

All Sport- Team Swift Race Reports June 2009

Race Reports for:

1. All Sport NASCAR Nights, California
2. Ross Dillon Hill Climb, California
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4. Ocala Race Weekend, Florida
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8. The Hyde Park Blast Criterium, Ohio
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11. Gold Nugget Stage Race, California
12. Dunlap Time Trial (CA Junior State Championships)
13. Mt Diablo Hill Climb, California

June Top 5 Results + Pro, I, II Results:

1 st Place	All Sport NASCAR Nights	Juniors	Sam Bassetti
1 st Place	All Sport NASCAR Nights	Advanced men	Sam Bassetti
1 st Place	Ross's Epic Hill Climb	Juniors 17-18	Sam Bassetti
1 st Place	Ross's Epic Hill Climb	Juniors 15-16	Griffin Wigert
1 st Place	2 Wheel Criterium	Juniors 17-18	Nick Kinney
1 st Place	2 Wheel Criterium	Juniors 13-14	Phillip Kinney
1 st Place	2 Wheel Criterium	Juniors 10-12	Tom Lucas
1 st Place	Gold Nugget Junior Stage Race	Overall G.C.	Chris Flanagan
1 st Place	Gold Nugget Junior Stage Race	Stage 1	Chris Flanagan
1 st Place	Gold Nugget Junior Stage Race	Stage 3	Chris Flanagan
1 st Place	Gold Nugget Stage Race	Juniors 13-14	Stanley Goto
1 st Place	Gold Nugget Stage Race, Stage 3	Juniors 13-14	Stanley Goto
2 nd Place	2 Wheel Criterium	Juniors 17-18	Sam Bassetti
2 nd Place	2 Wheel Criterium	Juniors 15-16	Phillip Kinney
2 nd Place	2 Wheel Criterium	Juniors 13-14	Zeke Mostov
2 nd Place	2 Wheel Criterium	Juniors 10-12	Hunter Juarez
2 nd Place	Nevada City Classic	Juniors 17-18	Sam Bassetti
2 nd Place	Nevada City Classic	Senior Category 3	Sam Bassetti
2 nd Place	Gold Nugget Junior Stage Race	Stage 4	Chris Flanagan
2 nd Place	Gold Nugget Stage Race, Stage 1	Juniors 13-14	Stanley Goto

2 nd Place	Gold Nugget Stage Race, Stage 2	Juniors 13-14	Stanley Goto
2 nd Place	Gold Nugget Stage Race, Stage 4	Juniors 13-14	Stanley Goto
2 nd Place	Ross's Epic Hill Climb	Juniors 17-18	Nate Geoffrion
3 rd Place	2 Wheel Criterium	Juniors 17-18	Nate Geoffrion
3 rd Place	2 Wheel Criterium	Senior Category 3	Sam Bassetti
3 rd Place	2 Wheel Criterium	Juniors 15-16	Ian Moore
3 rd Place	2 Wheel Criterium	Juniors 13-14	Christian Villasana
3 rd Place	2 Wheel Criterium	Juniors 10-12	Alexander Selivanoff
3 rd Place	Gold Nugget Stage Race, Stage 2	Juniors 15-16	Chris Flanagan
3 rd Place	Gold Nugget Stage Race, Stage 2	Juniors 13-14	Ryan Grant
3 rd Place	Gold Nugget Stage Race, Stage 3	Juniors 13-14	Ryan Grant
3 rd Place	Gold Nugget Stage Race, Stage 4	Juniors 13-14	Ryan Grant
3 rd Place	Dunlap TT (CA Jr State Champs)	Juniors 13-14	Ryan Grant
3 rd Place	Ross's Epic Hill Climb	Juniors 17-18	Nick Kinney
3 rd Place	Mt. Diablo Hill Climb	Juniors 15-16	Chris Flanagan
4 th Place	NCNCA Jr. Track Omnium	Juniors 13-14	Zeke Mostov
4 th Place	2 Wheel Criterium	Juniors 15-16	Keegan Williams
4 th Place	2 Wheel Criterium	Juniors 13-14	Tommy Edwards
4 th Place	Nevada City Classic	Juniors 15-16	Chris Flanagan
4 th Place	Gold Nugget Race, Overall G.C.	Juniors 13-14	Ryan Grant
4 th Place	Gold Nugget Stage Race, Stage 1	Juniors 13-14	Ryan Grant
4 th Place	Dunlap TT (CA Jr State Champs)	Juniors 13-14	Stanley Goto
4 th Place	Mt. Diablo Hill Climb	Juniors 13-14	Ryan Grant
5 th Place	Toyota Stuart Criterium	Juniors 15-16	Ashlyn Gerber
5 th Place	Ocala Forest Road Race	Senior W. Pro 1-4	Ashlyn Gerber
5 th Place	Lake County Road Race	Senior W. Pro, 1-3	Ashlyn Gerber
5 th Place	2 Wheel Criterium	Juniors 15-16	Tom Lucas

Rider Race Reports

1. All Sport – Team Swift NASCAR Nights Santa Rosa, CA

Sam Bassetti

1st Place NASCAR Nights Juniors

1st Place NASCAR Nights Advanced men

All Sport-Team Swift NASCAR Nights was a night of bike drag races during the Santa Rosa downtown market. All Sport brought their awesome NASCAR and did some sweet rev's of the engine which were super loud! We took off in heats of 3-5 riders

in full on sprints. It was cool to do a race different from normal. It was like racing the last 200 meters of a criterium and the beginning of a time trial at the same time. It was important to be ready, especially in the right gear like in a time trial. But the effort was like a normal sprint. I won all my heats and went on to win the final of each race. It was fun to practice the end of a race and be able to concentrate on technique a bunch of times in a race situation.

-Sam

2. Ross's Epic Hill Climb

Griffin Wigert

Age 13

1st Place Ross's Epic Hill Climb Juniors 15-16

The race took place on Pine Flat Road in Geyserville. The first 8 miles were flat and the next 10 miles was uphill. Close to the finish was a really steep half mile section at about 20%.

I warmed up on a nearby road while my dad got a head-start up the course to meet me at the top. I started with all the juniors and the Cat.5 men. I stayed with the pack on the flats but the group split pretty quickly on the climb. I stayed with Nate, Sam, and Nick (All Sport-Team Swift teammates) until they caught the front group. Eventually, I dropped off the back and rode most of the rest of the race alone. A cat 5 guy from Davis followed me the rest of the race, but he was never able to pass me.

Right before the really steep section, called the Beat down, we were cheered on by crazy costume-clad fans (Yuri and Vanessa Hauswald). I dropped the Davis guy in the last 300 meters. My time was 1:14 which got me first place in the 14-15 category.

-Griffin

3. Stuart Race Weekend

Ashlyn Gerber

Age 16

6th Place Toyota Stuart Circuit Race Senior Women Pro 1-4

5th Place Toyota Stuart Criterium Juniors 15-16

11th Place Toyota Stuart Criterium Senior Women Pro 1-4

This weekend I was determined to turn my racing around. I had a new strategy and was pumped up and ready to race. Day 1 was a flat, curvy and fast race. The course was in a not yet developed subdivision. It was very open and the wind was really blowing during my race.

At the start line I was really stoked. My legs felt great and the field was much bigger than normal. From go I settled into the front of the field. I tried to mark strong wheels. I found myself on Jackie Kurth's (Team Kenda) wheel. As we came around to finish our first lap she attacked. I followed but once we were caught we were countered by Tina Elliot (Florida Velo). During this lap 2 other girls bridged up to Tina and they were slowly getting a bigger gap on the field. Our main field had shredded to about 8 riders. I sat on the back and prepped for the sprint.

As we came around to see 3 laps to go the sky had grown ominously black. The rain held off but the lighting and thunder had started to roll in. As we came around to what should have been bell lap we were told that it was our finish. I followed Jackie Kurth's wheel and got second in the sprint and 6th overall.

On Sunday the course was almost a mile long. It had 4 corners and wasn't very technical. I started off with the Juniors race. About 10 minutes into the race, the field split. I found myself in the middle of two, seven men groups with another rider. We rotated for a little while and tried to bridge to the lead group but ended up just floating back to the second group. For the most part we did a tempo pace line. There were couple attacks but they were quickly pulled back. With 5 laps to go we were caught by the 2 leaders. I jumped onto their wheel and stayed there.

On the last lap an attack went. I followed the first chaser and was getting ready for the sprint. As we rounded the final corner the guy in front of me (Mateo Zaluaga-Team Paisa- had given me a good lead out to the final corner =) peeled off and left me with open road. With the 1 rider still in front I sprinted. I could see a shadow behind me but managed to hold him off to the line. I got 5th overall and was very pleased with my result.

In the women's race later I was a little tired. About 10 minutes into the race Jackie Kurth and Julie Bishop (Florida Velo) formed a break together and were gone for the rest of the race. I tried to stay attentive but my legs were feeling the previous races. There were plenty of attacks throughout the race and the pace was kept high. With 5 laps to go the rider in front of me (Christi An Hansley - Team Tri Star Cycling) attacked and I followed. At the line we had a huge gap but she gave me a look and sat up. I made the choice to keep going. I held the field off for 3 laps and was caught. Right before the field caught me; there was a crash in the final corner. When the group came up to me I hopped into about 5th wheel where I stayed until the last lap when I moved up to 3rd wheel. Coming around the final corner I ran out of elbow room and lost a lot of positioning.

I ended up finishing towards the back of the field. I took a lot from the races and gained some confidence from my junior race.

Ride Safe,

Ashlyn Gerber

4. Ocala Stage Race

Ashlyn Gerber

Senior Women Pro, 1,2,3,4

Age 16

10 th Place	Marion County Road Race	Senior Women Pro 1-4
9 th Place	Marion County Time Trial	Senior Women Pro 1-4
5 th Place	Ocala Forest Road Race	Senior Women Pro 1-4

This past weekend was the Ocala Omnium with a Road Race and Time Trial on Saturday and another Road Race on Sunday. I felt good all week and was stoked to race. Saturday's road race was rolling but there wasn't anything too difficult. All the women categories raced together.

The course was very nice. I felt great on all the climbs and felt like my climbing improved since the last time I raced on this course. The first lap was pretty steady. There were a couple little attacks but nothing stuck. When we came up the final hill there was a split in the field. I found myself in a break of 8 with all the big names. We were soon pulled back and the group settled back down. There was a KOM about 5 miles into the second lap. I felt good during the sprint and finished around 5th.

In the last 5 miles I moved up to the front. I was prepared for the sprint but was concerned with the downhill finish. In the last mile I was stuck against the yellow line. As we began to crest the final hill I attacked to try and get a gap before the downhill. Another woman followed me and then flew by me. I tried to jump on her wheel but wasn't able to. I ended up finishing 10th.

Later that day we had a 4.88 mile time trial. It was wicked hot out and I felt pretty tired. The TT course was the finishing section of the morning's road race course. I felt okay in the TT and had a time of 12:42.

Sunday's road race course was a lolly-pop shape. The terrain was mostly flat with 1 or 2 little rollers. It wasn't as selective as the previous race. I felt really good during my warm up. At the start I was totally ready to race. I drifted back into the middle of the field and tried to just stay out of the wind to conserve energy. For the first 10 miles the field kept a steady tempo around 22mph. There were a few attacks but

there wasn't much going on. It was getting pretty hot out and it was really starting to get to me. I took the opportunity to pore water on my back and legs. It felt great and really saved me. As we came around to start our final lap, a group of 5, including Tina Elliot were just of the front. I bridged up but we were soon pulled back.

The next lap, the pace was a little faster and the attacks were starting to fly. With 5 miles to go Julie Walker (Team Florida Velo) was a little off the front of the field. A group of 3 women tried to bridge. We had soon reeled the chase group back into the field but Julie had put the hammer down and was already a few hundred meters away.

As we made the final left and exited the loop I began to move up. I searched for Jennie Collin's (Team ASV) wheel and marked it. She is one of the best sprinters and I wanted to follow her to the line. For the last 3 miles I fought for her wheel. I managed to hold it until the sprint. As we rounded the final corner I could see a girl trying to sneak in on my inside. I moved up a little and got in front of her. Once we straightened out the sprint started. I felt great in the sprint and moved up two places. I finished 4th in the sprint and 5th overall. It was my best sprint finish of the year.

Next weekend is the Clermont Omnium. It is the last race in Florida before Nationals and I am really looking forward to it.

Ride Safe,

Ashlyn Gerber

5. Lake County Stage Race

Ashlyn Gerber

16 years old, Senior Women pro, 1, 2, 3

8 th Place	Lake County Criterium	Juniors 15-16
6 th Place	Lake County Criterium	Senior Women pro, 1-3
8 th Place	Lake County Road Race	Junior 15-16
5 th Place	Lake County Road Race	Senior Women pro, 1-3

It's the last race of the spring season...Father's Day weekend...AND a 110 degree heat index...WOW!!! This past weekend was the Lake County Stage Race. Saturday was a criterium. The course was in an unfinished neighborhood. The roads were nice and there was a small finishing hill.

I started off with the junior's race. The race was FAST and the attacks were flying. About 10 minutes into the race the winning break got up the road. There were a few chase attempts but no one was able to get really organized. As we came around to the last lap I moved up to about 4th wheel. The field had cranked up the speed and I was prepping for the sprint. As we came around to the final corner, most of the field

was getting ready to take the inside line but a rider had sat up on the inside. I lost my momentum and never quite gained it again. I ended up finishing towards the end of the field but had felt good the entire race.

The women's race was HOT. I felt pretty good and was able to react to all the attacks. The field stayed together for the entire race. No one was super aggressive because of the heat. As we came to the final lap I tried to move up a little bit. I was caught up in the final corner when the rider in front of me nearly overshot the turn. I managed to keep enough of my momentum and sprinted for 6th in the 1, 2, 3's.

Sunday's race was a lot of fun. The course was a flat and curvy 2 miles. It was ridiculously hot out (we got into our car at 6 AM and the thermo. read 92!!!! yikes). In the juniors race my goal was to try and have a good finish but to just have fun. The race was really fast. Most riders were competing in the stage race and that led to more attacks than usual. My legs were hurting a little but I felt pretty good. I tried to stay up front but for the most part ended up just enjoying the ride. As we came around to the finish I was a little farther back then I would have liked. I ended up towards the back of the field in the sprint but was totally stoked for the women's race.

The all category women's race was the last race of the day. I didn't need much of a warm up and hung out under the tent keeping cool. The first lap was pretty calm. The field was staying together and trying to feel everything out. As we came around the finish line I saw the line of juniors with bottles of ice cold water...I couldn't get a feed but I did get a shower just about every lap. It felt great (a special thanks to everyone =). There were a couple attacks but nothing was really sticking. As we were coming around to start 3 laps to go I was second wheel. When I looked back the field had started to slow down and had given us a small 20 meter gap. "LETS GO" I sprinted past the rider in front of me and told her we had a gap. I ended up on my own hammering up the final hill. I was off the front for a little while but was eventually caught. The next 2 laps were uneventful. I knew it was coming to a field sprint and began to pick my wheel.

As we approached the final corner the field was still spread across the road. I was behind the four women who rotate winning the races. As we rounded the final corner they shot up the outside and I followed. My legs were pretty tired but I was able to keep my 5th place.

With no more races until the U.S. Junior Nationals I am very excited to get out to Oregon. I'm looking forward to getting to see some of the team and can't wait to get out and race.

Ride Safe,

Ashlyn Gerber

6. 2 Wheel Criterium

Nick Kinney

1st Place 2 Wheel Criterium Juniors 15-18

I missed out on Two Wheel Criterium last year on the old Santa Rosa course, but this year's edition was held on a sweet new course in Rohnert Park. There were seven riders from All Sport-Team Swift in all trying to help me score points for my upgrade.

The first half of the race was pretty tame, with only a couple break attempts from the Berkley Bike Club Junior. It got a bit interesting when all 3 primes were held back to back to back. Nate took off solo for the first two and Sam took the third. By the time the last prime had been won the group was Sam, Nate, Phillip, Ryan Gadow from Tieni Duro, and the BBC junior and myself. Nate drove the pace going into 3 laps to go and as we came up on the chicane before the finish hill Sam attacked, with me right on his wheel. No-one had a response, and Sam and I drilled it to the line, going 1-2 at the finish.

19th Place 2 Wheel Criterium Senior Cat 4/5

This race was a bit of a question mark for me. I wasn't sure were I would stack up in a bigger field. Within a few laps I was surfing the front, staying out of the wind, following attacks when they went without really using energy. After about 5 laps I dropped out of the top 10 after the front was swarmed. Immediately 5 guys went up the road and got a decent gap. From were I was they looked strong, so after the second turn at the bottom of the hill I jumped along the right side of the road, bringing a couple guys with me. I made it up to the break as it was beginning to fall apart. One guy had attacked for a prime and I went straight past the guys who were in pursuit. When I caught the attacker after turn one I looked back and found only two guys left on my wheel and they were barely there, suffering to keep up.

But the pack also appeared to be suffering, our breakaway had probably 15 seconds on them. I kept up a steady stream of encouraging words, because we would need all four guys if we were going to make this break happen. However 6 laps to go it was all over, as the pack had finally put a chase together. I stayed in the front, quite comfortably, following moves, chasing a bit, until the last lap. I followed an attack by Ryan Gadow going through the finish, but we were pulled back almost immediately. I still managed to stay near the front, jumping on the Boba train, then switching to the Colavita train, then back again, going into the last corner before the chicane, one of the guys I had been in the break with attacked and held on till the finish, while I was being swarmed having jumped on the wrong train, settling for 19th.

I learned quite a lot in this race. I learned I could boss my way around the front of the pack and with a little smart thinking I could win. Further bolstering my confidence was when several riders after the race complemented me on my race, including a guy from the breakaway who had struggled the whole time. He thanked me for encouraging him to dig deep.

Next up is the Benicia Criterium, where I hope I can put it all together, and try to take a good result.

-Nick

Nate Geoffrion

3 rd Place	2 Wheel Criterium	Juniors 17-18
13 th Place	2 Wheel Criterium	Senior Category 3

Juniors Race:

The 2 wheel racing team did a fantastic job of getting junior categories together for our own local race. We had every junior category from 10-12's to my race in the 17-18's. This was also an opportunity for my teammate Nick to grab some points for an upgrade. As we started the race, we had a large field because all the juniors were thrown in together. The first couple laps I tried to mentor the younger future-star racers on how to draft and take corners. However, the one guy Nick was racing against in his quest for 1st place was becoming bored and started to attack. Nick had to follow his wheel and Sam and I were supposed to help Nick, so I caught up with the older guys and the other younger juniors who could hold our wheels came with. Our race now consisted of six guys, four of them from the 17-18's and two in the 15-16 category.

Sam and I did the majority of pulling at the front in order to save Nick for the sprint finish, if there was one. There were three primes in the race and I took the first two. I attacked on the last straightaway each time at the same exact spot, out-sprinting the group by quite a length. The last prime Sam took since we were helping Nick earn the win. With only 3 or so laps remaining I told Sam to attack with Nick on his wheel so they could form a breakaway and get the win without a field sprint. If our competitor tried to follow that attack, I can just follow his wheel without getting tired. This tactic forces him to do all the pulling in the wind, since my teammates are up the road and I don't have to work. The plan worked to perfection. Nick got his win, Sam took second, and I sprinted for third. All Sport-Team Swift swept the podium!

Senior Category 3's:

It was me and Sam's second race of the day, our legs now warmed and ready to go for a faster, larger group race. We were looking for the win and some points towards

an upgrade to a Cat 2. The race consisted of about 25 older men and us two younger looking juniors. The race was much longer than our earlier race in the morning, this one being around 15 or 20 minutes longer than the junior race.

As the race started, the first breakaway of the day went and got caught on the same lap. When I heard the officials say prime on the next lap, I was getting ready for the pace to pick up and attacks start to fly. On that lap only one guy attacked and no one followed. I thought I might as well go, only having to out sprint one tired man for the prize. So I jumped on his wheel and he led me all the way to the line, where I sprinted around him for the prime. After, we joined back together and formed a break for the next two laps.

After getting caught by the peloton, the last and final break of the day went and stayed away until the four laps remaining sign was shown. The pace of the race then really quickened as teams were setting up their sprinters for the finish. Sam and I heard one team setting up a plan for their man; we decided to stick to his wheel on the last lap. As the final lap came, Sam got behind the good sprinter and I got behind Sam. We were hoping to get rolled to the finish line at a fast speed, and then Sam and I could come around him with 200 meters to go. While shoulders were pushing and elbows rubbing against fellow racers, the sprint began. All the racers crowded across the street, making it seven riders across. You had to have nerve to keep your position. With about 100 meters to go Sam was still on the sprinters wheel, but I dropped off his wheel. Sam sprinted to an impressive 3rd place and I finished out of the top ten. It was a good race even though I didn't have a good result.

-Nate

7. Mt. Hood Cycling Classic

John Piasta

40th Place Mt. Hood Cycling Classic Overall G.C. Senior Category 3

At the Last minute I was given the opportunity to go to the Mt. Hood Cycling Classic. I was hesitant on going not knowing what shape I would be in but ended up leaving after school on Tuesday June 2nd with Alex Brookhouse from Team NorCal Bike Sport and his dad Bob. As soon as we arrived in Mt. Hood, Oregon we set up our cabin which was conveniently at the Finish Line for the next day's Circuit Race. Coach Troy and Asim (Whole Athlete) arrived right after us and we then left to preview the Circuit Race course.

The Circuit Race was a pretty sweet course. Nine miles up and nine miles down. It was also cool how you could see Mt. Saint Helens and a whole lot of country while descending. At the start of the circuit I was nervous about how my legs would be

feeling. Yet, I soon realized my legs were not as fresh as I would have hoped. After getting stuck in a crash at the Spring Hill road race, I wasn't able to ride the 2 days before the race since West County had to make my bike run like new at the last minute. It rode flawlessly thanks to Rob being such a good mechanic.

Day 1: CIRCUIT

Anyway the circuit started with a bang and I was hurting from the line and I knew everyone was too. The start of the 9 mile climb really, really hurt. To make matters worse, at the start we were told that there would no longer be neutral feed and the 90 degree windy weather was playing a big role on the climb. I knew from the start of the race that it would be hard, and the fact that almost everyone in the field was peaking for it while I was simply doing it to get back into shape. However it was much harder than I was expecting.

After crossing the finish for the first time and going at a pace that Alex told me was the hardest he had ever gone in his life, I made sure to recover on the descent. Up the climb you could really feel the altitude and heat combination, something I was not used to. So after 10 minutes of rest, we started our next 40 minute hard effort. This is where I could really feel my legs were out of form. 1k from the top of the climb I started to cramp and fell back from the main group. I took the descent extremely fast but the descent was so gradual that junior gears made it impossible for me to catch back on. The group I was with decided to start working with Master riders and since I really did not drive all the way down to Oregon to get DQ'ed I was not going to work with them. As the 90 degree weather turned into thunder and lightning the cramps continued. By the end of the stage I lost 14 minutes which I was actually a bit relieved with because between the cramps and riding solo a whole windy lap, I thought I would have lost a lot more time.

Day 2: TT

After Alex and I attempted to make a TT rig out of my Pro Machine we headed off to the Mt. Hood River Gorge which was where the 19 mile TT would take place. The winds were incredible. After the race I was told that the wind has always played a factor and the difference between a headwind and no wind on that course is 12 minutes.

I got a long warm up in trying to bring my legs back to life, but it didn't seem to work. From the start I knew I did not want to go out too hard because 50 minutes was a long TT. I decided to keep it z3 for the first 6 minutes and crank it up from there. From the start I noticed my HR was significantly lower than usual and my legs were really feeling dead. I struggled finding a rhythm and the wind was playing a major factor. It was a really bad day and probably the worst I have felt on the bike in a long time. I ended up with some 50th place.

Day 3: Road Race

My major goal for the week was to work my way into form the first two days so I could kick some butt in the Road Race and Criterium. Luckily I was feeling great at the

start of the Road Race. The race started at a snow covered Mt. Hood Ski Resort. It was cold and you could feel the altitude. The race started with a 10 mile descent, 5 mile climb, and then back down for 20 miles to the valley floor, until at mile 40 you hit another 5 mile hill, descended then began the 35 mile climb to the finish (yes 35 miles). It was going to be a hard race.

The first descent was fast reaching speeds up to 53 mph. I stayed at the front as we made our way over the first climb. At the top Troy caught on after an unlucky flat one mile in and the next descent was another very fast one. I stayed in the middle and when we reached the valley floor I got into the top 15. I was guttered in the cross wind and had to work hard to keep my place. We then turned onto this little punchy 2 minute climb that really hurt and dropped quite a few. I stayed at the front until at mile 40 the field took a neutral "nature" break, which sent me further back in the pack for the next 3 mile climb. I lost some valuable spots and on the climb had to really push it around people that were forming gaps. I was climbing great and really pushing it to catch the leaders. I hit the top only a few seconds behind the leaders and easily caught back on the 53 mph descent. I was glad I made up all that time and felt real confident about my legs. At the start of the 35 mile climb I was at the back of the pack. Which made it hard as people were dropping off in front of me and I would have to sprint to make contact with the pack? So after a really unorganized feed zone Alex and I got gapped and had to chase hard to get back on. After getting gapped so much I got right into the top 10 to help Troy out who was doing well in GC. I talked a bit with Cristo from Byrds cycling in Idaho, the only other junior that was still in the lead group. At the 3rd feed zone a big attack flew as I was grabbing my bottle. I found Troy, got him on my wheel and chased to try to bridge the gap. But I didn't want everyone to just sit on me and did not want to be the only one working. Yet I still took longer pulls in an attempt to bridge Troy back up. Troy told me he was not feeling it so as soon as I heard that I stopped working since I wanted to loose as little time as possible. We closed it down to 6 seconds but no one wanted to work and we lost contact. I was frustrated because I knew that I would have been able to stay with them for much longer.

It was extremely hard to eat while climbing, which lead to a famous bonk that neither Alex, Troy and Asim will ever let me forget. I will put it this way I do not remember the last mile of my race. Except I went from the chasing group to getting passed by a bunch of people. I remember seeing a lot of pavement and never remember crossing the finish line. But Alex and Troy reassured me that I did. I guess I fell off my bike and lied on the pavement immediately after finishing. Alex, Troy and Asim forced sugar in me. The group also took advantage of my guilbleness and told made a bunch of stuff up that only I would believe. So EAT YOUR CLIF BLOKS AND DRINK YOUR ALL SPORT if you want to remember finishing a hard race.

Day 4: Criterium

So we went from 75 starters to the final 60 that started the crit. I was feeling better and better as the week went on. I wanted to leave the crit with a prime and start a break. The course started on an uphill, turned right onto the downhill, a fast 180 degree hairpin descended a bit more to a few uphill corners. After passing the finish line 4 laps into the race I heard the prime bell and put in a big attack. I lost a few spots and sat mid pack. Troy caught up to me and we struggled moving up on the course. It was a really hard course to move up on because in 1k there were 7 corners. We averaged a fast 29 mph during the race and I just finished in the pack.

I learned a lot from Hood. I started the Race feeling terrible and ended it feeling strong. I had a great time with the NorCal guys and really appreciate Alex and Bob giving me a place in the cabin. As long as there are no conflicts of greater importance next year Mt. Hood is on the calendar.

-John P

8. Hyde Park Blast Criterium

Ian Moore

15 years old

The Hyde Park Blast Criterium Cincinnati, Ohio

Juniors 15-18

June 27, 2009

The Hyde Park Blast Criterium in Cincinnati, Ohio was a really hot race (temperature). The course was about 1 mile of mostly flat with 1 short up and down hill and a u-turn. The race was 40 min and I was in the 15-18 age group. There were a lot of guys from Team Turner and right from the start some of them attacked, as the race developed I was beginning to get chills from the heat, and the race was spread out a lot. One of the guys I was trying to work with was not really cooperating; he kept attacking and then slowing down on the hill. We caught people though, and by the end we had a small group (so we had a bunch sprint). This was the first race on my new BMC Roadracer, and it was great, really responsive and light. I don't know my exact place because they did not post them, but I think I was one of the only 15 year olds. Overall the race was organized, and the course was good (except for the u-turn) and paved well.

-Ian

9. Nevada City Classic

Sam Bassetti

2nd Place

Nevada City Classic

Juniors 17-18

After an awesome weekend of camping with my teammates we drove up to Nevada City. We got a great parking spot and went to registration. We returned to the van and got ready to ride the course and warm up. This is definitely my favorite criterium course of all time. From the start/finish on a downhill, the course hits a kind of double turn making it about 180 degrees after a long downhill. After the turn the course climbs up narrow winding streets lined with tall buildings and trees. Most of the climb is very enclosed, and with spectators lining the sidewalks the climb became just amazing. After the climb, the course flattens for about 100 meters before hitting a small roller and then the decent to the finish. It is an awesome course that suits my strengths well. For the junior race the race is pretty much to the top of the hill because of our junior gears there isn't much of a sprint. We lined up with more competition than normal. Not only was this a bigger than normal junior field, but we had two members of the U.S. Junior National Team in our field.

We did junior roll out then were off. It was hard from the start, with Ian, of Hot Tubes, setting a hard tempo up the climb. It was mostly a hard tempo and there weren't many attacks, so I just sat in. Ian continued to sit on the front and kill it up the climb. After a while it started to break up and I just stuck in the top five or so. With a few laps to go, Ian attacked on the flat after the climb. I was left with a small group of five and soon there were three of us. Nate, my teammate, was in my group until just a few laps to go when he fell back. On the last lap I attacked at the top of the climb and stayed away for second place. I am very happy with this result in a strong field and a very hard race.

-Sam

Sam Bassetti

2nd Place Nevada City Classic Senior Category 3

We had a couple hours in between our junior and senior races, so we rested and ate, and then started warming up again. I was feeling a little tired so I wasn't sure how I would feel. My legs felt tired from the last race and immediately the pace felt hard up the climb. After a few laps I found my rhythm and I found myself slowly moving up each time up the climb. A few attacks went but they were all chased down. With eight laps to go the climb was starting to hurt. I started to drift back from the front of the race and I could feel my race coming to an end. It's times like that when you really need to dig deep and take yourself to the next level. I pushed the pain out of my mind and gave it everything I had up the climb. I stopped my backward slide in the field and started to make up spots again. Six laps to go, "There is no way I can do this six more times I told myself". Five laps to go, "Just hang in there". Four laps to go, "I can't breath, my legs are burning". Three laps to go, "Just hold onto this wheel, just a little

longer". Two laps to go, "Almost done, stay concentrated, you are in this". One lap to go, "Just one more effort, go, GO". John Bennett flew off the front of the field on the last steep section of the climb. I swung around and kicked hard but couldn't quite get on his wheel. But now I had a gap over the field with one rider bridging up to me. He caught me on the flats before the descent and I kicked again, knowing I was at a huge disadvantage in the sprint. Into the sprint and I was instantly spun out. The one rider on my wheel was trying to come around me. I could feel him gaining ground on my side but I spun for everything I was worth. We crossed the line and we both threw our bikes for second place (I won).

That race hurt a lot. I ended up winning the bike throw for second place. Nevada City was a very successful race for me and I am very happy with my results.
-Sam

10. Oakland Criterium

Lauren Catlin

8th Place Oakland Criterium Women Senior Category 4

I knew this race would be different from the other few I've done so far because it was a Category 4 only- not combined with the 3's. To my surprise, there were actually 15 of us, and another junior in the race. We began a lap with the mentor before the race actually began. We started racing and the pace was nothing to worry about, but we did drop two riders pretty quickly. I stayed 5th or 6th most of the race and was getting an idea of who the strongest riders were. The pace was pretty consistent throughout the whole race, no one ever tried to get away, so I guess that was kind of boring. The field never really broke up so I knew it was going to come down to a big sprint at the end. Starting the last lap I tried to get in a good position on the climb, but everyone was, so I didn't really get it. I was fighting for a spot, but all the other women were panicking, and then we went through the hairpin on the course and got spaced out. We were all pretty much regrouped at the bottom of the finishing climb though. I knew I was too far back to get a good place, but I made sure that no one passed me, and I might have even passed a few. Either way, I had fun on the course and it's always good to get more experience—I'll do better next time.

-Lauren

11. Gold Nugget Junior Stage Race

Christopher Flanagan

1st Place Gold Nugget Junior Stage Race Overall G.C.

1 st Place	Gold Nugget Junior Stage Race	Stage 1
3 rd Place	Gold Nugget Junior Stage Race	Stage 2
1 st Place	Gold Nugget Junior Stage Race	Stage 3
2 nd Place	Gold Nugget Junior Stage Race	Stage 4

Stage 1

1st Place

The first stage was a 9-mile mass start hill climb. It was a very hot day, just over 100 degrees with a start time in the afternoon, the hottest time of the day. The beginning of the race was clearly a good indicator of the entire race, it was to be a very hot and hilly race environment and I could see that minimizing ones dehydration was just as important to racing fast and smart.

We started in Hornitas, California, a place I have never seen nor heard of before and it turns out to be just west of the southern gate of Yosemite National Park. The peloton rode off the start line together for the first few rolling hills. I understood that the first stage was short and complimentary to my climbing skill. I planned to lead out the peloton fast, raising the pace from the beginning. I wanted to establish an early time lead since it was just a four stage race. I recognized several of my competitors and knew they also were strong climbers so it was important to go out hard. At the base of the climb there was an In-Cycle rider who attacked but was quickly pick up. Halfway up the hill Alistair, from Specialized, winner of the Sea Otter, and a very strong climber, attacked leaving only AC's, Bjorn Fox and I remaining, the field broke apart quickly. As the pace rose Bjorn made a couple short attempts to lead out, before falling off. Then Alistair and I attacked successfully and rode wheel to wheel to keep the same pace and watch for an attack. When we where within the last half-mile Alistair made an attack, I chased, then countered his attack. I held him off to the last turn and then across the finish line. I took 1st place for stage 1 and the GC by 8 seconds.

Stage 2

3rd Place

Stage 2 was a series of 9 laps each 5 miles totaling 45 miles. Again, this was to be a hilly race, although without a decisive climb. The peloton rode in a single peloton for 3 laps before Alexander, from the Davis Cycling Club made a break with Alistair and Bjorn and two guys from So. Cal. I was too far back to respond before they broke and in a very short time they had opened a 30 second gap. The peloton consisted of a number of riders from Southern California so I didn't know them or their riding strengths; however, I did manage to get an In-Cycle rider to work with me for two laps before he faded. With two laps to go I decided I had to try to bridge the gap on my own. On the last lap I caught and past everyone in the break-away except for Bjorn and Alistair. Although I was able to close the gap significantly I was not able to catch part

of the break before the finish. I finished third with only Alistair and Bjorn ahead, but lost the GC by 40 seconds. At the end of the second stage Alistair was the GC leader by 40 seconds, I was second and Bjorn was third.

Stage 3

1st Place

On the same day as stage 2 we had the third stage in the afternoon and at the peak of the heat. It was to be a 3.8 mile hill climb TT. The race course was straight up at a near constant 6% plus climb. Without a doubt I was very fired up and motivated to recapture the G.C. lead. I was disappointed in my earlier race and was confident I could regain the lead. After making sure I had the best possible recovery, I was feeling pretty fresh and extremely determined. It was a sizable time gap and with only a short TT to regain the time I knew would be difficult. Although few thought I could make up much time I was determined to give it my best effort. From the start I was in my big chain ring and held a high cadence and a moderate gear. As I neared the 3 mile-to-go sections I caught and passed my 30 second man and went to a full on charge passing several others. Riding low on my bike, I held the hoods in an aerodynamic way to maximize my advantage. I crossed the line with the best time.

Alistair, and the G.C. leader, started 1 minute behind me. As I watch the stop watch a minute passed and Alistair was nowhere in sight, then 2 minutes passed and Alistair was still to be seen, then at 2 minutes and 21 second the G.C. leader came across the line and had lost the lead. In 3.8 miles I had beaten my competition by 1:21 regaining the G.C. lead.

Stage 4

2nd Place

The final day and last race, Stage 4 begins. It was another road race of three 12 mile laps, totaling 36 miles with moderate but consistent climbs and a very fast decent. The field rode easy for the first two laps, making the beginning of the race uneventful. The third lap was the same until we hit the hills and the pace picked up with me in the front. It seemed as though the peloton was trying to box me in the peloton during one of surges I did not react fast enough and Bjorn who was in third place, attacked. Then Alistair attacked on one of the hills. Then there was another attack by Bjorn and Alexander but this time I didn't make the same mistake as in stage 2 and I responded quickly and was able to neutralize my opponents, however, Alistair had still opened a small gap. Bjorn reached halfway to Alistair and then he fell back. Alex went next and bridged even further and dropped out. Then I went and bridge the gap but several seconds later the peloton was back together. Several miles to the finish there were a couple attacks by In-Cycle but each one was unsuccessful. On the last climb Alistair and I broke away from the peloton and I kept the pace as high as possible to hinder his

sprint at the finish. With a 90 degree turn and then 1,000 feet to the finish line, I made the mistake of taking the turn to tight. Alistair was on my wheel and at the corner he surged around me and cut me off at the turn, forcing me to ease the power just slightly. I used my brake to avoid hitting him and then had to change gears and could not sprint back up to pass him. We finished with less than a second of time between us, Alistair got the stage and the time bonus with me right behind him. Although he took the final stage, I retained the GC, winning the overall Gold Nugget Race and two stage races. It was a great race, and an even better ride home.

-Chirs F

Stanley Goto

Age 13

1 st Place	Gold Nugget Stage Race	Juniors 13-14
2 nd Place	Gold Nugget Stage Race, Stage 1	Juniors 13-14
2 nd Place	Gold Nugget Stage Race, Stage 2	Juniors 13-14
1 st Place	Gold Nugget Stage Race, Stage 3	Juniors 13-14
2 nd Place	Gold Nugget Stage Race, Stage 4	Juniors 13-14

Stage 1 Hornitos Hill Climb

On the first day of a 3 day stage race with 4 stages I was feeling pretty good. I was intending to use this race to train for Nationals. The field that we had there was not very big and there was only one guy there that had beaten me this season. The first stage was a short hill climb that has about 8 miles of rollers before a 3 mile climb. On the rollers I just sat attentively to make sure no one would try to get away early. On the base of the climb I leaned on the pace a little and soon I found myself off the front. All the way up the climb I tried to get in a rhythm and hold my lead. With about a mile and a half to go I hit one section that got a little steeper than normal. From there on out I had lost all of my rhythm and my legs didn't feel so great. So I was caught by one rider and we rode together to the line. With about 100 meters to go I tried to come around him but my legs just didn't feel good at all. In the end I had just lost 3 seconds in time bonuses but I was sure that I could make up time on the next stage. Meanwhile the rider that I thought would do well lost 5 minutes and apparently had a bad day in the blistering heat, so basically that was it for him.

Stage 2

Greeley Hill Road Race

While being driven to the start of the race I had a wrenching stomach ache. I thought that it couldn't be good to start a day with two races with a stomach pain. I'm pretty sure it was the Orange juice at the hotel. It had some funny color to it and it

didn't taste well all. It hurt all the way until we finished the promenade on the race course. After that the pain dulled, but still lingered. From there all I had to think about is the 25 miles that I had to survive though without letting my stomach ache come back. The course was a 5 mile loop with mostly rollers. The finish was on a slight gradual hill. For the first part of the race there were a few attacks. Then on the finishing hill for the 3rd lap I set a hard pace then attacked. I was left with the rider that was 5 minutes back. We were closely trailed by my teammate Ryan Grant. I thought about waiting up for Ryan as we crested the hill but he was a little too close to the rider that was 3 seconds ahead of me at the start of the day so I kept up the pace. As my break away companion and I worked together on the descent I realized that I wouldn't have had to wait even if I chose to because Ryan had bridged the gap. For most of the remainder of the race we worked together and we gained more time on the leader. With about a quarter of a lap to go the AC rider (5 minutes down) attacked and was able to open a gap. Ryan and I were able to work together and catch back up. On the sprint to the line I tried to set up Ryan for the finish. That didn't work out so I just gave it all I had left to the line and got barely beat by the AC rider. I took second again but took over the GC by a 2 minute margin.

Stage 3

Toll Road TT

After the first stage of the day we now had to tackle a short hill time trial that was supposedly 3.8 miles with rolling and slightly up hill. After driving down the course with the Grant's it seemed the route was almost all uphill so I decided to take off my clip-on TT bars and not use my TT helmet. When I started the TT I didn't feel very good. But as soon as the road started going up hill I felt surprisingly better. All the way coming into the finish I felt great. The next day I found out I had won the TT by 5 seconds and increased my GC lead by another minute. Now I knew that I wouldn't go winless the whole race.

Stage 4 Bootjack Road Race

When the race started I knew that I had like a 3 minute gap on the second place rider so my job was to see if we could get Ryan in a break and move him up in the standing. It was hard to get a break from the 2nd and 3rd place guys because it seemed they were more intent on maintaining their position than moving up. The whole 24 miles went pretty smoothly other than one corner that my rear wheel started sliding out because I was straddling the white line. In the end of the race one guy got off the front and won by about 5 seconds while I was trying to bridge. After the race I gained 40 dollars in winnings and celebrated with a delicious double cheese at Happy Burger.

-Stanley

Ryan Grant

4th Place	Gold Nugget Junior Stage Race, Overall G.C.	Juniors 13-14
4th Place	Gold Nugget Junior Stage Race, Stage 1	Juniors 13-14
3 rd Place	Gold Nugget Junior Stage Race, Stage 2	Juniors 13-14
3 rd Place	Gold Nugget Junior Stage Race, Stage 3	Juniors 13-14
3 rd Place	Gold Nugget Junior Stage Race, Stage 4	Juniors 13-14

Stage 1: Hornitos Hillclimb

I felt pretty good during my warm up, but as soon as we started that went away. I could still stay with the group though. Towards the base of the climb Henry Nelson got on the front and started pushing the pace. Almost immediately a guy from San Diego fell off. My legs started feeling empty and I knew I was in trouble. Then Henry's teammate, Reese Leevine got dropped. A little bit after Reese got dropped, I started to lose the pack (which was down to three people). After a while I started to get in to a rhythm and I saw Skylar Taylor who was in the pack earlier, so I picked up the pace to catch them (thinking he was still in the group), but realized he had gotten dropped after a while. Later on, I found out that after I got dropped Stanley got on the front and dropped Skylar and Henry, but Henry caught back up. When I caught Skylar he got on my wheel and we started working together to make sure we lost as little time as possible. I saw my dad towards the top and that meant we were close to the finish, so Skylar and I started sprinting and sure enough around the corner was the finish. Skylar clearly had more left in him than me because he had it all the way. Henry won the stage with Stanley right behind him and than almost 6 and 1/2 minutes back were me and Skylar. I was surprised, because Henry has never done very well before.

Stage 2: Greeley Hill Road Race

I had a good warm up and actually felt good at the start of this stage. On the first lap we went pretty easy. Part way through the second lap there were a series of attacks, but nothing got away. At the end of the third lap Stanley got on the front and pushed a hard pace up the climb to the finish and he dropped Reese, Henry and then me. I let Henry catch me before the long downhill at the start of each lap. I knew Henry wasn't going to catch them without me, but I wasn't helping him catch Stanley, so I attacked him, dropped him, and caught Stanley and Skylar at the bottom of the downhill without bringing Henry with me. We kind of agreed to work together to make up as much time on Henry as possible, so we got out of his sight pretty fast. We kept on working together until the last K. I attacked at the bottom of the hill which was about 1/2 a mile long, but Skylar got on my wheel quick, so I slowed down. We went up about half way and then Skylar got on the front and pushed the pace up to the top where we sprinted it out. Skylar won, Stanley got second, and I got third. At the end of

the race we had gained almost 3 minutes back, but we got time bonuses for 1st, 2nd, and 3rd, so it ended up being 3 minutes.

Stage 3: Toll Road Hillclimb Time Trial

This was the second race of the day so for a warm up Stanley and I just rode around. I started out going pretty hard and at the base of the climb started going a little harder. At one point I looked back and saw Skylar who started one minute back. I knew he had gained a lot of time on me, because the road was really curvy. I started going almost all out when I saw him and started going all out when I saw the 1 Mile to go sign. The last 2/3 miles were pretty much flat and Skylar wasn't the greatest on the flats so I started to slowly lose him, but there wasn't enough distance to gain back any more than 5 seconds or so. Stanley won, Skylar got second and I got third. I beat Henry by around 40 seconds, so all I had to get back from Henry on the last stage was 2 minutes, 40 seconds.

Stage 4: Bootjack Road Race

I was pretty confident that Skylar and I could get back the rest of the time we needed to catch up to Henry, since we had gained that much time the last road race. I was clipped in almost right away at the start and felt good, so I attacked. It definitely woke everyone up if they weren't already. We went at a reasonable pace the first half of the lap which was pretty mush downhill. I attacked a couple of times and then Skylar attacked and got away. Stanley and I made Henry and Reese try to catch him. Right before we caught him Stanley and I attacked Reese and Henry. We caught Skylar and he grabbed my wheel. We somehow managed to do that and leave Henry behind. We started working together and going pretty hard, but we weren't gaining very much time on Henry. We almost got out of sight and then he started to slowly catch us. He actually caught us at the end of the lap. At the start of the lap was the feed zone, so I slowed down to get my bottle. It was wet so it slipped out of my hands and almost at the same time Henry attacked. I fell a little back to get the bottle and wasn't ready for an attack so was dropped. Stanley and Skylar were also caught off guard, but they didn't get anything at the feed zone, so were farther up. I immediately started chasing them not worrying about my bottle. I caught them and Henry slowed down. I took out a Clif Shot towards the end of the descent where there was a flat spot and guess what. Henry attacked right when I got it out and was about to open it. I put the shot away and chased back to the group. After the descent I actually got to have my shot without getting attacked. Then on the climbs Skylar and I started attacking, but none of them worked until Skylar got away with about 1 Mile to go. Stanley and I made Henry chase, but he wasn't really pulling him back so with about 1 K to go Stanley attacked to bridge up. I didn't have the energy to grab his wheel, so I just stayed with Henry. With about 150 meters left I attacked Henry and beat him to the line. Skylar won the stage and

Stanley got second a little behind Skylar. Neither Skylar or I gained enough time to catch Henry, so overall I got 4th, Skylar got 3rd, Henry got 2nd, and Stanley won.
-Ryan G

12. Dunlap Time Trial (CA Junior State Championships)

Ryan Grant

3rd place Dunlap Time Trial (Junior State Champs) Juniors 13-14

I felt good on my warm up ride the day before and I really liked my aero position, so I was pretty confident that I could do well in the race. During my warm up I felt good too. Stanley started in front of me and had a pretty good start. I started out going hard, but not all out yet like I was told to do. Even though I wasn't going all out I was very slowly pulling back Stanley. At the turn I was only about 10 seconds behind him, so I had gained about 20 seconds on him. But then he started going harder and I almost had to go all out to not lose him. We caught my minute man Stefan Fueller pretty fast and then dropped him. As we got closer to the turn around point Stanley slowly started gaining time he lost to me back. Right after the turn around point Stanley started going even harder and pretty soon we caught my two and a half minute man. I did my best to stay with him. I don't think I could've done as good if Stanley wasn't in front of me "pacing" me. I ended up in 3rd 4 seconds behind Matthew Valencia. Stanley got 4th, so it was a pretty good day for both of us.

-Ryan G

13. Mt. Diablo Hill Climb

Ryan Grant

4th Place Mt. Diablo Hill Climb Juniors 13-14

I felt okay at the start, but there was a wicked headwind, so I wasn't going very fast. At the start of the climb I felt really good, even though some people behind me were catching me. I just kept on going though and towards the top I caught a junior 8 minutes and 9 and 1/2 minutes in front of me. When I got to 1 K to go I started going all out and stayed with this one guy that was passing me until 250 M to go, but I didn't finish far behind him. I beat my time last year and most of the other juniors were a minute slower than their time last year, so that made me feel good. But that was all I really felt good about; because I didn't beat anyone else besides the people I normally beat. An uphill time trial is a race against yourself.

-Ryan G

