



Team Swift Race Report #18

USCF Junior National Championships

Park City, Utah
Aug. 11 – 22, 2004

Roster

Men 17-18 years old

Chase Renick
Reno Garcia
Nick Weighall

Men 15-16 years old

Joe Iannarelli

Men 13-14 years old

Ethan Weiss

Women 17-18 years old

Lia Winfield

Women 15-16 years old

Kim LaFleur

Women 13-14 years old

Kelly LaFleur
Michelle LaFleur

Coach and Staff

Laura Charameda, Head Coach
Nancy Baum, Assistant

Results

Women - Junior - 15-16

3rd	Kim LaFleur	RR
5th	Kim LaFleur	TT
9th	Kim LaFleur	Crit

Men - Junior - 13-14

10th	Ethan Weiss	TT
11th	Ethan Weiss	Crit
16th	Ethan Weiss	RR

Women - Junior - 13-14

10th	Kelly LaFleur	Crit
10th	Michelle LaFleur	TT
13th	Michelle LaFleur	Crit
14th	Kelly LaFleur	TT

Women - Junior - 17-18

12th	Lia Winfield	RR
13th	Lia Winfield	Criterium

Overall Team Performance

The Masters and Junior National Championships were held in Park City, UT over two weeks in August. This is a great idea to coordinate these two categories at the same location since so many families all race as well as the Junior's Coaches. Park City is a fun town to visit and they welcomed the racers. The one thing that surprised us all though was that the weather was on the cool side and it rained almost every day. The major factor affecting riders though would have to be the altitude which ranged from approximately 5000-8000 feet for the different events. There were 9 riders from Team Swift attending the US Junior National Championships along with 2 staff and many parents.



Kim LaFleur Finishes in 3rd Place at the National Road Race Championships

Kim LaFleur

Junior Road Nationals

Junior Women 15/16

3rd place Road Race

5th Place Time Trial



Kim LaFleur attacking up the hill during the criterium

After three weeks of altitude and hard training it came time for the time trials finally! When we pre rode the course the first time I found it to be extremely difficult and I knew it would put up a challenge on race day, especially the hill on the way back. My start time was at 930 and I was hydrating my self and doing everything I needed to do to get ready. I wasn't feeling nervous because I knew that all I could do was go hard and do my best. It was hot and dry at my start and when I took off I felt great. I was holding a good pace for a while then my legs started burning I told them to go harder and that lasted all of 2 seconds. But I kept my pace as fast as I could then I hit the hill and my legs were dying and didn't want to turn the pedals over. I saw the one kilo to go sign and pushed as hard as I could and forced myself to sprint to the finish. I ended up in 5th by 6 seconds.

The road race was the next day and I wasn't sure how this one was going to play out because it was a hilly course and I didn't know how well the other girls could climb or if the altitude had affected them. My race went off at 10 and it was mild we got on to the course and did a lap on the criterium course then it was go time. We took off and we went pretty easy up the first climb and I was at the front of the pack. The girls weren't going to attack on the first lap it was easy to tell. On the second lap the pace got picked up a little then slowed after the hills. I was at the front of the pack almost all the time just in case any attacks went. On the third lap a girl made a strong attack on the second hill and I was able to go with her. I stayed with her half way up the third hill then she dropped me and another girl was on my wheel and we tried to catch her but she had more left than I did. I stayed off by myself for a little while but decided to get caught by a chasing group. In that group I realized that I was the strongest of the four so on the last hill of the last lap I attacked and didn't take any one with me and rode in for third.

After the road race I had a day off. I was psyched for the criterium because I knew I could do well, that this is my race and that I could win. The race started off slow, amazingly slow so I was like ok I can do this. It was the third

lap and I was expecting an attack and it didn't come. None of the girls were working and it wasn't a race. Finally on the fourth lap an attack broke off and I went with it but she didn't want any one with her so she just sat up and let us get caught. On the next lap we slowed down a lot, then an attack went off again and then it didn't stick. I was getting frustrated and so I decided I would try an attack the girls weren't tired so I was caught. The next lap an attack went and I was boxed in so she was off. Then after that another attack went and she just had good timing and strength. The pack just sat there and watched them go and I was the only one willing to go and work. It came down in the last two laps and I wanted them to work so I was telling them to work no one even budged. I got on the front and pulled and when it came down to the last lap I was tired then the sprint came and I had nothing left. After the race I was so upset and angry and I hated everyone in the pack for not working and racing. But I learned a lesson and at least I got that out of it..

Lia Winfield

Nationals Road Race
Junior Women 17-18
August 21, 2004



Lia Winfield during the the National Criterium Championships

If I thought Super Week was the biggest, most exciting event I went to this summer, I was wrong. Nationals were definitely more so. There were so many great things about this trip; it's hard to know where to begin this report. First of all it was awesome to spend ten days with the Team Swift girls Kim, Kelly and Michelle. The first few days were pretty relaxed. I rode around easy just checking out the town, stocked up on groceries at Albertson's and checked my bike to make sure it had survived the plane ride. The next best thing happened Tuesday when Laura won her criterium and became the 2004 National Champion. That was so cool to watch.

As the week wore on I couldn't wait to race, especially after Kim got 5th in her time trial and 3rd in her road race. Way to go Kim!!

Saturday, the day of my road race finally came and I had all the usual race feelings. Excitement, nervousness, etc. About an hour before my race started, while I was warming up, it started to rain and rain hard. When the hail came I took cover in a near by lodge, hoping the storm would pass. When it did not, I sprinted over to the team van, figuring staying warm was more important than a complete warm-up. A few minutes before my start time I headed towards the line, taking one last bit of shelter under a tarp with some fellow racers. By this time I was so cold and shaking so badly, a boy offered me his blanket until I started (thank you!!).

The gun sounded and the race started. The course was a 49 mile loop with two long gradual climbs in it. The race started off down hill and was neutral for about a mile. I was shaking so badly I couldn't keep my bike straight. When we hit the first hill, the rain was still pouring down and I couldn't feel my legs at all. A little ways into the climb, Rebecca Much, the time trial champion and a super super strong rider, made her way to the front and really began to pick up the pace. I gave it all I had to stay with the group up that climb, but eventually I began to slip back, and since

the field was so small (app. 15 riders), slipping back meant off the back. My throat and chest were burning from the altitude, I'm sure my legs were too, had I been able to feel them.

At the top of the climb, the rain stopped and the sun came out. Now I was with one other rider, Brett, and we worked together for most of the race, trying to catch the field, but unfortunately we never did. We didn't give up though; we kept the pace high and were just about to hit the last long hill, when Brett got a flat. I continued and my now I could definitely feel the burning in my legs. I crossed the finish line pretty far behind the other girls, but I felt good anyway. I was exhausted and I knew that was one of the hardest efforts I'd done on a bike and that felt good. And luckily the ride back to the condo was all down hill.

Nationals Criterium August 22, 2004

The criterium course was 2K, basically flat, with four turns. My category did ten laps. The race started out fast, with attacks each lap. The pace would fluctuate between really fast and really slow. Fast when chasing down a break, slow when the lap's cards began to get smaller, as no one wanted to waste energy pulling the last few laps. It was also a pretty rough race, some pushing as everyone vied for the best position. There were times in the race where I almost couldn't hang on anymore, but I dug deep and stayed

with the pack. With two laps to go I was in a good place in the field, about four riders back. With one to go the pace was picked up by Rebecca, but I was still holding strong in my place. A little before the final turn to the finish, where Laura had told us to begin our sprint, I stood up to sprint and just didn't have any power. I was going as hard as I could, but my legs were so tired I didn't have any speed and was passed by most of the field a little before the line. For me, this was another great race. I rode a smart race, and held a good position pretty much throughout the race.

It's hard to look back and think how I should have sprinted harder, but that's just the kind of thing that makes me train harder for next year. By far, one of the best things about Nationals was racing against girls my age, and girls my age who are very, very strong riders. I just want to say best of luck to Rebecca at Worlds!!

I also want to thank everyone who made this trip possible for me, and Duke for lending me his bike bag and junior gears!!!

Lia

QUOTES FOR THE JUNIOR GIRLS FROM WOMEN RACERS



Team Swift Girls: Coach Laura, Lia Winfield, Kim, Michelle & Kelly LaFleur



Reno Garcia relaxing before the start of his races

"I read the juniors race reports and I pay close attention to the girl's reports. How they feel and what they feel. You can tell them they do have people out there cheering for them."

--From local San Francisco Bay area masters racer Elia Meza

"I finished reading the Team Swift report from Superweek. I had glanced over and read it quickly before, but I was interested to read it with more depth paying attention to the language and details of each riders' entries. I found reading them inspiring particularly when each struggle added motivation to each rider for the next day's challenge. I liked that part, hearing them write about it gave me motivation to do the same.

Thank you for sharing the report with me."

--From T-Mobile Women's Nationals Team Member Lynn Gaggioli

Reno Garcia

Nationals Road Race
Junior Men 17-18

We arrived in Utah in the afternoon and spent the first day just getting our stuff organized. The weather was like night and day, the airport was hot and humid, and on the drive out to the condo the rain started. We had a couple of clear days but the rest where rainy. After becoming used to the altitude riding and racing in it wasn't much different from riding and racing at sea-level. I think that for me the hardest thing to overcome was not being confident in my abilities at altitude and not knowing exactly what my limitations are at altitude. Even after watching Laura win the National Championships for her category I wasn't sure how my body would react.

Road Race- 95th

The first race started like a lot of races, I didn't clip in right away and tore my sock on the pedal. The pace was fast from the start and continued to be fast up the first climb where I was dropped from the main group and was forced to rejoin on the decent. I think by this time one or two people had gone off the front and the leaders of the pack had an interest in letting the break succeed because we caught up really quickly. We traversed the flat section without a problem. On the second climb of the first lap I was dropped again because someone decided to get off his bike and walk it. After getting up to speed I saw that the pack was far ahead, so I joined a closer group and we worked together for the last lap. On the run into town the group I was in basically spotted working together and in the last 1500 Meters the rain/hail came out of nowhere it was torrential downpour, so I attacked on a slight uphill taking the group sprint.

Crit-34th

The criterium was fast and fun. It was much smoother during the race than it was riding it by myself. I don't remember much from the first part of the race before the crashes started. Once the crashing started I was expecting some kind of collision on all of the corners and avoided all of them. The race came down to a sprint and I just avoided a three man pileup at the start finish line.

I think that the experience of being away from home and learning how to prepare for a race at altitude was as important as the racing itself. It was also a good opportunity for everyone to get to know each other much better by staying in the same house and sharing the same experiences. I am just glad to have been able to have the experience of traveling to a big race and having the guidance of experienced coaches.

—Reno

Joe Iannarelli

Junior Men 15- 16



Nick, Ethan, Reno and Joe previewing the race course

Hello readers this is my National Criterium race report for the Junior 15-16 category. The start to my season was looking good until I broke my wrist and got a cast on it. This took away a lot of my power to pull hard on the handlebars. I had the cast on 3 1/2 months! I trained all through it and got a few races in.

I got my cast off and ten days later I went back off to the hard road racing Superweek in Wisconsin. Then the Nationals came and many people expected me to do well and be a National Criterium Champion. Right before Nationals though I found out I had mono and that I had been racing through it for a while which I was surprised because I had some good results during this time period.

I finally get to Park City and it is over 7000 ft. Normally I would like this because my lungs could handle that kind of thin air but with mono that was not the case. My coach Laura decided that it would be best for me not to do the TT and road race because of my ailment. Throughout the week I rode in small increments testing myself. I downed bottles of water by the load to keep my throat at ease (but writing this now my throat is perfect and healed). Race day was here and I slowly warmed up. People were lining up 20 minutes before the race so I rolled around a little more then lined up. Finally the race started and we were off. The first lap I almost had gotten taken out by some crack head that couldn't keep his bike straight. The course had a climb which I was able to tick a small gear up very fast. I got myself in good position throughout the race. The mono on the other hand was draining me of power quick and I had to suffer through the whole race. The race was coming to an end and I made my final jump to the front through the gutter with all the energy I could muster up. Then mono zapped the power out of my legs and I just couldn't put the power down any more where I would normally thrive. As I was dropping back there was a crash on the uphill and I was glad I wasn't in it. I finished the race

being pretty sick so I couldn't be mad although I was when the pony tail kid won. Park City was cool and I'll enjoy the Nationals there next year when I win. Thanks everyone

-Joe

Ethan Weiss

Junior Men 13- 14

Despite it being a less than perfect cycling summer, I was happy to be able to go to National Championships with the team in August. It was nice being able to stay with people in the condo, and not have to rely on restaurants every night, as we ate pasta two or three times or made ourselves something in the kitchen. The altitude definitely took its toll on us, as it took us at least two days to get "acclimated." However, Park City was a definite improvement over last year's venue, College Station, TX.

Individual Time Trial-Antelope Island State Park-10th Place

The time trial was out in the middle of the Great Salt Lake, a good 2500-3000 feet lower than Park City. There's a long, straight causeway going out to a very barren island with some large mountains and hills. I was able to get a good warm-up on a hot day, riding my "time trial" bike, aka clip-ons and a borrowed disk wheel (from my friend and mentor Steven Cozza) It was a good enough setup for the time being. The course was an out-and-back on the edge of the island, and for my distance (10k) you were either going uphill or downhill, as there was only about 500m of flats each direction. As I started, I felt great; maybe suffering a little more than usual from the altitude, but good enough. I could tell my pulse was high without even looking at my watch, and by the first hill, I had caught my 30-second man. Then, the crazy descent, in the aero bars, followed immediately (not a good idea) by the turnaround, which I'm sure some kids overshot. Coach Laura told me before the race that the race would be decided on the climbs, so just open up there. On the way back, up the climb which in fact was substantial, I kicked, passing my minute-man. Another factor which made the course tough was that there was a tailwind out and a headwind back, making it important to pace yourself. I may have overextended myself on the way out, but I tried my best and worked hard. During the descent I passed my 1:30-man and just tried to keep the rpm's up at about 95-100 in my largest gear. When I crossed the finish line I felt like I wanted to puke (which a few others did) but just tried to cool down as much as possible. I ended up getting 10th, with the field being annihilated by a kid from Colorado. I tried my best...

Road Race-Deer Valley Resort 16th Place

The road race was held on a very tough course this year, making a 4.6 mile circuit around Deer Valley, and up into the hills around it. There was lots of climbing on the circuit, about 1.5 miles of it per lap, with gradients of about 5-8%. It was a three-part hill, and it hurt everybody, I'm sure. The race went off without a bang (I'm serious!) and as Laura said would happen --the race broke up in the first lap. The weather was bad, with it raining on some parts



Ethan Weiss climbing the hill during the RR at Park City

of the course, or just previously. Everything got mucked up. My climbing has suffered a bit this year plus I didn't have a great month of July training-wise, however, it was good enough to stick with a pretty elite group of about 15 first time over, though, and there are some little guys who just jump over the hills. On the second time up the hill, I was shelled out the back with a few others when the attacks came again. From then on it was a pretty lonely race, as I was by myself or with 1 or 2 other guys. Again, I did my best, ending up 16th out of a field of 55 or so.

Criterion-Deer Valley Resort 11th Place

The Criterion shared the flat part of the road race course, and had only 1 real corner, a hard right hander at the bottom part of the 1.2 mile loop. It was extremely fast from the gun, with Major Motion sending all of their guys to the front to hammer the first lap and shell some guys. All I worried about was sitting in as long as I could, but got a little antsy by the second lap, where I attacked out of the hard right-hand bend. I put on some pressure but was reeled back in within 30 seconds or so. A few laps later, an attack went with the guy who won the road race in it; only two people. The gap hovered at about 5-10 seconds the entire race, yes, the entire race, because no one wanted to pull through and Major Motion, the dominating team, had a guy in it. With 500m to go, I was in perfect position, 2nd wheel in the pack, knowing that I'd have to be sprinting by 200m to go, as there's a nasty chicane with 150m to go. My plan, however, was derailed when the guy on the front pulled off, leaving me on the front with 350m to go. I of course didn't want to start the sprint so I did my best to pull over. At this point, the gap to the breakaway was no more than 3-4 seconds. I probably could have tried to shut it down then but a second of hesitation cost it as a move went quickly. I jumped on the train as best I could, but just before the chicane a friend who I race against here in No. California went by me a good 2-3mph faster. I was gapped off slightly, but ended up finishing pretty well, 11th place. The criterium was extremely fast, though the breakaway did stay away by 3 seconds (yeah, wow!), and was also a lot of fun. The trouble was that everyone took corners so WIDE! I was forced into the grass once after turn one!

No matter what the circumstances the races were lots of fun and hurt a lot at times. I'm now into my cross country running season and I'll hope it proves a good cross-training sport.

Until next year, Ethan!

Nancy Baum

Team Swift Assistant

Thank you Team Swift! I am so glad I was able to attend the National Championship Races in Park City, Utah. I enjoyed every minute of my adventure. I attended the event out of curiosity, mostly. I have known Laura for about 7 years now, and have just recently become interested in the sport



Nancy Baum and Laura Charameda at the Junior National Championships



Laura Sprinting to victory at the Masters Criterium Championships

of racing bikes. I have to say that the more I know about Team Swift the more I appreciate having such an organization here in Northern California. Everyone I have met; coaches, junior cyclists, parents of junior cyclists and volunteers have been just wonderful people. To me, it seems this sport truly embodies the intent of the word sportsmanship. I learned so many valuable lessons during my stay with the team. I wish I had the time to write the volumes it would take to cover my lessons. I must congratulate each rider who raced in their chosen events. I have a clearer picture of what it takes to get ready to go to race. Not just the few days before the event, but the dedication to the sport that each racer lives day in and day out. Each of you chooses your path consciously and that inspires me. I feel very fortunate to have spent a week surrounded by you; young men and women of the highest caliber. Thank you again for allowing me the opportunity to see first hand into your world. I wish the best of life for all of you.

Nancy Baum, aka, the dog watcher (this duty was passed on to my husband for this past event)

Laura Charameda

Head Coach
1st Place
USCF Masters National Criterium
Masters Women 40-44

We had another amazing group of people at the National Championships this year. I always find the spirit and dedication of these riders inspirational. The help and support of all the volunteers, sponsors and donors that make this possible have given time and resources to a great group of aspiring cyclists.

Nancy Baum volunteered to assistant Team Swift for the almost two week trip to Park City. We filled the van with lots of our Team Swift "stuff" and started our summer road trip. We got in to town to set up the Team Condo before the riders flew in to Salt Lake City. Some people flew and others drove with their families.

The week at Park City started with the Masters Events. I hadn't raced since my crash in May but with all the Team Swift Juniors at the races I was motivated to go out there to do the criterium. This was also a good opportunity to try out the race course at race pace so I could make a better race plan for the Juniors. We all went up to the course and the rain started coming down. There were lots of obstacles with all the cones and rain gutters. I don't see this as anything other than what a race course is and think about what is the best tactic to win with all these variables.

The field wasn't huge, but the women there were ones ready to race. I tried a couple attacks and kept my eye on how the altitude affected my heart rate. I noticed that it went very high quickly and took much longer to come down. I felt I would be unable to maintain a pace necessary to stay away so I simply waited for the sprint. Again, I had all the Team Swift members there to cheer so I figured I just better bring home the jersey so the Team would have a great start to the week. The finish had a rain gutter and chicane in the final 150 meters so I knew it was really a race to be first through there. I drag



1992 US National Elite Criterium Championships Altoona, PA

1st Laura Charameda
2nd Karen Bliss
3rd Linda Brennehan

raced everyone to that point and cruised in to the finish. So now I am again a National Criterium Champion and they are all fun to win (I won the Elite Criterium Championships in 1992 & 1995)

I would like to thank all the people who came out to cheer. I really like racing so much and just can't keep away. I also want to thank my Masters Dewar's Racing Teammates, Rich Sangalli & Rod Jewitt at Bianchi for replacing my broken frame, Wayne Stetna at Shimano for the fancy wheels, Dr. Harris, Dr. Chilcott, Dr. Stephen Weiss and Dr. Todd Weitzenberg for the rehabilitation and special care they provided after the crash, all the Team Swift riders & families, the whole local cycling community for showing their support this summer. Special thanks to The Hamilton's and all those at Hamilton Partners, my neighbors at the Urban Tree Farm for helping at home, my family and friends. Jim Keene at Norcal Bike Sport, Nancy & Rob Baum and everyone else that I know deserves a personal thank you. After having such a bad head injury crash to be able to come back and win the Masters Nationals Criterium with all my Swifties watching makes this title special. This has meant so very much to me and I am glad to be here to keep helping our local cycling programs. The inspiration of these young athletes is what motivates me and I like giving it back in the form of helping to make their cycling dreams come true.

Thank you for a wonderful 2004 and I look forward to next year,

Laura C.

Alumni Report

Steven Cozza



Steven Cozza Starting the US National U23 Time Trial Championships

*After the U23 National Championships Steven returned immediately to Europe to begin preparation for the Worlds in Italy. The following race in Capri was one of them.

Capri France 1.13 8-21-04

After nearly seven hours of driving to our destination in France the team finally had arrived to our living place for the night. It look like a medieval castle but was actually a boys boarding school. After pre riding the next days time trial course in the pouring rain we dried off and got ready for our cafeteria style dinner. The food was god ofal but what can you expect when it comes to race food in Europe. The meals usually consist of lots of French bred and soggy over cooked pasta. This is not very nutritious so as you can imagine we all carry our multivitamins every where we go to make sure we get all the vitamins we need. Being very tired from the days travel it did not take me long to fall asleep once the French teams turned off there crappy French rap music that they were blaring down the hall from us. I had nothing but good dreams that night dreaming about riding with Pro Cyclist George Hincapie. I was all ready to go for the mornings time trial of 6.7 k. The

course consisted of 4 k of flat terrain and then the last 2.7 of climbing to the finish. Since this was a short TT I made sure to get a good warm up. After warming up for nearly an hour it was my time to take it to the line. For the first half of the race I felt no pain whatsoever and felt completely comfortable. With just the climb left I was feeling great but started to hurt a bit on the climb. I drove as hard as I could because I knew in this short of a TT that every second counts. I crossed the finish line in 10:13 not that bad of a time but later found out that it was good enough to get me a second place behind the winner who rode it in 10:03. I was quite happy with this result but knew I needed to recover as best as possible for the later day's race of 125 k. Since I came in 2nd I was called to the podium to receive the young leaders jersey which was a competition for riders under 21 years of age. With my luck the jersey just had to be hot pink. Ugg what a color I hate pink but had to wear it in the later race of the day. The next stage was only 125 k road race so I knew it would be fast from the gun. I raced so strong the whole race and felt like I could win the overall leaders jersey by the end of the day so with 20k to go I attacked with 2 other riders and had a lead of over 45 seconds on the field but were caught with only 10 k to go. I had blown my engine and taken a chance for victory but it didn't go my way. The last 10k I did my best to limit my losses but ended up losing the pink jersey and just finishing. This race was a great learning experience and I will know how to race better now in this position. So far the legs have been going good and with nearly a month left in the season I hope to continue the feeling good streak. I leave for a race again in France for a 3 day stage race so until then, thanks for reading. I will report on that race if all goes well...

Steven