



Junior Cycling Development Program

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Race Report #11

Save Mart Crit, Modesto, CA
Fremont Crit., Fremont, CA
Mt. Hamilton RR, San Jose, CA

Save Mark Criterium

Junior 13-14 year old

1st- Ethan Weiss- Swift

2nd- Bryan Larson- SGW

3rd- Dawn Tisdell- LGBRC

Ethan Weiss's race report from the Save Mart Crit in Modesto-

May 17, 2003, Modesto, CA

it was Saturday morning on May 17th when I left to go the Modesto. I was looking forward to this race because I had won it last year in the 10-12 division and had moved up to the 13-14's this year. After leaving at 5:45 in the morning, my mom and I were disappointed that my race was postponed another half hour after it was supposed to start. Well, we got to see the 5's race so it wasn't that bad. Unfortunately, when race time came, there was only myself and two other people who had even the slightest chance of winning. So, we decided to each get a prime then find out who had the best legs to win. Then, it turned out that there was only one prime, so with 100m left the other person turned to me and said "Lets sprint," so we had a mini sprint which he one and I didn't really care about.

So, on the last lap, I was in second position going into the second to last corner and I knew the person in front would swing off right after and I didn't want to have to attack or sprint off the front. Sooooo, just as the person in front pulled off, I went all out on the inside and opened up a ten to twenty-five foot gap, pushing as hard as I could. From there I made one mistake: Going into the last corner, I took the line from the inside to the outside; not the fastest way and probably lost a few feet the SGW rider chasing me. From the corner to the finish, I kicked as hard as I could, with the guy coming on the inside. At the finish, as I don't have a whole lot of sprinting power, I thought he had won and he thought I had won. So, we waited for the results to become official, and when they did I found I had won! So, this crit wasn't a very important one, but it was fun.

Fremont Criterium May 24, 2003

2nd Juniors Team Swift Rich Weir (raced the Junior + Cat 3 races)

Mt. Hamilton RR May 25, 2003

7th Cat 3 Rich Weir

Rich Weir:

Fremont: I could tell it was going to be a windy day on the drive over to Fremont. The sun occasionally was spotted through the light clouds. First up was the 40 minute junior race. I wanted to make it fast so I attacked on the second corner. Daniel Holloway followed me and we were away for a lap or two. When we were brought back a few other attacks went off and I chased nearly all of them and I also got a \$25 prime. With about 9 to go Daniel and I attacked. We were working well together and then Clint Rogers bridged up and we quickly got rid of him again. I took second in the sprint as I expected I would since Daniel is one of the fastest sprinters in the Bay Area. Later in the day I rode the Cat. 3 field. This race was 60 minutes and the wind had picked up considerably. I rode fairly aggressively for the first 30 minutes, but then stopped working and just sat in. I wanted to make sure that I had enough in the tank for the Hamilton Race.

Mt Hamilton: The weather was weird in San Jose with a bit of fog on the early slopes of the mountain. It was a 63.5 mile point to point race starting with a 20 mile climb. The plan was to go hard on the mountain and shred the field to pieces. Adam, another junior, and I did just that. For about the first half of the climb I was feeling good and working at the front. About 1/4 of the way up we had an 8 man group and by the top it was 6 with one off the front. The descent was sketchy with the switch backs and gravel. I was pretty tired after the 20 mile climb and realized that that was only 1/3 of the race. We caught Adam, who was off the front, shortly after the descent and we started to cool off. When we got to the last real climb two guys slipped off the front and we couldn't catch them so the chase was given up. By this time we had about a 10 man group which swelled to closer to 15 by the end. At the end I ended up with 7th overall. It was a really hard race and I think I should've eaten more. Well live and learn. Until next time.

Mt Hamilton RR and Other updates by Nathan Miller

School has now been out for slightly less than 8 days and I'm already feeling pretty worked over from the increase in training time and intensity. In my last report, from Cat's Hill, I promised that I would tell you about how my training has been going. Last Tuesday, I did the Tuesday Night Criterium here in Santa Rosa and raced hard all night. I rode a really good race until the end, when I totally botched my lead out job. (Sorry Duke) I was just too tired to turn my junior gears fast enough to come around the Rocknasium lead out train. That's alright though, because they had about 12 guys there and we only had three. On Wednesday, I got to take revenge on one of the

Rocknasium riders, Todd Weitzenberg, as we did a mock race to prepare for the Tour of Nevada City. Todd found a great course that was clear of cars and very similar to the actual course. It went straight up the hill and straight back down, taking about 4 minutes a lap. We had a KOM sprint at the top of the hill every lap. Needless to say, I took it every time up the hill. (Todd complains of having bad form, but we will see when we do the race again this next Wednesday. We should have a few more people to race with us as well.) These two practice races worked me over pretty well, so I just did a recovery ride on Thursday on my TT bike and then proceeded to pummel myself again with speedwork on Friday. I did a twelve mile maximum effort time trial on a completely flat road. By the end of this week, I was completely exhausted, but I was coerced into doing Mt. Hamilton anyway.

Mt. Hamilton went like this: Suffer, suffer, suffer, suffer (repeat the word suffer about 100x), recover, suffer, suffer, recover, suffer, suffer, can't recover, suffer, die, ride 40 miles back to the start.

After about twenty minutes on the opening 20 mile climb, I began to feel pretty good. Webcor had brought their whole team to this race and set the tempo on the climb the whole way. At about 50 minutes into the climb, I was still with the front group when the attacks started to come. The very first attack shattered the small group that we had at that point. I thought that a lot of the riders in front of me looked strong, but none of them could even pick up the pace the slightest bit. So, I scrambled to get around them and ended up making it into the second group of nine riders. (If I would have been at the front, then I definitely would have been able to follow the leaders up the climb.) The front group of about ten hovered 15-20 seconds ahead of us for a little while. I could have put in a three or four minute effort and bridged across, but I was worried about blowing up on the several large rollers during the second half of the race like I did last year. After 70 minutes of climbing, averaging a little over 17mph, I made it over the hill with the second group. The nine guys all worked well together, but we knew that the front runners were no longer catchable. A good tempo was set on the flats, but every time we came to a roller the pace was lifted considerably. Each small climb was longer than the last and became increasingly difficult. On the very last one of the day, I came off the back of the group by twenty meters. Just that little gap made it impossible for me to catch back on and I was gone. I rode the next flat portion of the race with Lucas, a first year senior from Napa Valley Velo, who had also come off the back at the same point. He was suffering from a crash earlier on the big descent down Mt. Hamilton. We got caught by the next group on the road with about ten miles left in the 63 mile race. This group had zero pro riders and about as much organization. That was alright though, because the race was over for me at this point. I rode into the finish and got third or fourth out of this group, making it into the top 25. Next year I will take a lot more rest before this race and be able to stay with the lead pack.

Since this race doesn't end at the start, I had to ride forty miles back to my car. I met up with the Webcor guys and Dan Hopley from Rocknasium to ride back. This was my favorite part of the whole day, but ended up being more painful than the race at times. I always like to talk to pro directors and riders whenever I get the chance, because I want

them to see me as much as possible. (not to mention I didn't know the shortcut back!) They were a really cool group of guys to ride back with, but I don't think that they knew the race ended! We big ringed it all the way home, including the ascent up a five mile climb. I had only eaten a Clif Bar, a Clif Shot, some peanut butter crackers, and a banana the whole five hours and felt like I was running out of gas. I was with a team that I had to impress though, and couldn't show how tired and hungry I was. When we got back to the cars everyone climbed in and sat down for ten minutes before loading up to leave. I noticed that everyone was just as tired as I was. I'm glad that I got the opportunity to ride with them, because they now all know who I am.

Sorry that this is so long. I'm sure that only the hardcore race report readers have made it this far, but I wanted to let everyone know what was going on before we leave for the big trip on June 24th and don't have a lot of time to write.