



Team Swift

Race Report #3

Snelling RR, Merced Crit

Pine Flat RR, Dinuba Crit, Cantua Creek RR

Track Events/Omnium

Team Swift Results from Report #3

5th place	Snelling RR	Sr. 3	Mike Margraf
4 th Place	Merced Crit	Junior 17-18	Mike Margraf
2 nd Place	Snelling Road Race	Juniors 13-14	Ethan Weiss
4 th Place	Snelling Road Race	Juniors 15-16	Joseph Iannarelli
4 th Place	Snelling Road Race	Juniors 17-18	Aaron Woolsey
4 th Place	Cantua Creek RR	Juniors 17-18	Aaron Woolsey
9 th Place	Pine Flat RR	Juniors 17-18	Mike Margraf
4 th Place	Dinuba Crit	Juniors 17-18	Mike Margraf
1 st Place	Overall Omnium	Kim LeFleur	
1 st Place	Flying One-Lap	Kim LeFleur	
3 rd Place	Flying One-Lap	Kelly LeFleur	
4 th Place	Flying One-Lap	Michelle LeFleur	
1 st Place	2 K Pursuit	Kim LeFleur	
5 th Place	2 K Pursuit	Kelly LeFleur	
8 th Place	2 K Pursuit	Michelle LeFleur	
1 st Place	5 lap-Scratch Race	Kim LeFleur	
4 th Place	5 lap-Scratch Race	Kelly LeFleur	
10 th Place	5 lap-Scratch Race	Michelle LeFleur	

Rider Reports

Mike Margraf:

02/21/04

5th place Snelling RR
4th Place Merced Crit

Sr. 3
Junior 17-18

I woke up this morning to a nice dark and cloudy, wet day. I was actually really excited that the day was wet. I hoped it would bring opportunities to me. With a field of 83 riders we set off for 5 laps of a 11.7 mile loop equaling to 63.5 miles total. Just as we started off the line the rained stopped and with the wind it actually dried out quickly. The first couple of laps were at a moderate speed and I actually got in a good sized breakaway of ten or so for about 3/4 of a lap and then we got caught. Right after we got caught, the pace really picked up. This section was slightly downhill and had a strong tailwind (our speeds were near the 40 MPH range). I found myself getting separated from the lead group but luckily another group formed behind and we were able to catch back on to what was left of the peloton which was now only around 30 riders. On lap 4, 2 guys broke away and got a pretty good sized gap. On the 5th and final lap the pace really started to pick up to reel back in the breakaway. Going into the last 3 or so miles of the race we went into the really rough and chopped up section. That is where it got really hard and it was there where we caught the breakaway. I fought hard to get near the front to get ready for the uphill sprint finish. (I figured I had a good chance because even though I'm not a great sprinter, whenever the road goes up I have a good shot). Going into the last corner I got squeezed to the inside and found myself in about 15th place going up the hill. I laid it all down on the road and weaved in and out of a crash and people popping. I crossed the line in 5th place. I feel happy to get my first upgrade points in only my second week as a Cat. 3 rider, but I learned that I'm just going to have to fight harder and not give an inch to stay in the top ten going into those kind of sprint finishes.

Thanks for reading,
Mike

Ethan Weiss –

Snelling Road Race –
2nd Place Juniors 13-14

Snelling Road Race-2/21/04

We had come a long way the day before, all the way from Sonoma County to Merced, where my dad and I stayed the night. I was a little tired and it was late Friday night, so instead of doing some time on the trainer that night, I ran up and down the stairs at the motel, sprinting occasionally from one side of the motel to another. It wasn't what I hoped, but it worked I guess.

We woke up at the ripe hour of 5:30 AM to get on the way to an "8:23 AM" start of the road race. It had rained the night before, and it looked quite gloomy that morning, so we all assumed it was going to pour that morning, but, fortunately, we were mistaken. It ended up being a pretty nice day.

When the race started, it began with a 3-mile neutral promenade from the park where registration was, to where the racing actually began. In the middle of the promenade, another kid in the 13-14 category got a flat, forcing us to be nice and wait for five minutes at 3mph for him to get another wheel and catch back up. Once we got to the course, there was one little attack which was just to test the field, and we all settled into an agreed steady paceline, as there were only 5 of us who could keep an acceptable pace. The first 12 mile lap was quite uneventful, except for some pretty bad winds which hurt a bit going up some of the rollers. There was the last stretch of three miles that was terrible roads; potholes everywhere; it was practically gravel as the road had obviously received some pretty bad repairs. The bumps brought the speed down pretty low, and I was happy to get off it, but I knew it was a prime area to attack the next time around.

The second lap began kind of dire. There was a long straightaway in which there was bound to be an attack, and when it went, I was right on it, until, CLACK, my left foot slips out, as it has been doing in the past few weeks. As I'm trying to get my foot back in, I realize something else is wrong, my chain has come off too. So I get the chain back on, and struggle to get my foot in, and when I finally do, I have to chase back on to the attacking group. I eventually get back on, and the lap proceeds from there. FASTFORWARD, to the somewhat large roller before the three miles of horrific roads; the same kid who attacked earlier, from the Davis Bike Club, attacks again, and again, I'm right on it, but my foot slips, again, and my chain goes, again, probably because of the sudden loss of torque to the cranks, but I get it back on quick enough not to lose more than 100 meters. As I sprint back to the group, as soon as I get to it, I attack through the corner heading onto the bad roads, knowing that the winning break was away, and that I had to reach it. I then caught the rider who was off the front, and we proceeded to work together. When I got off the saddle a mile or so later, again my foot slips, and out of complete adrenaline I get it back on quickly, so that no chasing is needed. When we reach the final corner, with about 300 meters of slight uphill to go, my breakaway companion, Alex Wick, jumps, and I had nothing left to keep with it. So, I battle as hard as I can to stay ahead of the chasing riders behind, and I keep it up to finish second, working hard. It was a fun race, and I feel optimistic after it because I know I had to fight through some problems, but I still did well.

Joe Iannarelli
Snelling Road Race
4th Place
15-16 year old Juniors

Hey, I raced Saturday. This weekend was not as good as last. I was racing the 15-16 junior race. The race started fine. I was out front pushing then the second lap my front the derailleur snapped and started rubbing really bad. I kept trying to push it hard even with the derailleur the way it was to close the gap, then it suddenly popped into the small ring and I couldn't get out of it and I was screwed so I flagged down the support car got it fixed and went off, but by then a big gap had been created so I rode hard the rest of the race and was able to pick off one guy by the final straight away of the last lap and took a 4th. That's about it.

Aaron Woolsey
Snelling Road Race-Juniors 4th place

I was pretty excited to drive down to Snelling and have an afternoon road race. I didn't have to get up in the middle of the night like usual. I felt pretty prepared for the race. Again the officials put us with the masters. There were only six juniors for juniors 17/18. My main competition was Daniel Holloway. The race started out a little un-nerving. The masters were breaking and stopping out of nowhere. I had a guy cross my wheel and nearly knocked me off my bike. So for the first 15 minutes were not so relaxing. I found my bike to be acting up; my back gears were skipping around. So I got trapped in the back portion of the field and couldn't work my way back up. It ended up working with a large group of masters. We had a really nice pace going and we steadily were reeling back in the main field. I was happy to finish with no flats or crashes, because there was a long stretch of bad pavement that everyone was getting flats on. I ended up in a little bunch up-hill sprint and managed 4th place for juniors. I think I am putting in a lot of good quality base racing for later on in the season. Till next time-Aaron w

Aaron Woolsey

Juniors 17/18 4th place
Cantua Creek Road Race

I went down to Coalinga on Monday and did the road race. When I got there the weather turned out really nasty and freezing cold. It looked like it could rain any minute. The officials combined the juniors with the masters. This really helps us out because the course was mostly flat and there was major head wind. I felt really good for the first half of the race. I covered several attacks and breakaways. On the second loop I work a little too hard in the front pulling the pack I should have conserved more energy. I didn't want to be too much of a slacker. On the way to the finish my legs gave out a little on the up hill which normally doesn't happen. So I didn't have enough time to fully recover. So I learned that I need to not be a total nice guy and sit in the pack and make occasional pulls on the front and not get too worried about every attack. It was a good race even though the wind and rain made it pretty miserable. Till next time AAaron W

Mike Margraf

2/14/04 Pine Flat RR Cat. 3

9th place

After having some pretty good results last weekend I was able to get my Cat. 3 upgrade. So this weekend was my first weekend of racing as a Cat. 3. Pine Flat was my kind of race. The course had a lot of climbing and finished on a climb. There was one main climb about 50 miles into the race that was really tough, however, I liked it because the tougher the climb, the better for me. My goal going into the race was to stay with the lead group and attack on the main climb and see what happened. The first 20 or so miles were uneventful - just rolling terrain. After a fast descent, we made our way out onto the flat farmlands and that is where about 8 or so guys got away. There were only a couple of strong guys in the breakaway so I knew right when we hit the main climb they would get caught. Sure enough, as we began the main climb, the field started to shatter. We then caught the breakaway and just kept hammering. This main climb was really tough because it started out with a couple of miles of a moderate grade and then steepened to what I would say 15 to 20 percent for another 2 miles. I got caught off guard by the steepness of the climb and I faded back to about 15th or so. As the climb went on I started to get into a rhythm and I made up a lot of time near the top. Once I reached the top, I was only about 15 to 30 seconds behind the lead group so 3 other guys and I chased really hard on this narrow fast descent. We caught them going into the finishing climb which was about a mile long. Again my legs did not feel good at the beginning of the climb but as the climb went on my legs started to feel stronger. At the line, I almost passed another guy (he got me by an inch) and I finished within 20 seconds of the winner. I feel really good about my performance but I just wish I had known the course. Since I did not start racing road until June of last year, all these early season races are new to me. I really look forward to coming back next year.

2/15/04 Dinuba Crit Jr. 17-18

4th place

When I got to the line to start my race, I looked to the right of me and I saw seven Tieni Duro guys and only me and two other kids (Colin Samman of SGW and some other kid I have not seen before). I knew then how this race was going to go - they were going to keep sending attacks off until one stuck. Right from the whistle blow they attacked immediately. I tried to cover what I could and then Max Spirin of Tieni Duro got away. He was just kinda hovering 50 or 100 feet

ahead of us, so I figured I would try and bridge up to him. I gave a big effort to try and bridge but I could not get rid of the Tieni Duro guys. Then a Tieni Duro guy launched from behind me and bridged up to his teammate. I knew then that I was in big trouble. So after pulling hard for a couple of laps (and since no one else was going to pull), they got a good straightaway lead. Finally, Colin Samman from SGW started to help me with the chase. But by now they had a half a lap on us. You have to give the Tieni Duro guys some credit - they did a good job of blocking and interrupting Colin and I during our chase. However, one Tieni Duro guy went too far with this and became just plain rude. For no good reason, he began to shove up against and between Colin and me in order to break up our chase. Then, after sitting on me the whole race this same guy out sprinted me at the finish. Colin and I were pretty unhappy with his unprofessional behavior. However, it was a great race for speed training since I pulled a lot. Since this race was kinda out of the region I did not have any teammates, however I know at the big races Team Swift will be there when it counts.

Thanks for reading, Mike Margraf

Laura: You will know all the courses over time as you gain experience. But you should research the course better on the internet, maps from AAA, or asking people before hand. See the topographical maps of the course. There is the US Geologic site or a topo map that you can buy of California. There will always be courses you won't be able to see ahead of time, but you can do the research on your own if you really want to make the winning moves.

Track Races: The LaFleur sisters shine at the Track

Kelly

Hey team swift,

It's Kelly and we went to track Sunday afternoon for the Velo Girls track session. I knew we were gonna race but what I didn't know was how many different levels of women would be there. There were women there that were national track champions and there were women that didn't wear bike shorts. We started off with a very slow 30 lap warm up which ended up in a moderate pace. They went over the basics, yada yada yada and the first event was the 2k individual pursuit. six laps as hard as you can go but without blowing up. I was fourth in line and I was pretty nervous. So I then find out that I get to go against a cat 3, upper level than I am, sister of mine Kim. I am so thrilled...whoops I mean I am so NOT thrilled. I knew I wasn't going to win this one and I knew Kim likes to win races with a surprise sprint so my tactics were to sprint from the beginning for one lap and get into a good speed and sprint for the last lap and that's what I did but Kim just went faster and she beat me by a quarter lap. I ended up getting fifth out of 14. The next event was a five lap scratch race; I expected to fall off the back because I was tired. We were lined up against the rail and we had one lap to group and start. the second lap a PABW attacked and I saw Kim and another women jump on her wheel I immediately think "just follow Kim...just follow Kim" and I did and the PAB woman slowed down and with three laps to go Michelle attacks tiring the group and she's ahead for two laps then one lap to go and I attack at the third corner bringing Kim around to the fourth and the finishing straight, I drop back with less than 50 m to go and Kim takes the win. The last event of the day was the flying one lap. We line up on the rail and one person would start and warm up with one lap and at the start take off for one lap and the next person would do that. I was last and I was ready to do the warm up lap so I'm at the third corner building my speed and I cross down to the "sprinters

lane" and I here the click of the ref and his stopwatch. Normally id be thinking about the finish like I do in road races but I was thinking of the stopwatch and my time. Oh yeah I was also thinking about olive garden, they have the best bread sticks! But I was too tired to sprint and stand so I stayed seated and just pushed it out of my legs. I got third and Kim got first again. You can imagine who was doing all the talking on the way home. In the overall omnium Kim got first, and I got tied for second with 6 points. Here's the URL for results and pictures http://www.velogirls.com/track_results.html. If you're thinking about doing track, the second time is always better.

Kim:

Hi team,

yesterday my sisters and I did a track clinic / omnium. I had no idea how I would do, as this was my 1st real competition on the track, although I won a scratch race against a bunch of men the day before. The first race of the omnium was the 2k individual pursuit, Linelle separated us off into pairs, Kelly and I were paired off and at first it was pretty even, but I picked it up about halfway and almost caught her. the second race was the scratch race, the plan was to have Kelly and Michelle blow the pack up and string them out, which they executed perfectly, a PABW women made the first attack and I jumped on, then she slowed her pace but after that Michelle pulled an attack and pulled hard for two laps, that strung out the pack pretty well, it came around to one lap to go and Kelly pulled an attack and she pulled me and two other women into the third corner and into the fourth turn I sprinted and took the win. The flying one lap was the last race; it was the hardest race of the day. My 1 lap time is the best so far we were riding 81"; I think we can do better with a little bigger gear next time.

Here are the results from yesterday:

and you can go to the velogirls website and click on "girls on track" for last weeks results

Kim

Omnium Results (2 weeks)

1. Kim LeFleur (Team Swift) -- 21
2. Lori Nock (Davis Bike Club) -- 19
3. Cecelia Altamirano (Lombardi Sports) -- 15
4. Kyoko Harada (Lombardi Sports) -- 13
4. Annabell Holland (Shaw's) -- 13
4. Elissa Stolman (Velo Girls) -- 13
7. Julie Adams (PABW) -- 8
7. Kay Knowles (unattached) -- 8
7. Jackie Linder (Velo Girls) -- 8
10. Marja Nousiainen (Velo Girls) -- 7
11. Kelly LeFleur (Team Swift) -- 6
12. Betty Jordan (Velo Bella) -- 5
13. Michelle LeFleur (Team Swift) -- 2

Team Results (2 weeks)

1. Velo Girls -- 8
2. Lombardi Sports -- 7
2. Team Swift -- 7
4. Shaw's -- 5
5. Davis Bike Club -- 3
5. Palo Alto Bicycles Women's Team -- 3
7. Velo Bella -- 2

Inspiration Award sponsored by [Sports Basement](#)

Kay Knowles -- February 8th

Tara Foley -- February 15th

Session #2 Event Results-- February 15th, 2004

2k Pursuit:

- 1 -- Kim LeFleur (Team Swift) -- 3:07:28
- 2 -- Julie Adams (Palo Alto Bicycles Women's Team) -- 3:09:02
- 3 -- Annabell Holland (Shaw's) -- 3:13:62
- 4 -- Cecelia Altamirano (Lombardi Sports) -- 3:16:91
- 5 -- Kelly LeFleur (Team Swift) -- 3:20:10
- 6 -- Bridget May (McGuire/Cycle Couriers) -- 3:23:96
- 7 -- Sandy Hirano (Hypercat Racing) -- 3:24:43
- 8 -- Michelle LeFleur (Team Swift) -- 3:24:50
- 9 -- Kimberleigh Cox (McGuire/Cycle Couriers) -- 3:24:63
- 10 -- Rachel Hamilton (Left Coast) -- 3:26:05
- 11 -- Marja Nousiainen (Velo Girls) -- 3:34:47
- 12 -- Betty Jordan (Velo Bella) -- 3:33:73
- 13 -- Elissa Stolman (Velo Girls) -- 3:33:81
- 14 -- Tara Foley -- 3:41:51

5-lap Scratch Race

- 1 -- Kim LeFleur (Team Swift)
- 2 -- Annabell Holland (Shaw's)
- 3 -- Julie Adams (Palo Alto Bicycles Women's Team)
- 4 -- Kelly LeFleur (Team Swift)
- 5 -- Elissa Stolman (Velo Girls)
- 6 -- Sandy Hirano (Hypercat Racing)
- 7 -- Cecelia Altamirano (Lombardi Sports)
- 8 -- Bridget May (McGuire/Cycle Couriers)
- 9 -- Betty Jordan (Velo Bella)
- 10 -- Michelle LeFleur (Team Swift)
- 11 -- Marja Nousiainen (Velo Girls)
- 12 -- Tara Foley

Flying One-Lap:

- 1 -- Kim LeFleur (Team Swift) -- 24.72
 - 2 -- Annabell Holland (Shaw's) -- 26.98
 - 3 -- Kelly LeFleur (Team Swift) -- 27.03
 - 4 -- Michelle LeFleur (Team Swift) -- 27.65
 - 5 -- Cecelia Altamirano (Lombardi Sports) -- 27.75
 - 6 -- Rachel Hamilton (Left Coast) -- 28.38
 - 7 -- Bridget May (McGuire/Cycle Couriers) -- 28.57
 - 8 -- Kimberleigh Cox (McGuire/Cycle Couriers) -- 28.92
 - 9 -- Elissa Stolman (Velo Girls) -- 29.69
 - 10 -- Betty Jordan (Velo Bella) -- 30.32
 - 11 -- Sandy Hirano (Hypercat Racing) -- 30.68
 - 12 -- Marja Nousiainen (Velo Girls) -- 30.94
 - 13 -- Tara Foley -- 31.65
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Alumni Reports:

Steve Cozza:

2/14/04

Hi all,

While in Spain I won't have e-mail for like a month. My only chance is finding an Internet cafe so all do my best to report back on how the training camp is coming along. So far all is good here in Belgium. We leave down for Spain on Valentine's Day so happy Valentine's Day to everyone. My training is coming along real good. Today I took the new guys out for a good 4 hour ride over some of the famous cobble climbs that are in races like the tour of Flanders witch we will be racing in under the under 23 category in April. I got my new bike it is a real nice Pinarello, an Italian bike, and got some nice clothing as well. All hooked up. We get the new shoes and Brand-new bikes in March After the training camp. Talk to you soon guys. Thanks for reading. Always PEACE Steven Cozza :)

2/19/04

Training Camp in Calpe Spain,

Training camp has been going really well. Right now I am sitting in an Internet cafe next to a Spanish guy who is smoking and typing at the same time. ugggg. I have to say Spain is a beautiful place and the training is out of this world. Every day we are doing rides over 5 hours long because the weather is great and all we want to do is go explore the country side and the best and only way for us to do that is to ride are bikes. Calpe Spain the place we are staying is a place where Professional cyclist from all over Europe come to train during the winter. So far we have ran into many pros including Victor Hugo Pena from the United States Postal team, who we will be training with next week. The roads here are so sweet but the thing that is different about them than back home is they are so slippery with car oil. So far three of us at the camp have crashed going through oil slick turns. I was the first to crash on day two of the training camp nearly sliding off the side of the road into a guard rail. Just minor road rash so know big deal but road rash from Spain so that makes it even better. All my scars I remember what country they are from and now I will have Spain to add to my collection. For the next week we will continue training and than we ha a three day stage race March 6,7 and 8 in the amateur division that is the category where people of all ages race so all be racing against like 28 year olds and stuff. These will be the hardest races I do. The other races I will be doing in the next couple of months will be U-23 races. Well my time is up at the Internet cafe but I will try to keep you informed as best as possible. I am creating my own web sight at

WWW.Stevencoza.com it isn't much yet but within the next few months it should be really nice. Thanks for reading .. Steven Cozza