

The 2004 World Road Cycling Championships are in Verona ITALY from September 28 – October 3, 2004. For more information see the [www.usacycling.org](http://www.usacycling.org) website for updates. For further information on the Selection Series of Races follow the Performance Plan on [www.teamswift.org](http://www.teamswift.org)

## **Team Swift Race Report #14**

### **Junior World Championship Qualifying Race**

June 16 & 17, 2004  
Redlands, CA

#### **Race Director's Report**

Competition for Junior men 17-18 years old to qualify for the USA World Championship Team began Wednesday, June 16th in Redlands, California. The first of the two races was the Juniors men's Panorama Point Road Race which was an approximately 68km RR with 332.98m of climbing per lap (4 laps).

The following day was the second of the selection series races called the Moreno Valley Time Trial. The course length was 24.14 km with 358.83 m of climbing on an out and back course.

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Kevin Carroll (third from left) with a group of very serious boys!

Team Swift was fortunate to host Nike Motivational Speaker, Kevin Carroll, who volunteered to come all the way to Redlands to give a talk to all of this top group of Junior Athletes attending the Redlands races. Kevin has been a head trainer for the 76'er's and made the trip to Redlands to volunteer to meet this exceptional group. He was generous with his time and thoughts. His new book, "Rules of the Red Rubber Ball" has just been released and he signed copies for each rider. Our Red Rubber Ball in this case happens to be the bicycle. The message is when you find your calling and have your "Ah Ha" moment and know which path you want to follow—Then follow that dream with 100% dedication, responsibility, education, attitude and motivation.



Shelly showing off the new wheel covers for the Team Swift van.

## So...the trip begins...

The van loaded up in Santa Rosa to begin the trip down to Redlands. Two miles down the road this crazy white SUV begins honking and swerving near us. I thought, "What the heck is this person doing." So I looked closer to see what kind of demons might have possessed this person and there was this woman; hanging out the window of the car yelling and pointing at our van. "Wait, I know her." Turns out that on our very first trip in our newly screened van with Team Swift logo is Shelly, designer of Team Swift artwork. Shelly had this to say (later when she wasn't hanging out the car window):

"Seeing the Team Swift van maiden voyage in all of its logo'd glory made the 'going home gridlock' on Highway 101 Friday nonexistent. As I realized the Dodge van in front of me was no ordinary passenger van, it was amazing to see the van chock full of Team Swift cyclists with smiles on their faces, pride in their hearts and Laura at the wheel driving them to their destination. Made my day!"

Shelly

## Rider Reports

### Chase Renick

Redlands Road Race  
Junior 17-18  
15<sup>th</sup> place



Well I was pretty nervous at the start of this race mainly because it was in my hometown, there was going to be a ton of people cheering for me, and I expected as well as everyone else for me to place really high. The race had a preliminary warm up lap, which help ease the tensions of crazy early attacks. However when the race was un-neutralized the climb started and all the fresh legs went crazy. I was for one of the first times in a junior race enjoying the pain, perhaps because I expected the field to blow me away on the first lap like last year. My preparation for this race was good but not great and there is a wide gap between the two. It was basically that I was afraid to train myself too hard on account of the many times I have been over trained in the past by coaches who end up abandoning me. When I realized this I was not a frustrated with my result of 15 and I barely missed the final break. Disappointing but the realistic truth when staring at my training diary. I have a much better perspective for what to do next year and I always, I repeat, always get psyched when this sport gets harder.

## Chase Renick

Redlands Time Trial

Junior 17-18

12th place

The morning was pretty cold but our race kept getting delayed. I was happy about the outcome because it gave me more time to warm up, and I usually take a while to feel like I am ready for that intensity for a while. Everyone was really supportive, especially Laura in helping me tactically the day before and psychologically today. I was happy to kind of stay away from my mom because she can get pretty psycho on the day of events (but I mean in a good way mom--:). In addition I get kind of nervous when she watches me, but once I start every thing disappears. I found my rhythm pretty quickly which was a plus and I was able to hold it for the whole distance. I felt better on the way out more fluid and relaxed, but on the way back Taylor Lane caught me. I was really frustrated because I could closely see the guy in front of me and I thought I was doing a great time. Last year at Nationals because I started 45 seconds late to my start time was put in 9th place; however, with the 45 sec off my time I had the exact time as that of Taylor. Anyway, I finished 6th but then all the fast guys bumped my time out of the lead. I need more condition but I really enjoy riding and training so I am not that worried. I now have another experience that will put me closer to the top.

## Mike Margraf

Redlands Road Race

Junior 17-18

22<sup>nd</sup> place

Going to Redlands was an incredible experience for me. I had yet to race against the best juniors in the country so I knew I was in for some tough racing. We stayed at Chase's house which was really great as they live only 10 minutes (on a bike) from the start of the road race. Once I got to the start, I was really impressed with how professional everything looked. We had a ton of police motorcycles and follow cars. Right before our start, they sang the national anthem which was really great. They fired the gun and we were off for our 44 mile race with 1100 feet of climbing per lap and one real leg breaker (20%) climb. On the first lap going into the hills, attacks started coming already, but I had no problem staying with the lead group. On the second lap going up the big climb, someone attacked at the bottom and I just did not have it. I chased solo for about a 1/3 of lap really hard and was able to get back on. During the third lap, I again got dropped on the climb but this time I had 3 Hot Tube guys with me and one Team Swift so we were able to get back to the lead group in no time. Going into the fourth and final lap, Zach Taylor from Hot Tubes attacked and nobody went with him and there was no way I could

go either. Once again I got dropped on the climb, and then joined a little group of chasers. Going into the finishing sprint was a really fast downhill and I was spinning my brains out trying to sprint to the line. I got out-sprinted by just about everybody. I ended up coming in 22nd. . . 2:50 minutes down from the leader. Not bad for my first race with the best juniors in the country and I know as this season progresses, I will be a much stronger threat. The biggest problem that developed for me during this race was everyone attacking at the bottom of the climb. I just could not go with that initial pick up of speed. However, I would get stronger towards the top. I am not much of a power rider yet, but more of a long endurance rider. I just wished the climb had been longer so the sprinters would have quit attacking at the bottom of the climb. Not the perfect course for me, but I am going to have to learn how to adapt to all different kinds of courses. I rode as hard as I could with no regrets, and that is satisfying to me. However, I do plan to continue to work hard on my power workouts to improve that aspect of my racing. All in all, Redlands was a great opportunity for me, and I am sincerely thankful to Team Swift and Laura, Gigi and Chase Renick for hosting us, and all of our great sponsors who helped get me there.

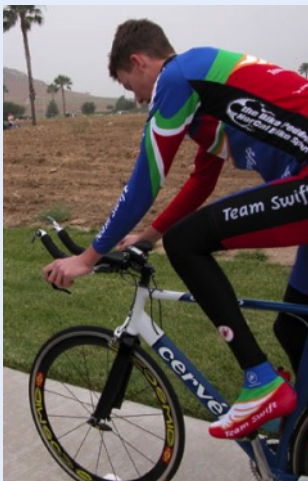
## Mike Margraf

Redlands Time Trial

Junior 17-18

13th place

We were able to drive the Time Trial course the day before race day so I was able to get a good feel for it. It was tough with a good climb in it and some technical corners. Again, when I got to the start of the Time Trial I was really impressed with how professional everything looked. We had a full on starting gate with a ramp and a beep...beep...BEEP thing just like you see on TV! It was so great. Anyway, I started my time trial feeling pretty good (better than yesterday). I wanted to really give it my all and have no regrets (for instance, you know how sometimes after the race is over you say "I could have gone harder, or I should have gone harder, or I could have stayed on that wheel). That is what I mean by no regrets. So that is just what I set out to do. I rode hard and was pegging it well past my threshold for the entire 24 Kilometers. I crossed the finish and the announcer said I was sitting in second place with a time of 36:00. However, all the fast guys were still to come in. I waited by the finish to see the other finishers come in. I was sitting in 3rd with only 12 or 13 guys left to come in. However, 10 out of the 12 or 13 guys beat my time so that put me in 13th. I felt pretty good with that as I could not have raced against faster junior time trialists in the country. Also, I have only been competing for one year compared to some of the juniors that have been racing for 8 or 9 years. All I need is more time, and I am confident I will keep improving. Again, thanks to all who helped me get to this highlight in my season, including our Team Swift sponsors, Coach Laura, Coach Bruce, my mentors Mark and Trent, and of course, my Mom and Dad. Keep reading,



Mike Margraf warming up for the Moreno Valley Time Trial

Mike Margraf

## Anton Nicola

Junior World Championships Qualifying Race  
Redlands, CA  
Junior 17-18  
26th place

With over half of the peloton being Category 1-2, I knew that this was going to be a brutal race. It's one thing to do this course. It's another thing to race with Juniors, but it's a whole different story when we're all competing for a spot on the U.S National Team to represent the United States at the Worlds later this season. Only 36 of us even had the guts, and craziness to show up for such an event like this. It's really hard to explain the pain of trying to keep up with a Cat 1 Junior when HE'S red lining it. I can't explain the joy of being with the lead group over that climb that half the pack just got dropped. I can't explain the feeling of disappointment, and discouragement of finally hitting the wall, and not being able to go anymore. You'd have to be in the race to really have the relieved feeling of

rolling back into the group you just got dropped from, or just barely missing a crash. The joy of cresting that nasty climb for the last and final time. The thrill of leading the group in a chase, or attacking off the front. The frustrated feeling of someone sucking your wheel, but won't help.

The excitement of a huge police motorcade in front of the peloton. The nervous feeling at the start line. But most of all, the satisfaction of rolling across the finish line knowing that you have finished.

This was a hard race. I'd have to say that I really got worked. A couple of highlights in this race. I avoided a crash that happened right beside/in front of me. It was in the feed zone getting a water bottle before the climb, and these two guys got tangled, and crashed right in front of me. I quickly snatched the water bottle, swerved around the racers and their bikes, put the water bottle in the cage, and stood up to catch back up to the group. I thought that was really cool. Another thing is that I got dropped on the Second climb, but I rejoined it a little way's down the road.

Something that I think is really cool is that there was a team called Hot Tubes. Every time I would attack, they would chase me down. If another single guy attacked, then they would let him go, but whenever they saw my

Swift jersey pumping out the watts to get off the front, they would chase me down. I thought that was really cool. They did not want any Swifter to get off the front. Swift was a competitor to Hot Tubes. I attacked several times to let them know that Swift is here. Like I said, you'd have to be in the





Anton Nicola at the Time Trial startline

race to really know how it felt. I think that Team Swift Rocks. It was our first "Elite" Team Race, and I think that we now know what we're up against for our races later on this season.

## Anton Nicola

Redlands Time Trial  
Junior 17-18  
26th place

Today was kind of depressing. I knew that I shouldn't have brought the Time

Trial bike that is only made for flats time trials. But I brought it anyways, and I paid for it. I would have been far better off to just put time trial bars on my regular racing bike, and I would have gotten a much better time. My performance is my performance, but I was kind of ticked off

at myself for bringing the wrong bike for the wrong course. Oh well, I guess

I won't do that again.

Thanks so much teammates for an awesome time. It wouldn't have been the same

without you guys there in both the races and our off the bike time. Laura, thanks so much for driving us down there so that we could have an awesome

learning experience. Matt, thanks a lot for mentoring me, and being there to

direct me, and coach me in my racing. And a big thank you to all of my sponsors. I would not be able to afford racing without you guys.

Thanks again,

Sincerely,

Anton

## Aaron Woolsey

Junior World Championships Qualifying Race  
Redlands, CA  
Junior 17-18

The Redlands Road Race was a very challenging race for many reasons. For one it is hot and clammy with all the smog. Your racing near the mountains, so the race was very hilly. But besides all of that it is a fun race and honor to compete in. Laura, Anton, Nick and I reviewed the course the afternoon before the race. Chase and Mike got up earlier that day and road the course. It was really important to be familiar with the course in order to know where to go hard or conserve energy.



Chase Renick, Aaron Woolsey, Nick Weighall & Mike Margraf before the start of the Road Race at our new logo'd Team Swift van



Mike Margraf, Anton Nicola,  
US National Junior coach  
Danny Van Haute and Aaron Woolsey  
goofing around after the Time Trial.  
Team Swift is looking for new  
"young" riders --Sorry Danny!

The morning of we had all kinds of problems. Chase's headset had a crack in it and Mike's cassette was giving him problems. The rest of us went the wrong way to the race which made Laura very nervous that we might not get to the race on time. After all the ordeals everything went as planned. We all had a good warm-up and made it to the start on time. All of us were really excited and probably nervous. I was next to Nick who had to go to the bathroom. So I held his bike while he hopped over the fence and went pee by a tree.

The race was interesting in that we had about a four mile promenade around downtown Redlands, the best part was being led by CHP motorcycles throughout the race. After the promenade the race sprang to action up the first hill. The pack was already moving very fast so early in the race.

When we made it to the bottom of the first big climb all of us Team Swifties made a big move to the front in order not to get dropped early. But after I made the move I noticed that I was falling way back in the pack. I forced myself to move up but the pace was fast and consistent. I got dropped before the real steep area of the course. I stayed close and tried to not lose too much ground on the field. I thought in the next hill I would make it back up but I didn't. I caught a rider and we rode about a half a lap together but I dropped him on another hill.

By now I was motivated to catch some struggling riders. Yet, the faster I rode, the more I noticed that the main pack was going to stay together and all the riders were strong enough to keep up. So the next couple of laps I time trialed the course. By the finish I saw one rider alone at the 3K mark. I put the hammer down, determined to catch another rider by the finish. I think that rider saw me because he started really moving too. So by the finish line I was about 100 ft away from him.

This race was great in teaching you about being humble and teachable. You could be a champion rider or a local favorite in your area, but it doesn't mean much when you go against the best in the United States. I realized if I want to compete with the best you have to race against the best and train like the best. So I guess you could say it was an eye opening experience on what I need to work on and improve on.

## Steven Cozza

Team Swift Alumni  
Advice to the Junior Racers

"Cycling is both a physical and mental learning process. Be completely patient with yourself allowing yourself to develop into becoming a complete rider. Do all you can now at such a young age to learn as much as possible from more experienced pros like Coach Laura. You can learn from their experiences from when they raced and avoid a lot of mistakes that you don't need later down the road. Racing as a junior is the foundation of my career. Start off on the right path by learning and

absorbing as much knowledge as possible like a sponge and don't hesitate to ask questions about anything."

"To give anything less than your best is to sacrifice the gift."  
Steve Prefontaine

*Steven Cozza*

## And in conclusion...



Then began the long drive back to Santa Rosa through the Mojave desert. Next on the Team Swift Performance Plan schedule is Superweek in Wisconsin from July 10-18.