



Race Report #3

**World Cycle Cross Championships February 1, 2003 Monopoli, Italy
Team Swift member Steven Cozza reports from Italy:**

An Italian Affair

Racing in Europe is absolutely incredibly awesome. When I got the invitation to race on the 2003 cyclocross worlds' team I got stoked. I raced in Italy when I was 16 and loved and could not wait to go back. A week before my departure I became very ill with a hard case of the flu but overcame it two days before getting on the plane to Monopoli. I was not very confident with how I would fair after being sick but I did everything I could possibly do to recover. When I arrived in Italy I was so excited. Racing is awesome but racing in Europe is the cream of the crop.

When we arrived to our hotel Gemini 2 we immediately unpacked our bikes to spin out are airplane swollen legs. As a team we ventured off down roads we had never been on before. We got very lost and it started to get very dark out. To add to our problems it started to rain. In a last minute effort to find our way home I asked an Italian guy in Italian how to get back to our hotel. We eventually found our way. What a way to start off the week.

We stayed a total of ten days in Italy getting ready for the World championship. Each and everyday was another day of anticipation. We moved to a hotel closer to the race sight and right on the Adriatic Sea. You know what that means ...fish and more fish. Almost every night we ate fish. It was yummy. The day before the race we pre rode the course and found it to be fairly dry and fast. I prayed for no rain but with my luck it would probably pour. I like the course and went with a full belly of pasta and fish. I woke up at a good time and surprisingly slept well. We headed off as a team to the race to do a good warm up. I was lined up in the last row of the races. So I had a slight disadvantage but I knew if I had the legs I could get myself to the front and race. The race went off with a bang and we were underway. I had a horrible start but managed to make it up to mid pack. I worked hard the whole race but never seemed to feel fast like I normally do. On the third lap I got stuck in a muddy rut and managed to take out an Italian camera man. It was an awesome and fun race. I ended up 44 out of 60 racers. I was not real proud of my finishing place but the trip was well worth it because of all the stuff I learned. This was my first time at worlds and hopefully not my last. I really thank every one for helping my get to worlds. It was a great experience all the way around. I will look forward to the 2003 road worlds in Canada.

U.S.A National Training Camp: San Diego, California Feb 10-18, 2003

*****Team Swift riders Brady Harter and Steven Cozza report from Camp*****

Two Day Report

By Steven Cozza

Today was our second day at the Olympic training center down in San Diego. Brady and I are having a blast. Monday the 10th we arrived here and I never expected it to be as nice as it is. It is just an athlete's paradise. I arrived at the OTC went straight to lunch since I arrived here at 12:00 and awed over how good the food was. You definitely have to come to this camp with the right mind set or you are going to put on a lot of pounds. They have everything from an ice cream machine to a soda fountain. I am taking a sports nutrition class at the Junior college and have learned a lot about proper food choices. I hope that will help me or else I am going to get real fat. Na just joking but it is possible. On Monday I just want to spin my legs out after getting off the plane so I road for an easy hour with good pal Tyler Farrar, Zak and Mark. Brady still had not arrived since he had a later flight. Later on in the day we had a team meeting with Nation Junior coach Danny Van Haute and learned of all the rules and important info for the camp. We received are schedule:

10th 1-1.5 hour easy ride
11th 2.5 hours easy. This changed and we ended up doing 4.5 since it is going to rain for the next few days.
12th 3.5 hours easy
13th 3.5 hours hilly 2:00pm football this day will be cool.
14th active rest day 1hour 2:00 PM basketball.
15th 4.5 hours hilly. This we did on the 11th instead and 2.5 for today instead do to rain.
16th 4 hours 2x20 min. Tempo
17th 2 hours easy. 2:00pm basketball
18th active rest day 1 hour easy.
19th depart for home.

Well, it looks like we will be playing a lot of basketball and football. It is going to be fun. Since it is so early in the season still and we have such a long way to go Danny still wants us doing a lot of LSD base mileage. Today Tuesday we did are long ride of the week because it looks like it is going to rain the next few days. The route we went was very hilly and we only road 75 miles in 4.5 hours. On one of the descents I was in the front of the 10 other riders doing about 45 and I hit a rock and my front wheel puncture. I was able to keep it up and slow for the team car to get a wheel change but it was sketchy well I got to go but Brady and I are having a real good time and are excited to ride again tomorrow. This camp will help us with National team status and help us get in shape for the races to come. Talk to you soon thanks again Steven Cozza

Camp Day 2:

By Brady Harter

Day two of the camp was another great day of training except for the fact that is was raining again. It is a little disappointing to be riding in the rain when we all were expecting to be in the 80 degree sun. Anyway today we rode for about hour and half miles which ended up about 90 miles. We did a sweet ride where we climb up to Alpine. We were climbing for about forty minutes on a beautiful climb were we gradually made our way to the top. It was really great. But the roads around here are really nice and will be even better in a few days when the sun comes out. All of us riders are really enjoying the good training and each others company and look forward to the

rest of the week. Got to go talk to you all soon.
Brady Harter

Camp Day 3: By Steven Cozza

On Wednesday we road for 4:20 and covered about 92 miles. We went up this climb called alpine witch was like a 30 minute climb. Another climb we have done is called Honey Springs and this is another killer climb. It is about 6 miles long. After yesterdays Wednesdays ride we all came into are rooms soaking wet since it has been tropical storming down here. The good thing is it is a warm rain so we don't get that cold out there like northern California rain. The facilities here are awesome. Brady and I checked out the place and found the sports medicine room where they do testing and other good stuff. There is a computer room as well. The best thing about this place is the food is extremely good. This place is so hi tech that in order to get into the food court you have to scan your hand on this machine and it reads your finger prints before letting you in. Our rooms consist of two sleeping rooms for four people. We have a living room with a TV and there are two bathrooms. A lot of the guys here have lab tops so a lot of DVD's have been played and our room mate Tucker brought a dream cast so we play video games as well. In my spare time I have been mostly downloading music or reading my new book Kon-Tiki. Well, that's all folks. Today is Thursday and I am going to way myself and then go grab some breakfast. We are riding another 4:30 today I heard.

Day 5 By Brady Harter

Finally today we got some sun and it was awesome. Today Danny planned a huge ride for us. So we all headed off plus two of the national team espiors for a good five hours. The hard part of the day was right at the beginning of ride. We had a 25 mile climb to the town of Campo. It was a really cool climb that was pretty gradual all the way up and it helped that the espior guys had some mercy on us. Today was our forth long riding day of the camp and for the most part everyone is riding really well. And we are all having a great time. Another day of over four hours awaits us for tomorrow so I'm off to take an ice bath then a nap.