



## Race Report #12

### **Folsom Criterium Folsom, CA May 31, 2003**

2 <sup>nd</sup> Place	Lia Winfield	Cat. 4 women
4 <sup>th</sup> Place	Aaron Woolsey	Junior race (also raced the cat 5 race)
	Ethan Weiss	Cat 5 race
9 <sup>th</sup> Place	Duke Schimmer	Pro, I, II
	Nathan Miller	Pro, I, II

### **Lia Winfield**

#### Cat 4 women, 2nd place

Although I woke up at 4:00 Saturday morning, I felt awake and ready to race.

An additional hour of sleep in the van on the way to Folsom helped as well. It was Saturday morning and we (Laura, Aaron and I), were headed to Folsom for the criterium there. We arrived early with plenty of time to register and warm up. I didn't know what to expect from the crit. I raced with the cat 4 women because I think I was the only junior woman there. I assumed the race would be similar to the first race of the Tuesday nite crit's, which is for me, pretty fast. There were about fifteen or twenty in the cat 4 field. The course was flat, located in a corporate center, about .7 of a mile. We started at 8:00, a minute behind the junior category, and raced for 40 minutes. The pace was significantly slower than that of the twilights. This allowed me to be able to move up to the front with no fear of being dropped. I knew this was finally a race where I could be competitive in and not simply hang on to the back. Laura, (who mentored the race), kept telling me to move up, I would, however not enough and I would end up in the back again, not where I wanted to be. Once I went all the way to the very front it was much easier to hold a position closer to the front.

With three laps to go the pace picked up as everyone was trying to get into position. With two laps to go Laura told me to get behind the wheel of the "green jersey" (Kim, a good racer who I think Laura had coached before). I was able to do this, it was a wanted position and I had to work hard and pay attention to be able to hold it. As we came around the last corner, I joined the sprint up to the finish, almost catching the winner. I thought I had come in second but wasn't sure until the results verified it. It was a good race and I am very happy with how I did. What I need to

improve upon is staying consistently in the front and not always falling all the way to the back and having to sprint back to the front. I also enjoyed being able to watch Aaron and Ethan race as well.

-Lia Winfield

### **Ethan Weiss:**

Folsom Criterium, Saturday, May 31, 2003

Unfortunately, I had to wake up at 5:30 this morning. But, it was all for a good cause; bike racing at the Folsom Criterium. I came to this race not looking forward to a great race on my part because I had been feeling a bit over trained during the past week. Also, to my dismay, there was no junior category corresponding to my age (13), so I decided to just race the Cat 5 race of 40 minutes.

It's the horrible truth but Cat 5 races are definitely the most dangerous, with riders coming in with usually 5 or less races in their career. And, right on schedule, :-( there was a crash going into the last corner. I guess someone at the front grabbed the brakes and went down, causing me to swerve around someone to find and hit another guy. Luckily I was going slowly enough by that time that I barely hit the ground with much force. So, with a free lap I got back on and up to the front.

Coming to two laps to go, a friend of mine pulled off to the left of the field but wasn't accelerating very hard and I didn't really know what he was doing because he said that he would be trying an attack while the laps were beginning to count down. I tried my cards and jumped up to him as his (belated) attack began. He quickly began to fade as someone else was joining us, and he and I pulled through. All this was worthless because the break didn't stick. So, I stayed up in the top fifteen or so positions, and as the sprint for the line came, I passed 4 or 5 people, and I have no idea what place I finished but racing the 5's was a (dangerous) but exiting experience.

### **Aaron Woolsey**

Folsom Crit. Juniors 17/18 and Senior 5

This weekend all of us were planning on staying in a hotel in Folsom, to make it a little easier in getting up for the early races. But Laura's dog Falcon got hit by a car, and had to be at the vet. So we left at the insane hour of 4:45 Saturday morning. The ride there was nice. Lia and I slept and I hope Laura was driving; no she did a great job in getting us there in plenty of time.

For some reason I am always the last to get dressed and warmed up for races, so I did it again to myself. When I got to the start of the junior race, I felt reasonably warmed up. Again I proved to myself that getting in a longer warm up would benefit me greatly and that I didn't do. So I was up against all the Sacramento Wheelmen juniors. I let one go early on. Soon another was attacking so I jumped on his wheel. We all soon regrouped, yet another went and this time I didn't react fast enough and so I was left with one other guy. We worked together and did a pace line. We soon sprinted and caught the women's field and went past them. On our way to catch and regroup both of

us found ourselves being lapped by our own field. So we all regrouped and figured out the rest of the race ahead of us. There were many attacks lead by SGW, but I held on. One attack by them I was very proud to catch and regroup was catching Mikey Slotten from SGW, former Swifty. I was able to hold on for a solid 4th place sprint finish, yet I was lapped earlier.

My next race was Senior 5's-I was going to race the 4's but there was a time concern. Let's put it this way I am never ever going to race in a Senior 5 race again. It has proven to be too risky for my health. Last week in the Tuesday nite crits I went down not too hard, but because guys went down from bumping wheels and lack of experience, I got caught in the middle of a pile-up. It managed to bend my derailleur in a bit so I could not complete the race. I did manage to get it fixed during the balance of that race and then went on to race in the 3/4s and was able to do better. I think its time for me to move on to bigger and better things. So only Senior 4 races/junior races for me. This weekend the 5's were riding pretty safe until about ten minutes to go in the final turn of the course and a few guys went down and caused a pile up, and you know who had to come to a screeching halt, yes me. There was a guy about 20 feet in front of me in the road, guys going down all around me, so I put on the brakes and leaned hard to the right, sliding to a perfect stop. I was very lucky to not get too beat up, and my bike is just fine. Later Ethan's parents helped me get cleaned up and we drove to Lake Folsom for a nice swim and rest. All in all the weekend racing was a bit unfortunate for me. But I find each race yet another learning session for me in my quest to become a better racer.