



Junior Cycling Development Program

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Team Swift Race Report #9

Wente Road Race

Wente Criterium

Lodi Time Trial



Team Swift rider Aaron Woolsey gets on the podium with the help of his teammates

Rider Reports:

Aaron Woolsey

3rd Place Wente Criterium Juniors 17/18

31st Place Wente Criterium Category 4

The pre-race plan that Anton made, was to have Team Swift control the race from the start. We would attack first, so that team Lombardi would get the upper hand first. We had originally had Bob attack from the start, but Nathan showed up and we wanted to include him too. So Nathan went off the front first. He really

surprised all of us on how long he stayed off the front. Great job Nathan!! Then we caught Nathan and regrouped. Then Bob went off next. He also did a great job too. Now in between laps there were little attacks from Lombardi, but nothing major. The down side was that for those few laps our sprinters like Joe, Reno, and Anton had to cover most of the attacks while I block the rest of the junior field and to try and stay on the past. What ended up happening was that Daniel Holloway and Adam Switters got away in a banked corner. Their key tactic that we over looked was their attack from behind. A few laps later it was my turn to attack and by now I was warm and ready to fly. Before I was able to, a guy from Los Gatos, named Matt attacked. I caught his wheel and before we knew it we had a large lead going. So Matt and I work together for the rest of the race chasing down Daniel and Adam. We got close a couple of times, but they sped up when they saw us coming. The rest of the team swift guys did such a great job in letting Matt and I stay off the front that it was like three races at once. First were Daniel and Adam, then Matt and I, and then the rest of the pack. I ended up with Matt lapping the girls and Kim and I started sprinting really early. I thought she might beat me to the line. I knew that I was pulling Matt to the line so I put more pressure on. By the time 200 meters came he hadn't come around me yet, so I knew I had to put everything I had and more into the last little bit. He started to now come by me, but I didn't let up and throw my bike after one last powerful pedal stroke and I beat him by half a wheel. This had to be my best sprint finishes ever. After the race I congratulated Matt and thank him for helping in the break.

So I just want to thank all my teammates that made this possible for me to get on the podium. It really showed that we worked together as a strong team. That we can be the best junior team if we work for each other and sacrificed ourselves for the team. Thanks guys. Also Joe took 1st for the juniors 15/16 and Bob got 2nd for 15/16. We also had many compliments from Daniels dad. He thought we as a team really worked together and showed potential to beat his son's team. Great job everybody.

The cat 4 race was really not as exciting of a race. We had Reno, Bob and Nathan in that race. It was hard to recover from the junior race. Reno and I had some breaks. Bob was riding really strong in the race too. Towards the end of the race there were a couple of crashes. This really put me out of the final sprint. Unfortunately Bob went down. Reno and I found him after and helped him until his dad got there. Bob should be back on his bike by now. He just had a little road rash.

Anton Nicola

8th Wente Crit. Juniors 15-16, 17-18

First of all, I just want to thank the 5 guys that helped make our plan succeed. Joe Iannarelli, Reno Garcia, Bob Harris, Aaron Woolsey, and Nathan Birnbaum and I were all there for Team Swift. We all raced as a team, and won

like a team. My goal was to get top three in both Categories. With a 3rd in 17-18(Aaron) and a 1st in 15-16(Joe), and a 2nd in 15-16(Bob), we met our goal. Congrats.

This was our first "Team" race that had a plan, and a strategy. Our plan was to keep shooting people off the front till a break stuck. It was as simple as that. But executing it was a little bit harder. This is how it went.

Everybody went over the plan, and they knew what they were supposed to do, and when. So we started the race off, and Nathan Birnbaum went off the front while the rest of us blocked. He got a pretty good gap on us. Then Lombardi puts down the hammer. We were ready and got on their wheel. Myself, Bob, and Joe. We went about 28 mph for the next 2 laps almost, and then WE got a big gap. Nathan was now back in the pack. Then Adam Switters and Daniel Holloway, and Eric Riggs take turns attacking us Team Swifters. We keep the group together, and Lombardi gives up, and lets the pack behind us catch up. Once the pack catches up, Lombardi goes for it again. And again. Then I remember that when Adam Switters attacked, I was on the outside of Daniel Holloway on the corner, and he swung wide and swung me out so I couldn't chase. Then a little bit later on, Daniel attacks and bridges up to Adam. Team Swift puts on a chase, but Eric kept getting in the way of the chase, which he is supposed to do. And then finally after a little while of chasing and getting closer, a lot of the team was kind of tired from the sprint after sprint after sprint. And we decided to let the two Lombardi guys go. But we still had Eric. Later on in the race a Los Gatos guy and Aaron get off the front of the pack, and the whole pack just lets them go. Team Swift goes to the front, and slows the pack way down. We let Aaron get a long way off the front. Pretty soon, Aaron was so far off the front that now we could race our own race without getting in the way of Swifts plan. We tried to slip riders off the front every once in awhile, but Eric just wouldn't let us go. (Swift, read the steps in any book on how to attack, when to attack, and from where in the pack to attack.) Finally, Eric Riggs managed to slip away. But we had let Aaron and Los Gatos guy to get too far ahead and there was no way Eric was going to be able to catch them with 4 laps to go. So there were 2 Lombardi guys way off the front, Aaron and Los Gatos the 2 main chasers, and then Eric Riggs chasing them down at 5 laps to go. So now we were trying to see if we could get a definite win out of the 15-16's. So Reno and Joe attacked at 2 laps to go. Got a big gap, while I was playing bumper cars with the chaser trying to block for them. With one lap to go, Joe and Reno were going to stay away, and now it was time to see if we could get a 2nd place in the 15-16's. Bob was our only hope. So on the last straight away, I led Bob out and he did an outstanding job just ditching the guys in the pack. It was like, "in your face" type of sprint. I was really impressed. I sat up before the finish to just roll in. I got last place in my Category. But I was not one bit unhappy about it, because I raced for my team, and my Team kicked Ass today. Good race team.

Senior 3
58th

This was my first Cat 3 race. This race was crazy fast. I think our average was close to 27 mph for 50 minutes. The pack stayed together. No breaks got off the front. I mainly rode in the middle of the pack on the inside of the course. Reason, so if there was a crash, it wouldn't crash into me on the outside. I would be on the inside of the corner. Sure, getting pinched, and losing momentum seemed to be a better alternative than being flown out to the hospital because of a rider sliding into the outside of the pack. I'll tell you. Joe is one crazy racer. In the middle of the race, we're cruisin about 30 mph. and he rolls up next to me, and tells me that he's going to go off the front and then come back in beside me. Sure enough, he goes off the front, a minute later, I see him back beside me. He told me that he wanted his picture taken. To go off the front, and spend your energy just for a picture. That's crazy. Well, talk about Team Publicity. Well he got Team Publicity when they were announcing "Joe Iannarelli, 4th place, please go pick up your prize." So there was really not that much that went on in the Senior race. Although, on the last lap, two guys over from me to the left decides to have a meeting with the pavement, which then shoved the guy next to him into me. My handlebars hit against his big leg, and I just calmly twitched to the left trying to keep my bike from crashing, and then the guy decides to rub on my wheel, but we both manage to stay upright. We exchange glances, sit up, and ride the last half of the lap in sitting up, and chatting to each other about how it's a nice day, and how it's fun to race. I'm actually glad I sat up, because there was another crash about 100 meters before the finish line, and a guy was really not in good shape, and I might have gotten caught up in that one. But it was a fun, and fast race, and a good learning exercise.

Overall for the whole day, Team Swift did an awesome job in the Junior race. We altered our plan to where we could limit our losses, and still get podium finishes. Some things we need to learn though.

1. How, when, and where to attack.
 2. How to block in a rider that you don't want following your teammate.
- Ask Laura, and read about this. I strongly advise on learning number 1 before our next race. It's a bummer when we have people attacking with all their might but they did the attack wrong, so it went no where. We had ALOT of chances where we could have gotten a huge gap, but we either waited a second too late, or went a second too early. So guys read about it, and practice it, and have it down before next race together.
- Peace,
Anton
-

Joe Iannerelli

1 st Place	Wente Criterium	Junior 15-16
3 rd Place	Wente Crit	Category Sr. 3

Hey peoples, things might be looking up again after all. After another dismal climbing effort Saturday, the crit Sunday assured me I could still pedal a bike. The junior race was as always interesting. The race started and Nathan went off the front as part of Anton's plan. I was sitting in the back with Switters, Riggs, and Holloway. Finally they cranked it for and hammered for a lap. After that all I remember is following attack after attack by them and finally Switters and Holloway got away with Aaron. After I battled it out with Riggs in the field for a bit him and Reno were able to get off from the field and battle some more themselves. Me, Bob, and Anton were left in the pack. With a couple of laps to go I saw Reno start to fall off Riggs wheel. So I attacked from my field got to Reno and Riggs. Since I already had my age group locked I was going to lead Reno out but the last lap came too soon, all I needed was one more lap to get Reno to him and lead him out. Swift was able to take a spot on both podiums witch was good.

Awwww! Now for the race that got me one step closer to a cat 2. Anton and I did the 3's race together. I thought this race was quite fun. About halfway through the race I went off the front because I was quite board sitting in the field. There happened to be a small grouping off the front. I caught them quick and then the field put the hammer down and caught us (I knew that was going to happen). I settled into the field again and then 5 laps came and I knew it was my time to go to the front once more. I rode top ten for those last laps. The last lap I was right there and led out the sprint on the left side and this straight away was huge. So I cranked it the whole beast of a straight away thinking I had the win locked in my sights but I was running junior gears and could feel the other riders had that edge with 12 and 11 cogs. As I was coming unglued 3 riders nicked me and I took a 4th out of an 80 rider strong field. Oh and me and Anton rode most of the race wheel to wheel.

The Team Swift Girls Squad



Kelly Lafleur

27th Place Wente Road race CAT: women 4

Hey Guys, today we got to sleep in which was a change. Our start was at 12:20 and they ended up splitting the women 4 field, so Lia was in a different group. It was really warm by 10:00 so all of the swift ladies warmed up on the road for about a half an hour until our start. I asked a few people who had done the course previously and everyone I asked said that it was no problem and that I'd have no trouble, so I was a little relieved. The Race...

Our field started off at a good tempo that kept us spread out enough to make it safe. On the first hill women were already falling off and somehow a woman managed to crash next to me and it freaked me out because her helmet hit my back. We pretty much stayed as a pack for most of the course and I was feeling all right so I inched myself to the front. When I finally got there we hit a downhill that had the hairpin turn so three other women and I were able to ride off the front. We stayed for about four miles until the pack caught us on an uphill, by now I had pretty much used myself so I thought I would just try to hang on in the back...didn't happen. I fell off and as soon as I did a velo bella (Betty) caught me so I rode with her for the next lap around. Betty dropped back on a hill and so I ended riding with another woman. I don't know what they were talking about when they said this course was easy...then I realized all the people I asked were hill climbers.

Wente Crit

8th Place CAT: Jrs

Teammates: JRS:Kim, Michelle, Nathan, Aaron, Joe, Reno, Anton, Bob.

Today would be interesting for me and my goal for this race was to conserve myself as much as possible and place well. The Jr. race was at 8:01 starting right after the Cat 5 men. When we were staging the first 9 jrs in the front were all from Swift so that was cool seeing a lot of us there. From the start of the race, Nathan B. went off the front and most of the team was up front blocking. Nathan stayed away for about a lap and a half. The pack started to split and it was Me, Nathan, Michelle, Kim, and Dawn in group. It stayed like this for the remainder of the race. There'd be a couple attacks now and then but nothing stuck. Aaron and Matt caught us so they pulled us around for the last couple of laps which was good because our average speed went up about 3 mph. Not much of a sprint across the line and I ended up getting 8th.

Wente Crit

CAT: women 4

Place:

Teammates: Michelle

To be honest, I was really nervous about the women's race. It was a 12:35 start and 40 women in the field. It was really hot and a little windy. It started off moderate and sped up as soon as the bell rang for a prime. I was at the front but I wasn't planning to go for it but when a couple women started to sprint I just followed. I didn't get them so I sat in the pack moving around here and there. I had planned to stay up front to avoid crashes and to get through the corners smoothly. The race went by fast and it was already 5 laps to go. I tried to stay up front and mid-pack hidden from the wind when I could and pace went up. Prime lap and I got second which was fine with me because I hoped to get a better overall placing. With one lap to go I moved up quickly and positioned myself. Coming through the backside a woman clipped handlebars RIGHT in front of me and went down. I had to break and click out which pretty much left me out of the race. I thought I raced well in this race and I can't wait til' the next.

Kim LaFleur

Wente Road race women 1/2/3

dnf



The night before the race dad pulled up a profile of the course and much to my chagrin there were hills to no end. I wasn't in any shape to climb hills; I have no endurance and no hills in my legs, so I wasn't sure how I would do. When we got there, we met up with the new Swift girl Melissa and Lia and the 5 of us warmed up on the road together and got in a few jumps. At the start of the race they took a pretty easy pace then they picked it up at the first climb which came a lot quicker than I expected. I stayed with the pack up the first hill and for part of the 2nd then got dropped. It was really intimidating to ride with that group because of all of the Webcor women and the other 1/2s. After I got dropped I knew that I wasn't going to get back on, so I just took this as an opportunity to train on some hills and ended up bailing out after 2 laps, saving it for the next day.

Wente crit.

jr. race and women 1/2/3

jr.women 15/16 : 1st/6th overall

women1/2/3:dnf

JR.15/16 17/18

In the jr. race I knew what I wanted to do and I didn't have to do much to get it. My main objective was to go as easy as possible while still beating the only other Jr. girl in the race. When we took off the boys didn't take off at the gun which was unlike them. Then we came around the second lap and they took off like a pack of wild dogs. The group split up in to two and I was in the second group. Then that group split and I ended up with the third group. The group that I was in took it easy; the person that I was up against was also in that group. The boys came around and I wanted to jump on but when I caught on they did another jump and

I fell off the back. I was ahead of the third group by a lot but I was working alone in the wind. So I sat up and waited for them to catch me. it came down to 5 laps to go and 2 boys were coming around again so I jumped on and stayed, they pulled us around leading up to the last lap where I just took it to the line. I didn't really work in this race because I was planning to do well in the women's race.

Wm./1/2/3

In the women's race I was feeling good but nervous at the same time because I've never raced a 123s race. It wasn't a true 123 race because we were handicapped. When we took off, we were going at a good pace and a couple of breaks were tried but were always caught because of a strong headwind. I stayed up near the front and I marked someone that I knew was a good rider and that would lead me in the right direction. I was able to move around the peloton quite a bit, going front to back to front. On our 5th lap we were caught by the 1/2s and were integrated in. at this point we picked it up a lot. The women had problems keeping their lines through the corners and someone slammed on their brakes and locked handle bars with me. I was able to stay up but I was really frustrated with them because they rode like they've never raced before. While with the 1/2s they strung us out and I was able to stay up front and in a good position. At about 8 laps to go I wasn't feeling to well, I was dehydrated and it was really hot, and my throat was parched. I forced my self to stay up there and keep my position but at four laps to go me had a dizzy spell and I had to pull off. I learned a valuable lesson in this race but it's a lesson that I shouldn't have had to learn. If I had listened to my dad and drank when I was supposed to then I may have been able to hang on a bit longer.

Kim

Michelle LaFleur

Wente RR (DNF)

Wente Crit

Woman 4 - 16th

Jrs.-3rd

For the start of the woman I was feeling okay. When we took off I was with them until about half way up the hill. The girl in front was slowing down quite a bit so I had to get around and soon saw that they were farther ahead. I was in a pace line with three other woman trying to catch the group ahead. When we caught them we were working hard to catch the pack. They had some nice downhill. I was going at about 35 to 40 mph. I saw that I was falling off slowly and was spinning really hard to catch back on but I soon parted. I wasn't feeling up for another round so I decided to drop out.

Since the Jr. race was in the early morning we had to get up at like 5 30 to get ready. I had a good warm-up just riding the course and getting use to the cornering. At the start line it was all of Team Swift in front which looked really cool. Right at the start Nathan took off as we slowed the pack down. He was off

the front for about half a lap. The Lombardi guys who were at the back were working there way up and one attacked. That was when the group split. Most of the field was in a group. It was Nathan, Kelly, Kim, Don, and me in a group of the back. We were working pretty well, trying to save our self for the woman's race. The second time that Aaron and Matt (LGBRC) came around us Kim jumped on and we followed. We were with them for about 5 laps, going at a good pace. IT was the last lap and I was working to get to the front. On the last corner I was at the front next to Kim. Then there was the finish. It was the sprint. It was Kim, Don, me and then Kelly.

The start for the woman was at 12 35, so I had some time in between races. At about 11:45 I started warming up. While I was warming up I thinking to myself that I couldn't do it and I was gonna get dropped quick. I had an okay warm-up and wasn't really nervous. I was at the line just before the start. When the race started I wasn't in the big ring so I was trying to shift into the big ring but it took a couple of seconds. I was working really hard to get back in with then and fortunately I did. I was on the inside most of the time and trying to stay out of the wind on the back side. Going through the corners with the woman was okay except for the fact that they were slowing most of the time. I was trying to make my way into the middle or the front but I kept on getting boxed in by a bunch of velo girls. When I saw that there was only six laps left I knew I was going to stay in. I was in the middle of the pack and was feeling good. On the last lap I was in the top ten feeling good and ready for the sprint. Coming out of the last corner my heart rate was at about 185. We were less than 200 meters from the finish when a Left Coast woman hit wheels and went down right in front of me. I quickly looked back and swerved to the right and missed hitting her helmet by a couple of inches. Doing that woman went flying by and I had to work to get back in, and in doing so I placed 16th.

Lia Winfield

3rd Place Wente Vineyards Road Race Women Category 4

The 4s field in this race was huge. They had to divide us into two categories and with two different start times. The 4a category had 50 women, and the 4b category (where I was) had about 20. The race started slow, with nobody wanting to be in the lead for the first two miles to the hill. When we started climbing, the field broke up until there was about twelve of us in the lead. We worked together the rest of the lap. The course was a 15-mile loop that we did twice. At the base of the hill on the second lap, a woman attacked. I followed her and so did one other woman. We made it to the top well ahead of the pack and decided to work together to try to stay away for the rest of the race. It was hard work, but we did stay together for most of the lap. On the last down hill, before a right hand turn onto the straight away (we finished on the climb), a big men's category passed the three of us. One woman stayed ahead of the men on the

descent and on the straight away. The two of us behind, couldn't get around the men, and didn't want it to look like we were drafting off of them. I couldn't hang on to her wheel and fell behind. I had about three or four miles in the wind until the hill started. I rode as hard as I could, driven by the fear of being caught by the riders behind me. I knew I needed to hold my position to get third. I reached the hill with no one behind me and started climbing. It was very hard, but I was so close to reaching my goal. I crossed the line in 3rd. It felt great. I'm now a cat. 3!

LODI TIME TRIAL

Kim LaFleur

1st Place Lodi Appellation Time Trial Junior Girls 15-16

This was going to be an interesting time trial, not the race itself, just the outcome. There's only one girl that I really compete against and it always seems to come down to "a few inches" this time I wasn't going to let it be a few inches, I was going to make it noticeable.

I was on the trainer and I was looking forward to the start and just getting it over with. I had 5 min. to my start time and I was feeling good but nervous at the same time and I had the whole butterflies-in-my stomach effect going on. It came to my start and I was ready to go, I knew what I had to do it was just a matter of getting it done. I had my goal in mind and just went after it. On the way out it was hard to gauge myself because I don't know how long I could hold myself at 25mph so I brought it down and held it at 22, which turned out to work for me because I was hurting at the turn around. After the turn I picked it up and just went all out by 2 miles to go I was at 25 mph and in the last mile I held it at 26 and 27 when I saw the finish line I was dying but I pushed through and it paid off. I won by 2.18 and I beat last years time by almost 5 minutes. Now they can't say "just a few inches"

This time trial helped me in knowing myself better and in pushing my self. I didn't think I could push myself as hard as I did in those 10 miles.

Kelly LaFleur

1st Place Lodi Appellation TT Jr. Women 13/14



One of the most difficult things in all of cycling is writing an interesting race report on time trials. The Friday before we did an easy 20 miles just to try out the TT bars and practice some turnarounds. My minute man was Michelle so that was a plus. We arrived in Lodi at around 7:30 and started warming up. They began to stage us and Michelle took off. We were going off at one minute intervals and my category had 5 girls and one of them was a girl who I was never able to beat. Our distance was only 6 miles and my speed for about a mile was at 24-25 mph then dropped down to 23 then to 22 where it stuck. I did a fair turnaround and finally caught Michelle (woohoo!) She called me a loser as I passed her, but for some reason it sounded like "you're losing" so I really turned it up Mile to go mark and I made sure my speed stayed at 23 and passed some other juniors and I really tried to push myself. With 200 yards to go I saw my dad on the side of the road and all I heard was "SPRINT! SPRINT! SPRINT!" For the first time listening to him actually benefited me and I think I needed every second of that sprint. The difference between me and 2nd was too close for comfort, a mere 7 seconds. Last year I did this race and my time was about 253 min., and this year I managed to pedal out a 16:42. I can't explain the huge time difference but my sisters and I think our dad is secretly putting stuff in our food, because last month we found a drum labeled "Bovine Growth Hormone" in the garage, and we know for sure he's not a farmer. Thanks for reading.

Nick Weighall

First off I saw that Mike Margraf got a 10th at the Gila, that's great. I really wanted to go but I have missed a lot of school this year and I didn't want to miss anymore. My grades are pretty good this year. I raced the weekend before the Gila at a race called the Fort Davis Hammerfest. It was a stage race with a TT, 11-mile hill climb and a 76-mile RR. In the time TT I think I got a 27th (out of 30), I need to work on my TTing. I just used my stock bike, which didn't help any. The hill climb was a little different. About 5 miles into it I attacked and 10 riders went with me. After about a mile it started to get real steep so I attacked again, the group split up, 5 of us were away. I had about 30 seconds on the group, 3 of them bridged about a mile from the finish, I stayed with them for a bit but they finally dropped me and I ended up with 4th. It was a fun climb some of the climbs were 17%.

The road race played out about the same, with the same riders off the front. I think there were 10 or so riders away from the pack. We dropped them at around 35 miles and never saw them again. I ended up with a 7th in the road race. We hit 50 mph on the downhill before the finish that was fun in a pack going that fast. Our finishing time was 15 minutes faster than the P12s time I don't know how we did that.

The two riders that won our cat 3 GC got 2nd and 3rd at the Gila. When I saw that I wished I had gone, I was hanging with those guys no problem. They are real nice guys. They live in Durango CO. There is a race there Memorial weekend called the Iron Horse. I think we are going to stay with them and do the race on our way out west. Lots of climbing it should be fun.

My next race is the Joe Martin Stage Race the 15th and 16th of this month. Its in Arkansas, the TT is a hill climb I should do better in it.