon opened the day with the fastest sprint of 10.72. Cam and second qualifier Doug Baron made it successfully through the qualifying rounds to meet in the final, where Cam won 2-0 in two closely fought, clean sprints. Cam also impressed in the men's scratch race where he worked alone to take a lap on the field. A second group of eight also worked to catch the pack, although in the end only Bob Veroba, Ryan Mackenzie and Jamie Sparling (Bicisport) caught Cam. In the final sprint, Cam was able to outpower Ryan and Bob for the win. In men's pursuit action, Technical Director Andy Holmwood of the ABA matched the top riders in the final pairing of the morning with Ryan MacKenzie defeating Bob Veroba with a 4:57.5 to 4:58.3.

Men's Cat 3 included all of the juniors vying for positions on the Alberta team for the national championships in July. Eric Smith (CMC/Bow Cycle) showed sprinter's speed with an 11.48 qualifier (fourth fastest of the day) and ultimately defeated second qualifier Frank Kovacs (Synergy Racing) in the final, 2-0. Eric also backed up his national pursuit record with a strong 3:39.0 3000 metre pursuit. In the scratch race, five of the junior riders set a fast pace that the other riders couldn't match from about the fourth lap. With a little over a lap to go, Eric Smith rode away from the other juniors, with Spencer Smitheman (Juventus) winning the sprint for second.

Alberta riders enjoying some early season success: Laura Yoisten (Victory Brewing) won the Stage 2 Road Race, finished 2nd in the Stage 3 Criterium and won the Omnium of the Central Valley Classic held last weekend in, California. As of 2006/04/04, Laura lead the USCF NRC (United States Cycling Federation - National Ranking Calendar) standings - a very impressive feat indeed.

Ryan Anderson (Juventus), riding for team ICR/ Cameron Law, finished an excellent 39th at the Volta Porto Alegre road Stage Race in Brazil.

Bow Cycle/Cyclemeisters Junior Eric Smith made the podium at the dEvo/Powerbar Escape Velocity Spring Series Race last weekend in Abbotsford, B.C., finishing 2nd in the "B" group in the second race of the Series.

Congrats x 8 to Spencer Smitheman (Juventus) on 8 (count 'em) medals at Track Nats in Bromont PQ. 

Women's A racing saw the best sprint action of the day with national junior sprint champion Monique Sullivan (CMC/Bow Cycle) defeating national Keirin champ Anne-Brit Ericksen 2-0 in the final. These were well-fought sprints with Anne-Brit pushing Monique right to the line. The scratch race pace pack was evenly matched with no rider able to make any break stick. In the end, Monique Sullivan powered away from the field in the final straight with Laura Brown (CMC/Bow Cycle) taking the sprint for second over Natasha Kuzmak (Synergy Racing) and Alison Testroete (CMC/Bow Cycle).

In the Open Women's A 3000 metre pursuit, Laura Brown was the clear winner with a 4:06.7. The junior women saw a seesaw battle through the whole 2000 metre pursuit until national champion Danielle Kenny (CMC/Bow Cycle) pulled away from Monique Sullivan in the last lap to win with a 2:44.4 over 2:45.9.

Sunday offered another beautiful Alberta spring day, with much less wind than Saturday. The day's highlight came in the Cat 3 kilo, where junior Eric Smith set what we believe is a new Canadian national junior record of 1:08.70. Spencer Smitheman took the hotly contested points race over Nic Andrichuk (CMC/Bow Cycle), while Eric Smith defeated Frank Kovacs in the Keirin.

In Men's Cat 1&2, Bob Veroba, normally known as an endurance rider, nipped Doug Baron in the kilo with a 1:09.13 to 1:09.21. Jamie Sparling treated the crowd to a points race clinic, taking a lap on the field, which was being controlled by his teammate Bob Veroba, and riding away again with a couple of laps to go to take the final sprint.

In the Women's 500, Anne-Brit Ericksen took the win in 38.118 over Monique Sullivan's 38.828. Monique came back to dominate the women's field later in the day with wins over Laura Brown and Anne-Brit Ericksen in the points and Keirin races respectively.

Full results on pages 6 and 7. 

Super Fun All You Can Eat Buffet of Bacon and Pain

Stony Plain (actually Fern and Harvey's place) Sunday May 7, 2006

Sponsors: United Cycle, PowerBar, Peak Sport Therapy, BMO Nesbitt Burns, Castle Downs Dental Clinic, The Vitamin Guy

Rank	Name	Time
14	Garnet Ezard	1:42:40
15	Mike Steneker	1:43:23
16	Joseph Litke	1:47:28
17	Jeff Bell	1:47:58
18	Mark Duk	1:48:53
19	Chris Langill	1:49:33
20	Scott Book	1:50:07
21	Christopher Dittrock	1:50:17
22	Douglas Roch	1:56:53
23	Daniel Touraine	2:00:42
24	Michael Kohlenberg	2:01:36
25	Joe Yurkovich	2:02:19
26	Shane McLellan	2:05:38
27	Stan Rachar	2:10:22
28	Tim Brewster	2:12:10
29	Dave Staerkle	2:19:05

Rank	Name	Time
1	Rob Spiller	1:00:33
2	Kirk Bothwell	1:01:57
3	Hans Erasmus	1:03:27
4	Mike Willis	1:09:52
5	Kevin Finlay	1:10:19
6	Chris Muzechka	1:11:23
7	Travis Nesdole	1:13:37
8	Scott Brooks	1:14:55
9	Lorne Gavinchuk	1:15:32
10	Cam McTaggart	1:16:06
11	Stephen Mihli	1:16:35
12	Chad Gentes	1:18:29
13	Guy Carson	1:18:35
14	Curtis Wilberg	1:19:46
15	Joe Royle	1:21:01
16	Adrien Regimbald	1:21:37
17	Rick Poole	1:24:13
18	David Mckinnol	1:26:20
19	Allan Kolochuk	1:28:15
20	John Mcknight	1:28:57
21	Jeff Russenholz	1:30:42
22	Jeph Virtue	1:31:47
23	Stew Hutchings	1:41:02
24	Sean Lukan	1:45:02

Rank	Name	Time
3	DNF	
1	Tim Heemskerk	2:02:58
2	Dallas Morris	2:08:30
3	John Nutbrown	2:08:55
4	Neall Banner	2:11:39
5	Andre Sutton	2:14:08
6	Mike Sarnecki	2:17:50
7	Devin Erfle	2:19:52
8	Peter Lawrence	2:20:27
9	Earl Nolan	2:20:32
10	Cory Wallace	2:21:19
11	Ryan Hopping	2:21:38
12	Robert Leeds	2:22:11
13	Dion Clark	2:24:25
14	Tim Ogrzylo	2:33:44
15	Byron Davis	2:38:09

Rank	Name	Time
1	Jessica Kisel	1:13:48
2	Jodi Siever	1:20:14
3	Shelley Mattson	1:23:49
4	Carrie Grover	1:24:44
5	Laura Simpson	1:25:03

Rank	Name	Time
1	Dustin Andrews	1:34:56
2	Kurt Defreitas	1:38:29
3	David Larson	1:47:20
4	Kasper Woiceshyn	1:49:34
5	Ben Gavinchuk	1:50:03
6	Peter Knight	1:54:21
7	Tommy Hooper	2:00:25
8	Bailey McKnight	2:00:56
9	Mac Garvin	2:02:01
10	Connor Witzke	2:07:03
11	Felix Wilberg	2:07:59

Rank	Name	Time
1	Samantha Grover	1:23:32
2	Jennifer Virtue	1:25:57
3	Kendra Middleton	1:29:13

Rank	Name	Time
1	Mackenzie Carson	0:30:52
2	Evan Wishloff	0:33:56
3	Bradley Knapik	0:33:23
4	Michael Lankester	0:34:20
5	Alexander Bosch	0:36:19
6	Eric Johnson	0:37:04
7	Kevin Stafford	0:37:47
8	Jean Paul Veress	0:39:20
9	Trevor Bosch	0:39:23

Rank	Name	Time
1	Brian Zurek	1:30:18
2	Brad Kane	1:34:16
3	Bruce Johnson	1:34:37
4	Mark Stranzinger	1:35:17
5	Tim Riess	1:37:36
6	Peter Watson	1:37:48
7	Roger Clemens	1:38:39
8	Rob Found	1:38:44
9	Thomas Auer	1:39:52
10	Simon Richard	1:40:57
11	Clayton Stafford	1:41:22
12	Ed Garvin	1:41:31
13	Darcy Neniska	1:41:40

Rank	Name	Time
1	Mike Bidniak	1:46:20
2	Cody Canning	1:48:26
3	Jeff Neilson	1:50:18
4	Kobe Davis	1:53:12
5	Brian Robinson	1:53:24
6	Rich Wegerhoff	1:54:52
7	Thomas Lenherr	1:57:01
8	Roy Custodio	1:57:31
9	Alistair Abdai	1:58:04
10	Edward Roddy	1:58:31
11	Mike Norton	1:59:02
12	Bruce Penner	1:59:11
13	Geoff Clark	1:59:20
14	Anthony Steenberg	2:00:13
15	Ryan Castle	2:00:52
16	Darren Anderson	2:02:01
17	Neil Johns	2:02:06
18	Malcolm Brentnall	2:04:09
19	Steve Walsh	2:06:37
20	Brys Francis	2:09:30
21	Wayne Calder	2:10:58
22	Brenton Wood	2:11:06
23	Tim Breznsnyak	2:13:11
24	Scott Furber	2:14:49
25	Tracy Shearer	2:15:22
26	Jeff Sears	2:19:14
27	Derrill Shuttleworth	2:21:13
28	Syd Jacklin	2:21:14
29	Jonathan Shalapay	2:48:14

Rank	Name	Time
1	Andrea Nighbor	1:49:22
2	Lynne Liboiron	1:53:51
3	Kristy Sarnoski	1:57:59

Rank	Name	Time
1	Solveig Lindgren	1:18:13
2	Aimee Willette	1:24:02
3	Carrie Hensman	1:24:04
4	Cynthia Clark	1:24:30
5	Shantel Koenig	1:24:50
6	Tami Thicke	1:25:52
7	Amber Finlay	1:30:28
8	Nicole Muzechka	1:30:40
9	Andrea Brown	1:33:15
10	Cindy Brewster	1:39:51
11	Krystyn Ong	1:40:28
12	Janice Kohut	1:43:12
13	Terri-Anne Howard	1:46:48
14	Michelle Wolstenholme	1:50:19
15	Heather Rachar	2:02:10

Rank	Name	Time
2	DNF	
1	Andrea Nighbor	1:49:22
2	Lynne Liboiron	1:53:51
3	Kristy Sarnoski	1:57:59

Recreation and Transportation update

by Natasha Kuzmak, ABA VP Recreation & Transportation
nkuzmak@hotmail.com

It has recently become apparent that Alberta is in the dark ages in terms of non-motorised transportation: some members of the Albertan government bureaucracy consider cycling as merely an "urban-based activity". The implications of this statement are abundant and affect the realms of transportation, recreation and competitive cycling. Imagine Orwellian rural roads and highways encrusted with high-speed trains, semi-trailer trucks and a myriad of speeding commuters; roads lacking shoulders and safe gateways between cities and rural areas; and not a single cycle tourist, randonneur or training road racer in sight. The Recreation and Transportation committee is currently engaged in correspondence with parties in favour and opposed to cycling as an "urban-based activity". We must continue to combat rudimentary ideas of transportation and road use to allow people to fulfill their various life potentials.

Recently, Jeff Gruttz, former VP of the Recreation and Transportation committee, has been appointed to the Alberta Recreation and Corridors Coordinating Committee by Gary Mar, the Minister of Governmental Affairs. Jeff Gruttz is one of two members of the ARCCC representing non-motorised user groups in off-trail areas. The group was established to determine how to engage various user groups in managing government-owned forested land. Congratulations to Jeff Gruttz for the recognition of his perseverance and varied roles within progressive transportation issues in Alberta!

In order to develop and advance alternative forms of transportation and foster an environment in which Albertans and others may accomplish their dreams and goals, we want to hear members' ideas and thoughts about these issues. Please feel free to contact us!



Transportation update

and Suffering

Cochrane, Alberta, June 17, 2006

Rank	Name	Club	Time
Women			
		78 km 1 DNF	
1	Natasha Kuzmak(A)	Synergy	2:12:38
2	Tanya Bagnell(A)	ERTC/redbike	2:12:41
3	Susan Copeland(A)	Juventus	2:12:43
4	Amy Woodward(A)	CMC/Bow Cycle	2:12:46
5	Joanne Breau(B)	bicisport	2:12:58
6	Joy Mekechuk(A)	Juventus	2:16:24
7	Gail Wozny(B)	Juventus	2:16:44
8	Jessica Kissell(B)	bicisport	2:19:56
9	Carolyn Soules(B)	Crankmasters	2:20:35
10	Marlis Kromm(B)	bicisport	2:20:38
11	Deana Sabuda(B)	Crankmasters	2:24:53
12	Anna Rogers(B)	ERTC/redbike	2:25:31
13	Valerie Trainer(B)	Juventus	2:50:25

Category 1&2		112 km 8 DNF	
1	Tim Heemskerck	United Cycle	3:10:10
2	Jesse Collins	bicisport	3:10:13
3	Bob Veroba	bicisport	3:10:19
4	Jeff Bolstad	Team H&R Block	3:10:47
5	Dan Wood	ERTC/redbike	3:10:47
6	Matthew Decore	Pedalhead Roadworks	3:10:47
7	Jamie Sparling	bicisport	3:10:55
8	Shaun Adamson	Juventus	3:10:55
9	Scott Manktelow	Rundle Mountain CC	3:11:06
10	Kevin Rokosh	ERTC/redbike	3:11:06
11	Anthony Steenbergen	Team H&R Block	3:11:13
12	Robert Martens	Blizzard	3:12:55
13	Mike Bidniak	Juventus	3:14:25
14	Devin Erfle	Deadgoat	3:15:04
15	Nick Friesen	Pedalhead Roadworks	3:17:12
16	Shawn Goulet	Pedalhead Roadworks	3:17:20
17	Shawn Taylor	Team H&R Block	3:18:37
18	Bruce Copeland	Juventus	3:18:37
19	Tim Ogryzlo	Pedalhead Racing	3:20:04
20	Ryan Hopping	ERTC/redbike	3:21:52

Category 3		112 km 14 DNF	
1	Cody Canning	ERTC/redbike	3:21:53
2	Spencer Smitheman	Juventus	3:21:53
3	Kelly Servinski	CMC/Bow Cycle	3:22:10
4	Zane Westerbeek	Team H&R Block	3:22:10
5	Erik Bakke	Deadgoat	3:22:10
6	Michael Johns	CABC	3:22:12
7	Frank Woolstencroft	TRS Racing	3:22:29
8	James Ritchie	Independent	3:29:25
9	Dennis Bland	Crankmasters	3:33:02
10	David Watson	Velocity	3:33:02
11	Phil Rayner	Headwinds	3:33:10
12	Reid Cummings	CMC/Bow Cycle	3:33:46
13	Aaron Chappell	ERTC/redbike	3:40:19
14	Evan Firth-Eagland	bicisport	3:40:22
15	Don Fox	Juventus	3:42:56
16	Tommy Mak	Eurotech	3:42:56

Category 4		78 km 6 DNF	
1	Rich Wegerhoff	Schmoe Racing	2:00:12
2	Donald King	CMC/Bow Cycle	2:00:12
3	Brent Bittner	Rundle Mountain CC	2:00:12
4	Gideon Krishtalka	Team H&R Block	2:00:12
5	Kevin Walsh	Crankmasters	2:00:12
6	Rob Reid	Crankmasters	2:00:12
7	Brennan Bagdan	Pedalhead Roadworks	2:00:12
8	Ryan Castle	Headwinds	2:00:12
9	Kyle Anderson	ERTC/redbike	2:00:12
10	Danielle Kenny	CMC/Bow Cycle	2:00:12
11	Evan Wick	CMC/Bow Cycle	2:00:12

12	Dion Clark	CMC/Bow Cycle	2:00:36
13	Steve Soldan	Independent	2:00:36
14	Craig Fraser	Calgary Cycle	2:01:09
15	Rod Mcalister	Crankmasters	2:02:38
16	Paul Plakas	Aerobic Power/Fresh Start	2:04:04
17	Steve Schiefler	Independent	2:04:04
18	Scott Book	ERTC/redbike	2:04:16
19	James Mollison	bicisport	2:06:16
20	Carlos Salas	TRS racing	2:06:32
21	Kyle Harris	Juventus	2:06:40
22	Ryan Saranchuk	bicisport	2:06:42
23	Julie Beveridge	bicisport	2:06:45
24	Sandy Hilton	Pedalhead Roadworks	2:07:12
25	Lev Krivitsky	Terrascape	2:07:20
26	Geoff Clark	Deadgoat	2:07:29
27	Michael Meeres	CABC	2:07:34
28	Shane McClellan	Juventus	2:54:16
29	Bill Blonski	bicisport	2:58:20

Category 5		54 km 12 DNF	
1	Jason Proche	Pedalhead Roadworks	1:31:20
2	Lance Adamson	Juventus	1:31:20
3	Bruce Wick	CMC/Bow Cycle	1:31:20
4	Bradley Kennedy	Schmoe Racing	1:31:20
5	Angus Cowan	Independent	1:31:42
6	Jason Buijs	Eurotech	1:31:42
7	Marcelo Lafuente	Pedalhead Roadworks	1:31:42
8	Adam Boyko	Team H&R Block	1:31:42
9	Mark Jessee	Speed Theory	1:31:42
10	Alexander Vangeest	Headwinds	1:31:42
11	Charles Finstad	Singletrack	1:31:42
12	James Tallian	Crankmasters	1:31:42
13	John Miele	TRS Racing	1:31:42
14	Josh Nakaska	Speed Theory	1:31:42
15	Lorne Short	Rundle Mountain CC	1:31:42
16	Jarret Bousquet	Singletrack	1:31:42
17	Jason Dyck	Aerobic Power/Fresh Start	1:31:42
18	Rick Lewis	Crankmasters	1:31:42
19	Ryan Campbell	Singletrack	1:31:42
20	Aaron Schooler	ERTC/redbike	1:31:48
21	Richard Greaves	Rebound	1:31:51
22	Clayton Hoffman	Singletrack	1:31:51
23	Paul Connolly	Speed Theory	1:32:01
24	Martin Day	CABC	1:34:22
25	Geoff Badger	Speed Theory	1:34:22
26	Bruce Carter	Headwinds	1:38:23
27	Scott Milligan	ERTC/redbike	1:39:17
28	Gary Taylor	Crankmasters	1:39:38
29	Lance Harris	Juventus	1:39:53
30	Paul Kozak	ERTC/redbike	1:44:20
31	Stephen Andrichuk	CMC/Bow Cycle	1:45:08
32	Eric Wong	Singletrack	1:45:08
33	Rob Barfuss	Headwinds	1:47:03
34	Brayden Mcdougall	bicisport	1:48:19
35	Sean Quirk	Independent	1:52:50
36	Darrell Booth	Highwood	2:00:53

Cycling helmet- \$30

Bike taillight- \$10

Bike headlight- \$20

Reflective vest- \$15

*Killing a bareheaded, unlit cyclist on Highway
11 about midnight on May 4, 2005- priceless,
but the fine was \$462*

Deadgoat Cycling presents the

Summer Solstice XC

Bragg Creek AB, June 25, 2006

Rank	Name	Club	Time
Elite Men			
1	Tim Heemskerk	2 DNS, 4 DNF	2:34:34
2	Evan Sherman	United Cycle	2:35:24
3	Cory Wallace	United Cycle	2:40:58
4	Dallas Morris	bicisport	2:48:00
5	Andre Sutton	Deadgoat Racing	2:50:25
6	Shawn Bunnin	Hardcore Racing	2:52:09
7	Jon Nutbrown	Spoke N Sport	2:54:07
8	Devin Erffe	Ridley's Cycle	3:03:56
9	Robert Leeds	Deadgoat Racing	3:09:52
10	Jeff Neilson	Cyclemeisters/Bow Cycle	3:09:53
11	Earl Nolan	Terrascap	3:09:54
Elite Women			
1	Danielle Kabush	2 DNF	2:31:37
2	Kate Aardal	Timex	2:42:49
3	Jessica Demars	Mountain Bike City	2:49:26
4	Andrea Nighbor	The Bike Shop	2:53:59
5	Margie Smith	Rundle Mountain CC	2:54:05
Expert Men			
1	Cody Canning	1 DNS, 6 DNF	2:11:13
2	Steve Soldan	ERTC/Redbike	2:11:17
3	Davin Yande Beek	Independent	2:11:40
4	Kobe Davis	Independent	2:21:00
5	Dave Jetz	Cafe Racers	2:24:33
6	Phil McDonald	Independent	2:24:35
7	Justin Middleton	Calgary Cycle	2:24:53
8	Simon Tremblay	Juventus	2:25:35
9	Mark Rumsey	Out of Province	2:25:40
10	Rich Wegehoff	Hardcore Racing	2:26:27
11	Brian Zurek	Schmoe Racing	2:26:30
12	Casey Dyck	Pedalhead Roadworks	2:27:39
13	Mike McKee	Schmoe Racing	2:27:49
14	Bate Lonn	Deadgoat Racing	2:31:52
15	Michael Stoner-Walker	Terrascap	2:33:14
16	Stephen Walsh	Pedalhead Racing	2:34:39
17	Geoff Clark	Schmoe Racing	2:38:44
18	Jack Funk	Deadgoat Racing	2:39:08
19	Dan Bierd	Deadgoat Racing	2:40:08
20	Tracy Shearer	bicisport	2:41:39
21	Wayne Calder	Juventus	2:45:51
22	Brian Robinson	Deadgoat Racing	2:46:41
23	Kevin Noble	Cyclemeisters/Bow Cycle	2:48:57
Expert Women			
1	Loni Klettl	United Cycle	1:52:48
2	Karen Martins	Freeskool	2:06:16
3	Jill Parnell	Hardcore Racing	2:08:29
4	Cindy Koo	Cyclemeisters/Bow Cycle	2:10:50
5	Janka Hegedus	Deadgoat	2:46:37
Sport Men			
1	Kurt De Freitas	Pedalhead Racing	1:44:55
2	Hans Erasmus	1 DNS, 1 DNF	1:46:40
3	Paul Martin	Cyclemeisters/Bow Cycle	1:47:00
4	Dustin Andrews	Cyclemeisters/Bow Cycle	1:47:03

River Valley Cycle presents the

Take Off, Eh? XC

Camrose Ski Club Biathlon Facility May 20 2006

Rank	Name	Club	Time
Sport Youth Men			
1	Patrick McManus	Independent	1:17:34
2	Bailey McKnight	Independent	1:22:34
3	Connor Witzke	Juventus	1:28:35
4	Nathaniel Preston	Juventus	1:30:35
5	Mac Garvin	Cyclemeisters/Bow Cycle	1:33:35
Novice Men			
1	Rob Spiller	Rundle Mountain CC	0:46:10
2	Sean Lukan	Deadgoat	0:53:25
3	Greg Thompson	Rundle Mountain CC	1:01:39
4	Don Shewan	Independent	1:02:25
5	John McKnight	Independent	1:02:33
6	Cam Mc Taggart	Pedalhead	1:03:09
7	Joe Royle	Independent	1:05:23
8	Guy Carson	Juventus	1:07:14
9	Allan Smoliak	Pedalhead	1:11:26
10	David Gronviev	Independent	1:13:57
11	Zara Wishloff	United Cycle	1:18:05
12	Neil Ruhl	Juventus	1:23:01
Sport Women			
1	Solveig Lindgren	Dirt Girls	1:26:18
2	Carrie Grover	Dirt Girls	1:33:59
3	Carena Parr	Rundle Mountain CC	1:36:45
Sport Youth Women			
1	Marlis Kromm	1 DNF	1:04:23
2	Lauren Lankester	bicisport	1:06:02
3	Jenn Virtue	bicisport	1:06:02
4	Kendra Middleton	Cyclemeisters/Bow Cycle	1:13:57
Novice Women			
1	Shantel Koenig	1 DNF	1:09:52
2	Tami Thicke	Independent	1:10:52
3	Aimee Willette	Singletrack	1:11:24
4	Cynthia Clark	Cyclemeisters/Bow Cycle	1:11:54
5	Krysyn Ong	Café Racers	1:15:09
6	Sonia Tessier	Dirt Girls	1:17:01
7	Terrri-Anne Howard	Out of Province	1:28:59
Novice Youth Men (U13, U15, U17) 1 DNF			
1	Mackenzie Carson	Juventus	0:39:30
2	Max Davies	Rundle Mountain CC	0:41:20
3	Michael Lankester	Cyclemeisters/Bow Cycle	0:43:54
4	David Todd	Juventus	0:45:28
5	Eric Johnson	Rundle Mountain CC	0:47:18
6	Peter Thompson	RMCC	0:47:38

Lethbridge Headwinds present the Coulee

Cruiser XC

Lethbridge, AB - April 23, 2006

Rank	Name	Club	Time
Novice Youth Men			
1	Dustin Andrews	2 Laps (short loop)	1 DNf
2	Bailey McKnight	Cyclemeisters/Bow Cycle	0:39:13
3	Mackenzie Carson	Independent	0:40:07
4	Felix Wilberg	Juventus	0:44:17
5	Michael Lankester	Cyclemeisters/Bow Cycle	0:45:30
6	Kevin Stafford	Cyclemeisters/Bow Cycle	0:52:11
7	Evan Wishloff	United Cycle	1:02:23
		United Cycle	1:07:16
Novice Youth Women			
1	Anastasia Stadnyk	2 Laps (short loop)	bicisport
		bicisport	1:20:30
Sport Youth Men			
1	Kasper Woiceshyn	2 Laps (short loop)	Cyclemeisters/Bow Cycle
2	Ben Gavinchuk	Cyclemeisters/Bow Cycle	0:42:02
3	Michael Weldon	Cyclemeisters/Bow Cycle	0:42:16
4	Mac Garvin	Cyclemeisters/Bow Cycle	0:45:22
5	Eric Johnson	Cyclemeisters	0:48:29
		Rundle Mountain CC	0:58:17
Sport Youth Women			
1	Jessica Kissel	2 Laps (short loop)	bicisport
2	Lauren Lankester	bicisport	0:44:09
3	Jennifer Virtue	bicisport	0:49:59
4	Michele Beveridge	Cyclemeisters/Bow Cycle	0:53:42
		bicisport	1:07:02
Novice Men			
1	Kirk Bothwell	2 Laps (short loop)	Terrascap Racing
2	Sean Lukan	Deadgoat	0:40:16
3	Don Shewan	Independent	0:42:06
4	Darcy Tyler	Independent	0:43:25
5	Rob Krushel	Independent	0:44:26
6	Brad Harrington	Headwinds	0:44:31
7	David Burns	Cyclemeisters/Bow Cycle	0:45:27
8	Joe Royle	Independent	0:47:29
9	Guy Carson	Independent	0:47:31
		Juventus	0:55:26
Novice Women			
1	Tami Thicke	2 Laps (short loop)	Singletrack Cycle
2	Aimee Willette	Cyclemeisters/Bow Cycle	0:53:54
3	Terrri-Anne Howard	River Valley Cycle	1:10:02
Sport Men			
1	Garnet Ezard	3 Laps (short loop)	4 DNf, 1 DNS
2	Mark Stranzinger	Juventus	1:23:29
3	Bruce Johnson	Terrascap Racing	1:24:32
4	Jeff Bell	Rundle Mountain CC	1:26:15
5	Stephan Morier	Highwood Cycling	1:27:12
6	Mike Steneke	Independent	1:29:13
		Juventus	1:29:28

5	Kirk Bothwell	1:51:19	Terrascap Racing	7	Alexander Bosch	0:48:48	Calgary Cycle
6	Gary Brown	1:52:03	Rundle Mountain CC	8	Kevin Stafford	0:51:56	United Cycle
7	Craig Fraser	1:55:37	Calgary Cycle	9	Jean Paul Veress	1:00:19	Cyclemeisters/Bow Cycle
8	Simon Richard	1:55:55	United Cycle	Novice Youth Women (U13, U15, U17)			
9	Clayton Stafford	1:55:56	United Cycle	1	Heidi Schaffer	0:50:41	Rundle Mountain CC
10	Sean Lukan	1:57:49	Deadgoat	2	Emily De Freitas	1:00:13	Independent
11	Mike Steneker	1:59:55	Juventus	3	Millicent Brentnall	1:05:39	Independent
12	Christopher McQueen	2:01:59	Mountain Bike City	Elite Men			
13	Don Shewan	2:03:34	Independent	1	Dallas Morris	2:00:43	Deadgoat Racing
14	Christopher Ditttrick	2:04:08	Cyclemeisters/Bow Cycle	2	Andre Sutton	2:02:01	Hardcore Cycling Club
15	Jeff Bell	2:07:43	Highwood Cycling	3	Jon Nutbrown	2:08:28	Ridley's Cycle
16	Henry Yau	2:10:16	Cyclemeisters/Bow Cycle	4	Earl Nolan	2:12:11	Cyclemeisters/Bow Cycle
17	Mark Duk	2:15:43	Team Giga Bike/ Laz-Y-Boy	5	Dion Clark	2:12:41	Cyclemeisters/Bow Cycle
18	Marc Desilets	2:23:56	Schmoe Racing	Expert Men			
19	Kris Aksomitis	2:24:40	Independent	1	Thomas Lenherr	1:52:13	2 DNF1 DNS
20	Greg Chandler	2:34:49	CFM Racing	2	Davin Vande Beek	1:56:10	River Valley Cycle
21	Stan Rachar	2:40:00	United Cycle	3	Jeff Neilson	1:56:39	Independent
22	Trevor Pombert	2:41:35	Singletrack Cycle	4	Brian Robinson	1:56:58	Terrascap
23	Ed Garvin			5	Mike Norton	1:57:11	Cyclemeisters/Bow Cycle
Sport Women				6	Keith Bayly	1:59:35	Independent
1	Kim Ritter	1:15:52	Independent	7	Darren Anderson	2:00:38	Deadgoat Racing
2	Jodi Siever	1:17:37	Spin Sisters	8	Adam Bailey	2:00:45	Pedalhead/Bacardi
3	Solveig Lindgren	1:20:10	Dirt Girls	9	Adrian Spocogna	2:04:10	Cyclemeisters/Bow Cycle
4	Broeke Gosling*	1:22:38	Independent	10	Edward Roddy	2:05:01	Coach Chris.ca/Ted Veilikonja
5	Tami Thicke	1:22:50	Singletrack Cycle	11	Jeff Sears	2:17:36	Deadgoat Racing
6	Shantel Koenig	1:23:43	Independent	12	Derrill Shuttleworth	2:19:40	The Bike Shop
7	Aimee Willette	1:34:36	Cyclemeisters/Bow Cycle	Elite Women			
Sport Youth Men				1	Kate Aardal	2:10:58	Mountain Bike City
1	David Larson	1:10:10	Juventus	2	Jessica Demars	2:15:46	The Bike Shop
2	Patrick McManus	1:11:05	Independent	3	Pepper Harlton	2:18:33	DirtGirls
3	Bailey Mcknight	1:17:44	Independent	4	Amy Woodward	2:19:19	Cyclemeisters/Bow Cycle
4	Connor Witzeke	1:19:10	Juventus	Expert Women			
5	Kasper Woiceshyn	1:26:35	Cyclemeisters/Bow Cycle	1	Andrea Nighbor	2:01:25	Rundle Mountain CC
6	Mac Garvin	1:30:28	Cyclemeisters/Bow Cycle	2	Jill Parnell	2:06:10	Cyclemeisters/Bow Cycle
Sport Youth Women				3	Jessica Kisell	2:11:11	bicisport
1	Lauren Lankester	1:25:04	bicisport	4	Cindy Koo	2:14:33	Deadgoat Racing
2	Samantha Grover	1:27:06	Juventus	5	Kristy Sarnoski	2:21:17	DirtGirls
3	Kendra Middleton	1:29:24	Juventus	Sport Men			
4	Kelly Hall	1:33:01	Juventus'	1	Justin Middleton	1:24:42	1DNF, 5 DNS
5	Jenn Virtue	1:50:12	Cyclemeisters/Bow Cycle	2	Shane Rush	1:24:53	Juventus
Novice Men				3	Hans Erasmus	1:27:27	Velocity
1	Kevin Finlay	1:15:28	Deadgoat Racing	4	Kurt De Freitas	1:28:45	Café Racers
2	Scott Brooks	1:22:03	Calgary Cycle	5	Simon Richard	1:31:14	Cyclemeisters/Bow Cycle
3	Brad Harrington	1:24:08	Cyclemeisters/Bow Cycle	6	Bruce Johnson	1:31:16	United Cycle
4	John Mcknight	1:25:36	Independent	7	Clayton Stafford	1:32:46	Rundle Mountain CC
5	Guy Carson	1:27:24	Juventus	8	Tim Riess	1:33:04	United Cycle
6	Patrick Graham	1:52:12	Independent	9	Kevin McMahon	1:33:57	Pedalhead Racing Club
Novice Women				10	Ed Garvin	1:34:08	Pedalhead
1	Alana Heise	1:28:34	Terrascap	11	Mike Steneker	1:36:45	Singletrack Cycle
2	Anne Hosker	1:30:55	Pedalhead Racing Club	12	Christopher Ditttrick	1:39:42	Juventus
3	Nicole Muzechka	1:45:15	Spin Sisters	13	Jeff Bell	1:40:56	Cyclemeisters/Bow Cycle
4	Heather Rachar	2:20:45	CFM Racing	14	Henry Yau	1:45:36	Highwood Cycling
5	Amber Finlay	2:48:28	Deadgoat Racing	15	Douglas Roch	1:49:40	DeadGoat Racing
Novice Youth Men				16	Emils Muehlenbachs	2:07:29	Hardcore
1	Michael Lankester	1:32:19	Cyclemeisters/Bow Cycle	Elite Women			
2	Felix Wilberg	1:32:44	Cyclemeisters/Bow Cycle	1	Mical Dyck	2:05:49	
3	Kevin Stafford	1:34:25	United Cycle	2	Sandy Ayre	2:55:42	Terrascap Racing
4	Stephen Andrichuk	1:35:50	Cyclemeisters/Bow Cycle	Expert Men			
5	Evan Wishloff	1:46:16	United Cycle	1	Peter Lawrence	2 DNF	4 Laps (long loop)
6	Jean Paul Veress	2:24:00	Cyclemeisters/Bow Cycle	2	David Roberts	1:33:23	Team H&R Block
Novice Youth Women				3	Jeff Neilson	1:37:08	Cyclemeisters/Bow Cycle
1	Kim Ritter	1:15:52	Independent	4	Lonn Bate	1:39:24	Terrascap Racing
2	Jodi Siever	1:17:37	Spin Sisters	5	Anthony Steenbergen	1:39:33	Terrascap Racing
3	Solveig Lindgren	1:20:10	Dirt Girls	6	Roy Custodio	1:41:02	Terrascap Racing
4	Broeke Gosling*	1:22:38	Independent	7	Kobe Davis	1:41:17	Café Racers
5	Tami Thicke	1:22:50	Singletrack Cycle	8	Malcolm Brentnall	1:41:34	Cyclemeisters/Bow Cycle
6	Shantel Koenig	1:23:43	Independent	9	Alistair Abdai	1:41:35	Deadgoat
7	Aimee Willette	1:34:36	Cyclemeisters/Bow Cycle	10	Ryan Castle	1:43:23	Headwinds
Sport Youth Men				11	Trevor Sutherland	1:43:29	Deadgoat
1	David Larson	1:10:10	Juventus	12	Geoff Clark	1:47:07	Deadgoat
2	Patrick McManus	1:11:05	Independent	13	Stephen Walsh	1:49:28	Schmoe Racing
3	Bailey Mcknight	1:17:44	Independent	14	Jack Funk	1:50:01	Deadgoat
4	Connor Witzeke	1:19:10	Juventus	15	Dean Etienne	1:56:02	Offroad Syndicate
5	Kasper Woiceshyn	1:26:35	Cyclemeisters/Bow Cycle	16	Kevin Noble	1:57:26	United Cycle
6	Mac Garvin	1:30:28	Cyclemeisters/Bow Cycle	17	Brian Kullman	2:01:17	Synergy
Sport Youth Women				18	Cody Canning	2:18:30	ERTC/redbike
1	Lauren Lankester	1:25:04	bicisport	Expert Women			
2	Samantha Grover	1:27:06	Juventus	1	Bridget Linder	1:32:04	3 Laps (long loop)
3	Kendra Middleton	1:29:24	Juventus	2	Jill Parnell	1:34:05	Cyclemeisters/Bow Cycle
4	Kelly Hall	1:33:01	Juventus'	3	Cindy Koo	1:35:12	Cyclemeisters/Bow Cycle
5	Jenn Virtue	1:50:12	Cyclemeisters/Bow Cycle	4	Carrie Williamson	1:38:04	Deadgoat
Novice Men				5	Lynda Davey	1:41:07	Terrascap Racing
1	Kevin Finlay	1:15:28	Deadgoat Racing	6	Janka Hegeudus	1:59:52	Rundle Mountain CC
2	Scott Brooks	1:22:03	Calgary Cycle	Elite Men			
3	Brad Harrington	1:24:08	Cyclemeisters/Bow Cycle	1	Dallas Morris	1DNF	6 Laps (long loop)
4	John Mcknight	1:25:36	Independent	2	Neall Banner	2:16:30	Deadgoat
5	Guy Carson	1:27:24	Juventus	3	Earl Nolan	2:21:35	Cyclemeisters/Bow Cycle
6	Patrick Graham	1:52:12	Independent	4	Jon Nutbrown	2:22:26	Cyclemeisters/Bow Cycle
Novice Women				5	Rob Leeds	2:28:14	Ridley's Cycle
1	Alana Heise	1:28:34	Terrascap	6	Dion Clark	2:28:34	Cyclemeisters/Bow Cycle
2	Anne Hosker	1:30:55	Pedalhead Racing Club	7	Pedalhead Racing	2:31:02	Cyclemeisters/Bow Cycle
3	Nicole Muzechka	1:45:15	Spin Sisters	8	Rebound Cycle	2:32:09	Cyclemeisters/Bow Cycle
4	Heather Rachar	2:20:45	CFM Racing	9	Hardcore CC	2:43:16	Pedalhead Racing
5	Amber Finlay	2:48:28	Deadgoat Racing	10	Steve Martins		Rebound Cycle
Novice Youth Men				Elite Women			
1	Michael Lankester	1:32:19	Cyclemeisters/Bow Cycle	1	Mical Dyck	2:05:49	5 Laps (long loop)
2	Felix Wilberg	1:32:44	Cyclemeisters/Bow Cycle	2	Sandy Ayre	2:55:42	Terrascap Racing
3	Kevin Stafford	1:34:25	United Cycle	Expert Women			
4	Stephen Andrichuk	1:35:50	Cyclemeisters/Bow Cycle	1	Peter Lawrence	2 DNF	4 Laps (long loop)
5	Evan Wishloff	1:46:16	United Cycle	2	David Roberts	1:33:23	Team H&R Block
6	Jean Paul Veress	2:24:00	Cyclemeisters/Bow Cycle	3	Jeff Neilson	1:37:08	Cyclemeisters/Bow Cycle

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