

# Team Swift Race Reports

## September & October 2008

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## Special Reports

1. Ryan Eastman—US Olympic Development Talent ID Camp

### **USA Junior National Talent ID Camp, Colorado Springs, CO Oct. 9-13, 2008**

#### **Ryan Eastman**

2009 Team Swift Captain

Team Swift Elite Member

Based on Ryan's results from this season, he qualified for an invitation to attend the USA Cycling National Junior Talent ID Camp, which was held at the Olympic Training Center in Colorado Springs, Colorado, October 9-13. This camp serves as Talent Identification for the US National Team Programs. This camp included field testing, expert instruction and skills work.

Congratulations on your outstanding performances in competition in 2008.

-Coach Laura and all your Team Swift Teammates

<http://www.petaluma360.com/article/AC/20080925/SPORTS/809249989/-1/PT08&template=ptart>

Thursday, September 25, 2008

## **Petaluma teen rider following in Cozza's fast bicycle tracks**

### **Ryan Eastman ranked No. 1 in junior time trials**

By JOHN JACKSON  
ARGUS-COURIER SPORTS EDITOR

Pro bicycle racer Stephen Cozza has inspired many with his integrity and his riding skills, but few have followed his example as completely or as quickly as 16-year-old Valley Oaks junior Ryan Eastman.

In just his second year of competitive racing, Eastman has already established himself as one of the nation's best junior riders.

In a race in Kentucky last June, he was second in the junior 15-16 criterion, third in the road race and third in the time trials, and he was just getting warmed up.

In the Junior National Championships in Orange County he placed third in the criterion and fifth in the time trials and had his hopes up for an even higher finish in the road race, his best event, when another rider crashed into his back wheel and he went down at almost 40 miles an hour on a downhill section of the course.

He broke his collar bone completely in half, got back on his bike and continued the race. It took a flat tire to finally get him off the bike and into an ambulance. "It happens," he says of his crash. "It is a part of racing."

He has received an invitation to attend the U.S. National Talent ID Camp at the Olympic Training Center in Colorado Springs. The camp serves as a "talent identification" for the U.S. National team programs.

And, it isn't only his in own age group that he is grabbing attention. He was first in the elite male category, a division that includes all ages up to 35 years of age and first in the Junior 15-16 category at the Sea Otter Ace in Monterey, one of the largest cycling events in the world.

He is ranked No. 1 in the nation for Juniors 15-16 Individual Time Trials, No. 2 in road race and No. 3 in criterion according to USA Cycling National Rankings. He is No. 1 in the state in road race and time trials and No. 2 in criterion.

As evidenced by the results and his refusal to give up in the Nationals, Eastman is very serious about his racing. He chose to attend Valley Oaks because it allows him more freedom to practice his riding. A gifted athlete, he played Division 1 youth soccer until he gave it up to concentrate on racing.

He trains with Team Swift of Santa Rosa, the same youth development team that provided training for Cozza. "I have a great coach," he says of Laura Charameda. "She taught me a lot of stuff really quickly."

Eastman works hard to learn his lessons, training six days a week and riding as much as 15 to 18 hours a week. He says the local area is ideal for race training. "I love training in Sonoma County," he says. "It has some of the best roads in the world for bike riding."

But his training goes beyond the riding.

"I watch a lot of tape," he says. "You have to use your brain to win a race."

He acknowledges he has had to learn a lot about competition. "It wasn't until my second year that I started learning how to race," he explains.

Eastman hopes all his hard work will pay off with a chance to ride in Europe. "My goal is to make the Junior National team and race in Europe," he says. "I would like to ride on the U23 (under 23) national team and eventually ride on a pro team."

Eastman is optimistic about the future of bicycle racing despite its current reputation. Like his friend and inspiration Cozza, he is adamantly opposed to any kind of drug use.

"Cycling is starting to clean up," he explains. "Hopefully, it won't be long until it is completely clean. I know I'll never dope. The sport is definitely changing."

Talented young riders like Eastman and Cozza, who is also adamantly opposed to doping, argue well for the future of a sport that is rapidly gaining in popularity in the United States.



Petaluma's Ryan Eastman is one of the nation's top-ranked junior riders. He hopes to compete in Europe and ride for the U.S. national team.

### **Team Swift National Year-End Top Ten Rankings**

7 <sup>th</sup>	Tyler Brandt	17-18 year old Road Race
1 <sup>st</sup>	Ryan Eastman	15-16 year old Individual Time Trial
3 <sup>rd</sup>	Ryan Eastman	15-16 year old Road Race
3 <sup>rd</sup>	Ryan Eastman	15-16 year old Criterium
2 <sup>nd</sup>	Ashlyn Gerber	15-16 year old Individual Time Trial (women's)
8 <sup>th</sup>	Ashlyn Gerber	15-16 year old Road Race (women's)
10 <sup>th</sup>	Josef Nygaard	13-14 year old Road Race
3 <sup>rd</sup>	Stanley Goto	10-12 year old Criterium
4 <sup>th</sup>	Stanley Goto	10-12 year old Individual Time Trial
9 <sup>th</sup>	Stanley Goto	10-12 year old Road Race

For more results visit: <http://teamsswift.org/race-results/>

## 2. Cycle with Champions Report and Links

- <http://teamswift.org/rreports/list/547/35/0/#list-547>

# **Cycle with Champions Report**

October 26, 2008

Team Swift Junior Development Program joined by BMC cycling team for “Cycle with Champions” benefit event.

For Photo's go to: <http://www.veronikalenzi.com/ridewithchamps102608.php>

The Team Swift Junior Development program continued it's tradition of successful benefit events with top US professionals at the 2008 Cycle With Champions ride. BMC Pro, former Olympian and National Champion Tony Cruz was the marquee celebrity drawing in over a hundred enthusiasts for the benefit ride through picturesque Sonoma County. Also on hand were Cruz's BMC teammates Scott Nydam and Michael Sayers, in addition to local Team Swift graduate Steven Cozza, who now rides for the Garmin-Chipotle professional team. International star Levi Leipheimer and his wife Odessa Gunn, who are Sonoma County residents themselves, also joined the event.

The event boasted spectacular Fall colors, spirited riding, a lunch stop at Healdsburg's Seghesio Winery and a benefit auction with proceeds supporting the racing and development programs of Team Swift. Team Swift is a 501(c)3 non-profit organization dedicated to recruiting of athletes and families into cycling. The organization also provides support of athletes competing at the national and international level, and has been the starting point of multiple successful careers.

The Cycle With Champions event again proved to be a rallying point for regional cycling groups ranging from advocacy, community and competition oriented organizations. Event support was graciously donated by the Santa Rosa Cycling Club, the Sonoma County Bicycle Coalition, Rene Goncalves Productions, the BMC Racing Team and numerous others. The tenor of the event was clearly one of enjoyment of the outdoors, of community and the grassroots support of young athletes pursuing excellence in sports.

For more information on Team Swift and how to support its ongoing development efforts, visit [www.teamswift.org](http://www.teamswift.org) or contact program director Laura Charameda at [info@teamswift.org](mailto:info@teamswift.org).

Other Links:

[http://cycleto.com/index.php?option=com\\_content&view=article&id=622](http://cycleto.com/index.php?option=com_content&view=article&id=622)

[http://cycleto.com/index.php?option=com\\_content&view=article&id=623](http://cycleto.com/index.php?option=com_content&view=article&id=623)

<http://www.slipstreamsports.com/2008/11/01/cycleto-cozza-on-heroes-and-hair>

[http://cycleto.com/index.php?option=com\\_content&view=article&id=630](http://cycleto.com/index.php?option=com_content&view=article&id=630)

<http://www.veronikalenzi.com/ridewithchamps102608.php>

<http://www.bmcrcingteam.com/>

<http://teamswift.org/gallery/gallery/31/>

## September & October Race Reports

### 1. Mount Tamalpais Hill Climb

#### **Results for Junior 17-18, winning time 46:20**

2	1:34	951	BRANDT,Tyler	Team Swift	47:54
6	11:09	952	KINNEY,Nick	Team Swift	57:29

#### **Results for Junior 15-16**

1	46:29	705	FLANAGAN,Christopher	Team Swift	46:29
11	5:16	718	PREDUM,Riley	Team Swift	51:45
12	6:01	717	PIASTA,John	Team Swift	52:30
14	6:35	724	WIGERT,Griffin	Team Swift	53:04
15	6:38	720	SARGENT,Zach	Team Swift	53:07
17	8:42	713	MICHELSEN,Patrick	Team Swift	55:11
18	9:01	715	PEPPER-TUNICK,Blake	Team Swift	55:30
23	16:30	709	GOTO,Stanley	Team Swift	1:02:59

#### **Results for Women 4, winning time 53:34**

7	3:08	502	CATLIN,Lauren	Team Swift	56:42
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**Tyler Brandt**—Team Swift Captain

2<sup>nd</sup> Place      Mount Tam Hill Climb      Junior 17-18

My last race as a junior, ever, weird and my last race as a Team Swift rider. I was hoping to end my junior years with a win, but with all my other obligations at this time of the year, especially starting college, I have not had as much time to ride as I would hope. I have been making a big transition and since it is the end of the racing year I have been spending more time trying to get transitioned rather than ride. Given all of that I did not have the best preparation for a short hard effort such as this race, but I am still fit and able to push myself.

The junior race began and I sat in along the flat section by the ocean and waited for the hill. I sprinted to the front just before the turn up the hill and I attacked into the hill. I rode a hard tempo at the front and when I looked back there were just 5 guys left. I sat up and tried to check everything out. There were 2 Whole Athlete riders left and my teammate Chris Flanagan and then there was a Davis rider and a Tieni Duro rider. There was only one other 17-18 year old, John Bennett from Whole Athlete, and the rest were in the other category. I put in a few more attacks and followed some from John and my teammate Chris. Then when I had moved to the back of the group Chris put in a strong attack and John followed. I thought that they wouldn't get too far and I didn't want to chase down my teammate and bring all the riders in his category up to him.

The rest of the race I rode within the group. Up the climb before the ridge Chris and John stayed within our sights, but then when we hit the ridge they were gone. I put in some attacks, but my end of the season attacks were not explosive enough to drop them. We rode tempo up all the rollers along the Ridge then Will Curtis from Whole Athlete attacked. I was able to follow his attacks until the 2nd to last roller. I rode into the finish, disappointed with the loss, but happy that my legs had been relatively good today. I had been able to make some moves and put in some attacks, which I was not able to do at this time last season when I was dropped halfway up the climb.

It was a good way to end my junior career, but a win would have been so much better. Hopefully those will come in my new category, racing solely with the big boys, and now, I actually get to use the senior gears!

Good Luck to all the future Team Swift riders.

-Tyler Brandt

## **Nate Geoffrion**

6<sup>th</sup> place      Mt. Tam Hill Climb      Junior 15-16

Mt. Tam was the first race I had ridden other than a criterium. I am more suited to climbing than sprinting because I am very light and am just better at it. I was very nervous going to the race in the morning, because I had no idea how good the other juniors were at climbing, except for my teammate John.

The race started on flats for the first four miles along the coast and it was crazy because we took up the whole lane and cars were passing us in the other lane going both directions. Before we got to the turn to start the climb up MT. Tam I moved to the front when Tyler told me to get on his wheel. I was third through the turn across the cattle grade up the gradual climb. When we started Tyler accelerated really fast breaking up the group. I was in the front pack but towards the back of it which wasn't good. The next time someone attacked I was already 30 yards behind them. I dropped off while 8 or 9 guys stayed in the group. I didn't want to burn out my legs in the first part of the climb, because I thought I was stronger when I rode a pace that was hard and steady. I got faster as the climb went on, and my diligence paid off when I caught and passed two guys. The second guy, Tony from Z-Team, stayed on my wheel up the gradual part of the climb. When we got to the stair steppers for the last 15 minutes I stayed on his wheel on the flats and slight down hills, resting a little bit. On the last uphill with about a mile and a half to go I attacked him so that I could beat him in the standings. I went through the finish line with burning legs and anger or upset because I had not stayed with the front pack. I thought I ended up 5<sup>th</sup> or 6<sup>th</sup> and sure enough I got 6<sup>th</sup>, disappointing because not in the top 5. It was a good race and I really liked doing a race I thought I was really good at.

--Nate

## **Nick Kinney**

6<sup>th</sup> Place      Mt. Tam Hill Climb      Junior 17-18

Mt. Tam was a race that I was really looking forward to and I wasn't disappointed. Parking and registration was right next to the beach and the weather was cooperating nicely. Before the start I tried to sneak in a last minute nature break and got to the start as the juniors were taking off towards the hill and after almost killing several 3's trying to sneak through I was now racing as well.

My plan going into the race was to attack on the flat leading up to the hill. When I was attacking several scenarios played out in my head: 1) No one would chase and I would reach the bottom of the hill all by myself with a good lead 2) someone would chase, using energy better saved for the climb 3) a group would

form, with one of the younger Swifties tagging along. Any way I looked at it my attack would take pressure off of the Swifties with a real chance at winning within the pack. For about a mile of riding along the coast it seemed like I would be all by myself for duration, I looked back every now and then and could see that my gap was growing. I looked back one more time and saw 3 guys flying up to me. They were Team Swift rider Chris Flanagan, Davis BC rider Andreas Freund and a Whole Athlete guy. After one rotation I began pulling for Chris, to try and drop him off at the bottom of the hill with as little competition as possible. Someone obviously didn't like our group and as I swung off after a long pull and found the pack strung out right behind us.

Rounding the right hand turn onto the hill there was no rest for the weary as Tyler opened with an attack forcing everyone to respond. I settled in, eventually riding the majority of the hill with Joseph Christensen of Rocket Racing and Alex Freund from Davis BC. From this group I definitely felt the strongest on the first 5 miles of steady climbing. I took the longest pulls, pacing myself with my heart rate monitor and each time my heart rate dropped as I pulled off during the rotation. After the 5 mile climb bit there was a cattle grate and a downhill.

That downhill killed my legs. The rollers that rose to the finish were the hardest part of the race. Joseph was the first to crack and after Alex and I caught a Tieni Duro rider with about 2 miles to go I had to drop off as well. I rode alone to the finish.

At the top Chris Flannigan's dad had parked his car and there was a cooler with sandwiches, coke and water. That was really great to have, as I was out of fluids and needed something to start recovery. John and I rode down Mt. Tam a different way than how we had come up and really it was a spectacular ride (we had time to enjoy it as we got stuck behind a mini-van). When I looked down the bay was shrouded in a blanket of fog and only the top of the tallest buildings in San Francisco and some hills were visible which was quite an amazing sight.

Thanks for reading!

Nick



## Riley Predum

11<sup>th</sup> Place      Mt. Tam Hill Climb      Junior 15-16

What I liked about the course was that I ended up riding it a lot with my teammate Chris to prepare for the event. I also enjoy this climb, and most all other climbs I do. The strangest of events didn't go well unfortunately. My mom picked up my helmet and the strap broke off so we had to safety pin that back on, which led to a rushed registration and a 2 minute warm-up to the starting line, so I had negative energy getting in the way of my performance and an incorrectly adjusted helmet which was made uncomfortable because of the safety pin pressing against my neck. I think that race conditions were definitely not prime for me. I learned that I should just breathe before asking my body to perform well for long periods of time. I was freaking out and getting angry which seriously affected my performance. I ended up having fun, because I got a free water bottle out of it, as well as a race plate for the wall and a result for the resume.

-Riley

John Piasta

12<sup>th</sup> Place      Mount Tamalpais Hill Climb      Junior 15-16

The week before Tam, I could not believe that the season was coming to an end. I have learned so much this year and have had so much fun. I was hoping for Tam to be a good ending.

Unfortunately, since the Thursday before Tam I had acquired a virus in my throat and it only became worse. The night before Tam, I could not swallow, and could not go to sleep. After limited sleep I woke up feeling even worse. I was planning on catching a ride with Alex from Norcal, however my mom called him in the morning to tell him I could not race. After sleeping a bit more and reflecting on the season there was no way, no matter how sick I was, that I wouldn't race. So my mom hurried me down, and I was off to race.

After not feeling any better, I tried to stay optimistic, and focused on finishing strong. After convincing myself that I was feeling great, and that going really hard would make my sickness go away, we started. From then it was simple, I started towards the front and slowly drifted back. I rode by myself, and when the seven sisters came I could hardly push myself and just felt sicker and sicker. I finished after beating a whole athlete guy in a sprint.

Now I realize that Tam truly was a success. Although it wasn't a great result, at least I raced through adversity, and did not sit the last race of the

season out. It has been an awesome season and I am looking forward to next year, and writing my next race report. For now though, I will work on paraphrasing.

-JohnP

## **Griffin Wigert**

14<sup>th</sup> place      Mt. Tamalpais Hill Climb      Junior 15-16 year olds

This morning I got up at 6am. I got dressed real fast, but it felt like the rest of my family took an hour to get ready because I was so nervous. Finally we started off. The road up Mt. Tam in the car was really twisty with a ton of fog covering it.

The start of the race was really fast. I was in the back of the pack and we were constantly in danger of being dropped. Then there was this super sharp turn starting up the hill and I was left in the dust. I got into one group that was right behind another smaller one. I was feeling strong so I jumped to the next group which had 3 ACR guys and another Swiftie (with argyle socks). About 3 quarters through the race, the ACR guy got ahead and I just tried to hold on to the Swiftie, but he dropped me at end. My finishing time was 53:04.

-Griffin

## **Blake Pepper-Tunick**

18<sup>th</sup> Place      Mount Tam Hill Climb      Junior 15-16

A few weeks before the race, I found out that I would be busy the night before and would probably be up late, but I really wanted to do this one, so I registered anyway. On the morning of the race, I got up early (around 5:30), leaving me with about 6 hours of sleep at the most. Luckily, I didn't feel as though this affected me too much during the race.

Down at Stinson Beach, (the start area), there unfortunately wasn't a lot of area to warm-up on, (or at least that I could find.) By the start which was around 9:10am, I didn't feel like I was as warmed-up as I could be, but it would have to do.

The first 4.5 miles of the race were relatively flat, with a bit of small rollers, but I still struggled because I'm pretty terrible at group riding and I barely hung on to the back of the pack. After the right turn into the hills, the main pack pretty much took off away from me, but after about a mile, I settled into a line with my

teammate Patrick and another kid named Skyler from above category racing. At this point, I was struggling quite a bit, though I did manage to pull some. A few miles later, Patrick broke off, but I couldn't stay with him and instead hung back with Skyler. For the rest of the race, we were pretty much helping each other out, back and forth. When the final sprint came around, I managed to pull ahead and beat him by about 4 seconds.

Overall, my standings weren't that great, but I was still happy with the time I got. (Sub-1 hour!)

One thing I learned was to be sure to oil the chain and cogs sooner, rather than later, for best results.

Also, I enjoyed the course and I hope to do it next year.

-Blake

## **Ashlyn Gerber**

9<sup>th</sup> Place      Pinellas Park Circuit Race      Women pro 1,2,3

9<sup>th</sup> Place      St. Joseph Road Race      Women pro 1,2,3

Well after a long period of hard training after nationals, Florida racing has finally started up again. We kicked the fall season off with a circuit race and a road race.

Saturday's circuit race was late in the afternoon. I was really excited to finally get out and race again. The women pro, 1, 2, 3 raced with the women cat 4 and the masters 55+. It was a 40 minute race and it was promising to be fast. The course was flat with only 3 sharp corners and mostly wide bends. After the first corner was a long straight-away with a tailwind.

After a good warm up I was ready to race. My legs felt good and I was just excited to be there. I got a good start. I excelled to the front. I didn't want to be on the front so I started to slide back into the field. Oops, too far. I found myself near the back. We had a solid yellow line rule the entire course and with our field I found it difficult to move up.

The race was basically the same for the entire race. It was fast but the group stayed together. On the last lap a master's rider broke away and held it to the line. The field got antsy and very sketch. Riders were bumping and swerving everywhere. I think we had like 5 near crashes in the last mile. I had bad positioning and got boxed in during the sprint. I felt bad about how I had finished but during the race I had great legs and I was looking forward to the

road race the next day.

After a good night's sleep and a nap in the car, I was ready for the race. The course was kind of in the middle of no-where. It was a rolling course and the only "big" hill was 200 meters before the start/finish. We did 2 laps on the 16.5 mi course.

I warmed up with Jackie Kurth (a close friend of mine and a really strong rider). We rode the finishing hill a couple times and did some hard efforts. They staged us right behind the stage and when they said go half of the field stopped at the line when they were not supposed to. I made it around and up to the lead riders but soon the field was all together. For most of the first lap we just kept a steady tempo. There were a couple of attacks but nothing stuck. As we came around to go up the finishing hill the first time I moved to the front. My legs had felt good so far but I wasn't sure how I would do on the hill.

I was setting the pace up the hill with 2 other riders so we blocked the entire right lane. Jackie Crowell slid through a little gap and attacked (she is u23 rider and Jackie Kurth's Teammate). I slid over blocking the only route up to the front. After we crested the hill I was very happy. My legs had felt great and I was still at the front of the field. For the next 3 mi Jackie stayed off the front. She was eventually pulled back by a couple master's riders.

Then the games started. Some masters started attacking but they were pulled back. I tried to stay near the front. About 7 mi from the finish I did a little attack. I brought along a masters rider but we weren't working together and went back to the field (go figure he went on to win the entire race). I settled back into the field and prepped for the sprint. I was sitting on Jackie Kurth's wheel and felt good. A 55+ rider started to move up through the field and I used him as a free ride to the front. 1 1/2 mi from the line. The men were controlling the front and I was about 5th wheel. As we made the final descent I was swarmed as the guy in front of me sat up. I got gapped and came in a little behind the main field in 9th place.

I felt really good about my racing. I had great legs and fairly solid racing. I need a little tune up in my race skills but all in all I had a great weekend of racing. This upcoming weekend I have a criterium and road race and the weekend after is the final race weekend of the year. I'm totally stoked and can't wait for the last races.

-Ashlyn

## **Ashlyn Gerber**

Ocala Race Weekend – Last Race of the Season

Women 1, 2, 3 and Junior 15-16

Well the road racing season has come to an end. We kicked off the end of the year with fun races and memories to keep the competitive juices flowing until next season. We woke up at 4:30am and arrived at the race while it was still dark. While groggily walking through the field where we parked I couldn't help but wonder if I was stepping in grass or cow pies. Luckily it was grass.

After a good warm up I was really excited to race. My legs felt great and I couldn't wait to start. The women 1, 2, 3 raced with the 55+ men, and the women cat 4. We did 2 laps on the 12 mi course. The course was rolling with no major hills.

And we're off: The first lap was not so eventful. There were a couple attacks but nothing got away. Tina Elliot and Katie DeGoursey (the two power houses of the weekend) controlled the field. I made one attack while trying to bridge a gap. I got chased by Tina and was shuffled back into the field. While we came around to complete the first lap Katie attacked at the base of the final hill. A master's rider in front of me started to react and I followed him. He did a hard pull then rotated. I accelerated and pulled hard over the top of the hill. I flicked my elbow and looked around but no one was there. I put my head down and hammered down the hill. I had closed the gap to about 50 meters but then she looked back and picked up the pace. I matched her for a little bit but I couldn't close the gap. I let up and was soon caught by the field.

We caught Katie about 2 mi later. For the next 7 mi attacks went but nothing stuck. I felt pretty good but I wasn't sure how I would do on the downhill finish. We came up to around 2 mi to go. Elizabeth Morse Hill and Tina had moved up to the front and I tried to follow. As we came up to the final hill I was 4th wheel behind Elizabeth. All the riders behind us were starting to get antsy and trying to move up. I had good positioning for the sprint but couldn't match the speed. I ended up getting swarmed and finished towards the back of the pack. I had really good legs and was stoked for the next race. While driving home I decided to do the juniors race in addition to the women's race.

Bright and early at 4:30am again. This time I was a little sleepier. This

showed in the fact that I managed to forget the already filled water bottle in the fridge. I had to bum a bottle off a friend at the race (Thanks Will!!!!). We had a 12 mi flat course today. A couple of the corners were sketchy but for the most part the roads were pretty decent. It was in the shape of a lollipop so we only passed the start line at the start and the finish. The juniors race had 1 lap and the women's/masters 55+ race had 2 laps.

Junior Race: After some trash talking at the line from some guys I usually train with I was pumped up for the race. The group was smaller than normal. The big team from Miami had decided to skip the race so the group had about 10 riders missing. This included some of the fastest juniors. Right from the gun team Colivita set the pace. With 3 riders they were the only "team" in our race. Everyone followed and the group stayed together. A couple of the 17-18 riders went to the front and picked up the pace. I stayed at the back and marked the wheel I wanted, Steven Ruznak. He wins just about all the junior races and is wicked strong.

About 6 mi into the race, one of the 17-18 riders attacked and got a good sized gap. Right about then a 15-16 Colivita rider got a flat. The field started to rotate and was trying to pull back the lone leader who had about a 20 sec gap. I got shuffled to the front and did a hard pull. I pulled off after 30 sec and about 1 min later it was "groupo compacto". For the next 3 mi we kept a steady tempo but we were all looking around to see who would make the next move and it came from a 17-18 rider. No one really responded and soon he had a good sized gap. A chase started to organize but it wasn't very effective. Soon people started to counter to try bridge the gap. Soon the 4 17-18 riders were off the front and it was down to me and 4 other 15-16's. Our pace soon slowed to about 15 mph. I was getting bored and decided it would be fun to do a couple attacks to open my legs. I would get a gap but they pulled me back. With about 3 mi to go I decided to go back to marking Steven's wheel. I managed to take it from 2 other riders who were starting to bump for it. I sat on Steven's wheel until we came to the final corner and I sat up. It was a fun race and a good warm up. It's always fun to go out and beat up on the boys a little. ;-P

The women's race started soon after my first race ended. We had sat at the line for about 10 minutes and my legs had tightened up a little bit. About 5 min into the race my legs had loosened up again. For the first lap I marked Katie and Tina's wheels. I managed to get off the front with Katie once but Tina had soon chased us down. The rest of the first lap was fairly uneventful. A couple attacks but nothing stuck. About 2 mi into the first lap Katie attacked and Tina followed.

No one reacted and I had gotten myself boxed in. By the time the field reacted they were a little ways up the road. The women wouldn't get together and start a chase and the two leaders were getting further and further away. In the next mile there were many attacks by masters riders. I followed most of them in hopes catching the leaders, but no luck. Everything got pulled back. After that about 5-7 masters riders went to the front and set the pace. They kept it at around 25 mph. As we came up to the turn that would take us back to the start line a spectator yelled that the leaders had 1'30" on the field. I started to set up for the sprint. A few women had gone to the front and picked up the pace. I found my way to Elizabeth's wheel and was glued to it. In the last 1 1/2 mi I started to cramp. I took a Clif Shot in a frantic attempt to get fuel to my legs. We came up to the final corner but there was a car in the inside. Most of the field hit the brakes and I ended up making an awkward turn and tried to sprint but my legs tightened up. I sat down and tried to hammer to the line. I ended up getting 6th.

Over all it was a great weekend of racing. I'm already looking forward to next year's season and look forward to hopefully racing some cyclo-cross during the off season.

Thanks for reading!  
Ashlyn

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### **Colin Andrews-Gibson**

5th and recipient of the Honorable Mention award 2008 USA Triathlete  
Age: 15

1) Link to the final 2008 USAT standings, see "Andrews-Gibson, Colin" ranked 5th and recipient of the Honorable Mention award (= top 6-10%; top 5% receive All-American award). All four of the athletes ranked above Colin will age up next year, but he has another year in this division. Still the kids just get faster each year, so Colin will have plenty of challenge next year.

[http://assets.teamusa.org/assets/documents/attached\\_file/filename/3302/2008\\_Youth\\_Elite\\_Males\\_National\\_Rankings\\_-\\_Final.pdf](http://assets.teamusa.org/assets/documents/attached_file/filename/3302/2008_Youth_Elite_Males_National_Rankings_-_Final.pdf)

Here is a link to today's Mt. SAC cross country race results in L.A. "Colin Gibson" finished 9th in his race of over 200 freshman (and 15th overall out of over 400 freshman in two races). Mt. SAC is the largest cross country venue in the nation/world. Over 500 high schools there this weekend; 70 high schools in

Colin's division. This is their 61st year. We watched Colin cross the finish line from home today via the very cool webcast!

<http://events.mtsac.edu/ccinvite/results/2008/hs/5.pdf>

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## Team Swift Alumni Race Reports

### Steven Cozza

Playing Piemonte Pinball

17th October, 2008



*The peloton rolls through the sublime fall scenery of the Piemonte region in NW Italy*

At this time of the year, there isn't a better place to have these races other than Italy. I swear it's so weird, but every time I land in Italy, I get this good feeling that rushes over my body. It just feels like home here. I guess many factors lead to that, one being the food of course. The food at races here is absolutely amazing. It's strange how bad the race food is in France. Then you come here and it's normal, great food. 90% of the time the pasta in France tastes like the chef threw it on the floor, heated it, froze it, warmed it up and then spit on it. That just seems like way more work than just making normal pasta.

The Piemonte race was a lot tougher than we had expected. The climbs were really hard and quite long. Most of the time, this race ends in a field sprint because the last 60 km are flat. Since we didn't have a real sprinter, that job fell in my hands. I loved the thought of getting the chance to dice it up in the chaotic last 20 km of a race that was going to come down to a sprint.



The guys were great and did all they could to help me stay out of the wind. Lucas took over the last 10 km, moving me up time after time. It was a totally crazy run in with guys bouncing off each other like pin balls. I felt more like a bowling ball ready to crush the pins at any moment. Unfortunately, I didn't hit any of the ten pins and instead got a gutter ball [coming in 12th](#). But we made the best of what we had and I am proud of that. With a couple more finishes like that under my belt, a strike is soon to come.

Now we are resting up in the mountains above Milano, up by the lakes. In fact, I'm back right by where the Worlds were just a couple weeks ago. Lombardia here we come. Then home sweet home!  
Cozza

## Looking back and looking ahead - Part 1

By [Neal Rogers](#)  
Posted Oct. 24, 2008

<http://www.velonews.com/article/84553/looking-back-and-looking-ahead---part-1>

**VN:** Speaking of young riders, Tyler Farrar and Steven Cozza had very strong ends to the season, with results that were maybe overshadowed by the Vuelta a España and the world championships.

**JV:** Yeah, Tyler had a great end of the season, and so did Cozza. They've both had unbelievable ends of the season. Cozza was injured earlier on so he didn't get as many opportunities as he could have. Tyler just got sick at the wrong moment and probably should have been on the Tour de France team, but he was just a little bit shy on form, and I was uncomfortable sending such a young rider to the Tour when he was just that much shy. But as opposed to curling up in a ball and crying over not getting a Tour selection, he really came back with a vengeance and has raced pretty much every race that we've done. He told me, as soon as he wasn't selected for the Tour, "I want to do every race from the Tour on, because I need to set down a foundation because I am going to race the Tour next year. Quite frankly, those two guys, Cozza and Farrar, are really likely to be doing the Tour next year. And when we're talking about the super dominant team time trial squad, both of those guys would play a pretty large role in that. Cozza's ride at the world championships was pretty unbelievable. I think he's on his way to becoming one of strongest domestiques of his generation.

**VN:** It sounds like the Tour selection for 2009 is going to be even more difficult than it was this year.

**JV:** For sure, it will be. We've got a lot of strong guys. Dan Martin is going to be old enough to do it. Tyler Farrar has come up a notch. Cozza has come up a notch. Svein will be ready to do a three-week race like that right off the bat. So already you're floating in five or six riders into the mix of what was already a difficult Tour selection this year. But that's good. We will have a climber that can stay with Christian in the high mountains, and a better, more experienced team to protect him in the flats. I think all around we will have a better team — a more solid team.

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## Lindsay Myers

Dewar's Racing Team

18 years old

Category: Women's Senior 2

<http://www.cyclingnews.com/riders/2008/diaries/uswcdp/?id=uswcdp0834>

### US Women's Cycling Development Program diary

The US Women's Cycling Development program was founded by former pro rider, Michael Engleman, as a way to help promising young women cyclists reach their full potential as athletes. The USWCDP networks current and former women pro riders with up and coming athletes through mentoring and coaching.

With experienced mentors like Olympians Dede Barry and Mari Holden, along with current pros Amber Neben, Tina Pic, Kim Anderson and others, the USWCDP helps young riders like Mara Abbott, Katharine Carroll and many more to race better, find teams and become professional bike racers. The dedicated and well spoken women of this program provide thoughtful, compelling and sometimes hilarious anecdotes of their experiences in this diary.



US Women's Cycling Development Program diarist Katharine Carroll drives the pace in "Toona"  
Photo ©: Mark Zalewski

For further reading about the program, visit the [USWCDP website](#)

[Index to all entries](#)

October 22, 2008

#### Reflections on Missouri crit

By Lindsay Myers



The women line up for the Tour of Missouri Crit  
Photo ©: Lindsay Myers

This report is a long time coming. While at Nationals, I got an invite from Michael Engleman to race [Tour of Missouri women's criterium](#). Since then, I moved back to college where I finally had a chance to sit down and take a breath... ironic.

Tour of Missouri was a lot of things for me: a confidence booster, new, scary, learning experience. Looking at the list of pre-registered riders, I was intimidated to say the least. I thought for sure I was going to fly to Missouri for a 55 minute race and get dropped. Despite intimidation, I was stoked for the race... and the whole experience. No matter how many times Michael Engleman assured me this race wasn't a test, it felt like one. And it wasn't like a stage race where if you have a bad day, there's always have tomorrow to ride stronger – no, this was just an hour. So I set a couple goals for the race: I wanted to race my bike, not just sit on the back, intimidated, waiting for everybody else to make their move.

I got to Kansas City a little later than scheduled... I forgot my phone in the car, had to take the bus around the loop again, missing my flight. But I made it along with my bike, so all was good. I was set up with host housing for the

weekend. After a long sleep, I went out for a short ride. Coming from 100 degree weather in California, I really wasn't expecting to get rained on. Being new to all this, I'm not used to flying then jumping on the bike – my legs felt terrible. I've learned that things don't always work out ideally; you have to adapt and do your best with the given situation. I had been sick for over a week and wasn't really on the downhill side yet. That contributed to how I felt, but I had a couple days to rest before the race.

The night before the race I woke up to the loudest thunderstorm I've been in. I remember when I was little I would count seconds between the thunder and lightening and that was supposed to be how many miles away the storm was. This storm lacked any time between the thunder and lightening! I had the feeling it might be a little wet the next day.

**"I like fast, hard racing and this one promised to be just that."**

- Lindsay Myers on the Missouri Crit



Looking different without helmets.  
Photo ©: Lindsay Myers

Thankfully the weather cleared up a bit in the morning. Michael and I got to the course early so I would have plenty of time to warm up. My legs didn't feel all that great, but like Michael said, if your legs feel bad, it doesn't mean anything; if your legs feel good, they'll feel good for the race... As far as being sick, I couldn't really breathe too well, but Michael assured me I wouldn't notice it during the race...

The course was a one-kilometre flat, eight corners. I liked the course, the pavement was perfect. The field was pretty small, less than 50 women. It was great having Michael Engleman there helping me out before and during the race. I had never raced with a radio before, and it was great to hear what Michael suggested each lap around. I was so excited to

start racing.

I like fast, hard racing and this one promised to be just that. Keeping my goal in mind: I wanted to be in some of the moves and I was. There was continual attacking by the big teams represented, Colavita, Cheerwine and Aarons. No attacks stuck and it came to a bunch sprint. I was holding good position until about two laps to go... when it matters. The last two laps I was towards the back. My last time around the pit where Michael was, I got some garbled message that ended with something like "you should probably move up." I finished in the middle of the pack, but regardless, I was happy. I had accomplished my goal, I raced.

## Photography

For a thumbnail gallery of these images, [click here](#)

Images by Lindsay Myers

- [Looking different without helmets](#). Lindsay Myers on the far right.
- [The women line up for the Tour of Missouri Crit](#) with Amy McMinn.

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**Michael Carroll**  
18 years old

\*Mike is a top runner at Claremont McKenna College

Updates from Mike:

I was pretty bummed I couldn't make it back to Northern California for the recent Team Swift Cycle with Champions event. I'm down in Southern California attending Claremont McKenna College (recently ranked the 11th best Liberal Arts College in the nation-if you're not familiar with its reputation, as well as being part of the Claremont College's Consortium) and still riding my bike. Ethan's down here as well at Occidental college, roughly 30 miles east of Claremont. Everything is going well. I was recruited (400m, 200m, 4x400m relay) for the track team (NCAA Div III), and am planning on running in the spring. As such, I have running workouts three days a week, but am finding time to get out on my bike two or three other days as well. There's plenty of good cycling from the city of Claremont, most of it involves heading into the mountains, but there are other rides as well. At the moment I'm considering riding up the infamous Mt. Baldy, which is literally in my back yard, on either Saturday or Sunday--a good way to burn off all those extra candy-calories. I'm still sporting the Team Swift kit, but I have joined the "5c's" cycling club (club team with members from the five Claremont Colleges), as well as the "5c's" triathlon club. I did my first sprint tri in about an hour and fifteen minutes; I definitely could improve my swimming. After talking with some other club members, have decided I'd really like to try track cycling, specifically the 1k, but am leaving that on the back burner until the Summer when I have a job and can start thinking about having money to buy a track bike and get myself to a velodrome. I hope all is going well back in Sonoma County.

-Mike