

All Sport- Team Swift Race Reports July 2009

Race Reports for:

1. USA Regional Cycling Camp
2. Davis Fourth of July Criterium
3. San Rafael Criterium
4. Colavita NorCal Grand Prix
5. Byrds Tour of Idaho Junior Stage Race
6. Cascade Cycling Classic

July* Top 5 Results + Pro, I, II Results:

1 st Place	G.C. Award	Juniors 15-16	Chris Flanagan
1 st Place	San Rafael Criterium	Senior Category 3	Sam Bassetti
1 st Place	Colavita NorCal GP	Juniors 15-18	Nick Kinney
2 nd Place	Colavita NorCal GP	Juniors 13-14	Phil Kinney
4 th Place	Colavita NorCal GP	Juniors 17-18	Blake Pepper-Tunick
5 th Place	Cascade Classic, Stage 4	Senior Category 3	Sam Bassetti

*Note: U.S. Junior National Championships results and reports will be coming soon.

Rider Race Reports

1. USA Regional Cycling Camp

CHRISTOPHER FLANAGAN
2009 USA REGIONAL CYCLING CAMP
Location: Moraga, California
Received: 1st Place GC Award

I recently attended the USA Western Regional Cycling Camp. It is a weeklong affair located at the St. Mary's College. We stayed in the dormitories sharing individual housing units with a number of other riders. At camp there was about 35 riders from 15 to 20 years of age, mostly from California, but also a few riders from out side the state. Additionally, we had a camp Director, Mr.

Larry Nolan, numerous other coaches, a camp mechanic and visiting professionals who offered guidance, advice and coaching.

Our days varied but they were highly organized. At the initial registration we were given a specific daily schedule of lectures, drills, riding test and meal times to follow. There was a lot of emphasis on punctuality and full engagement. Each day at camp we would have an early breakfast in the dining hall, around 7:30-8AM. After breakfast cyclists would report to a classroom where professional bicyclists and other speakers would talk about cycling training, strategies, safety and nutrition. When class was complete everyone went back to the dorms to change into cycling kits and then we headed down to the ballet room to stretch. Here we not only did a variety of stretches but also core strengthening exercises such as the plank. After about an hour of this we would get on our bikes and head down to the parking lot to practice handling skills such as cornering, braking, contact drills, riding with no hands, grabbing muskets, picking bottles off the ground, track stands and putting on and taking off clothing while riding.

On two different days we would not do these exercises but instead did field tests to determine our wattage per kilo. These are very important test and serve the USA Cycling organization as the basis for identifying riders. The first test is approximately 5 minutes and second test is about 17 minutes. Both are structured like a time trial with the rider cycling up an approximately 6 percent incline for the entire length. The first day was the short climb that was around 2 miles and straight uphill. I came in third place in a field of 35 riders. The second field test was held on Mt. Diablo and was significantly longer and this test became the day event because of the long ride home. In the second test I came in 5th place in a field of 35. After these tests the results were posted and at the end of the week, prizes were given to the highest performing riders in the tests, as well as, the most attentive and inquisitive riders.

At the end of the camp the coaches got together to select the riders for the GC Award by age category. The selection criteria and scoring was a little secretive, however, I understand the award was given to the riders who demonstrated the most overall outstanding performance and engagement.

Overall, I enjoyed the camp very much and learned a great deal. Also, it was a great opportunity to meet with my peers and get to know their interest and personalities. For me, attending the camp was an important step in my cycling career and I highly recommend it to any serious cyclist.

-Chris F.

2. Davis Fourth of July Criterium

Sam Bassetti

9th Place Davis 4th of July Criterium Senior Category 2/3

The Davis 4th of July Criterium is a tight, short course in downtown Davis. It is basically the shape of an L with the finish in the middle of the long straight.

After two hard days of training I wasn't sure how I would feel. I decided to sit in for the first part of the race and just see how I was feeling. We were also lining up with the Category 2's in a huge field so I knew the race would be hard. After getting a spot at the back because of junior roll out I was in the 50's or 60's to start. I was feeling better than I expected so I decided to move up. It was harder to move up than normal; the turns were very close together except for the finishing straight and one other place. And because the race was a little faster than normal, it was that much harder to move up. Just as I started to move up, following Tyler, there was a crash with 5 or 6 guys right in front of me; Tyler flew over his bars in front of me. I hit the brakes and dove left then got hit from behind, but somehow I stayed up. I started to sprint away and Tyler's bike bounced off the ground and hit my back wheel. Somehow I stayed up again.

I came around again and Tyler was just sitting on the curb looking a little dazed. Luckily he came away from the crash with just scrapes and bruises. The crash moved me back but not too badly. With 9 laps to go I was still too far back. I moved up a lot more, but couldn't find the front fast enough. I went through the last corner in about 14th or 15th wheel and made up a bunch of spots in the sprint. I had the legs to win I just wasn't in position.

-Sam

3. San Rafael Criterium

Sam Bassetti

1st Place San Rafael Twilight Criterium Senior Category 3

○ http://teamswift.org/userfiles/file/IJ_Sam_Bassetti_09.pdf

http://www.marini.com/sports/ci_12819698

San Rafael Twilight Criterium

Marin winners

Young Sam Bassetti of San Geronimo and Kyle Ashton of Larkspur both won their races earlier in the day. Bassetti, an 18-year-old, surprised the more-

experienced Cat 3 field, while Ashton, 35, won the Cat 4 - his first criterium victory.

"With three laps to go, I just found myself near the front so I decided to try to stay there," said Bassetti, a Drake High grad who plans to attend UC Davis this fall. "I took the lead on the backside (of the last lap) and hung on."

Bassetti, who rides for North Bay based All Sport-Team Swift, was considered a junior athlete for the event and didn't have as many gears as the older competitors. That didn't matter as he topped 30-year-old Michael O'Neil from Palo Alto for the win.

After years of mountain-bike racing, Ashton is splitting his time between the dirt and the pavement nowadays. After racing Cat 5 last year, he was happy to progress to the top of the winner's podium in Cat 4 on Saturday. In fact, Ashton dominated the race, winning four of the five premium-lap prizes

"I planned to attack on all the premium laps and I wanted to finish strong," Ashton said. "I just found myself near the front of the field on the last lap. I took the lead, but slowed a bit. I felt them right on my wheel that last corner, but I pushed through it."

Both Bassetti and Ashton were happy to get wins in front of the home fans in Marin.

"This is the only race I get to ride my bike to," Bassetti said.

"I know people in the community love to watch this," Ashton said. "It's a fun way to get more people downtown."

Ashton's race included a nasty crash on the final turn. As the leader, Ashton survived unscathed, but three riders tangled and went down. Tryon Woods of Santa Rosa got the worst of it. San Rafael Fire Department officers help stabilize a possible broken arm before sending him off to the hospital.

4. Colavita NorCal Grand Prix

Nick Kinney

1st Place

Colavita NorCal Grand Prix

Juniors 15-18

The Colavita NorCal Grand Prix was my last chance at scoring the points I needed in order to upgrade to a 3 and it seemed as if the entire team had come out to support me. Christian, Phillip, Brentley, Zach, Blake, John, Sam, Nate were among the All Sport-Team Swift riders toeing the line.

We only got half a lap into the race before John attacked. He was marked immediately. A serious move got off the front when Nate attacked. He was followed by San Jose's Gento Kusano, and InfoVista's Kenny Strickland. Shortly after the move went, Sam rode up beside me and said he was going to bridge me up. I followed him off the front as he closed much of the gap. Sam pulled off I took over, and Andrew Lanier from Specialized closed the last of the distance.

Now there were 5 guys in the front group, two from All Sport-Team Swift. With better odds Nate tried some attacks, putting pressure on the others in the break. The officials rang the bell for a prime lap. I wasn't sure how I stacked up against the other riders in a sprint. I knew Andrew was a good track sprinter, but I didn't know he had won the points race at Nationals only a few weeks before, and I knew Gento packed a sprint as he is a state champ on the track. Around the last corner I was 4th wheel, and Kenny pulled off. As Kenny sat up Andrew started to sprint, with Gento on his wheel. When I jumped I came around both of them after only a few seconds and won by a bike length. Very good for the confidence. The next lap Coach Laura yelled to us that Sam was bridging up. I looked back and saw more than just one All Sport-Team Swift rider coming up. Sam, John and Blake all made it back to the front, along with the other San Jose rider.

Sam, John and Nate kept pressure on with attack after attack, With Nate taking off going into the last lap. John followed Andrew and Gento as they chased Nate down, with Sam on his wheel and I on Sam's. Around the first corner Nate was caught and John charged up the center of the road starting the lead-out. Sam took over as John began to fade. Sam made it all the way through the last corner which is where I started my sprint. I was stuck in tunnel vision, and all I knew was than I needed to get to the finish as quickly as possible. A few meters out I threw my bike and flew across the line at 37 miles per hour, the fastest I've ever seen me sprint. I'm not sure were the others finished in relation to me, but Andrew was second and Gento was third.

All Sport-Team Swift turned itself inside out for me and it was pretty cool to see such a team effort produce a result. Huge thanks to everyone who came out.

-Nick

Phillip Kinney

2nd Place

Colavita NorCal Grand Prix

Juniors 13-14

The Colivita NorCal grand prix was my last race until Nationals. There were three All Sport-Team Swift riders in this field, Christian, Zeke and I against the other teams of Sugar CRM and Info Vista.

The race started and right away Matthew Valencia wanted to sit at the back and conserve energy. We went for three laps then we picked up the pace and dropped the info vista rider. We had a 3 to 1 advantage over Matthew. On the fourth lap the prime bell rang and the race was on as we came around the final corner I attacked with Matthew right behind me. Both of us sprinting hard we came up to the line and beat him to the prime by three bike lengths. I had won some Clif Bar Mojo bars. On the next lap there was another prime and this time Matthew attacked but Christian Zeke and I stayed close behind careful not to let him get away. With one lap to go came Christian lead us out and on the final corner he blew up it was down to me and Matthew. He attacked and I was glued to his wheel I tried to get around but it was too late he had beat me by a bike length.

Christian and Zeke did a good job in the end. Christian and I went on to race in the 15-16 to help my brother Nick get points for his upgrade to a cat 3.
-Phil

Blake Pepper-Tunick

4th Place Colavita NorCal GP Juniors 17-18

I was looking forward to this race because it was in Novato which was relatively close and also because my uncle was in town, so he could take me to the race and watch me. I forgot my own trainer and couldn't get used to Eduardo's rollers quick enough, so I went with Zach to ride up and down this hill right across the street from the race which turned out to be a perfect warm-up. We did roll-out and soon enough the race started. The group actually got moving pretty fast, but I was comfortable. At around the second lap, a group broke away which became the lead group, and not soon after John broke out to chase them down. I was feeling pretty good, so I attacked to catch up. At first, John was a little reluctant to have me come along, but then changed his mind and the two of us formed a chase group. We had to catch up with the lead group to help Nick out, and at one point we came really close, but they got away. Finally, Sam came up to help us and I just hung back, pretty tired. He set the pace and in no time we caught up with the leaders. We were with the leaders for a few of the last laps and with a half a lap to go, the lead group picked up the pace that I had a hard time hanging on to and slowly slipped back. On the final sprint, Sam also fell back, on purpose I assume, and I actually passed him before the finish which

I felt kind of bad about. But overall in the race I got 6th out of about 17 starters and 4th in my age group which I'm very happy about.

Later in the day there was also a Senior Category 3-4 race. Some of my teammates were very impressed with how well I did in the 15-16/17-18 race, and even though I wasn't pre-registered to do the Cat 3/4 race, it wasn't too late and they convinced me I could keep up, so I did it. John let me have some of his All-Sport which was cool because I was all out. This race was MUCH different than the junior race, obviously, and was actually my first cat 4 race. The only really tricky part was the first turn which was pretty tight and dangerous with a whole bunch of people. Fortunately, I was able to keep up for the whole thing and finish somewhere in the top half which I was happy about. Overall, it was a great day of racing.

-Blake

5. Byrds Tour of Idaho Junior Stage Race

Ian Moore

10 th Place	Byrds Tour of Idaho Junior Stage Race, Stage 2	Juniors 15-16
11 th Place	Byrds Tour of Idaho Junior Stage Race, Stage 1	Juniors 15-16
11 th Place	Byrds Tour of Idaho Junior Stage Race, Overall G. C.	Juniors 15-16

The stage was had three stage in two day. The first stage started with a 40 mile road race. After about half way I found myself toward the front of the main (front) group. There was an attack and I was feeling good so I got on his wheel and we didn't really go anywhere but we strung out the group. After this I took a pull at the front, and just as I was coming back someone attacked again, everyone responded, then the Byrds riders came to the front and pushed the pace. After this we came to a short hill and I dropped off the front group, this was really frustrating because I know that I could have stayed up there with that group for a lot longer if I would not have taken that pull and had been the first one to respond to the first attack. So lesson learned don't work too hard unless you have a team or you're in a smaller group. But then after the hill on some smaller rollers I was gaining with some other people on the group. I thought that since we were gaining that the front group would slow down at the feed zone and we could get back up to the front. But some riders attacked in the feed zone, which split everyone up into smaller groups for the rest of the race. The race finished at the top of a 2k climb, and I finished 11th in this stage.

Stage 2 was a 4.2 mile hill time trial, but it did have a short downhill in the middle. I finished 10th with a time of 15:19.

The third and final stage was later in the same day of the time trial. It was 35 minutes of mostly flat. I stayed with the front group and almost won a prime (close second). So I finished 11th overall.

-Ian

6. Cascade Cycling Classic Stage Race (CCC)

Sam Bassetti

Nate Geoffrion

John Piasta

5 th Place	CCC, Stage 4	Senior Category 3	Sam Bassetti
7 th Place	CCC, Stage 1	Senior Category 3	Sam Bassetti
10 th Place	CCC, Overall G.C.	Senior Category 3	Sam Bassetti
22 nd Place	CCC, Stage 1	Senior Category 3	Nate Geoffrion
46 th Place	CCC, Stage 1	Senior Category 3	John Piasta

Nate, John and Sam did the Cascade Cycling Classic stage race to prepare for the U.S. Junior National Championships. They were doing the Senior Category 3's race which is a 3 day, 4 stage race. Below are their reports.

Stage 1: Road Race

Sam 7th place

Nate 22nd place

John 46th place

Stage one was a 70 mile road race ending in a 6 mile climb. The race started with a gradual climb followed by a 45 minute descent. The pace was easy as we hit the flats. The profile showed lots of steep looking rollers, but every one was gradual and easy. A couple breaks went up the road but we stayed in the pack. The whole pack was spread across one lane so it was a little hard to move up. The race was uneventful pretty much until on one longer roller before the main climb where the peloton got strung out. The pace slowed again and we hit the main climb.

Sam's Report:

When the peloton was strung out on the last long roller I made a big move up to the front. I was stuck in the last third or so for most of the race until then and I wanted to hit the climb in the top ten or so. I made it to the front, followed a couple of attacks, then sat in over the top of the roller. I was in perfect position going into the climb, right near the front. I was climbing with the leaders, and following attacks. Soon I was with just the 6 or 7 strongest climbers with a big gap. With one rider off the front, we started working together to pull him back. The last 3k were flat and with 2k to go we caught the one guy away. I was still feeling great, so after I followed a counter attack I countered myself with 1k to go. I got a good gap, but they were chasing hard. But with about 300m to go I died and was caught. I finished 7th on the stage and lost 14 seconds plus ten bonus seconds. In retrospect I should have sat in for the sprint even though I was feeling good. Instead I made a mistake by attacking early. But the most important thing was that I felt great and was climbing well.

John's Report:

When we hit the climb a Garmin 5280 rider attacked and shattered most of the field. Knowing I couldn't match the accelerations I sat up a bit and rode my own steady tempo which brought me back up to the field. After catching back up I moved into the middle of what was left of the field and set my own pace up the climb. I knew from how I was feeling the week prior that I didn't have my top end and anaerobic abilities that I usually had, but I could hold a hard tempo for a long time. So I climbed at just that which was fairly frustrating but ended up catching a bunch of people. When we hit 1k to go I was just sitting in for most of the climb and felt I could get away from my group and gain back some time. So I attacked from my group, was caught about 300 meters from the finish then got 2nd in my field sprint.

After the first stage I knew I needed to really push my top end, zone 5 for the next two stages in order to be ready for nationals. Up the climb I was able to ride a pace that I felt I could hold for 2 hrs but if I ever went above it I would blow up. But other than that I felt great and knew what needed to be done before my National Championship road race on Tuesday.

Nate's Report:

Before the final climb, the pack rolled up a small pitch at a fast tempo slitting the field. Some guys were going backwards, others were just hanging on, and climbers stuck in the middle of the field moved up. I was in that third category, slowly spinning past riders into the first 30 riders for the final climb. As we hit the bottom of the climb, the front guys jumped off the front making a gap from the ten riders around me. I was getting passed by better climbers yet was passing weaker climbers, I was in no mans land. By myself for half the climb I rode, until finally catching a guy that set a fast tempo my legs agreed with. At the 3k to go sign a group of 6 or 7 riders caught my two man

group and we raced together until the finish. I won my field sprint for 22nd which was fine because my future goal was Nationals.

Stage 2: Time Trial

Sam 35th

Nate 56th

John 65th

The time trial course was a 10 mile loop starting with 3ks flat then a gradual uphill until turning around onto a spun out downhill and flat finish. Not an ideal course for Juniors gears but a great opportunity for us to preview our Nationals Time Trial course.

John's Report:

My original goal for the time trial was to blow up on the uphill and I assumed that I would only be able to tuck the downhill. I gradually picked up my heart rate and pace until at threshold. As soon as I hit the climb I realized that I would need to save some for the downhill when I saw how truly gradual the climb was, something that we really couldn't observe from only driving the course. At the turn around I could feel my glutes really tighten up and struggled on the downhill. The last 3ks of flat I went as hard as I could until the finish only to realize that I did not go hard enough on the uphill. No regrets because now I know what is needed to be done for nationals.

Sam's Report:

I started the tt with a pace that was not too hard on the flats before the climbing, so that I wasn't already tired on the climb. I got up the rollers with no problem but when I turned around I realized I hadn't gone hard enough. Of course I lost more time on the way back and had a lot left for the finish. I was something like 34th losing 1:45 but still only dropped to 10th overall. Most importantly however, I learned that I needed to go much harder on the climb out.

Nate's Report:

I like to warm up for time trials on trainers and when I was done I got off and spun around a bit and I was feeling great. Doing a 2 minute pyramid before a time trial is awesome because it really warms up your legs. The idea was to go super hard on the way out because I would be spun out on the way back on the downhill. From the beginning I started conservatively even though my heart rate was in the mid 19's. I had a person in front of me that was perfect to pace off of which kept me focused. Once I crossed the finish line I felt as if I hadn't gone hard enough on the uphill. However, it was perfect preparation for nationals. I got 56th partly because of juniors gearing.

Stage 3: Criterium

Sam 7th

Nate pack

John pack

The criterium was a basic rectangle with two close, tight corners on each end, with the finish near the end of a long straight. We stayed in the pack most of the race; the accelerations out of the corners were pretty tough at the back so we stayed near the front. Nate jumped into a promising break with 3 laps to go but everyone stopped working. In the final sprint I (Sam) went to early and got passed by 4 guys.

Stage 4: Circuit Race

Sam Bassetti, 5th

The circuit race was 4 laps and about 67 miles total. The loop was rolling like a v shape on the course profile the first 9 miles rolling downwards and the other half was uphill with false flats. The main climb started before the feed zone and continued past it.

The race wasn't very fast the first two laps. We were just sitting in the pack moving up on the climbs and trying to stay out of trouble. We felt among the strongest on the climbs because it was fairly easy to move past guys on the steep pitches. The only downside during the race was that it wasn't very smooth. We were constantly braking and accelerating in the pack which caused some discomfort. Also the race is relatively calm; guys aren't continually attacking off the front. Either we are going slow or some team is trying to ride a hard steady pace at the front.

The next two laps things started to get more interesting. Not that interesting actually. The pace was usually pretty easy with a few accelerations as usual and harder up the climbs. Nate had dropped out at this point to save himself for nationals, but I felt great so I stayed in. We turned into our final lap and basically just rode it until the first climb. A few attacks went which I followed but of course nothing stayed away. With a break up the road everyone was content to sit in until we finally reached the last climb. Another strong junior on Garmin attacked up the steep climb and only me and 2 others could follow. But we were chased down and it would be a field sprint for 4th. I played the position game well and went into the last corner 3rd wheel. I jumped at 200m but got passed by one guy. I played the finish well and it was great to see it before nationals.

