



**Race Report #18**  
San Ardo RR  
University Criterium  
Giro of San Francisco Criterium

Team Swift results for the following three races:

**San Ardo RR, Aug 30, 2003**

3<sup>rd</sup> Place      Lia Winfield      Cat 4 Women

**University Criterium, Aug 31, 2003**

18<sup>th</sup> Place      Steven Cozza      Pro, I, II

**Giro of San Francisco, September 1, 2003**

1<sup>st</sup> Place      Nathan Miller      Junior 15-18  
2<sup>nd</sup> Place      Steven Cozza      Junior 15-18  
4<sup>th</sup> Place      Duke Schimmer      Junior 15-18  
8<sup>th</sup> Place      Anton Nicola      Junior 15-18  
9<sup>th</sup> Place      Lia Winfield      Cat 4 Women

Rider Reports

**Nathan Miller:**

The Giro di San Francisco was probably the only local junior race that the whole team did together since the Sea Otter. This race is always a lot of fun, because of the fact that the whole team shows up to do it. It was great to see everyone together for our last junior race ever. The old Team Swift that totally dominates the junior field was back. (This year has been a long season of pain and suffering over every hill in the pro races, not cruising to victory in the junior category like

before) Needless to say, I was really excited about this race. The plan was for us to keep attacking until someone got away (preferably me). Then, another teammate (preferably Steve) would bridge up to them and the race would be won. Lastly, the third rider who didn't break away (preferably Duke) would win the field sprint. We executed the plan to very near perfection. Duke attacked on the first lap. When he was caught, I went. I opened up a large gap and was able to pick up a prime and stay away for five or six laps by myself. I thought that was the break that was going to work and I kept looking over my shoulder for Steve to bridge up to me. I kept seeing him attack and attack, but everyone was on him like glue. I knew that it was too early and everyone wasn't tired enough yet. So, I kept up a moderately hard tempo so that people would tire themselves out chasing, but I would still be fresh enough to attack again. Once I got caught, the field slowed to a stand still and I really wanted to attack again. I was flying in this race and it felt so good to be able to ride right off of the front of the pack again and again and know that I could probably stay away by myself. It was almost like Superweek over again. I knew that it would be best to wait for a few more attacks first though. A lap or two later, a rider from the Tieni Duro team rode off the front of the pack. It was almost like he was going to pull hard at the front, but nobody got on his wheel. I'm not sure exactly what was going on, but I didn't want to have to go on the defensive, so I jumped on his wheel. We were crawling around the course really slowly, because I didn't pull once, but somehow we were staying away and maintaining about a ten second gap. Four or five laps later, when the prime bell rang, I attacked him and went solo again. I kept making the gap bigger and bigger until I finally looked back and saw that Steve had finally broken free from the pack. I sat up and soft pedaled until he was to me, and then the race was over. We time trialed flat out, each pulling half a lap at a time. We were doing one minute lap splits, which was as fast as the pro field did later that day. It took only about ten laps for us to lap the field. When we got back on, we went straight through to the front and continued our time trial. There were only three laps to go and we had to start worrying about third place for Duke. Steve said that he wouldn't sprint me for the win, because I really needed a good performance to help me in finding a team for next year. He took the first leg of the lead-out and I took the second. It was really weird to be the last rider in the lead-out train; because I couldn't see the riders start their sprint. Actually, I didn't even see more than three riders pass me before the line and that was right at the end. So, I'm not sure exactly what went down, but Duke got second in the sprint. When it was all said and done, I took first, Steve got second, Duke got fourth, and Team Swift owned the race. It was a great race and an even better result. Many of the younger riders on the team were there to help us in the race too. It was great that they were strong enough to be able to

work with us. They were able to help chase attacks and do a lot of blocking. Hopefully, they will be even stronger next year and can continue to keep Team Swift on the top of the podium at this race for the fourth year in a row. (That means train hard this winter Swift riders, because you're the team leaders next year!!!)

**Steven Cozza:**

The Long and exciting season.

This has by far been my best season yet in cycling. Already this year I have been to Europe twice and am leaving again on September 10<sup>th</sup> to do some stage racing and the GP the Nations in preparation for the World Championships in October. I knew that this, being my last year as a Junior 17-18, needed to be my best yet in order to get me onto a Pro cycling team and the U23 USA National team in Belgium. I have sacrificed so much this season and now it is only a month away till the Worlds in Hamilton Canada. My preparation this whole year has gone towards a gold medal at the World Championships so I am feeling very confident this year. Throughout August I stayed pretty well on track getting off track one week when going to Hawaii. This break on the Island was a good one for me and I feel as though it will give me that extra kick to stay focused all the way to the Worlds. The Individual Time Trial is my best chance at Worlds so I have been doing many hours on my TT bike. This past week I headed down to race the University race in Santa Cruz. This race is on a 3 mile circuit and is basically a hill and a descent. I felt very strong in the full 1/2 pro field finishing in 18. Only 19 finished so I was quite pleased with my performance. The following day was the Giro di San Francisco. I decided to do the Junior race in the morning and then the Pro race in the afternoon. Both went pretty well for me. In the Junior race I planned on doing what I did last year which was to try and lap the field. That's what my teammate Nathan Miller and I \\ \\ d and it was a great time trial workout. After the Junior race I got lunch and took a nap so I would be well ready for the 80 lap 44 mile Pro race. The time of the race came and we were off full speed ahead. I felt strong the whole race even getting away for a lap with Saturn's rider Eric Wolberg. Going on to 13 laps to go a guy in front of me got side ways pushing me into two Newspaper bins at 30 mph. ouch that one hurt. I hit the metal boxes then rolled back into the road to get crushed by all the racers that were behind me. After they peeled all the bikes off the top of me I feared a broken collar bone, wrist and shoulder but after getting x-rays at the hospital all was well just a little chip in the wrist that may not have even been from this crash but a previous one. Boy oh boy was I happy I came

out of that one with my life just missing a parking meter and a light pull I was very lucky in this crash. I am all healthy and ready to leave for my European trip on the 10 of Sept. Me and another Junior will be racing with a Belgium team this time for a whole month. Then they fly us straight to the Worlds in Canada. Wish me luck and Thanks so much to all that have supported me this year. I truly could not have done it without your support and energy. I greatly appreciate it all. Thanks Again:) Peace in the World, Steven Cozza.

### **Lia Winfield**

San Ardo Road Race, August 30, 2003

Women 4, 3rd place

The course was a 21 mile loop that my category did twice and was mostly flat with a few, small rolling hills. Physically I felt strong and I knew that this was a race I could do well in. Because the course was mainly flat, I expected the pace to be fast. We started slow and for the entire first lap the group (a field of about 30 or 35), stayed together. When we hit a few rollers on the start of the second lap, a few riders began to go harder, causing the field to stretch out. No one made a strong attack, but whenever some one started to push ahead, I stayed on their wheel. When the road flattened out, about half way through the second lap, I realized that the group I was in had broken away from the others. I knew that no one was ahead of me, and it was a very exciting feeling knowing that I was in the lead group (first time). A few attacks were attempted, but no one made a strong enough move to get away. Around five miles from the finish two wheels crossed and about seven women crashed. I swerved and missed the crash; there were now ten of us left. We worked together in a pace line until the last mile when everyone began to look for that perfect position for the sprint. The pace slowed dramatically, as no one wanted to be in front. When the finish line was in sight one girl sprinted and I went after her. She beat me in the sprint and I came in right behind her in second. I thought that I had come in second, but as it turned out, two women had attacked earlier and stayed away, and therefore had come in first and second. There was a major controversy over the results because the two women made their move just as the men's category 4 passed us and to some it looked as if they were working with the men. I don't think that is true after talking to both the two women and a few of the cat 4 men. I just wish I had seen their attack. Then I thought I had come in fourth, but as it turned out, the girl who had beaten we in the sprint, was actually racing in the Jr. 15-16 category, therefore I got 3rd. I was extremely happy with that result. I was happy with my race and I just hope that everyone

involved in the crash recovers quickly. Two things to improve upon: Realizing earlier that the field had split up and seeing the attack by the two women.

### **Lia Winfield**

Giro di San Francisco, September 1, 2003

Women 4, 9th place

this was a fun race. I couldn't have ended a great season better. Well, maybe with a win...but that's for next year. I was excited about the course because it was a criterium with a little hill, and also just the fact that it was in San Francisco. My category did 20 laps, which was 12 miles. I think it could have been longer, "five laps to go" came really soon. The pace was pretty fast, but I held a good position throughout the race. My main focus was to stay close to the front, I did that and that is good. The laps flew by very quickly and with one lap to go, I was close to, but not in the front and thought I had a pretty good position. As we came around the last corner, the sprint to the finish came and I crossed the line 9th. It wasn't so much that riders sprinted past me, but rather that I started to sprint too late. I still have to figure out where to be coming down the last stretch and when to start sprinting. But as I said, it was a great race and I was very happy with a top ten finish. I look forward to next season!!!!

### **Anton Nicola**

Giro di San Francisco

Juniors 8<sup>th</sup>

When I got to the race early Monday morning, I had that same old feeling that I get every time I race with the "big" guys. "I hope my own team doesn't drop me like they always do." Not having a very positive attitude I go to the start/finish line hoping to at least not get lapped in this race, I just stare off into space waiting for the delayed start. To my surprise, my coach comes up to me and tells me that she wants me to work with the team. My first thought was, what could she possibly have me do to help the team out? Swerve in front of the chasers when I'm getting lapped? But then when she told me that my TEAM wanted me to work with them. I was shocked. This was only my second year racing, and I'm still a Category 4. And she wanted me to work with my team that had been racing forever, and were all Pro 1,2. I actually felt like it was an honor to work

with the elite guys to help win the race. Now I had felt like I had a responsibility to take care of. I no longer had that attitude where I felt down and not good enough to race in such a hard race against guys that were 10 times better and more experienced than me.

Knowing that I needed to do a job outlined for me, I raced with confidence. I wasn't going to let my team down on my first chance.

I think that I raced so much better knowing I was helping someone else out instead of just trying to help myself out. Sure, I didn't win the race, but that wasn't my job. For example: The quarterback in football doesn't always get the touchdowns, but he plays a very important part in them.

This is what I love about bike racing, is not to win, but to help someone else win.

**Mike Margraf:**

I left for San Francisco with my sister and her fiancé Sunday afternoon. I stayed at my sister's fiancé's house which was 20 minutes from the race. I got to the course in the morning and to my surprise there were many Team Swift members. Up to this point, I would only see one or two Team Swift members at races. I was really excited to race with the whole team. Coach Laura was there also, so we had a little pre-race meeting. The plan was to keep the attacks going until one stuck. First Duke took off right from the start and then he got reeled back in. Then, Nathan broke away and had about a ten to fifteen second lead for a while until Steve bridged up to him, and that is when they went on a tear. Meanwhile, I'm really feeling the effects from a MTB pre-ride the day before up in Downieville (40 miles, 6,000 ft of climbing). However, luckily I had a team to race for so I could kinda sit in. I really found out Monday that Nathan and Steve are in a league of there own. They lapped the whole field with ease (from what I could see). Those guys are powerhouses. I am going to work my butt off this winter and I hope to be near their level next year. It was a really great experience and I can't wait to do it again!

Thanks, Mike Margraf