



Junior Cycling Development Program

P.O. Box 103 | Fulton, CA 95439 | [www.teamswift.org](http://www.teamswift.org)

## Team Swift Race Report #8

Sea Otter Cycling Classic

April 16 & 17, 2004

### 2004 HYUNDAI SEA OTTER CLASSIC

ROAD RACE

JUNIOR WOMEN 17-18

Official Results

16 APRIL, 2004



Place	Bib	Name	Home	Team	Time	Time Back
1	2350	WINFIELD, LIA	SANTA ROSA, CA	TEAM SWIFT	01:41:49.1	
2	2351	DOLLAR, BRETT	BOULDER, CO		01:42:28.1	00:00:38.9
3	2353	GIBBS,	STEAMBOAT	TEAM RIO	01:44:37.8	00:02:48.6

## **Rider Reports**

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### **Lia Winfield**

**1st Place**      Sea Otter Road Race      Junior Women 17-18

Sea Otter was great. I had been looking forward to this race since I registered, which was early February. Not only was I excited about racing, but also about watching the other events, cheering for my teammates and just hanging out with everyone. I drove down Thursday morning, picked up my number and stuff and headed over to my uncle's house in Carmel, where I stayed the whole weekend. I was worried I wouldn't wake up in time Friday morning, so I set two alarm clocks, both of which never had chance to go off because I woke up before them anyway. At the start line I was curious to see how many girls there would be in my field. There were four of us 17 and 18 year olds (one more than last year!), but we raced with the 15 and 16 year olds, so the field was a little bigger. It was so different to be in that small of a field after racing in the huge cat 4 women's fields. The race started and finished on the Laguna Seca track and was a total of 27 miles. We started off slow, with everyone keeping an eye on the girls in their category. We stayed together the whole first lap, Melissa, a girl from my category and (and now a teammate which is awesome!!!) got a flat and didn't finish the race. Throughout the whole first lap my mind was racing. I had never raced with teammates and I wasn't sure what I should do to help them. But I knew the pace was too slow and needed to do something. So on the last hill of the first lap (we did two laps) I attacked, not so much with the intent to stay away for the second lap, but more to mix things up. After the down hill I was caught, but that was OK, I still felt great and had just done my first attack ever! About mid-way through the second lap, three or four 15-16 years olds, including Kim, attacked and since no one from my age group went, I didn't worry about it. When the first lap was ending, my legs still felt really good. I knew there was a big hill to the finish and I had been debating whether to attack on that hill or not. I was leading up the hill, going a good pace, but not attacking yet. I looked back and saw that everyone else was pretty far back; I thought they were right on my wheel. So I picked up the pace a little more and passed all but

one of the 15-16 year olds who had been ahead. After the hill we came out onto the track and I couldn't see any of the girls in my category behind me.

I kept going hard to the finish, finishing behind the 15-16 girls, but winning in my category. It was a great feeling, I'd never won a race before and I was pretty excited. The field was small, but last year I got 3rd of 3, so this win was pretty cool. More importantly I was able to race with my teammates Kim, Kelly and Michelle. After the awards ceremony and lunch, the four of us Team Swift girls went around thanking our sponsors, watching more races and talking it up with friends. I was really glad for the opportunity to talk to the people who sponsor us because they are the ones who make bike racing possible on a teenager's budget.

## 2004 HYUNDAI SEA OTTER CLASSIC

### ROAD CIRCUIT RACE JUNIOR WOMEN 17-18

Official Results  
17 APRIL, 2004



Place	Bib	Name	Home	Team	Time	Time Back
1	1600	WINFIELD, LIA	SANTA ROSA, CA	TEAM SWIFT	00:44:23	
2	1603	GIBBS, CAITLIN	STEAMBOAT SPRINGS, CO	TEAM RIO GRANDE	00:44:26.8	00:00:03.8
3	1601	DOLLAR, BRETT	BOULDER, CO		00:44:26.9	00:00:03.9

#### Lia Winfield

**1st Place**      Sea Otter Circuit Race      Junior Women 17-18

I woke up Saturday morning feeling good. The same three of us who had finished the road race were on the start line for the circuit race. This time we started with the U23 women as well. The race was 50 minutes long. It was fast from the start, with some of the 15-16 girls and the U23 girls off the front. The other two girls in my category were right behind me. After a few laps I caught up with Kim and we tried to chase down the girls ahead but couldn't catch them. Then Kim and I took turns in the front. By now it was just Kim and I plus the two other girls from my category. We weren't able to get away from them. We came around to the start/finish line

and I wasn't expecting to see any lap cards yet, I guessed we were about half way through. But the bell was ringing and everyone was shouting "one to go!" That was really surprising. We started up the hill, I went as hard as I could, knowing that I could rest on the corkscrew and confident that if I opened up enough of a gap on the up hill I could hold it till the finish. This race really made me appreciate having teammates and I learned how much of a team sport cycling really is. Thank you Kim for helping me win that race.

The rest of the day was awesome too. Probably the best part was watching the Junior boy's circuit race and cheering for the Team Swift guys.

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## 2004 HYUNDAI SEA OTTER CLASSIC

### ROAD RACE JUNIOR WOMEN 15-16 Official Results 16 APRIL, 2004



[Find your action and podium photos at brightroom.com](http://brightroom.com)

Place	Bib	Name	Home	Team	Time	Time Back
1	2451	BOGLIOLI, TAYLOR	SAMMAMI SH, WA	GREGGS/TREK	01:41:42.6	
2	2457	TISDELL, DAWN	SAN JOSE, CA		01:42:37.3	00:00:54.6
3	2455	LAFLEUR, KIM	UNION CITY, CA	TEAM SWIFT	01:43:45.6	00:02:02.9
4	2456	LAFLEUR, KELLY	UNION CITY, CA	TEAM SWIFT	01:43:45.7	00:02:03.0
5	2452	BOURSAW, AMARA	STANWOOD, WA	GREGGS TREK VW	01:46:22.0	00:04:39.3
6	2454	LAFLEUR, MICHELLE	UNION CITY, CA	TEAM SWIFT	01:54:21.1	00:12:38.4
7	2453	STOLMAN, ELISSA	MILL VALLEY, CA	BAY AREA VELO GIRLS	01:55:42.4	00:13:59.7
8	2450	GRIFFO, DANIELLE	HOMEWOOD, CA		01:58:10.3	00:16:27.6

**Kimberly LaFleur**

**3<sup>rd</sup> Place**      Sea otter road race   15/16 jr. Wm. Category

The night before I was pretty nervous about the road race, I'm not the best climber and I also raced Wednesday night at the track and did really hard efforts there. My results were good but I wasn't sure about how those efforts would affect my legs in the race the next day. When we arrived in the parking lot of the circuit, it brought back some memories from last year. In the race last year there were only 2 other people and myself on the line, and that long dreaded climb that I was not looking forward to climbing. This year was going to be different, I have teammates that I could work with, and there was going to be more than 3 other people on the line. Our start time was at 8 and it was sunny surprisingly, it was broadcasting rain for this weekend. I got in a decent warm up and headed for the line where I was shocked to see more than 8 girls. That was the largest junior women's field I'd seen since Jr. Nationals. This year our start to the road race went the opposite direction from last year, which was good because I dodged a set of hills. We started with the 17/18 girls which was great because I got to ride with Lia, and having her in there motivated me. For the first few miles they were taking it easy and we all got acquainted with each other, there were girls from Colorado and Washington there and some local girls. The race got serious at the long descent that leads to the climb. We all stayed together on the climb then girls tried attacking but they just wouldn't stick, it stayed together for the most part until the second lap. On the second time around, 2 other 15/16 girls and I took off and worked together for the remainder of the loop. When it came to about 5 miles to go, we picked it up and at about 2 miles to go we hit the climb back to the circuit. I stayed with the girls for the first 3/4 mile then I just wanted to keep them within 20 feet. at this point I was struggling to keep a good spin up. The girls were getting farther and farther away with each pedal stroke, then Lia passes me and I try and keep pace with her and I do until my legs just give in and I'm back to pushing. I was about 1k from the top of the climb when I see Kelly behind me. We finished the climb together and I was dead at the top. When we entered the circuit, I had nothing left in my legs at 500 m to go I had to beg Kelly to let me win and keep my pride. At the end of the race I realized I have a lot of work cut out for me this season.

### **Kimberly LaFleur**

**3<sup>rd</sup> Place**      Sea Otter Circuit Race      15/16 Jr. Wm. category

I wasn't sure about how the days before race would affect me in the circuit race. And I wasn't sure about how going down the corkscrew would affect me. Last year going down it I crashed out really badly and I was feeling a bit hesitant about it. Kelly, Lia and I decided to do a pre-ride of the course before we raced. The day before after our race, we watched the pro 1/2 men's race and I analyzed how they were taking there lines because they would probably know how to take the turn. When we got to the top of the climb, I followed the line that they took and came out safe and confident. In this race we were combined with the U23 women, and we were going to be on the course the same time as 3 other groups. Our race was 50 minutes long and I expected it to be the longest 50 minutes of my life. When we started up the hill, the first time, the U23 women took off and dragged 2 other 15/16's with them. They ended up staying away, and it was nearly impossible to catch them because of the corkscrew. About the 3rd time up the hill, it was getting to me; I was with Lia and 2 other 17/18 girls who weren't willing to work and Lia were always in the wind so I pulled for a bit. In amazement when we got to the line it was one to go. Approaching the hill, Lia turned it on and took off. I was right behind her and I was struggling to hang on so I slowed it down and held the other two girls back. It wasn't until Lia was at the top of the descent that the two girls realized she got away after that I just took it to the finish for a third.

At this years race I felt the bar get raised another level just by competing against the girls and got a taste of what it's going to be like at nationals this year.

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### **Michelle LaFleur**

**6<sup>th</sup> Place**      Sea Otter Road Race      15/16 Jr. Wm. Category

**7<sup>th</sup> Place**      Sea Otter Circuit Race      15/16 Jr. Wm. category

For the road race I was pretty nervous. It was the first time I did sea otter. It started of pretty good. At first I was just watching the other girls and how they were riding, who would be good to stick with. It was about six miles into the race when I slowly fell off. It was in the middle of the big hill. A Velo Girl and I were working together for most of the race just taking turns pulling. It was the second lap when I realized that the girl wasn't so good at the hills. So, my plan was that at two or three miles from the end I would attack and drop her. It was getting



close so I was picking up the pace and I saw that she was really tired. Then, there was that long hill before the finish. I took off and left her behind. On the way to the finish there was another girl that was struggling so instead of working with her and letting the other girl have a chance to catch us, I left the girl and took off. I was happy to see the finish. But, I wish that I could have stayed with the others.

The girls and I pre rode the circuit course just before the start. Wow, I was thinking to myself. I have to do this at least five times. I took a Cliff shot just before the start, I knew I was gonna needed it. We were off. I was with the pack up the first hill, but the second was even harder. The second time up the hill I really felt the pain and the soreness. Most girls fell off so we were working together. Then a U23 girl took off so I jumped on her wheel and we were working together. Going down the corkscrew was hard. It was a great chance to learn bike handling. There was a bad head wind and cross wind. But, going down I reached 42 miles an hour. That part was cool. I had a very good experience at the sea otter classic.

Michelle

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## **Kelly LaFleur**

Sea Otter Road Race

Cat: Jr Girls 15/16

4th place

team mates: Kim, Lia, Michelle

Since we did Sea otter last year I sorta knew what to expect but wasn't too sure about how many girls would show up. We have spring break this week so we were able to get to Salinas on Thursday and pick up our numbers. Friday morning we loaded the car and took off. I wasn't in my best condition because Wednesday night I raced hard at the track, so it would be interesting climbing the hills. I got a 30 minute warm up on the rollers and did some spin ups in the parking lot. I made sure I didn't need to stop at the port-a-potties and climbed the bridge; I knew it was bad when my legs hurt climbing the stairs but hoped everyone felt that way too. Lia, and Kim and I rode on the track towards the start and saw Laura take off for her race. Funny how I arrived at the staging area and all of a sudden I need to use the port-a-potties. I ignored it, and group of about 11 girls took off. We exited the track and we hit a short uphill then a 2 mile downhill. On the descent we lost 2 girls but not me which is unusual because I always get dropped on descents, and then I thought I would be gone when I saw the first hill but I was actually one of the first up (which is also unusual) along with a girl named Taylor, the eventual winner. The first lap went by fast and we pretty much stayed as a pack. I was able to spot who were the climbers and who were the sprinters. Taylor happens to be both. at the start of the second lap there were a few girls who were dying on the wall. We entered a fort area and Taylor rode off the front, Kim and another girl went with her. I was the only 15/16 left with 3 17/18s. Lia was doing really well on the hills and she attacked on a roller and stayed away for about half a mile. MY LEGS HURT! I felt Wednesday in'em and I knew we had the 2 mile climb back to the track. I'll tell you right now, it sucked! The break of Kim and Taylor was still away and me and Lia were the only swift girls out of the four. It didn't seem like Lia wanted to attack on this hill but she just went faster than the rest of us. It broke up quickly and I caught Kim and asked her what's wrong? Her reply " We're going uphill!" I passed her but she stayed close behind. Now I might have a chance to beat her...woohoo! She did pass me on a short downhill but I caught her on the small hill on the track. We were head and head. 500 meters to go and were right next to each other. At the finish she takes it but only because I didn't want to crush her self-esteem. It was fun to see competition besides my sisters and I look forward to next year.

## 2004 HYUNDAI SEA OTTER CLASSIC

### ROAD CIRCUIT RACE JUNIOR WOMEN 15-16

Official Results  
17 APRIL, 2004



Place	Bib	Name	Home	Team	Time	Time Back
1	1503	WHITE, YASMINE	ARCATA, CA		00:48:27.0	
2	1501	BOGLIOLI, TAYLOR	SAMMAMISH, WA	GREGGS/TREK	00:49:40	-1 Lap
3	1504	LAFLEUR, KIM	UNION CITY, CA	TEAM SWIFT	00:49:40.0	-1 Lap
4	1507	TISDELL, DAWN	SAN JOSE, CA		00:49:40.1	-1 Lap
5	1502	BOURSAW, AMARA	STANWOOD, WA	GREGGS TREK VW	00:49:40.2	-1 Lap
6	1505	LAFLEUR, KELLY	UNION CITY, CA	TEAM SWIFT	00:49:40.3	-1 Lap
7	1506	LAFLEUR, MICHELLE	UNION CITY, CA	TEAM SWIFT	00:49:40.4	-3 Laps
8	1500	GRIFFO, DANIELLE	HOMEWOOD, CA		00:49:40.5	-4 Laps

**Kelly La Fleur**

**6th Place**      Sea Otter Circuit Race      15/16 jr. Wm. Category

I don't recover as fast as I would like to and it was hard to sleep with Kim snoring like an old horse next to me. We got to Laguna Seca at 9 and pinned our numbers. Today I was able to get an hour of warm up on the rollers on and off and did circles in the parking lot. Our start was at 11:02, and besides the 15/16's the 17/18's and the U23's women there was the women 3/4 and master women on the course. A plus was Laura was on the course a minus was going down the corkscrew with other fields, 50 minutes of fun! The first hill dropped a few a girls and so did the descent. The best part of the course was going down the corkscrew. I stayed with our group for 3 laps when I got dropped on the hill. And each time after that I went up the hill slower and slower. I worked with another Jr. who was about the same level as me going up but was hesitant to go full speed downhill. Believe it or not at 105 lbs. going down the cork, I was being blown around the track. The wind was bad! I was able to get away from her and stay. I didn't hear the bell lap but the next time I came across the line they were trying to cut my timing chip off as I was riding! Thanks for reading!  
Kelly L.

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**Anton Nicola**

**24th place**      Sea Otter Classic Road Race      Juniors 17-18

Wow! What an amazing race. This race totally pushed me over my limits. Not only did I get to enjoy the feeling of extreme pain as I desperately tried to keep up with the pack on a steep and unforgiving climb, I also had to watch out for riders that were sketchy. It's one thing to race, it's another thing to watch out for crashes, but it's a whole different story when all you want to do is pull your bike over to the side of the road, sit down, and catch your breath, and still have to keep heads up about people who would cause an accident. This is how the race went. I drive into the dusty parking lot next to the Laguna Seca raceway where my race would start. Its cold, I'm nervous, and I don't feel like racing. As I'm leaning up against the van talking to a guy from Anchorage, Alaska, I think to myself, "I've really got to get out of this mood I'm in. If my head's not in the game before I get to the start line, I'm never going to

finish this race." So I get ready, and hop on my trainer to warm up, and once I got my legs moving, I switched from not wanting to race to how soon is my start time. I was pumped, ready to go, and in my aggressive state of mind. I put my "race face" on and went to the start line. I was ready to tackle this race. The whistle blows, and we're off to 50 miles of racing. I was too excited to get off that I tried to clip in too fast, and slipped my pedal. I quickly regained myself, and got up to speed. This didn't hurt me too much, but just dropped me back to the middle of the pack instead of the front third where I wanted to be.

First lesson I learned: Focus only on getting clipped in, THEN focus on pedaling, or else if you try to do both of those at the same time, you might end up like me. In the middle of the pack.

The race started off with a guy cutting me off without looking. His leg hit my handlebars, and luckily didn't shove me into any other racer, but I knew this was going to be a long race. So the first almost big accident was when we came too fast to the part with only one lane which had a 100 degree corner. Fortunately we

were all aware, and put on our brakes, but the field looked very unprofessional like when taking the corner. So we race along the side of the course, and then it led us down into a canyon that was over 2 miles long. When you have 80 guys going 45 mph. it kind of gives you the chills up your spine. Little tiny pieces of gravel that was on the road were flicked up into bikes, and people from the 120 PSI tires. I only hoped that one didn't hit me in the face. Anyone who didn't wear glasses was in for a real treatment. We get down to the bottom of the canyon, and right in front of us was "the wall." This is where we dropped about half the pack, and this is where I got dropped last year. This was the most brutal climb of the race, it was only maybe about half a mile long, and no more than 15% grade up it, but when you go up it every single time at 13-15 mph, that really does your body in. Not only that, but when you get stuck in the mid pack, you have to go around people who have dropped their chain, slow riders, and people taking up the whole road to get up this monster. Then you have to go faster to catch up to the front pack before they take off on the down hill. So as I'm navigating my way through traffic to get to the race cars up ahead, I push myself over the edge, and pay for it at the top. There was a little bit of flat section, and then there was another climb that would shoot up again, but not as steep. Then a downhill, where the front guys would just love to hammer it to ditch the guys that were still coming up the hill, and then finally after that we got a break. A so much needed rest. The rest of the 10 mile lap wasn't that hard. The thing that made this whole race hard was that the

pack would go really fast, and then go really slow, so you really couldn't get into a rhythm. A series of rollers, and flat sections until we were back to that brutal climb. Barely hanging on, and just making it with the front group till we got to "resting point." My legs started to feel full, and not like they wanted to push. I was beginning to feel tired, but I was still full of race spirit in me, which made me to press on. The presence of my other two Team Swifters, Michael Margraf and Chase Renick, encouraged me to keep pressing on, to not give up. The whole race was basically surges, sprints, and getting up to speed fast. So it was like doing intervals the whole race. I just missed a crash that was luckily behind me, and not in front of me.

Lesson 2: Stay in the front third pack. If I was in the middle or the back, I would have gotten caught up in the crash.

There were a lot of almost crashes. The corners had gravel on them, so a rider would almost slide out on several of them. There was one guy who put on his back brake too hard, and slid sideways, but caught himself, and managed to bring the bike back up. I was glad, because he was right in front of me.

On the fourth and final lap, we all tackled the wall like it was just another climb, and on the other side, about 3 miles down the road, I put in an attack to kind of see if we could keep up the pace so the people behind wouldn't catch up, well, it was a wimpy attack, I didn't even put that much into it, but I got about 200 meters up the road, without even trying.

Lesson 3: When the pack slowed down dramatically, I took that cue to attack, which flung me further than I had wanted. So no matter how hard you attack, it's all about the timing. If I had really wanted to get away, that would have been an excellent place to do so.

The last lap was full of tension. The race was still open to anyone that wanted it. There was no one off the front, and there were a lot of racers looking for their teammates. So I knew there were team tactics going on here. I just didn't have any legs to do any tactics with my own team. So that was a bummer. So

we are getting closer to the final climb out of the canyon, and racers are starting to fight for positions, not letting stragglers on the side of the field in, or let anyone budge into the group in front of them. The Lombardi team was up front, and the pace picks up dramatically. I have to give credit to Lombardi for doing an awesome job at the front. They used Clint Rogers to keep the pace up on the flats and beginning of the climb, and then on the climb, Adam Switters and Eric Riggs just put down the hammer and all the

rest of us could do was just follow. I was towards the back of the pack, just hammering away with the rest of the guys. The hill gets steeper as we go, and I start to feel myself fading. I stand up to keep up with the group and my right hamstring starts to cramp up really bad. So I sit back down, and start to stretch it out, and say goodbye to my rivals, and teammates that kept going on ahead. I was kind of ticked off that my mind said "go, go, go", but my legs said, "no, I don't think so" I was able to stay with the front pack for the whole race until this last 1 1/2 miles left, and then I get dropped. But I managed to get up the climb, and into the course, and I knew that I was safe, and going to finish. I was in a lot of pain from my leg, so I sat down all the way to the finish. Luckily I didn't hurt anything. I think why the reason why I started to cramp up was that, I didn't have enough water during the race.

Overall, I'm glad that I was a competitor in most of this race. It showed me what I need to work on still, and it showed me where I stand, and what I can do. Most of all, it showed me that I CAN put myself over the edge several times, and still be able to finish.

Congrats to Lia for winning her class.

Thanks for Reading.

Anton

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### **Mike Margraf**

15 <sup>th</sup> Place	Sea Otter Classic Road Race	Jr Boys 17-18
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16 <sup>th</sup> Place	Sea Otter Classic Circuit Race	Jr Boys 17-18
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My first race back in six weeks! It felt like I was out for an eternity! I came into the race knowing that I was not going to have that high intensity race pace in me since I had not raced for a while so I told myself that I would give it my all and not worry about the results. (The first world qualifying race is not until the middle of June so I should be back in racing shape by then).

The road race started out really fast like all the other junior races start out. Climbing up the big climb on the first lap the speed really hurt me. Everyone was really anxious so it was a brutal first lap. I take a while to warm up so I just kept telling myself to hang in there and I would come around. The second lap was much better for me. I had a much easier time staying up front. The peloton was not letting anyone go. Anytime someone would try to breakaway the field would cover it right away. The third and fourth laps were pretty much like the first two. About halfway through the fourth lap the Lombardi guys took over

the front of the peloton to lead out Adam Switters for the climb back into Laguna Seca. Going into the climb I was sitting in the 5th or 6th spot. Right off the bat Adam attacked and tried to get clear, however, everyone jumped on it and I stayed on his wheel. Towards the top I started to feel the effects of no racing in the last 6 weeks, and I just lost contact with the lead group. It was pretty frustrating because I felt weak but I know I can perform much better. So a group of us tried to catch back but were unsuccessful and I got out-sprinted by a couple of guys at the line.

Our Circuit race did not start until 4:30 in the afternoon so it was a lot of waiting around. It got more and windier as the day went on so I knew it was going to be really windy by the time our race started. We finally lined up at the start and it was great to see a lot of Swifties there at the start line. Of course it started out really hard again right from the whistle. I hung in there for the next five laps but I was really hurting to stay on. I just did not have the intensity. On the 5th lap I lost contact off the lead pack and I was unable to get back on. I was able to get hooked up with a couple of people but we were not able to catch up. It was great to hear that Chase stayed in the lead pack. He was looking strong.

Even though I did not have great results, for some reason I felt really great about my performance. I felt as though I had the fitness before my accident, I just have to get it back again. It is still early in the season and I really look forward to getting some good results at the world qualifying races. I'm off to the Tour of the Gila next week. It has plenty of climbing so I'll see if I can snag some stage wins!





Mike Margraf racing still with a cast

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### **Reno Garcia**

Cat 4 Sea Otter RR

This was my first race as a 4, and I was thinking that the 4s would be the same as the 5s, and they where, I think this race was a higher priority for most of us so the pace was faster and the motivation was higher to place well. I got a good warm up was a feeling good during the first section of race track, and then I saw the first little climb if the first lap. I was hoping that this would be the "wall" that I was hearing about, but was disappointed to find out otherwise. During the first of the five laps I was seriously thinking about whether or not I would be able to maintain the current pace for 4 more laps, so I relaxed and didn't look any anything but my front wheel for the duration of the climbing.

I think that the pack split about 4 or 5 times with the first split happening after the second or third lap, I kept telling myself that if I could just go as fast as the slowest person during the climbing I could make up for it on the downhill, and that seemed to work. I stayed with the group for all five laps and avoided a little fender bender on the second to last lap right after the feed zone. the most difficult section of this course for me was the finial climb back to the race course, my left inner thigh began cramping every time I got out of the saddle so I was slow going all the way home.

The circuit race was a smaller version of the road race course enclosed in a wind tunnel. I was burnt out from Friday so I was just hoping I would get to finish with a couple other people. After being dropped on the second or third lap I rode with the first chase group and finished with about 6-10 other riders.

### **Aaron Woolsey**

Road Race-cat 4

In the 6th range

Going into this race I new if I only finished that would be good enough. My legs have gotten fried with all the racing and training. So if I finished that would be good. The race started out good for Reno and I. My legs were actually feeling pretty good. I made a couple of attacks and was sitting in the pack with Reno and we were talking about attacking really hard close to the finish. Yet, by the third lap, I couldn't keep the pace with the leaders on the big climb, so I slowed down to recover and try to jump back on. I ended up with a small pack of guys and we rode to the finish together. So that's how it went.

Circuit Race-juniors 17/18

26th place

I think in a lot of ways the circuit race went better for me. I didn't stay with the lead group but I was in a small pack off the back. It was a really fun course to race on. The wind made it difficult to really fly down the cork screw. After being with my new small group for awhile my legs were feeling okay and I was pulling hard and drafting out of the wind. The last lap was a real struggle to

keep on the pace and to hold on. I want to thank Laura and the La Fleur sisters (family) and Lia for cheering and encouraging me especially on the climb up the cork screw. It was really nice to have someone there in that spot to encourage me. The finish was a little screwy, because we had juniors and U23 and masters finishing together so it made the finish complicated. It was a lot of fun though. It was great to see most of my team mates at sea otter. Till next time- AAron w

## 2004 HYUNDAI SEA OTTER CLASSIC

### ROAD CIRCUIT RACE JUNIOR MEN 15-16 Official Results 17 APRIL, 2004

Place	Bib	Name	Home	Team	Time	Time Back
1	1673	REDIG, CLIFF	TUCSON, AZ		00:52:39.3	
2	1679	YEPEZ, JORGE	BELLFLOWER, CA	DARE RACING TEAM	00:52:40	00:00:00.6
3	1685	SAMAAN, COLLIN	FAIR OAKS, CA		00:52:41.0	-1 Lap
4	1680	ANTON, BLAKE	DAVIS, CA	DAVIS BIKE CLUB RACE TEAM	00:53:00.6	00:00:21.3
5	1651	O'REILLY, CODY	SANTA BARBARA, CA		00:53:37.0	00:00:57.7
6	1671	BRABBIT, JENS	WINONA, MN, MN	MNJRC	00:55:15.6	00:02:36.3
7	1650	ENMON, TRAVIS	ALBUQUERQUE, NM		00:56:11.0	00:03:31.7
8	1668	CRUZ, ALFREDO	SAN YSIDRO, CA	MAJOR MOTION	00:56:12.9	00:03:33.5
<b>9</b>	<b>1667</b>	<b>IANNARELLI, JOSEPH</b>	<b>VACAVILLE, CA</b>	<b>TEAM SWIFT</b>	<b>00:56:13.0</b>	<b>00:03:33</b>

For full results please go to

[http://seaotterclassic.com/\\_frameset\\_history.htm](http://seaotterclassic.com/_frameset_history.htm)