

All Sport- Team Swift February 2009 Race Reports

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RIDER REPORTS

1. Cherry Pie Criterium

Ryan Eastman

3rd Place Cherry Pie Criterium Juniors 17-18

The juniors' race was my first race of the year. It felt really good being on the start line, it was surprisingly a very large junior field. My job in this race was not to race for myself, but to race for my teammates Nate and Sam. They both need points to upgrade to a Cat 3, and I was to help them get those points. The ideal move would be for a break to get up the road, then for me too attack out of the

field with Nate or Sam on my wheel bridging them up to the break. I would then drop off and go back to the main field so they would not chase it down, and my teammate would have a much better chance for the win because they would not see the break as a threat.

As we rolled off the start line I jumped into 6th wheel, to have a good view of what was going on. It was nice the field was so big the rest of the riders were not focusing on me and waiting for me to bring back the break always. About half way through the race I got John on my wheel to try and play out the plan of getting him in the break. I attacked but we were chased down immediately. I waited until the right moment until I would try this again.

With two laps to go it was a perfect time, there was a break away off the front, it was Joel (Specialized) and he was solo. It was time to go so I go Sam on my wheel. Up the finishing climb I attack. Sam played his part perfectly and stayed right on my wheel. We flew by Joel, and he scrambled to get on our wheels, and quickly did. I pulled on the front as hard as I could and had Sam pull through to give me a little rest before getting on the front again. We got caught on the last lap, so it did not work out in the end. It was a very good experience for Sam and I as new teammates because we now know that we are able to make that kind of move and know how to do it, we just got to get the timing down now.

So the final sprint played out I was 6th wheel behind Alex (DBC) definitely not perfect position a little too far back. Specialized was on the front leading out Peter, who is a pretty go sprinter. Peter took the win and I came around a few guys in the sprint to take 3rd.

-Ryan Eastman

Ryan Eastman

11th Place Cherry Pie Criterium Pro, I, II

Cherry Pie was the first race of the year, and I was definitely ready to start racing again after a long off season. It was six months to the day of my last race, which was a little weird. My season last year was cut short by a crash at the national championships that left me with a broken clavicle. I did the junior race earlier in the morning, so I had the feeling of racing back in my legs. I was supposed to take it easy in this race and basically motor pace. I had a long and hard week on the bike from doing the Trek/Livestrong training camp (see special reports section). I got in a short warm up to spin out the legs from this morning's race.

The fist half of the race I just sat in the field around the top third, staying out of trouble as I was told to do by Laura. I went for a prime to test out the legs

in the sprint; I find it always a good idea to do this because it is like a little preview of what the final spring will be like. You can practice you timing and all that. I got 4th in the sprint which was alright.

I stayed near the front ten riders, mixing it up a bit and having some fun. Then I dropped back into the field to rest up for the final sprint. The race was going by so fast and I looked up and there was only one lap to go. After the short decent there is a long sweeping bend that has a strong cross wind so everyone is single file along it riding the gutters, hiding from the wind. So there was plenty of road and room for me to jump out of the field where I was (around 30th wheel) and swing into 5th or 6th wheel.

So I did just that. As I got up to that spot a space just opened and I took it sitting on Alexandre Moos's (BMC) wheel. Through the last corner up the long strait we went and as we hit the base of the gradual climb to the finish I was ready for it all to happen. About halfway up the climb I tried to come around Moss and was smacked with a headwind in my face and not enough power to come around him. I slowly went backwards and lost a few places and crossed the line in 11th place. Not too bad of a result today and I was happy with it.

Basically next time what I would have done different was to just stay on Moss's wheel and maybe try and come around him in the last 50 meters instead of 150 meters. Or maybe not even try to come around him. I was glad to be back in the peloton, and I am looking forward to the rest of the season.

-Ryan Eastman

Sam Bassetti

5th Place Cherry Pie Criterium Juniors 17-18

35th Place Cherry Pie Criterium Senior Category 4

Junior 17-18 Report

I got a ride up with Ryan and Nate nice and early in the morning. We got all our stuff together and did a couple pyramids to warm up and rolled back to the car to take off layers. We rolled up to the start area and went over our plan. Ryan would bridge Nate and I up to a break, then drop back so the field wouldn't chase. Unfortunately Nate didn't get to race with us, he got his license too late and they wouldn't let him register. That really blows. Anyway, the race started and wow, what a difference one year makes. I went from getting dropped in the first couple minutes of the race last year to feeling very comfortable in the pack. Moving around was easy, and I just felt so much stronger all together. So we mainly chilled in the pack, no major breaks went. So on the last lap I was on Ryan's wheel and he told me to get ready, we attacked

up the hill and got a gap. We worked our way around the course, but a chase group of four caught us a while before the chicane. A specialized guy came around me to lead out the sprint, so I was sitting second wheel. The sprint started behind me and after they went around me I just didn't have a good enough sprint to pick up any places. So I was last out of the group of six but one of the guys was a 15-16 junior.

Elite 4

The Senior Category 4's race started immediately after the junior race, so I basically went straight to the line. I spent the first part of the race just sitting in and resting up, then started moving up. I got near the front right after Nate went for a prime; they announced a double prime, so I decided to go for it. I followed a guy off the front right before the chicane then came around him up the hill. Then some other guy got by both of us. Soon after John was off the front. Nearing the end of the race I worked my way to probably 11-13th wheel going into the sprint. If I had a good sprint I could have had a top 10 but I completely died for the sprint. It was cool for us to be mixing it up in the front, but we should have talked strategy beforehand. I guess we just didn't have enough time in between races. Anyway, lessons learned 1) it's gonna be an awesome year of racing 2) I need to work on sprinting.

-Sam

Nate Geoffrion

Age 17 Juniors/Cat 4

37th Place Cherry Pie Criterium Senior Category 4

As the first race of the season for me I was extremely excited and nervous. Sam, Ryan, and I drove down to Napa in the morning listening to some music that provided a little bit of wake-up call to us. We did some pre-race interviews on the Flip cameras and had *all* our stuff ready to go. Another thing that added to my excitement was that I would be racing on some deep dish wheels for the first time.

The whole team showed up to the race, decked out in the new shoes, helmets, and bikes. We all warmed up together which consisted of some light pedaling and a 1 min pyramid. The team looked good and I was ready to race with them. Ten minutes before the start of juniors I went to go get my number. I had pre-registered and everything so I was set. I showed up, told them my name and that I needed my number for the juniors race. The guy looked at me and joked that I couldn't have it. I told him to stop being sarcastic, except he wasn't. I

couldn't race the juniors and I was angry at myself and felt that I had let the team down. They started the race without me as I redid my warm-up for the Cat 4 race I still had. Hopefully, I would get some revenge.

I started the Cat 4 race with a sense of frustration and ambition. I rode near the front of the pack for the main part of the race. I was aiming to win a prime that race and finish in the top ten. Obviously I didn't finish in the top ten, but I was in great position for a prime win. John, Sam, and I were in the race together; I stayed close to John because he is tall and a good draft. When the announcer told the peloton that this was a prime lap I made sure that I was close to the front ready to attack. On the chicane in the course, which is newly added in 2009, I attacked which surprised many of riders I think because none were ready to follow. I took hold of a two or three second gap going into the hill before the finish line. The prize for the prime was \$175, so I thought it might be a good one to go for. I thought I was going to win it, when out of my left eye I saw a man sprint past me taking the prize a bike length ahead of me. I just kept on racing. What was awesome though, was on the next two consecutive laps Sam and John went for primes and they both finished second in them. It sucked that we all missed it by one place, but that's cycling for you. The race continued on with an attack by a Davis junior that Sam followed and that I later got on his wheel. It did not really break anything up and was never totally off the front. On the finishing hill I followed a couple of racers who attacked. I got on their wheel on the hill, but on the small descent after it seemed that they gave up and would not work anymore. I stopped following those attacks. The race was ending and on the last lap I was in the middle of the pack. I could not move up and just finished sprinting in the main pack.

Even though I did not like how I finished the race, I was content with the way I rode the race as a whole. I put in some attacks, went for a prime, and followed some attacks. All in all in made me feel better from the morning.

-Nate

John Piasta

Racing Age 16/Senior Category 4

5th Place Cherry Pie Criterium Juniors 15-16

Pack Finish Cherry Pie Criteirum Category 4

Finally the racing has begun for a new season. After the long months in the rain (limited rain this year), many sore hours at the gym and not racing for 5 months, wow I could not wait for the 8th of February. After loading

the new BMC Pro Machine, Mavic Ksyrium SL's and drinking some ALL SPORT, I arrived at the course.

After getting registered, I toasted up in the car a bit because it was freezing outside. Finally, I rode the course a few times with some Swifties then went to do my warm up pyramids. Thanks to the guys at West County Revolution, the bike was running AMAZING! When the race started I sat in towards the front. I tried to get a feel for racing again, and was having a blast. I just kept a good spot. Then with 4 to go I saw a 15/16 from San Jose go, I knew that I needed to bring him back after racing with him before. As I got to the top of the climb I took the hairpin with speed and kept going. Having dropped the pack I kept a steady rhythm and wasn't feeling as well as I had hoped. So I closed the gap down and stuck on his wheel. After sitting in the pack for another lap to catch my breath. I made a stupid mistake by forgetting what lap we were on. Thinking it was the last; I sprinted up the hill, and was surprised by the 1 lap to go bell ringing. I won't make that mistake again. Exhausted, I slowly bridged back up to the leaders, but lost many places. The people in front of me I knew would get dropped in the final strait. My only option was to go into the wind. So I moved to the left and sprinted trying to bridge up back into the top ten. However, I only hung on to the pack for the sprint and finished 5th.

CAT 4

I knew from the start that the Cat 4's race would be sketchy and that I would need to be at the front at all times. In this race I was more concerned about getting into some breaks, taking a few pulls and setting up teammates. After just racing the Juniors race, I took the first 15 minutes as a warm up. The first few times up the hill hurt, but I was just worried about going as easy as I could to stay in the top 20. This race shocked me because last season I was lucky to hang on, this race was a recovery ride for me to sit in. So I took advantage of that. Soon there was a crash that I was stuck in. Having dismounted and jumping over fallen bikes, I lost a few places. This just reassured me how I needed to move up even further. Knowing the safest place was off the front, I saw a Metromint guy move up on the left, and grabbed his wheel knowing that he would attack. Surely he went, and I easily followed. I sat on, surprised at how easy it was for me to stay with the break and one guy bridged up from Godspeed. With a break of 3 and a 5 second gap I tried to organize a paceline. However the pack was closing on us so I went to the front and took a long pull. This was probably stupid but was fun and wore the other guys out a bit. It was cool to hear the other racers huffing and puffing while I was breathing easily. That was a major change from last year for sure. After that I just stayed in the top 4 riders and took turns at the front. Eventually I found Nate, and was trying to find an opportunity

for us to go off the front together. As the prime bells rang, Nate missed 175 dollars at a near second, I forget what Sam missed but he was also second, and I also tried my sprinting legs out in a prime and was got second. The race continued and I just hung out in the top 10. But for some reason on the back side of the course I felt something strange with my back tire and thought I had a flat. So I pulled off to the right to figure it out. It was just some hay in the corner that gave as I turned, I lost 6 places that I wasn't too concerned about (better to be safe than sorry the first race of the year). But in the final few laps it was hard for me to move up. I had taken a lot of pulls, chased back some guys and went for a prime, the attacks I was putting out were all quickly chased down (which I will take as a compliment). As the race got sketchier I became more attentive and focused on watching out for the guys in front of me.

I learned a lot from both criteriums. Most importantly, KEEP TRACK OF LAP CARDS!! Although a stupid mistake, it cost me a few places and I saw many other people in the other races do the same thing. I have beaten all the guys who finished ahead of me in the Juniors 15-16 race before, and know that I lost Cherry pie from an easy to fix mistake. But that shows how much stronger I am this year and how great my first race of the year was.

-JohnP

Nick Kinney

18 years old/Senior Category 4

DNF Cherry Pie Criterium Junior 17-18

First race of the year and quite frankly I just wanted to get through it in one piece. Last year's event was pretty much my first non-Tuesday-Twilight-Crit race. It started well and I found that each lap I made the selection and I was even able to move up easily on the hill. Coming up to the chicane on the 5th lap I was behind 2 specialized guys and neither of them made it through. I saw it happening and jammed on the breaks, managed a soft landing in the center divide, was up, suit-cased the bike around the Specialized riders still on the ground, re-mounted thinking I'd have to chase back on. Someone on the sidewalk was yelling for the crashee's to take a free lap so I loped up the hill to the pit. That was when I realized the lap cards were out and when I tried to get back in the ref said my race was over. I think I could have taken out a top 10 had the incident not happened but ending the race early had its advantages. It enabled me to get a quick rest and down a Clif Bar, ahead of the 4's race.

Category 4's 69th

The Cat 4's race was far and away the easier race of my day. The pace was slower and pretty much the only aggression came from my All Sport-Team Swift teammates. I had decided after the Juniors race that I would focus on holding position in the pack and I picked a rider who looked strong. Two laps later he was gone. The hill was the easiest bit and each lap I would move up but was unable to hold that spot on the downhill as riders on the inside would close down the gaps not letting me in. Five to go I started to focus completely on moving up again. Instead of taking the outside line on the hill I began going on the inside. In the sprint I moved past 7 or eight riders and finished 69th.

I wanted to stick around for the Pro's race to see Garmin set up a leadout for Ryan but they ended up not coming to the race. Before the Pro men started it was the turn of the Pro women. Lindsay Myers (Sugar CRM(formerly Dewars(formerly Team Swift))) initiated the break-of-the-day, got caught and still finished top 10.

The Pro men's event was an excellent spectacle. 4 riders went away on the first lap and two stayed away Ryan and Tyler each rode a good race, with BMC's Alex Moos and Bissell's Tim Farnham tearing it up in the final laps. John and I relocated from our perch to the center divide on the hill thinking we would be cheering on Moos and Tim as they duked it out at the finish. The break was still clear, barely, and Moos was 3rd and to our surprise Ryan was right there sprinting at the front.

Blake Pepper-Tunick

16 years old, Jr. Cat. 17-18

13th Cherry Pie Criterium Junior Category 17-18

The race start for the Junior 17-18 Category was at 8:30, so I set my alarm for about 5:30am that morning. I got my stuff together, picked up my Dad at his house and we got to Napa with plenty of time to spare. I passed by a row of about 7 or 8 Tieni Duro kids on their trainers as I made my way to registration, which was a little daunting, but I didn't let it get to me. This was also going to be my first race with my new bike: A BMC SSX01 Streetfire.

After an adequate warm up, we did roll out, but I got stuck towards the back of the pack at the start line. Unfortunately, I forgot to shift down before the start, and as we started to roll away, I struggled to shift back down which was not

good. I managed to sort it out soon enough, though, and was on my way. I know not to make that mistake again.

During the race, I was too far back to be a part of any organization with my teammates, so I basically stuck with my own plan: draft, move up, repeat. I found that I had an advantage on the downhill, so about halfway through the race, I took advantage of this as an opportunity to pass other racers. I also got to enjoy a sprint to the finish line (which was uphill, which made it interesting) in which I beat the guy next to me.

Overall, I was pleasantly surprised with my placing in this race. Out of 32 in my category, I don't think 13th is too bad. Plus, I had fun, which is what counts.

Zach Sargent

Junior Age 17/Senior Category 4

Cherry Pie Criterium

As usual I woke up early to head out for the first race of the season. I had no idea of what to expect of being in a new age group and feeling like I was much stronger and confident than the year prior. I arrived probably a little bit early since I was the first one to register for my category (Junior 17-18). I was freezing cold so with nothing better to do I jumped on the trainer and began to warm up. By this point several teammate were beginning to show up along with the hundreds of other riders. I hooked up with some teammates (Ryan, Nick, Nate, John, Sam, and Joey) and we went out and did some warm ups.

I rolled up to the line shortly after being rolled out and didn't get the best spot but took what I could get. We were off. Everyone was spinning out in their 14 within seconds on the downhill. I was moving up through the pack feeling great and thinking in the back of my mind how I had been dropped right of the line the year before. As I weaved through the pack I said hi to a few fellow friends and enjoyed being in the pack. I was feeling great. I sat in the pack to try to feel out what was going to go on. As the time passed I watched closely and followed a few riders who were making plans and moving up. I was ecstatic that I was still in the pack and actually feeling quite good. I found Nick in the pack and him and I stuck together somewhat. With about 4 to go I was on Nick's wheel on the inside of the peloton. As we came through the chicane the group surged and began to clump up to go through. As we made the left hand turn portion of it, the rider in front of Nick cut the curb short causing a massive wreck. (Nick and I had both said the "C" word earlier in the day by accident). About 6 people went down mostly Davis and Specialized racers. I hit the brakes and slowly got out of

the way and continued on fortunately and Nick pulled an amazing Cyclocross dismount and ran around them to continue on with the race. Obviously the peloton did not wait for any of us caught behind the crash so I did my best to minimize the gap. As I passed riders I told them to grab on and we formed a small disorganized pace line for the final 2 laps. On the last lap I sat back about 4 riders in the line and stayed there until the hill. They all looked pretty wiped as we began to go up so I went. I attacked them and one the field sprint and had a great race. I was fairly happy with what I had accomplished being the fact that I had fun and was safe. It was a great opener to the season.

-Zach

Joey Nygaard

15 years old/Senior Category 4

15th place Cherry Pie Criterium Junior 15-16

The start of the season is always marked by Cherry Pie Criterium, which is usually a rude awakening for me to my form, and makes me want to train afterward!

As usual, the race was early but not early enough to miss warm-up. We got to the race with time to register, warm-up for a while, and watch Stanley and Ryan Grant kick butt in the race before mine!

The whistle blew, the big pack started off down the hill, and I grabbed a wheel. The pace was fast but not fast enough that I would get dropped right away. I managed to stay in contact for awhile until 4 laps to go when I was near the back of the pack, coming around the little S-curve before the climb, a group of about 5-6 guys went down right in front of me with just enough space for me to slip around them. As I went by I looked to see if any Swifties had gone down but didn't see any (always a good sign!). Although I had avoided the crash I was now way behind the main pack! It was too far to bridge so I began to look for a group to ride with until the end. Luckily (for me) Zach was not that far ahead of me and I caught him. Together we formed a group and started a paceline. Unfortunately I got dropped by a little bit and had to cross the finish line alone.

Although I did not get a great result I was happy. My goal for the race--my first as a 15-16--was to stay with the pack for as long as possible and find a group to ride with if I got dropped. I felt better than I thought I would and I am excited for the season to come!

We stuck around for the Cat. 4 race to cheer on the other Swifties! Then we decided to call it a day and head for home!

Great racing Swifties!
-Joey Nygaard

Stanley Goto

13 years old/Senior Category 4

5th Place Cherry Pie Criterium Juniors 13-14

Cherry Pie is always a fun race because if someone places top 3 they win a pie then we get to mooch on his winnings. At least that was the case last year. This year I'm in the 13-14 category, so I was going to have a harder time getting a delicious pie. The day of the race I woke up around 5:15 and I got to the race course around 6:30. First I started to warm up on my trainer, but I saw many other racers riding the course and I thought I should go through the new chicane in the race route. After a couple times around the course I decided to get back on the trainer. When the race started I was in a good position for any breakaways. After the first couple accelerations riders started dropping off the back until I was riding with mostly familiar faces but it seemed that I didn't have all the snap in my legs. With about 4 laps to go the pace leveled off and not much was happening so at the start of the hill I decided to test the field after Ryan's move. Soon I realized that the move was well covered and there wasn't anything that was going to whittle the pack of 11 down any further. This wasn't really going good for me. With 1 to go I signaled Griffin to come to the other side of the pack to make a quick plan. I guess I should have talked to him about this before the race because we didn't take advantage of the fact we had 3 Swifties in the lead pack. With the final stretch ahead there was an early attack and I was trying to stay in a good position. On the sprint I got into a gear that I wouldn't spin out in (like I do sometimes) and I gave it my best. In the end I didn't get what I expected and I had a whole lot of, If I did this, would it have made a difference@, or Should I have done this instead of that@. I will probably be seeing a lot of those 10 other riders this year so I can view this result as either a glass half empty or half full. Griffin got third place which was great and Ryan Grant got 7th so this could be an interesting year in the 13-14s.

I'll be back at Snelling

-Stanley Goto

Griffin Wigert

Age 12, Junior 13-14

3rd Place Cherry Pie Criterium Junior 13-14

I woke up at 5:45 am on Sunday and got ready. We (me, Mom, Dad) left at 6:30 and drove to Napa. I got there and warmed up. Last night I remembered to block out my highest gear and I'm glad I did. The guy at the roll-out said in big races I would have to tape off the gear and the lady at the end of the roll-out said "close".

I started the race in the back but came up to the front. Around the second lap, I got in a three-man break on the 180 degree turn. It lasted about five seconds. Then I accelerated a little later but was chased down. In the middle of the race a San Jose guy got away. Dylan Drummond and an AC person were on the front and were slowly reeling him in. I got bored and brought the San Jose rider back.

Stanley and I planned to ride tempo at the front and then lead each other out for the sprint, but the tempo didn't work out great. We were on opposite sides of the pack during the sprint so we could not lead each other out.

On the last lap, I chased down somebody near the finish. That put me at the front. Half way up the hill Dylan accelerated and then Katrina. An AC guy just beat me by inches, but I still got a pie.

My dad raced the Cat 3's and while that was going, I won a "spectator prime" for my Belgian style cycling hat.

-Griffin

2. Spring Fling Circuit and Road Race

Ashlyn Gerber

Junior 15-16/ Senior Women Pro 1,2,3

2nd Place Spring Fling Circuit Race Senior Women Pro 1,2,3

3rd Place Spring Fling Road Race Senior Women Pro 1,2,3

After a long off season it's great to finally start the race season. I had kicked off the year with a couple training crits but now it was time for the real thing.

The Jan 31-Feb 01 weekend was the "Spring Fling of Cycling" with a circuit on Saturday and a long road race on Sunday. On Saturday all the women raced with the masters 55+. The course was flat with 3 hard corners. The women pro,1,2,3 only had 2 riders, including myself. The majority of our field was masters.

From the gun a masters rider punched it. I followed but the group quickly settled in behind us. The rest of the race was fairly uneventful. There were a couple attacks and a prime. I tried to stay at the front for the entire race, and for the most part I did manage to stay up there.

The last 2 laps were fast. I was 3rd wheel at the beginning of the second to last lap. We were surged by the field. I ended up blowing myself up and finished behind the field.

The second day was a 56 mi road race. The women 1,2,3 raced with the 35+ men. We had a much better showing than the day before. We ended up with about 10 women at the start of the race. I was feeling pretty good. My plan of attack, race smart and hang in.

The first lap I tried to stay near the front and memorize the course. After the first right turn about 2 mi from the start there was a barely paved, bumpy road. It was about a mile long. The rest of the course was nice though. It had a couple little rollers and a nice descent. About 1.5 mi from the finish there was a nice little hill. It wasn't really bad though. Just enough to make your legs hurt.

Lap 2. I was feeling good. I was about mid pack. When we came around that first right turn someone slid out and took about 3 or 4 other riders down. I skidded but didn't slide out. I sprinted and got back into the field. The crash had taken down one of the stronger women. I looked around there was only 5 or so women in the field. "Keep Going"

I didn't know how many laps we had in our race. Around half way through the 3rd lap I asked a guy I knew...he said "oh about 2 more" "that's not so bad...I can make that, easy" so I thought. As we came around the finish "4 laps remaining" HA! I still felt pretty good. I tossed my empty bottle. Half way there. The fourth lap was not spectacular. A couple attacks and I got a feed, but nothing of major note.

On the fifth lap there was an attack. It turned out to be the winning break...the next two laps were hard. I was getting tired. I had eaten all my cliff shots and felt low on energy. There was a crash half way through the lap. A guy blew his tire and took out 3 other guys.

Half Lap to go: I could feel it at the top of my calves. It was my muscles twitching. I pushed it aside. It was down to me and one other girl in the main

field and one girl off the front. My calves seemed to tremble every time I got out of the saddle.

The pro 1,2 field was about to catch us with 3 miles to go. I hoped it might slow it down a bit. Nope. We hit the final hill. I couldn't pedal anymore. I paced myself. The field was right there. Just not close enough... I ended up getting 3rd and finishing a minute or two behind the field. It was a hard and fast race. It was a confidence boost to know I could hang with the 35+. I just got to get those finishes down.

Ride Hard,
-Ashlyn Gerber

3. Swamp Classic Criterium

Ashlyn Gerber

11th Place Swamp Classic Criterium Senior Women 1,2,3

After the races last weekend I was stoked to get out and race again. All of the women categories were together. I have done this race several times. There is a downhill right before the finishing up hill and a small brick section after the first and second turn. There were a couple little bumps around the course, but for the most part it's a pretty good crit course.

This race brought out all the big names: Tina Elliot, Rebecca Larson, Jackie Kurth, Jackie Crowell, it promised to be a good race. The first lap was uneventful. We came around to the finish and an attack went. It was quickly chased down. Attacks were going and getting caught. It was fast. The hill wasn't really bad but about 10 laps into it I started cramping. It was a "side stitch". I was suffering. After 2 laps though, it was gone. YES!!!! I was back in my game.

There was a small group of 2 off the front. Tina Elliot and another lady. They had about a 7-9 second gap on the field. No one was working together. I glued myself to Rebecca Larson's wheel. She went...I went. Several times I found myself off the front with 5-6 other women but no one was willing to work. We finally caught the break. The field slowed down to 12 mi. Team Type 1 had two riders in the field. They were attacking and countering. Nothing else was sticking.

3 laps to go: I was on Rebecca's wheel. It was getting faster. Coming around to

start 2 laps to go a rider attacked. Once we caught her it slowed down again. 1 to go! Rebecca attacked. I followed and ended up 3rd wheel. The group swelled. I blew up with about 1/2 lap to go. I ended up a couple second off the back and finished 11th.

It was a good race for me. It was fast and hard but I am in pretty good shape so far. I still need to work on my finishes but I still have a lot of racing ahead of me.
Ride hard,
Ashlyn Gerber

4. Snelling Road Race

Ryan Eastman

12th Place Snelling Road Race Pro, I, II

Nate, John, and I drove to the town of Snelling this morning. All my teammates were doing the junior races and I was doing the pro 1-2 race. We got there about an hour early, as usual. After we got registered we set up our bikes and went out for a short warm up. For road races that are long, mine was something like 75 miles; you don't really want to get that long of a warm up in because the race is so long. So I spun for about 20 min and did a 1x1 min pyramid to get the legs ready for that first hard effort in the race. My start time was 12:15, the field was around 100 deep and I was excited to do my first road race of the year.

After the neutral start, to get us out to town, the attacks began. Cal Giant had 14 guys so they were on the front controlling the whole race. There were a few other pros such as a Jackson Stewart (BMC), Danny Holloway (Garmin-Slipstream), and a couple Bissell guys, including Tim Farnham. So basically there were enough pros to control the race, and it would not be my job to be on the front chasing down anything.

The first two of six laps were held at around 28 miles per hour, with none of the breakaways succeeding. I was near the front end of the group, sitting in watching everything unfold. As we came around to finish the second lap I attacked up a roller to try and get a break away going, but I was eventually chased down. I think the pace was too fast for anything to get away.

Basically for the rest of the race I sat in and just motor paced along. Remembering to eat and drink because it is easy to forget when you are at high speeds all day without any slowing down. Until on the last lap, there was a break away with a couple of Cal Giant guys, Bissell, and BMC, so there for there

was no team that was going to chase down their own riders except, Holloway missed it so he was left to try and get off the front and bridge up to it. I was on his wheel anticipating this move and then he jumped and I was right on his wheel. A couple guys chased, and it was together again. He jumped again I was on his wheel but we were chased down once again.

As we went through a corner he and I swung to the right for the others to pull through, a gap was created so I attacked and tried to bridge up. I got a good gap but then a Cal Giant rider chased me down. After that I knew that I could do nothing more in helping bring this back, I went to around 10th wheel to save some energy for the last 3k.

Eventually a bunch of riders from various teams went to the front and chased. As we got near the break there attacks and the field strung out and the threatening break was brought back. The last 5k is along a very rough road and I knew it was going to be a fight for position, so I got near the front, and fought. After bumping shoulders riding off the road I was 5th wheel going through the last corner with 250meters to go, Danny Holloway and Jackson Stewart came in on my right side. I got a little roughed up, and suffered to the top of the little climb to the finish. I got 12th place. Jackson Stewart from BMC won Holloway 3rd and my old teammate Tyler in 4th. That was an awesome result for him. I cooled down and was a bit disappointed with my finish, but happy to have around 75 miles in my legs at 25-28 miles an hour. My Teammates and I headed back to the hotel to get some rest for tomorrow's race.

-Ryan

Nate Geoffrion

Age 17 Juniors/Cat 4

5th Place Snelling Road Race Juniors 17-18

We drove down stretching, vast roads Ryan trying to remember which road to take and my mom using not reliable directions. Snelling is somewhere between a mass amount of groves of trees and the snow capped Sierras. Luckily there were signs and it paid off waking up at 4:30 to get John to his Junior's road race. Ryan, Sam, and I didn't all race for another four hours after John; we had a lot of waiting to do.

Snelling was my first road race, my first test in a competitive race that lasted longer than an hour. I had a teammate, Sam, to race with so that helped boost my confidence. It also gave me the chance to learn how to work with a teammate in a road race. In my new team kit I pulled to the starting line with 23 competitors and 1 teammate; I was ready to go.

The first two and half miles were neutral, the group rolled slowly behind a lead motorcycle to leave town safely. I was in second position; ready to respond to an attack once we would reach the loop of 11.7 miles. However, the loop came but no attack followed. Two other juniors in front led for about two minutes, keeping the pace at a steady 12 mph. "On the left" "On the right" "Up,Up" juniors were shouting telling the other juniors that attacks were coming. In the flurry of attacks, the race began and for the next one and half laps it was the constant motion of sprinting and slowing. Somebody would attack; they would be chased down and brought back, then another attack. Sam and I put in one attack together to see how the main field would respond. We got a gap of about 10 seconds, but drifted back after a couple rotations because it was only the first lap and we would not be able to stay away the whole race.

The course in general was pretty rough. Many sections of the loop had potholes, dips, and gravel covering the road making it hard to weave through when taking a breather in the pack. The profile of the course was flat with mild rollers every once in a while. The finishing straight rolled slowly uphill, not appearing to be very deciding in the end; though I thought differently.

The first one and half laps were exciting full of fluster and excitement. From the on to half a lap top go, the race was somewhat boring. We rode at pace that made our group get passed by all the other categories in the race, including the masters. Three times the lead motorcycle man asked if we wanted to stop and have a picnic. My legs were feeling very strange after sprinting a lot for an hour then soft-pedaling for an hour. The race was becoming ridiculous and everyone knew it so a few attacks came; none prevailed or really even made a dent in the riders energy supply. With half a lap to go, on the biggest roller I was hurting but I knew the others were hurting as well. I went to the front and pulled at a pace that I was hoping would maybe not drop some of sprinters but cause their minds mentally to think they had barely anything left to give. With a quarter of a lap to go Sam was in fourth position and I was right on his wheel in fifth. The group of juniors sprinted around the corner; I could people already gasping for air. It was an all-out sprint for the line. I was in second right behind Sam, then from the left of the road two guys came sprinting past us. I was on the right of the road, and a junior was off to my right. With 10m to go I was still behind Sam but the Junior on my right nudged past me for fourth place.

I was satisfied with my first result in a road race, but am definitely keen on improving for my next one. At least I received a purple t-shirt for my efforts.
-Nate

Nick Kinney

18th Place Snelling Road Race Junior 17-18

We arrived early for this race in order to accommodate the Junior 13-14 start time. So I was left to my own devices in order to pass the time. Thankfully Tim Farnham was there and we rode off trying to find the feed zone. The course marshal sent us in the wrong direction and about half an hour later we decided we were going the wrong way. One good thing about the extended warm-up was that I won a bet. Tim now owes me a dollar. After a quick PB&J Ryan, Nate, Sam and I started the race. I missed a lot of training during the week with an inopportune series of school, work, and babysitting John schedule conflicts, so the legs weren't feeling too good. I tried an attack and got maybe a 10 second gap before I was pulled back. A San Jose guy tried a few minutes after me and I jumped on his wheel. After the feed the course changed directions and the wind changed with it. Andreas Freund began drilling it at the front and splits opened up. I was poorly positioned and I was able to cover maybe half the gap between the front group and the second on the road but instead of pulling through the guy behind me attacked up the other side of the road and got on. I kept going hard though hoping I would be able to catch back on after it eased up but my efforts bore no fruit. I did pass a few more Juniors before the finish and got 18th. Sam and Nate each had a good race, both finishing top 5. All Sport-Team Swift is the team to watch this year.

John Piasta

7th Place Snelling Road Race Juniors 15/16

Since last year I had always wanted to do the Snelling RR. This year it was the first road race of the season. I knew I would be a major contender at the race. The Geoffrion's took me bright and early thanks to a good old Velo Promo last minute start change (Nate, Sam and Ryan's race wasn't till 1...SORRY!!) . After a limited warm up, I saw two other All Sport-Team Swift guys at the start-- Joey and Ben. I just told them to stay with the pack as long as they could and to not do any work.

For some unlucky reason at the start my nose started bleeding. I didn't notice but, everyone around sure did. Tim Farnham was there to help. After trying to keep my head up to stop the bleeding it was time to start. I just sat in, talked to Joey and eventually got him to the front. Soon however I had to go to take a nature break. Bad timing. So I pulled over but the caravan held me back for a bit. I was losing time. As the caravan cleared I started pacing myself back up. After catching back on I worked my way right behind David Benkoski from Specialized. I knew the four Specialized guys would be working for him and I was not letting him get away. All the sudden I hear a crash, no time to react,

David hits the breaks, my tire goes straight into his cassette and I start nose wheeling...5...4...3...2...still balancing on my front wheel...1...David turns out to avoid the crash, and I flip over the handle bars landing straight on my head. As I was getting back on my bike I could see a Specialized guy attack. They all lifted the pace. I was in rage and chased back on. The 3's had recently gone by and I flew by their pack and after a good 5-10 minutes of chasing I was back on. As I caught on Specialized attacked again. Soon it was me chasing down a Specialized guy, then they would send another. The rotation kept going, but I knew it was all up to me. So I chased, and chased and chased. I put in an attack that was soon covered by Specialized. And then David attacks. I was boxed in and once I got an opening I launched in a chase after him. It was me vs. him and I was having trouble closing the gap. I keep pushing. I saw the pack off in the distance. By the time I closed the gap the pack had caught back up with Specialized pulling strong at the front. There was an attack that David followed and I was in no position to grab onto. Trying to organize a chase with all the non Specialized guys we couldn't close it. I covered the attacks. When the moto told us 1 minute I knew it wouldn't be closed so my new goal was to wear out Leberge for the sprint. I attacked every little hill. I could see he was suffering. But on the flats to the finish his lead out train started to organize. So I was just fighting for his lead out mans wheel. I wanted to spoil his sprint we battled and I tried to hold my spot, but an attack flew from San Jose and I was on it. Mistake number one. I lost my spot in the train. I just sat in and waited for the Sprint. When we made the turn I was in awe at how horrendous my sprint was. The crash really took it out of me and all the unnecessary work I had to do. I pulled to the line at a disappointing 7th with a race I could have won. Since my number was not showing because the crash ripped it off my new jersey, I cleaned it up with the officials at the finish and then went to see Ryan, Nate and Sam at the car. The Specialized guys soon came over to talk to me, nothing but compliments and told me how they had an eye on me the whole race.

I learned a lot from Snelling. First WEAR GLOVES, first time I didn't wear gloves in a race and it made getting back on the bike that much harder. Two... I should have probably attacked in the final mile because I knew with Leberge's lead out train, I wouldn't be able to out sprint him. I think I could have beaten him though if I attacked before the finish. Tim talked to me after the race and we broke the race down. Talked about how to race against big teams and so on. It was a great experience I am fine, bike looks fine and I am only getting faster.
-John P

Joey Nygaard

17th Place Snelling Road Race Juniors 15-16

Although most junior races start early, Snelling is an especially early race if you decide to drive up the morning of the race, as we did. At 4 in the morning my dad shook me awake and (almost literally) threw me in the car with a pillow and sleeping bag. We got to the race a little before we had intended to, since there was no traffic. After standing in the huge line for our timing chip, and getting into my new All Sport-Team Swift kit, I started my warm-up and then there was the usual sitting on the start line for 10 minutes more than I expected.

When we finally got off the line we rolled along the 3 miles of neutral zone and then the group started to ramp up the pace! The first lap I hung on pretty well until the start of the 2nd lap, when the first major attack came and I got dropped a little. The Specialized team had 4 very strong guys, and two of them sacrificed themselves for their teammates and made my gap off the back of the group a little bigger. Then my chain fell off on a small climb and I had to stop to put it back on. I spent the rest of the 2nd lap chasing. Then with about 7 miles to go I started to accept my fate that I would not be able to make it back. I had pretty much hit the wall when I saw what looked like some of my competitors up ahead! I chased as hard as I could and spent the rest of my energy! When I caught the riders, one of them turned out to be Tyler Hanson, a junior my age who I am pretty good friends with (he also rode at the national championships in L.A. and we sprinted for places alongside each other in both the crit and road race!). We kept a steady but not too fast tempo until the finish, dropping the other guy from San Jose, and I managed to beat Tyler to the line. This was a small consolation prize for the day's hardships and I was happy to have it. After eating a couple Clif bars that my dad had brought, he and I rode back to the car and the day ended.

Good racing All-Sport Swifties!! And congrats on the 12th place in the Pro 1-2 race Ryan!

-Joey

5. Merced Criterium

Ryan Eastman

3rd Place Merced Criterium Juniors 17-18

Today's plan was to get Nate, Sam and John the most amount of points possible. So basically we wanted them to go one two three. Obviously the perfect scenario was for all of us to break away off the front by ourselves leaving the

field in our wake. That is highly unlikely.

The race got off to a good start with me on the front setting a false tempo to just keep the field moving along. I was to 100% sacrifice myself for my teammates today. It did not matter to me where I came in across the line as long as my teammates succeeded... they would! The race was to be very short only lasting about 30 min, so we did not have much time. About 5min into the race I attacked and went solo off the front hoping that one of my teammates would jump out of the main field to me and we could work together and get him the win. Nothing was happening so I sat up and went back into the field.

It was now half way through the race and I told Nate to get on my wheel, and I told him that I was going to attack on the finishing strait bringing him along with me. I yelled at Sam to build up the pace, to get me up to speed for the attack. We came around through the corner, Sam did perfectly, and I had Nate on my wheel and I attacked out of the main field with him on my wheel. As I looked back to see our gap on the field there was Sam on Nate's wheel. He was smart enough to jump off the front onto Nate's wheel as we flew by; the three of us were off the front, a solo All Sport-Team Sift break away!

So the perfect scenario was now a possibility, so I put my head down and went very hard. The gap got bigger and bigger, I had my two teammates pull through to give me a rest. We got about half a lap ahead of the main field. Only the three of us in the break, how cool is that? It was like a team time trial. I told the boys to ease it off a bit once we got that gap to insure that we would not burn out before the finish. We eased it off to around low zone 4. The three of us were having such a great time, this was awesome.

We got the bell lap, one to go and it was time for me to decide who gets which place out of the three of us. We were for sure going to get the top three places. Basically this is how I broke it down; Nate needed the most points so I told him he gets the win, and Sam had more points than Nate so I told him he gets Second, and I needed no points so I was going to take third.

We came around the last corner with big smiles on our faces with 200 meters to go. It was the three of us off the front solo. We rode across the finish line with all of our hands in the air. It was the perfect day. My teammates got their win and maximum points, John did a great job blocking and third in the field sprint and I was happy to help them.

-Ryan Eastman

Nate Geoffrion

Age 17 Juniors/Cat 4

1st Place Merced Criterium Juniors 17-18

It was my second race of the day on the wet, windy course in downtown Merced. My legs were feeling good after my Cat 4 warm-up race in the morning. The only problem that I encountered this morning, as well as yesterday which I did not mention, was a mechanical one. When I put some weight on the nose of my saddle it would tilt down making me slide down off the seat. I had to push against my handlebars making my cyclist arms very tired and sore. Nonetheless I was in good shape.

The course in downtown Merced was full of those protruding yellow dots on the road which basically decided for me what line I would take around the corners. I was wary of the corners after seeing a crash in the neutral lap in the Cat 4 race. The other thing I didn't like so much about the course was an alley way that had a wall on one side of it and was about 8 feet in width. Other than the dots and alley, the roads were nicely paved, but the wind was one other factor that contributed to the race. There were heavy crosswinds and headwinds, but to no luck no tailwind. I had already raced this course going into the Junior's race, so I felt confident that I could race the course well.

The strategy for the race: Team Time Trial. There were about 15 other juniors in the race, only a few had teammates. The race began and our team led the way for the first three or four laps. Ryan attacked hard and two guys followed, they were off the front for a good two laps; I was supposed to bridge up at some point to Ryan. I felt though that I couldn't bridge up and Ryan sat up bringing the breakaway back to the pack. Then on the next lap Ryan told me to get on his wheel and that he was going to go for it on the finishing straight. I gave the thumbs-up and on that straight into the headwind we went. I was right on his wheel when we passed Sam he got onto my wheel. We produced a gap that would never be closed. For a quarter of a lap, some of juniors chased but we built on our lead extending it to three quarters of a lap by the finish. During our breakaway we took turns pulling, the most efficient way to spend less energy and to take more of a lead. Halfway through our TTT, I looked back but couldn't see the main pack even on the longest straightaway; we were hauling.

I heard a cowbell ring and looked up to see the lap cards read one lap to go. I was surprised that the time went by that fast. I was relieved and very excited because we were the winning breakaway. At the finish line, I took first then Sam took second and Ryan third. We did not sprint for the line and any of us could have won. It was only because I needed the most points towards progressing to a Cat 3, that captain Ryan told me to take the win. We all did the work. John did his part faithfully too, staying in the pack and not trying to bridge up to us. He played the perfect teammate that race.

After my first win, I felt good that my work in training had paid off. I feel awesome!

-Nate

John Piasta

6th Place Merced Criterium Juniors 15-18

We warmed up a bit in the room then Ryan, Nate, Sam and I rode to the course. It was freezing outside. The Juniors race started after very little warm-up (instead we sat in Nate's car). From the start I just stayed at the front and stayed right on Ryan's wheel as we took turns setting the pace. San Jose had an early attack that I brought back. Sat on, and knew this would be a long race. Ryan then Sam and I sat in following the attempts to bring him back. Nate and Sam bridged the gap and the pack was back together with 3 All Sport Guys at the front and I am sitting 6th. Soon on the backside Ryan and all three are gone. I knew that if I got in the break I would bring the pack with me. So I followed the chase. Soon the attacks started to fly and I stayed 2nd to 3rd wheel not doing any work at the front. I chased down everything. Then everyone in the field was tired and their gap was too close for comfort so I got to the front and blocked a bit. Soon however Daniel Tisdell from Specialized and I got right on his wheel. It came down to Daniel, 2 San Jose guys, and some other guy I didn't catch the jersey. One at a time a San Jose guy would go, I would bring him back, then another I would bring him back, then Daniel would go and I would bring him back. I just kept chasing down the attacks till a San Jose guy got away from me. I kept my eye on Daniel. One guy (who I didn't know) went and I thought there was no chance he would stay. So I just stayed with Daniel because I didn't want him to counter if I brought the other guy back. So he and then the San Jose guy... so on. With 2 to go there is no way the break will get caught so Daniel attacked, and I counter his attack with one he couldn't match. I just kept going as hard as I could trying to bring back the San Jose and random guy I let go. I glance back and saw Daniel and the San Jose guy trying to bring me back but my gap was growing and held.

It was a good experience. Racing after a crash I never expected to be easy. Merced consisted of me helping teammates out and not racing selfishly. All and all it was a fun day.

-John P

6. Nordic Skiing Update:

Elite Rider Christopher Flanagan has qualified and been selected for the 2009 Junior Olympic Team – Nordic skiing. He will participate in the Junior Olympics & Nationals beginning March 8th through the week ending March 15th. After the Junior Olympics events Chris begin racing with the rest of his All Sport-Team Swift members beginning with the San Dimas Stage Race.

7. Alumni Reports:

Tyler Brandt
HDR p/b Lombardi Sports
18 years old, Pro/1/2

4th Place Snelling Road Race Pro, I, II

Today we had the first team race of the year, Snelling Road Race. When we got to the race we got to pick up our new Pinarello's, so I was definitely excited and ready to go race.

We took off for the neutral rollout and there was a lot of tension in the group. We finally got the go ahead that we could race and it was on. The pace was fast throughout the race, with constant attacks. We tried to make sure to have a rider in the dangerous breaks, so through the first half of the race Sean, Vince, Blake and I were covering moves. None of the moves were sticking though, perhaps due to many large teams in the race.

Unluckily early one of my teammates Eric Nitschke went down early in the race and messed up his elbow. He was taken to the hospital for some stitches, and we saw a gnarly picture of his torn up elbow. Hope he is doing alright.

On the last lap there was a small break. I expected that they would be brought back so I decided to get ready to see if I could put in a good sprint. I found where Daniel Holloway was and proceeded to follow him for the lap. On a small hill about 3 miles from the finish Holloway attacked. I followed and was able to bridge to the break. I hit the last rough section with the front group, where upon the field had caught our break. I was still happy that I had bridged to the break though, since it put me into perfect position. I followed Jackson Stewart (BMC) and Holloway sitting 6 or 7 back from the front as the Cal-Giant

team led out the sprint with about 3k to go. I came around the final corner right next to my teammate Blake Anton and Daniel Holloway led out the sprint from there. I gave it everything and was able to finish in 4th with Blake right behind me in 5th and my other U23 teammate Evan Huffman in 11th.

Jackson Stewart ended up winning; Rock Racing's Danny Finneran was 2nd and Daniel Holloway in 3rd. Followed by Lombardi! A good day for the team. It was great having my old Team Swift Ryan in the field with me too. He did a heck of a race spinning that 14, super impressive considering I was spinning my 12 for most of the race.

Thanks for reading,
Tyler

Nick Weighall

<http://www.velonews.com/article/85888/weighall-outduels-keough-for-u-23-cx-crown>

Weighall outduels Keough for U-23 CX crown

Jacques-Maynes defends 30-34 title

By VeloNews.com

Posted Dec. 13, 2008

Nick Weighall (Rad Racing) won a hard-fought battle with Nick Keough (Jittery Joe's-Sonic) on Saturday to claim the men's under-23 title at the USA Cycling Cyclocross National Championships at Tiffany Springs Park in Kansas City, Missouri.

Danny Summerhill (Clif Bar) took third.

Keough shot off the line first ahead of Weighall, who then took the lead with Bjorn Selander (Riley Factory Team) and Summerhill in pursuit in gray, windy conditions on a comparatively dry, tacky course.

With four laps to go, Weighall was clinging to a slender lead, just a handful of seconds, as Keough hit the pits. But Keough fought his way back up to the leader and once again took the front.

With two to go Keough and Weighall held a half-minute on Summerhill, with Alex Howes (Clif Bar) and Adam McGrath (Van Dessel) in fourth and fifth.

Going into the final lap Weighall built a slender lead over his erstwhile running mate, as behind Selander began a late charge, shooting past McGrath and setting his sights on Howes.

Weighall worked hard to pad his lead, but Keough gave no quarter, fighting back up to within seconds of the leader — only to see Weighall hit the gas again.

And that's the way it stayed to the finish, with Weighal collecting the stars and stripes.