



## **Team Swift Race Report #4**

Land Park Criterium  
Mathers Field Criterium  
Women's Track Omnium  
Tucson Bicycle Classic Stage Race  
Pinole Time Trial

### **Team Swift Results:**

#### **Road Results:**

1st Place	Mathers Field Crit	Junior 17-18	Joe Iannarelli
1st Place	Tucson Classic Prolog	Junior 17-18	Chase Renick
2nd Place	Pinole TT	Juniors 17-18	Anton & Joe
3rd Place	Land Park Crit	Junior 17-18	MikeMargraf
3rd Place	Mathers Field Crit	Cat. 3	Joe Iannarelli
3rd Place	Tucson:stage 3	Junior 17-18	Chase Renick
5th Place	Tucson-Overall GC	Junior 17-18	Chase Renick
7th Place	Tucson:stage 2	Junior 17-18	Chase Renick
8th Place	Mathers Field Crit	Junior 17-18	Anton Nicola

#### **Track Results:**

1st Place Team	3 person Olympic Sprint	Women	Kim/Kelly/Michelle
1st Place	12 lap points race	Women	Kim LaFleur
2nd Place	10 lap scratch race	Women	Kim LaFleur
3rd Place	Overall	Women	KellyLaFleur
3rd Place	12 lap points race	Women	KellyLaFleur
4th Place	10 lap scratch race	Women	KellyLaFleur

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## Rider Reports:

I would like to send Mike a special note to wish him a speedy recovery.

### Mike Margraf:

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Land Park Crit

3/7/04

Juniors 3rd Place

This week, I am dictating my race report to my Mom. If you continue reading, you will soon find out why. I raced at Land Park Criterium on Saturday, and for once, my race started in the afternoon at 2:00. I was able to sleep in a little since the day before I had done a big ride (climbing Mt. Diablo twice, a 12 mile, 8% average gradient climb). I was interested to see how I would perform after such a tough ride the day before. The race began with a good-sized field of most of the top junior riders. There was a prime on the very first lap so it was all out right from the whistle. There was nonstop attacking from riders of all teams. Fortunately, I had three teammates with me so we were able to cover the attacks. This course was super fast, so it was tough for a breakaway to stick. Coming up on the last lap (each lap was 1 mile) we were all back together and everyone was trying to position themselves for the sprint. I was up front going at a slow pace since no one was interested in pulling at the front. My Swift teammate, Joe, was right behind me and usually he would be our sprinter for the finish, but he was pretty worn out from all the chasing. Since I was still feeling strong and fresh, he told me I should breakaway and he would block for me. I attacked with 300 meters left before the last lap, and opened up a sizeable gap immediately. I was going down the front straight doing 35 mph in my junior gear restrictions. Onto the back straightaway, I still had a good gap, but was fighting the headwind. Curving around the long, sweeping oval turn, I was caught by just Adam Switters pulling his teammate, Clint Rogers, and Blake Anton from Davis. I then tucked in at the back of this breakaway group of 3, and Adam Switters led Clint Rogers out for the finishing sprint. Adam then had nothing left for the end, so Clint, Blake, and I fought out the sprint, and I finished the race with a 3rd place. I was very grateful to have my teammates do such a good job of blocking for me and allowing only these 3 highly ranked junior riders to bridge up to me.

Mike Margraf

Land Park Crit

3/7/04

Cat 3

The three's race was immediately after the junior race, so I quickly changed my number and bottle. There was a large field and since the course was so fast (and from watching previous senior races) I knew a breakaway would not survive. I never got my wheel onto the front and just sat in for the entire 55 minutes, planning to save my energy for the last couple of laps. With 4 laps remaining, I moved myself up into the top 15 and had to really fight to keep my position. Everyone was being super aggressive since everyone had fresh legs and the peloton was altogether. On the last lap, on the long, front straightaway, I had moved up to the top 10 and

positioned myself perfectly for a good placing. Suddenly, a couple of guys ahead of me hooked bars and went down super fast while also taking down 4 or 5 other guys with them. I was going 35 mph when this crash happened right in front of me. I put the brakes on as hard as I could in the fraction of the second I had before I was to hit the pileup. I remember thinking this is going to really hurt as I was going over the bars of my bike. After I landed onto my extended right arm, I somersaulted over my right shoulder on the asphalt and worried that someone from behind would ride over me. Sure enough, at least one guy, probably more, ran over me - one of them with their chain ring (which later explained the odd, regularly spaced gouge marks in my back). When the dust settled, I realized I was sitting upright on the ground, feeling pretty dazed. I looked around for my bike and found it about 30 feet down the road, hooked together with another guy's bike. Next to where I had landed, there was a guy on the ground having convulsions, and another rider curled up in a fetal position, moaning continuously. I heard people calling for an ambulance. Several other riders were down and very bloody and freaking out. My teammate, Joe, also went down hard in this accident. I got up and looked over my brand new team bike, and it was pretty thrashed. I started walking to the finish with my bike and then realized how much my arm was hurting, and noticed blood dripping off my elbow and hand. At that point, I knew my arm was broken. My parents decided to drive up to the ER in Auburn where I live to get X-rays. Sure enough, my arm was fractured, my ankle sprained, and I had many abrasions on my back, hip, and elbow. I won't be able to race for at least 4 weeks, but I am going to be able to ride the trainer and I hope to be able to get on the road as soon as possible. Even though I was really looking forward to our first big team race next week, I refuse to get down over this accident, and I am going to look at the next few weeks as an opportunity to train in a different way than I am used to. I hope to come back stronger than ever.

Thanks for reading,  
Mike Margraf

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### **Chase Renick:**

5<sup>th</sup> Place Overall      Tucson Bicycle Classic   Junior 17-18  
1<sup>st</sup> Place Prolog  
7<sup>th</sup> Place RR  
3<sup>rd</sup> Place Circuit Race

I wish the Time trial would have been longer. I felt great to really rock this course and the time I got could have even placed me in the top 25 of the pro field. Then the next day I started the RR in the yellow jersey. The riders all ganged up on me during the RR yelling at me to work. I finally couldn't take it anymore and attacked about 15 times. I got away solo for 10 miles, but they worked a pace line to catch me back. Then the group attacked me right away over the climb and I was at my max HR and I just couldn't make it. I was so close. I was digging and digging and it was just near the top and I just couldn't hold it anymore. The group split in two. I was in the chase group of four and all the time bonus's were for the front group of 4 and they finished only 20 seconds ahead of us so I finished 5<sup>th</sup>. In the final day's Circuit Race one rider, low on GC, attacked early and got away. There was nothing to lose so I attacked on the last lap. I broke away,

got caught, went again, got caught then was so mad that I went so hard in the finish that I won the field sprint for 3<sup>rd</sup>. There was a lot to learn about racing tactics and having the yellow jersey. The results are available at

<http://www.casaschurch.org/tbc/results/results2004/JR17-18-1.htm>

Additionally:

11<sup>th</sup> Place      Temecula Time Trial      Cat 3

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## **Kim LaFleur**

Places: two firsts, two seconds

Hey guys, today I raced in another omnium in the velo girls track series. Just coming off a cold/soar throat that's still hanging on, i wasn't sure about how things were going to turn out, but today was the first day I felt better. the first race of the day was the 3 women Olympic sprint, it was Kelly, Michelle and I on a team and we had standing starts idea of the race is for each person to go as hard as they could for one lap. We ended up with the best time of all the teams due to Michelle's fast lap. The next race was the 10 lap scratch race, in this race I didn't have very good positioning and I blew up to soon, I ended up leading out the winner to the race in a photo finish. In the next race, the 12 lap points race points every 4 laps, I ended up in the wind, and fighting for a wheel. I got the first points and then about 3/4 of a way into the race there was a crash that slowed the field but a PAWB and I broke off and worked together for another photo finish sprint which I took. at this point I was feeling it in my legs and I didn't think I was going to be able to do the flying one lap and if I did I wouldn't beat my time. The heat was also a factor I was a little over heated. after a bit I was feeling a little better so when it was my turn I tried to get up to speed by the time I was at the line but I didn't so I just went as hard I was able, I ended up beating my time by a hundredth of a second and getting second place to the PABW. In the over all standings I have 73 points in first and in the team standings team swift is in first. Next weekend is the last session but since we will be at McLane we'll miss it.

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## **Kelly Lafleur**

Women on Track series

overall omnium: 3rd

3 man Olympic sprint: 1st team

10 lap scratch race: 4th

12 lap points race: 3rd

Hey guys, today we went to the track for another race session and I wasn't expecting anything much different from last week. We did a slow warm up as usual, and did a couple of drills with Kacey and Linelle and the racing...

The first race was the 3 person Olympic sprint. We got to pick our own teams and of course I was

part of a team of Michelle and Kim. I was pulling the 1st lap and I sure was not complaining. Kim was in for three laps so really everything was dependent on her famous lap sprint. We did end up getting first by a mere second. Next race was a ten lap scratch. Again our plan was to lead out Kim. It went slow for the first 5 laps. the paced picked up and we were all in a pack, then with about a lap and a half to go I pull ahead in front of Kim and a PABW (Julie Adams) follows on Kim's wheel and it ends up being a head on sprint between Kim and Julie with a velo girl getting third and me getting 4th. The 12 lap points race was interesting. The first points went to Julie and I got 3rd and same thing for the next points giveaway. On the fourth corner coming up on the last bell a women clips wheels and sweeps out in front of me and I literally hit her helmet with my front wheel. She broke her collarbone and I swear she could walk and we had 2 ranger cars a fire truck, an ambulance, and like 10 guys with duffle bags filled with emergency stuff. I guess they really had nothing to do that day at the fire station. After the track was clear of any cars we started on our flying one laps. I improved about 1 1/4 seconds from my fastest with 25.71. It was our last time doing the sessions and from the 3 that we did we got a lot of prizes. I hope to see a lot of you at McLane and thanks for reading!

Kelly

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## **Anton Nicola**

### Race Report

Mather Field Crit.

Juniors

8th

This was probably the most tactical, and exciting race I have done. Here's how the race went.

I came to the race wanting to win. When I heard that Joseph Iannarelli hurt his wrist, I was kind of bummed. With Micheal Margraf out for the next 6 weeks from the horrible crash at yesterday's race, we were already down one good rider. We were up against the whole Lambardi Team, and the whole Vannini team. There were only 2 Team Swift members in the front group, and that's where all of the Vannini team was, and the Lambardi Team. So I get to the start/finish line, and I'm just hoping that Joe can stay in the race.

These guys were going to tear us up. There was about 25 racers. We started the race and through the first corner when I saw that Joseph was in the drops standing up chasing with everybody after the first attack of the race. When I saw him do that, I told myself that this course isn't designed for me. This is Joe's course. So I turned from wanting to get a high placing to working for Joe. I knew that if the field stayed together, what was left of it. Then Joe could sprint to top 3. I knew that for this course, and the competition we had, that Joe would do a much better job of executing the sprint than I could. We didn't talk about how we were going to go about any

plan. I infact didn't know how I was going to keep the field together, and not let breaks get to the end finish. Lambardi, and Vannini were doing the exact opposite of what I was doing. They were trying to get breaks up the road as far as they could. So I didn't know how I was going to go about doing this. It wasn't till after my first attempt to bridge the chase duo that I knew what I had to do. Here's how my strange tactic went. I would notice that there was a Vannini guy, and a Lombardi guy in the break. I also noticed that a Lombardi guy, and a Vannini guy were at the front of the pack blocking like crazy. I knew that if someone wouldn't do something sooner than later that they would get away. So I decide to put in a harsh attack in attempt to bridge, get about half way and let up. Weird huh. But this would scare the two blockers and they would come chasing after me. They didn't want me getting up there. They didn't want anyone getting up there. Once they caught me I would get in behind and draft behind them to get a break. Once I got in behind them, another attack would go. I endured the pain to just handle the little bit of uncomfortable minutes. You're probably thinking, that's weird. I'll explain to you why I did what I did. It was mainly a mind game. I figured, if we couldn't have the extra teammates that we wanted, then we could see how mind games with the other teams would work.

So here. I didn't want to get into the break. My whole intention was to get my teammate up to the break. As well as everyone else, but I knew that most of them wouldn't be a contender for Joe in the sprint, so I wasn't worried about that. That's why I didn't go all the way to the break. However, I didn't want the blockers suckin my wheel while I was trying to get up to the break. That's why I would attack and not just motor up at the front, it would force them to be out in the wind to catch me. Once they caught me, we were much closer to the break. Then other riders that were alone, or just had maybe one other teammate to work with would think, ohh, we're so close, might as well finish the chase off. So then they would counter attack to finish off the chase. After they caught the break then that would force Lambardi to think of another plan. Since they were the ones that were initiating the breaks. That happened a lot in the race. There were other people who attacked too. Attacks all race long. By the end of the race, I was dead. I had accomplished my job by helping keep the pack together. I had no more in me to finish in a high position. It was Joe's turn to do his job. He pulled through and took the race. When I came across the finish line and heard the announcer yell. "And Joe Iannarelli takes the race." I was both excited, and shocked. I didn't think that we could really pull it through. Here was the top Juniors racing in this race, and we held them off. I'm not

only impressed by how we performed today, but how we performed as a TEAM.  
To  
the new riders on Team Swift, TEAMWORK is the key to success.  
And Joe, nice job today.

Senior 4  
13th

I actually did the Senior 4 race before the Juniors. This race wasn't as exciting as the Junior race. But it was just as long. 40 minutes. I was a little bit nervous because of all of the crashes yesterday at Land Park that I heard about. But I knew that everyone would be a little bit more cautious today. There was not much I can say about this race, but that it was a high speed, and there was only one guy that crashed from clipping a pedal on the last lap. I failed to get into a position that would get me a high placing, so I was kinda bummed about that. I almost won a prime. The guy got me by just a little bit. I was kind of frustrated about that. But that's about it. I really am kind of having writer's block on the race. Oh well. It wasn't that exciting. That's why I wrote the Junior Race report first.

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## **Joe Iannarelli**

1<sup>st</sup> Place Mathers Park Criterium Juniors  
3<sup>rd</sup> Place Mathers Park Criterium Cat 3

Hello everyone who is reading this. I raced four times this weekend so I am pretty tired while writing this. I came into Saturday at Land Park tired and still sick. As usual there was an attack just about every lap of the junior race and I was just out of it. So the final lap the pack is all together and I told Michael to attack and I would block. He went and I kept jumping to the front tapping the brakes and the gap became huge and finally Switters attacks and a few people follow and I was a sitting duck being on the front going slower and slower so I came across the line 9th, not having a good race. The Cat 3's race was fine, I was riding top ten the last five laps. The

final lap the pace really kicked up and I stayed up there and in the final straight away sitting in good sprint position there was a guy who went down right in front of me and I flipped right over. I was so mad that I just jumped up, fixed my bike trying to finish despite the pain. Sunday I had no clue what to expect with my wrist like it was after the crash. But read Anton's race report and he will tell you everything that happened. The last lap I was riding near the front not feeling good at all and there was a two man break with Switters and a Vanini rider. I got on the front the last 2 corners and came into the final straight away and started my sprint. I blew Holloway off my wheel and caught Switters in the final straight away and took the win, but read Anton's and see what he did to make this possible. The Cat 3's race was long. I'll just jump to the end. With four laps to go I make a huge jump and get into the top ten and stay there for the remainder of the race. On the final lap I am in good position and pop out of the last corner a little farther back than I needed to be but none the less I smashed the sprint apart with small gears and took a 3rd in a massive field.

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## **Kelly LaFleur**

Track Omnium, all aged women

3 <sup>rd</sup>	points race
2 <sup>nd</sup>	win&out
?	miss&out
4 <sup>th</sup>	Flying one lap
3 <sup>rd</sup>	overall omnium

Hey all,

Sunday morning we went to the track for the "girls on track" race series. This was the third week of the series but our second time attending. The basic plan was for Kim to win 1st in all the races and for Michelle and I to get as many points as possible. (duh!) It started off with a 35 lap warm up that was smooth most of the time. After a little rotating practice the racing starts. The first race is a short 20 lap points race. This is what I've heard to be the hardest race in track. They rang the



bell every 5 laps and the following lap would be a sprint for points. At the end they total up the points and the racer with the most points wins. It was a rail start and we had a neutral lap. The first of four bells rang and the speed picked up. I was toward the front and I stayed there until the third corner where I moved down into the sprinters lane and picked up my speed. I wasn't sprinting yet but I was in the lead and I wanted those 5 points. Kim was getting mad because she had no where to go and I ended up winning the first sprint/five points. I sat in the pack the rest of the race and watched Kim win the next 3 sprints. In that race I placed third. The next race was win & out. The win & out is started off with however many laps given and when they ring the bell the following lap is a race for first place and the winner is pulled out and gets to relax, the following lap is a race for second place and the winner gets second and sits out and relaxes and so on, hence the name, "win & out". I wasn't going to try and win first because Kim would sprint even harder if she saw me trying to beat her and will out sprint me any day. So Kim was out and I knew it would be me and Anabelle, another middle aged women, that I would be sprinting against. And guess what, I was right. We were inches from elbowing each other at the finishing straight and I gave it all I had left and I HAD to win this because I couldn't sprint another lap. I won but barely and I was very happy! The last group race was the miss & out. Basically every lap after the whistle the last rear wheel across the line was out. I was out pretty soon and I'm not sure where I finished, but no points for sure. The flying one lap was the last event again. I was second to last in line to start and I didn't mind. I saw Annabelle really trying so I had to work pretty hard. I did my start lap and I cut down across to start and I was going well until the last corner where I ran out of gas and I knew that was bad. I got 4th, just behind Michelle and still was able to place 3rd overall, and Team Swift should be leading the team competition, ahead of such powerhouse teams as VeloBella, Lombardi, Velogirls, McGuire's and PABW. Thanks for reading and have fun training!

Kelly

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Joe and Anton

2<sup>nd</sup> Pinole Team Time Trial Juniors

**Anton:**

I woke up at a bright and early hour this morning to make it to the race course in Pinole 1 hr before our start time which was 8:03. This was a two man time trial. The course was about 10 miles long. I did the time trial with Joseph Iannarelli. The 5 miles out to the turn around point was brutal. It was a false flat, and then at the end a small hill, maybe about a half of a mile or so. We got off to a slow start. The whole way out to the turn around, I wasn't pleased with our performance, speed, and time. I then thought that we could hammer it down hard on the hill, but when I kept hearing "Anton slow down, slow down" I soon realized that I was trying to take a sprinter on a climber's course. We lost some time on the uphill, but once we got around the turn around, we did an awesome job the whole way back. That was the best part of the race. I could hang with Joe on the down hill, and he could really hammer on the semi flats. I feel as though we did

a good ride for not practicing together. We made an acceptable time for such different riders. A climber and a sprinter. The guys who beat us had like the 6th best time. They ended up beating us by 2 minutes. I was really looking forward to this race, and I'm glad that I took the time and energy to prepare for it.

**Joe:**

Hey, this weekend all I did was race the Pinole Team TT. Anton and I did it together. We put in a time of 25:51. This placed us 37th out of 154 people and 2nd in the junior field. This was my second TT (I did one last year). If you ask Anton he will tell you I was slippin on the hill. A lack of warm up didn't help either. We hammered back and the plan was for me to kick in on the final straight away but the kick came late because there were no mile markers. That's about it, I am sure Anton will have tons of details.

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**Erich Gebo**

Snelling RR

15/16 year old

I woke up this morning at 2:45 with a very positive attitude. I was ready for anything. I had brought every thing that I would need I was totally prepared. My race was a field of 13 riders and we were supposed to start at 8:27 but we wound up starting at 8:30. The start was good I kept to the front of the peloton during the beginning. Half way through the first lap the peloton broke into 2 parts I was in the back half. I was doing good but then I was finding that it was getting harder to breath so I slowed the pace down, but I think I slowed to much because I had to sprint for almost 1 lap before I caught up with the 2nd half of the peloton. Once I was finally there I stayed with them for only a short time before I my legs ran out of energy because of that sprint. During that short time I drafted off of one guy and he drafted off of me. We did this until my legs died totally. After about one and a half laps my breathing was fine but my legs were totally dead, I mean no energy what so ever. For the rest of the race I went along at 15 miles an hour and came in last. The last lap was the hardest of them all. I now know what I have to do to increase my performance I am going to increase the intensity by a lot to get my legs up to speed with the category that I am in. It was a good race overall, I learned some new things. Well I tried but next time will definitely be better than this.

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## Alumni Reports:

### Steve Cozza

Training Camp in Spain, February 13th to March 8th

So far the camp in Spain has been going quite smoothly. We arrived to Calpe Spain a small English and German populated coastal town where older people come to live for their retirement. After exploring the huge Vila we would be living in for the next 3 weeks we immediately suited up and hit the roads with our bikes. We were so ready to log in some long hour rides and long hour rides we did. This camp was definitely a base endurance camp with some efforts on the climbs and flats. I have been doing 5 hour rides everyday with the occasional easy 1 hour days. Since we are surrounded by mountains we have been working on our climbing like crazy. Calpe is a real training haven for European cyclist and I don't think I have gone a day without seeing a professional cyclist. The second day we ran into Victor Hugo Pena who we made plans to train with. A few days later we ran into Joseba Beloki's brother which was pretty cool. David Millar and the Cofidis boys are in the area but we have yet to see them. Since the riders don't have cars it has been quite hard to go out and explore the towns but we manage to find ways to the cities. Like hitch hiking. We are getting good at that ha ha. The English people usually just give us the finger though. The whole experience of trying to get down town is just a riot. I wish we could walk but it is 8k away and riding our 5 thousand dollar road bikes and leaving them outside of stores is not an option so hitch hiking is our best way of transportation or if lucky the team car will head down town. The Villa is great that we live in. It is really big with a pool in the back but sometimes it's good to just get out and smell the fresh Mediterranean air. The sea here is really great with Hawaii colored water. Trips into town include stopping at the internet Café and of course trying to sneak in a meal of Paella, (Spanish rice). Yummy, Unbelievable stuff with seafood and all. There's nothing better though than going down to the quiet town of Maraira on an easy day and going for a cappuccino on the beach. The locals here are so funny and fun to try and talk to. I and another rider from the house road down to the weekly market in downtown Calpe and I had such a great time trying to talk to all the Spanish people. We went for lunch and were super hungry for some Paella so we were going around the streets asking Spanish people where the best Paella is. They kept pointing us in all kinds of directions. It was a funny scene in a Market place surrounded by lots of Spanish

people.

Now with only a week left in Spain we began to finish up with are last bit of training here and than start to prepare for the stage race this Friday. The race is a three day stage race with lots of climbing. The race is suited for the peer climbers so for me it won't be the best race but I can hold my own on the climbs and hopefully will surprise myself and the director Noel. Since this is my first year racing in the U-23 races this will be a year of testing for me so they can see what kind of rider I am that way they will put me in races that best suit my talents the next following year. There are really three types of riders. There is the sprinter, climber, and the time trialist. Some people are good at two of them like me. I am okay at climbing but really good at time trialing so I would be known as an all around type of rider. Other riders specialize in one category or another. Some riders are peer sprinters where others are peer climbers. This has to do a lot with your body type but also and mostly with your mind. I think your mind is your only limitation when you get to a certain level of performance. I have scene many riders go through the program over here in Europe and not benefit from it but instead self destruct because of it. This is because of the mind. It is very hard to race over here and live the live of an up and coming potential Pro cyclist. You train, rest, eat and sleep. If you are not good at keeping yourself busy when it is down time you can get bored and boredom leads to all sorts of problems. Its symptoms begin slowly and can sneak up on you, the first sing being loss of energy and motivation. Soon you become fatigued and irritable and gradually you lose your tolerance for others. Boredom being one of the biggest reasons why I have seen many riders not make it over here but another big reason is the level of difficulty the races here present. Riders who make the national team are so use to winning back home in the U.S. where competition is not even comparable to the European competition that when they get over here they get there butts kicked a few times and don't know how to cope with it. I believe that if you want to make it as a Professional over here you need to have the physical talent but you must have the mind for it as well or you are just going achieve nothing. I hope this gives you a little more insight into the world I'm in right now. Besides all the stuff I just wrote. All is well. Thanks a lot for reading.

Peace - Steven

[WWW.Stevencoza.Com](http://WWW.Stevencoza.Com) is my web sight.