



RACE REPORT #10

Cat's Hill Criterium: Los Gatos
Berkeley Hills Road Race: Berkeley
May 10 & 11, 2003

Cat's Hill Criterium:

17-18 Year Old Results:

1 st Place	Duke Schimmer	
2 nd Place	Brady Harter	
3 rd Place	Nathan Miller	Junior Race
*	Nathan Miller	Pro race

15-16 Year Old Results:

1 st Place	Daniel Holloway	Junior Race
3 rd Place	Rich Weir	Junior Race

13-14 Year Old Results:

4 th Place	Ethan Weiss	Junior Race
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Berkeley Hills Road Race:

17-18 Year Old Results:

4 th Place	Aaron Woolsey	Junior Race
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15-16 Year Old Results:

10 th	Rich Weir	Category 3 Race
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Laura:

The organizers that have put on Cat's Hill for so many years do such a great job. I have been to this race many different years and I always enjoy this technical and challenging course. There are many corners, hills, a sweeping descent and fast last turn to the finish line. The town and the homeowners along the course all come out to enjoy the day. They pack along the hill to yell for the riders trying to get up "the wall" and then with the finish line only one block off of main street a lot of weekend tourists come to check out the action. The day was one of the first warm, sunny race days we have had in a seemly long time (well, California time that is!). There were three different divisions for the Junior race and they even raced separately. There were very few laps for each event, but I think with the varying degrees of ability in each age group the winners would have been the same and it also didn't discourage any of the junior entrants who were probably in their first bike race or out there on mountain bikes. Team Swift had riders in each age category. Ethan Weiss and Nathan Birmbaum were in the 13-14 year old event. Rich (16), Duke, Brady and Nathan all rode in the combined 15-18 field although the 15-16 year olds were placed separately.

I think the race was fairly aggressive. Duke attacked on the first lap and then they each took turns. None of the breaks were successful and there were also many attacks by other teams which kept Swift on their toes. The goal of the race was to have riders winning both categories so the older boys were not going to go up the road with any of the riders in Rich's category. In the end Nathan made a hard attack on the final lap only to be caught half way up the climb. Brady led Duke out for the sprint. Duke tried to gap off 16 year old Daniel Holloway only to misjudge Daniel's leg speed and not be able to still come around him. Each race the riders learn something new. The junior field has come a long way from being a race where they just toddle around the course. These kids are getting out there and

executing real race tactics. It's sometimes the most exciting race of the day.

Duke:

A race with the word hill in the title may not seem like the race for me but I happen to like Cats Hill. I find that a powerful rider can really fly up it just as good as or better than those skinny climber types. Well after a not so stellar junior race where I was out sprinted I came up with one conclusion. It is very hard to come around people on a downhill sprint with junior gears. Yes that is right I lost a sprint. But the good thing is that from now on I know that in that situation I need to start my sprint a lot earlier. Also I think that the reason I lost on that day was because my idol, Mario Cipollini, also lost in a sprint finish on the very same day. That must be it. Anyway the race went really well and we were able to take 1-2-3 in the 17-18 category. The pro race was really fast as it averaged over 30 mph for 1.5 hours. Great job to Nathan for being the only finisher in a super hard race.

Brady:

Cat's Hill criterium is one of my favorite races that I do all year and every year I hope I will be able to ride well and this year was no exception. The junior race was quick, only about 30 minutes, so we tried to take advantage of that. After only one time up the steep 23% climb the field was already split up with six people in the front group, four of which were Team Swift. Every lap we would try to get away off the front but it always seemed to come back together. The last time over the climb Duke and I along with another rider gapped the rest of the group but unfortunately the other rider is a really fast sprinter. Duke and I ended up taking 2nd and 3rd in the race but won our age group. The result was a disappointment for us but

we learned much from it and next time I'm sure we will come out victorious.

Nathan:

Cat's Hill: Pro 1,2

I wasn't sure exactly how fast this race would be or if I would be able to stay in the whole time. I was pretty well warmed up from the junior race earlier, so I just spun around for 30 minutes and then hung around at the starting line. Most of the riders waited at the last corner where they staged the other groups. I saw Trent Klasna and a few other riders start to line up though and decided to join them. A few riders started jumping over the barricades and I joined them. I was able to get to the line before everyone else. I got a starting position right in the center of the road, first row, shoulder-to-shoulder with Trent Klasna. This set me up perfectly for the race. I didn't have to worry about the early crashes and dropped riders. Of course, I did drift back a little during the race.

The first half hour of the race was really fast and seemed to go by incredibly slowly. I was right in the middle of the hill (for about the twentieth time) and I heard the announcer say that we were right at the 30min mark. I thought that we had to have at least finished an hour! After that I started to feel pretty good though. I kind of just got in a rhythm and began to not even feel how painful it was to sprint up the 23 percent hill every two-minutes and fifteen seconds. By the end of the race, I was still in the bunch and feeling surprisingly good. We did fifty laps (1 mile per lap) and I felt like I could do the whole thing again. That is until I stepped off of my bike! (I hurt afterwards!) I don't currently have a computer on my bike, but I know that we raced for 1 1/2 hours. The announcers said that we did 50 laps in that time. That would mean that we averaged 33mph! I doubt we did quite 50 miles, but we still averaged around 30mph while doing that hill 50 times. I was always spinning out my junior gears on every point on the course except the hill. It was a great training race and should help a lot when we leave for the

important races this summer. Well, I have got a lot of studying to do with finals next week... I will be sure to send an update of what I am doing for training during the month after school gets out and before we leave. It's going to be one insanely hard block of training!

Nathan

Rich:

Saturday morning I was to race the fabled Cat's Hill Criterium. I wasn't quite sure how I would do but I wasn't expecting what happened. The first race was the Junior race. It was only 8 laps which was a bad thing as it turned out. The race was really fast from the start until the end. From the gun I felt terrible. My head screamed go but, alas, my legs fiercely disagreed with my head. The result was me going no where fast. In addition to this I made some critical mistakes in the closing laps. I have, however, figured out what I did wrong (with the help of my coach and my teammates) and will not make the same mistakes again. I took 3rd but I was not pleased. I then proceeded to ride in the 20 lap Senior 3 race. Again I was not feeling very strong. I ended up 15th in the final after just barely hanging in on the closing laps. The next day was the 65 mile cat 3 Berkeley hills Road Race. I arrived unexcited for the race based on the previous day's results. There were few attacks and the race was generally mellow. I was expecting the hills to be harder but that played into my hands. When I arrived at the bottom of the final hill the attacks started. I found myself unable to respond. I ended up at the back of the front group. I took 10th. I come away from this weekend with a little schooling and a lesson learned. Well, until next time...Thank you and Goodnight!

Aaron:

Berkeley Hills RR:

Berkeley Hills Road Race

Juniors 17/18

4th place

All this week I was preparing for this race. I did a lot of climbing in preparation too. I got a chance to go down Friday night and pre-ride the course. This really helped because I had never raced this race before.

The race started pretty easy and enjoyable, until the field hit the first major climb. Believe me these climbs were pretty steep and long. Two guys after the first climb took off and dropped us. The first of the field hammered on. I lead most of the long climbs. No one really wanted to bomb down the descents so I lead a few times and tried to really fly, but with these new junior gears with fewer gears and less teeth I couldn't go as fast.

The first lap was fast but not unpleasant. Climbing up the second time we were able to drop two guys, So mid- way through the second lap there was only three of us trying to catch the break away guys. The final guy had a flat tire so this guy from Penvelo and I hammered on. Going into the final 6 miles we saw the two guys off the front and sprinted after them. We were able to catch them and ride the final few miles together.

When it got closer to the final climb up to the finish, no one wanted to pull and I don't blame them. The last climb to the finish was steep. So it became cat and mouse. There was a lot of jockeying around. I was second going up to the finish. Then we started to sprint, so I sprinted after them, but I was all out of energy by then. So I couldn't catch them for the finish, but held on for a strong 4th place. This race was really awesome because of all the climbing and long descents, not to mention the really nice weather. Till then, Aaron W