

All Sport- Team Swift Race Reports May 2009

Race Reports for:

1. Junior State Criterium Championships
2. Panoche Pass Junior State Road Race Championships
3. Lakeland & Florida State Criterium Championships
4. Cat's Hill Criterium
5. Berkeley Hills Road Race
6. Mt Hamilton Road Race
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May Top 5 Results + Pro, I, II Results:

1 st Place	Junior District Criterium Champs	Juniors 10-12	Tom Lucas
1 st Place	Berkeley Hills Road Race	Juniors 13-14	Stanley Goto
1 st Place	Mt Hamilton Classic	Senior Category 3	Sam Bassetti
2 nd Place	Junior District Criterium Champs	Junior w. 17-18	Lauren Catlin
2 nd Place	Junior State Road Race Champs	Juniors 13-14	Stanley Goto
2 nd Place	Cat's Hill Classic	Juniors 17-18	Nate Geoffrion
2 nd Place	Cat's Hill Classic	Juniors 13-14	Griffin Wigert
2 nd Place	Cat's Hill Classic	Juniors 10-12	Eli Kranefuss
2 nd Place	Spring Hill Road Race	Juniors 13-15	Griffin Wigert
3 rd Place	Junior District Criterium Champs	Juniors 17-18	Nate Geoffrion
3 rd Place	Junior District Road Race Champ	Juniors 17-18	Nate Geoffrion
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3 rd Place	Memorial Day Criterium	Juniors 13-14	Stanley Goto
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4 th Place	ADT Velodrome Omnium	Juniors 10-14	Zeke Mostov
4 th Place	Cat's Hill Classic	Juniors 13-14	Stanley Goto
5 th Place	Junior State Criterium Champs	Juniors 13-14	Stanley Goto
5 th Place	Junior State Road Race Champs	Juniors 15-16	John Piasta
5 th Place	Hellyer Velodrome Omnium	Group C	Zeke Mostov
5 th Place	Cat's Hill Classic	Juniors 17-18	Sam Bassetti
5 th Place	Berkeley Hills Road Race	Juniors 15-16	Chris Flanagan
13 th Place	Van Axel Stage Race (Holland)	Juniors 17-18	Ryan Eastman*

*Read Ryan's Race Reports in the Special Reports section on the website about his month long racing with the US National Team in Europe

Rider Race Reports

1. Junior District Criterium Championships

Tom Lucas

11 years old

1st Place Junior District Criterium Championships Juniors 10-12

I went to my first race on May 30, 2009. The Junior District State Championships in Livermore. We arrived pretty early, so I stayed warm in the car. About 20 minutes before the start I warmed up with our pre-race pyramid sprints with my teammate Hunter. My category (10-12 year olds) race started at 8:40AM with clear skies and about 58 degrees. The race was 10 miles, 16 laps. There were about 20 guys in the field. The race was holding pretty steady with some early attacks then 5 guys ended up getting dropped. I kept up with a breakaway of 7 people. The pace really sped up with 3 laps to go everybody was anxious about finishing, but I kept my cool and stayed in the center of the pack. When the breakaway group of 7 including myself came around the corner, looking straight at the finish line with the 1 lap to go sign, I decided to stand up out of saddle and sprint as hard as I could. I sprinted the whole last lap as hard as I could and held on for the last big sprint to the finish to take the win.

-Tom L

Nate Geoffrion

3rd Place Junior District Criterium Championships Juniors 17-18

I wasn't sure how this race was going to play out. I was extremely tired from the week before and I was on a rest week going into the race. The days before, I was just making sure I had fresh legs for the race. I got a good warm-up on the trainer before the 30 minute race, about an hour and half of spinning and intervals with my teammate Sam. The race was delayed a half an hour, so we were on the trainers a little longer than expected. I didn't mind, I was having fun talking with Sam and listening to some Joe Satriani rockstar music.

The race had about 25 juniors in it, probably the most juniors I have raced with in a while. The course had nice pavement and the wind was picking up so it would be a fast race. We did 35 laps equaling about 25 miles and the first 25 laps of the race I sat in the pack. I tried not doing a lot of work because I had no idea how much energy I could put out. Sam was chasing a lot of attacks while at the same time trying to put in some attacks; I wish I could have helped but I was conserving everything I had when the right move went up the road. If I had tried to chase down riders and put in some attacks, I definitely would not have finished third. Around lap 12 the winning move went up the road, two guys went up the road, one from Davis the other from Kinetic Cycles. They had put in a good gap on the field and were holding a steady pace. With 9 laps to go another Davis guy attacked, bridging up to his teammate. Now there were three guys off the front with only 8 laps remaining. I decided to attack, thinking the pack would not bring this breakaway back. I was joined by a Specialized guy and we worked together the rest of the race, never prevailing in catching the front group. The Kinetic Cycles guy dropped off from the front group because he couldn't hold the pace and he attached to my chase group. The finishing sprint was with a tail wind, so the plan from Laura was to start my sprint before the last turn. That way if I got a gap on my fellow chase group companions I could hold it all the way to the line with the wind. The plan worked and I ended finishing third about a half a lap behind the winners.

-Nate

Lauren Catlin

2nd Place Junior District Criterium Championship Junior Women 17-18

Arriving to this race, I didn't really know what to expect. I had just my first criterium that week, which was the Tuesday Twilight. I was dropped about halfway through the twilight and was nervous for this race, but I knew it would be a lot different because there would be a much smaller field and a women's only race.

At the starting line I learned that they were combining our category with the 15/16 girls, which doubled our field size from 5 to 10 girls. I recognized a couple girls from the mountain bike races I did this year, which was kinda nice because I didn't have any teammates in this race. Once the race started, the field was almost immediately split into two groups, 6 in the front and 4 chasing. I was in the front group and the pace was not very hard. Ruth Winder (Proman) and Kat Pollard (MadCat) tried some attacks, but nothing held. Although I did pull a couple of laps I made my focus for this race to sit behind a wheel and stay out of

the wind, because I think that's what hurt me at the twilight, when I was dropped.

2 laps from the finish, the pace picked up, and everyone began cutting corners. I tried to save as much as I could for the final sprint, but the 'pack' (of 6) was kind of dissipating as everyone was frantic to stay in the front. Around the final corner I thought I was in good position, but I sort of got stuck behind someone in the turn. I couldn't outsprint the 3 girls ahead of me, but no one caught me, so I finished 4th overall. 2 of the girls that beat me were 15/16, so I was ranked as second in my category. This race was really fun and I think I learned a lot from it. Also, I got to meet some other junior girls who race, which I've found to be very difficult. I had fun watching other team mates' races, everyone was getting impressive results.

I'm really excited to be racing on the team and am looking forward to racing in the larger women's fields.

-Lauren

Stanley Goto

5th Place Junior State Criterium Championships Juniors 13-14

The start of the day for All-Sport Team Swift was pretty good. Tommy destroyed the 10-12 field and captured a State Championship on his first race. Kudos to Tommy! Now Griffin and I had to keep the trend going. The race started and the pace started pretty fast due to All-Sport's pace making and many attacks. Many times there were attacks that Griffin and I had to chase due to not very smart tactics. About halfway thought the race Ryan Grant went on a solo attack and was out front for some time. Once he got caught there was a counter and then I countered that move. Griffin and I attacked a little too much and none of them got anywhere. After a fury of attacks Ryan went off the front again. He was off the front a long time again. Eventually he got caught but he put in a very good effort. Good job! On the final sprint going in to the last corner I was in very bad position and I got out sprinted pretty bad. I got 5th and Griffin got 6th. Overall I think Griffin and I have raced better races. I think we chased down too many attacks that we should have let other riders chase down. We also should have been more opportunistic. The next race together will probably be Gold Nugget stage race. Hopefully we can work together and get one us on top of the podium.

-Stanley

Griffin Wigert

Age 13

6th Place Junior State Criterium Championships Juniors 13-14

I got a ride with Stanley and his dad to the race. We did a few laps of the course. Then we (including Ryan) finished our warm-up on the trainers. Coach Laura gave us a talk before the race. She told us to attack on the 2nd to last stretch before the finish.

The race started out pretty fast. I made a few attacks in the beginning. Andrew Biscardi made a pretty long solo attack. Ryan also made 2 long flyers. I made a few more attacks that were all brought in. At the end, I was in the wrong place and did not attack. I got 6th in the sprint.

Afterwards we got lunch at a pizza place and then watched the rest of the races.

Good job Tommy for winning state champs on your first race!

-Griffin

Ryan Grant

13 years old

8th place Junior District Criterium Championships Juniors 13-14

I felt fine at the start. It started off really fast and I didn't have a good wheel, so I was dropped and no one was even close to me, so I had to chase myself. When the group finally slowed down a little I caught them. The pace was still kind of fast, but nothing I couldn't handle. At one point Andrew Biscardi broke away from the group, but we caught him pretty quick. On the backside (windy) everyone slowed down, so I attacked. I sat up after being out in front for a lap. They caught me and a couple laps later I attacked again, but this time I followed through. I stayed away for around three laps when someone attacked to catch me. I got dropped by the field, but caught back on when they sat up. There were a few attacks, but no one got away. With 1 to go I attacked, but got caught before half a lap had gone by. I passed Skylar at the sprint and got 8th. Stanley got 5th and Griffin got 6th.

-Ryan G.

2. Panoche Pass Road Race-Junior State Road Race Championships

Nate Geoffrion

3rd Place Junior State Road Race Championships Juniors 17-18

Preparing for a race, especially one in the brutal hot sun is a pertinent aspect of cycling. Making sure the right clothes are packed for the predicted weather of the day, having the proper type of food in the morning and during the race, and suspiciously packing items that one does not normally think to bring all contribute to cyclist being ready for any outcome of a race. For a race that will be in the sun the whole day with temperatures rising over 100 degrees, it is essential that your body is well-hydrated for the day to come. Drinking a lot of water, but also electrolyte drinks is a necessity to storing up liquids in your body. This aids you in your performance for the next day, keeping away headaches and dehydration.

Panoche Valley was one of the those “hot” days, with the temperature at the start line creeping over 100 and it nearing an unbearable temperature of 110 at the turnaround in the out and back 67 mile course. I started the race with a group of 15 guys, which eventually dwindled down to a group of the 5 strong guys; I was one of them.

In the first half of the course the hills were longer and harder than in its latter half of the course. After a few small rollers, some of the “you can drop riders” kind of climbs started edging their way towards us. On the first two climbs I set a hard steady tempo on the front bringing the group to about 10 riders when we reached the flatter, crosswind section of the course. On one long stretch of flat road, a few riders put in some attacks hoping to force riders out into the crosswinds. Unfortunately for them, no one was dropped because after a few seconds of a hard effort they would slow down to see if anyone was off the back. However, that was stupid because riders beginning to ride off the pack could just spin back onto the back when the attacker slowed down. What they should have tried to do is put in some longer efforts, which may have resulted in what they wanted; riders pushed out into the wind.

After the second feed zone which came directly past the turnaround, a few guys picked up the pace causing riders to not be able to make up the gap. There was a hill following the feed zone, so a couple of the more sprinter suited juniors went off the back. The attack in the feed zone doesn't really follow cycling etiquette and it caused riders like me to get angry at the people who attacked. So in retaliation I attacked them, because the riders off the back would not have any chance of making contact with front group and I was mad.

Now there was a group of 6 of us and we had formed a fast paceline, making sure no riders could catch back on. On the flat section before the hills started again, I rode comfortably on the front. No one was in the mood to attack and we rode like that for a good half an hour.

During that half an hour, I was really hurting in the legs. So when the first roller came, a rider attacked and I sluggishly followed near the back. They thought they would drop me soon enough. The next hill was a longer one, which I made sure to remember when we were descending it in the opposite direction on the first part of the course. This time when a rider attacked, I followed closely and when he slowed down I countered attack to catch the other guys off guard. I think it surprised some of the guys.

From then on I rode near the front on every hill, putting in a few good efforts myself. We were nearing the finish and our group was lethargically rolling along at an impressive 10 mph. With the 10K sign and 5K sign I attacked, the riders were tired but managed to stay together to catch me. The finish played out sort of nicely. One rider tried to solo it for the last 700m, but another rider brought him back to my advantage. In the sprint I was third wheel and finished third. It was a good sprint everyone finishing within a bike length. Only our group of five finished the race. The other ten guys had dropped out and hopped in the air conditioned follow cars. It was a tough race and I was pleased with my finish.

-Nate

John Piasta

5th Place Junior State Road Race Championships Juniors 15-16

All year Panoche has been a big goal of mine for the season. It came so quickly and I can't believe it has already been a year since last year's state championships.

We headed down early Sunday morning to Hollister CA. After arriving I saw Griffin, Stanley and Ryan getting ready for their race. I also saw the Kinney's and Flanagan's. I knew this was a going to be a tough course with 6 Specialized guys and 11 miles of flat after the final climb. I knew I needed to be in a break and my plan was to attack up the final hill.

So the race started and I just chilled at the back of the pack. Nothing happened until Chris crashed and Specialized attacked right then. Stuck behind the crash I chased. I was extremely comfortable while others were getting dropped. I only chased Specialized and was saving for a big attack on the final

climb. Second climb we took a bit harder and this was where I made a mistake in not attacking. That was where I should have lessened the selection of riders. We dropped a few more people and attacks flew on the flats. As I bridged up to Specialized riders they would stop working and as I looked back Specialized would be at the front bridging the gap. James Leberge attacked at the feed zone; I followed and was soon chased down. As Chris caught back on he attacked and as he was brought back I countered. Since Marcus Smith was off the front my attack was enough to drop the whole field and bridge up to him. Lanier attacked and I let him get up the road and was going to bridge up to him after he had a gap. So with 10K to go I took the descent fast and dropped the field. I hammered over the next little roller and caught him. We worked together and I was sure this was going to stick. Yet surely enough he stopped working as he saw his teammates didn't want me away with any of them.

The last 10K consisted of me putting down 7 attacks. Two of which were very close to sticking. I knew with James Leberge in the pack I needed to attack if I wanted to win. For now I can't match his sprint so attacking was all I could do. The sprint came and with 1K I was stuck pulling. I kept the pace slow trying to get others to work and then the sprint started. I couldn't get into my 14 which was annoying and ended up losing me 2 places that landed me in 5th.

All Sport-Team Swift did an awesome job with 2,3,4 and 5th place results getting on the podium in every category.

-JohnP

Stanley Goto

2nd Place Junior State Road Race Championships Juniors 13-14

The day before the race my dad and I drove down to Hollister so we wouldn't have to wake up at 3 in the morning. On the way there I had my favorite meal Taco Bell. Before the race Griffin and I discussed that we would set a decent pace leading up to the hill and drop as many people as we can on the climb. We also discussed that we should make a fast pace to make sure once someone is dropped that they wouldn't be coming back. When the race started I did some work at the front so the pace wouldn't be too slow before the climb. At the rollers before the hill there were some attacks but not too many to tire me or Griffin out. At the base of the climb a guy from the Giant Strawberry farm team attacked. Spence Peterson countered him and that got rid of the Strawberry team guy and everyone but Dillon, Spence, Griffin and me. All the way up the hill no one else in the front group attacked and we just concentrated on making our gap on the

chasers bigger. We all knew that if we attacked each other and the big guys in the chase pack worked together they could catch us. Until 10k to go we worked together pretty well. At 10k to go we were 99% sure that they were well out of reach. From there Griffin and I conducted a fair amount of attacks and counters to get rid of either Dillon and/or Spence. It looked as if we were wearing out Spence pretty well but Dillon looked like he was determined to stick on our wheels. With 1k to go Griffin and I tried our last attacks. Spence looked like he just about had it. On the other hand Dillon looked like he was a little tired but he still riding very strong. With 300 meters to go Griffin was on the front and I was on his wheel. While on his wheel I drifted back and it gave Griffin a good sized gap before Dillon realized what was going on. That caused him to start him to start his sprint earlier with about 250 meters to go. With about 175 to go Griffin got caught and I was right where I wanted to be, right on Dillon's wheel. I was almost sure I could get the win. I seemed like his sprint didn't ever let up. In the end I tried to come around and I wasn't quite able to do that. The final result was Dillon, me, Spence and Griffin from the lead group. I thanked Griffin a lot because without him I couldn't tire as many riders out. It's nice having him in the group so we can help each other and if one of us doesn't feel that good then we can totally work for one another. Next year maybe I could trade this silver medal for a gold one.

-Stanley

Griffin Wigert

Age 13

4th Place Junior State Road Race Championships Juniors 13-14

I got to the race start at about 8am. Stanley, Ryan, and I warmed up on a nearby road. We came back and rode on the trainers until the race start. The pack included the 13-14 boys, the 13-14 girls, and the 15-16 girls.

The race started out pretty slow. There were only a few attacks. Finally the climb started that led up to the turn-around. I got in a break with Stanley, Dillon, and Spence. At the turn-around I got dropped when I took a turn to wide and went into the gravel. I got back on and we worked in a paceline.

Stanley and I made alternate attacks leading to the finish and we dropped some riders and tired out others. There were four of us left coming into the last 300 meters. I attacked, got caught, but set Stanley up for the sprint. I finished 4th in the sprint and Stanley finished 2nd.

-Griffin

Ryan Grant

13 years old

7th place Panoche Valley Road Race Juniors 13-14

My stomach didn't feel good when we got there. I warmed up with Stanley and Griffin. The race started at a really easy pace. As soon as the rollers started, a bunch of people got dropped though. We continued going fast up to the climb. I got dropped at the end of the climb. I knew Andrew Biscardi was behind me, so I let him catch me. I followed him down the climb, where we caught Sam Cerruti. They started working together to catch the group, but I didn't help since Andrew could beat Stanley and Griffin who were still in the group. At one point Andrew accelerated and Sam couldn't keep up. So he got dropped. At that point we weren't going to catch the group, so I started taking some wind. About 1 mile to go Matthew Valencia and Sam caught us, but Sam got dropped right away. At what I thought was 100 meters to go (which was really 250 meters to go) I attacked around a gradual turn. They were on my wheel right away and I realized we weren't as close as I thought, so I pulled off. I got Matthew's wheel, but that attack was all I had left, so I ended up last in our group of 3. I ended up in 7th, Stanley in 2nd, and Griffin in 4th.

-Ryan G.

3. Lakeland & Florida State Criterium Championships

Ashlyn Gerber

16 years old

State Criterium Weekend

13th Place Lakeland Twilight Crit Lakeland, Florida Senior Women 1,2,3

14th Place Florida State Criterium Championships Senior Women 1,2,3

This past weekend we traveled down to Lakeland for the State Crit weekend. Saturday's race was the Lakeland Twilight Criterium. The course was flat with 4 corners in the heart of downtown. It was only .5 mi and the corners were all smooth so it made for a fast race. I started off with the junior 15-18 race. I hung in until 5 laps to go and then dropped and started prepping for the women's race that followed immediately after.

I was pretty pumped up at the start of my women's race. It was an all category race and we had a fairly large field. It was really hot out and I was

ready to get out and race. It started off with some cat and mouse games to see who would go first. Finally the pace started to pick up. The field was pretty stacked so nothing was getting away. I put in a couple attacks and got some gaps. I was off the front once with two other Cat 3's. We had a good sized gap but with some bad luck through a corner we ended up integrating back into the field.

When we came to 5 laps to go I could feel my legs start to tighten when I stood up. I tried to slide up in the field. I could feel my legs get tighter and tighter. I ended up finishing in the field. I had a good race but hoped for better luck the next day.

State Championships...

I was a little nervous at the start. I planned on racing aggressive and going for it. There were plenty of women but some of the big name power houses didn't show up. The course was the same at Saturday's only we were racing it backwards.

From the gun I was first clipped in..."Let's do this" I took off sprinting. I glanced back and the only rider on my wheel was Michelle Blake (Team Colavita-13-14 junior). I drilled it and continued to hammer. We rotated for 4 laps and then I found myself on my own. I was off for a couple more laps before I was finally caught. I hopped back into the field and tried to recover.

I stayed in the field for a while and then tried a couple more attacks. I got some gaps but didn't hold them or get other riders to go with me. On my last attack I was countered and found myself off the back...

After a while I was caught by the 3 leaders and hopped onto their wheel. Soon we were down to 8 laps to go. I sat on the back of the group for the next 6 laps. One of the riders (Tina Elliot-Florida Velo) took off and soloed to victory. I led out Elizabeth Morse-Hill to a 2nd place.

I was happy with the substance of my races but still hope to finally nail the finish. I've taken a lot away from the weekend and definitely have a positive outlook towards my next race.

Ride Safe

Ashlyn Gerber

4. Cats Hill Criterium

Nate Geoffrion

2nd Place

Cat's Hill Classic

Juniors 17-18

Cats Hill criterium, renowned for its short, lung-busting 23% grade hill, was a spectacular day of racing. With the van and trailer set up in the venue lot and its new All-Sport Team Swift wrap, we looked like more than just a junior team. We resembled professionalism in the sport of cycling, team tents set up, riders warming up on trainers next to each other, and our title sponsor logo was anywhere when you looked remotely close to our team area.

Today I was only doing the juniors race, however I wanted to do the cat 3's right before seeing as it would be my first race as a 3. That gave me the opportunity though to really focus on one race and how I was going to prepare for that race. I sat on the trainer for an hour and a half, putting in a couple 30 second efforts and one 1 minute effort. I felt as if my legs had a sufficient amount of time to warm up and that I was ready to race hard. After junior rollout and a quick slathering of tiger balm and baby oil on the legs, it was time to line up.

I decided that the only two guys I had to watch in the race were a Specialized and San Jose junior who I knew were there to put on a good show. Over the first time up the hill, I was in the middle just following other people. I could tell a lot of people were huffing and puffing already, so I thought I would put in a small attack to see how different riders would respond. Specialized and a couple others followed and I was caught on the start of the second lap. For the next couple of laps, not too much happened except for an attack that formed a break of three. Some juniors I didn't know chased them down, and everyone was back together again. People now were beginning to wear down and I was prepared for an attack to come on the next uphill. Sure enough, the main guy I was watching from San Jose attacked near the top of the hill and got a gap. Through the turn we went and no one tried to bridge. I decided to go for it and attacked before the downhill on the back straight. No one followed and I was in the clear. I quickly caught up to the leader and we worked together for the last seven or so laps until the finish.

I came around the finishing corner in first place, which is where I wanted to be. Usually a rider wants to be behind the other guy so you can sprint around him in the finish, but this sprint was short. The guy who sprinted all out from the corner was likely to win. However, I played the end stupid by slowing down so he would have to come next to me in the sprint and wouldn't then be in my draft. But as soon as I did that he sped past me and got a gap I couldn't make up. It cost me the win.

-Nate

Nick Kinney

11th Place Cat's Hill Classic Juniors 17-18

Cat's Hill has truly earned its reputation as a classic event. Longevity is only one reason it is considered classic. The course produces a punishing, never relenting, grinding race of attrition. The state of the pavement is only one thing you have to worry about. The other is the 23% scramble up Cat's infamous hill, then the false flat at the top onto a slightly sloping flat, smooth road surface, then a right onto a pockmarked, cracked descent which is vicious in many ways. Then it's a 90 degree turn onto a similarly cruel finishing straight, which is also slightly uphill. Add rain and a little bit of wind and you have Cat's Hill Classic 2009.

The 4's was my first race. I didn't pre-ride the course to figure out the gearing, so I spent my race up the hill in the big ring. HUGE mistake. I would find that I could make the selection at the front, but my legs were dying in the first laps. I made the front group of about 15 four laps in, then on the 5th lap I lost traction twice up the hill. That was my race. I rode one more lap then dropped out to save it for the Juniors race.

I still hadn't learned my lesson until about 4 laps into the junior's race. I was no longer in the big ring, but I was still pushing too hard of a gear up the hill. With Laura C on the side of the road up the hill yelling at me to spin more I finally made the shift. That was when it got much easier. By this time I was off the back though, so my mission was to not be lapped. I stopped losing ground and raced the final laps of the race, lapping riders, sometimes picking up hitchhikers then dropping them.

Overall I think the race was a real waste. If I'd have been on top of the gearing issue I know I could have been at the front for the finish. It's still a work in progress, but I am definitely getting faster, week by week race by race. Maybe I can peak in time to really help the team at National's

-Nick

John Piasta

Cats Hill Category 3 and Juniors 15-16

Wow Cats Hill was awesome for the team. Laura booked an awesome spot to show off our van, trailer and have tents to keep us out of the rain while warming up. After Sam and I warmed up we got to the start of the 3's mainly as a warm up for the juniors.

I had a terrible spot from the start and really had difficulty moving up the entire race. Being at the back of the pack not only did you have to dodge crashes, but due to the wet pavement there was a lot of breaking in the middle which forced me to hit the hill at a slow crawl. Therefore without hitting it with any momentum I had to sprint the entire hill. It made the race much harder and I know for next year to be at the front. With 3 to go this guy in front of me got gapped and so instead of burning myself to bridge the gap I did a lap to spin down and get ready for the next race.

Feeling surprisingly good for the juniors I started moving up on the hill, until I unclipped halfway through. Trying to save it I ended up unclipping both feet and landed on my top tube. Frustrated I spun down the hill knowing I wouldn't catch up from that dead stop on 23 percent grade. So I chased and as I was getting close to the pack and knew I could bridge it I unclipped again. I was SO mad; in a rage I got off my bike and checked my cleats. They were pretty worn after falling on them twice. On the hill next to Ronnie I saw these new Swifties Ian and Ben ride by. At that moment it occurred to me that my race wasn't over, I could mentor these guys who haven't raced much before, remembering last years experience at Cats Hill for me. Ronnie pushed me and I got going. I was trying to pace them up the hill (in the saddle) and help them get comfortable with drafting. We also worked on taking corners as fast as possible. We caught up to Ryan Grant and later Stanley along the way. Ian did awesome for his second race ever. I was really impressed and glad I could teach him a bit. Nate, Chris, Nick and Sam also kicked butt. But I was really impressed with Griffin (in the 13-14's off the front for nearly the whole race) and Stanley (both juniors races) tearing it up.

Biggest lesson I learned from Cats Hill was staying at the front for the 3's. It is really not a race you can be at the back for. I also now have new pedals and cleats so hopefully I won't accidentally unclip again. Until next time.

-John

Joey Nygaard

14th Place Cat's Hill Criterium Juniors 15-16

We got to the race about three hours early, more than enough time to get changed, watch my teammates kick butt in the Cat 3 race, admire the new van, and finally get warmed up. After doing all of the above and more it was time to make our way over to the start. Soon the whistle blew and the rather large field surged off the line. As soon as I got my cleat in I started trying to get into position, unfortunately I did not even get a chance because an older rider slipped

out of his cleat and almost went down in front of me. By the time I was back up to full speed I was dangling on the back.

I went to work chasing them down but it was to no avail. Once I was dropped it would be extremely hard to catch back, and the 15-16s were racing with the 17-18s, which didn't help. I found a group with Griffin and started to push the pace a little. Soon I saw a competitor that I have raced with a lot just up the road and decided to catch him. After this was accomplished it was only 5 laps to go and the finish was coming soon. With three laps to go I attacked my humble group and crossed the line alone, a little disappointed but on the other hand, it's really not my race.

My dad and I hung around to take a team picture, wait for results, and congratulate all the All Sport - Team Swifties 4 or 5 times on their great placings.

Keep up the great racing All Sport-Team Swift!!!
-Joey Nygaard

Stanley Goto

5 th Place	Cat's Hill Criterium	Juniors 13-14
13 th Place	Cat's Hill Criterium	Juniors 15-16

Cats Hill is one of the races I look at every year and think, "Geez, how come my race only has 3 laps." Now this year we have 5 laps and also I would be racing in the 15-16 field too which has 12 laps. At the start of the 13-14 race I stayed toward the front of the field. Then on the false flat just after the quick up hill dash I took off. That made every body chase while Griffin was waiting to make his move. Then moments after I was caught, he went off the front. At first no body really responded but when it looked like he might stick it out all the way with 2 to go, Dillon started to chase. On the bumpy down hill section toward the finish the rider I was behind began to tire and quickly a gap had formed. I rode past him and tried to bridge. It was too late. I reacted too slowly and I knew my race was over. I couldn't podium as there were 2 riders ahead trying to catch Griffin. I finished the race disappointed but the good thing was that Griffin almost soloed to a win and took second. Maybe next time I could be a little more aware to when gaps may open up ahead of me.

The 15-16 year old Junior race started and I got the first race out of my mind and focused on trying to stay in the pack the whole race. On the first lap a SJBC rider clipped out on the hill right in front of me. Luckily I was able to get around him and carry on with my race. For most of the race I was in good

position and I was able to survive to the frequent surges. On one lap the pace was a little faster and I was in a bad position so I got dropped. Luckily Nick was right behind me and was able to drive me back to the pack. A lap later I was dropped permanently. For the rest of the race I was in a group of AC riders until John came by and I grabbed his wheel and rode to the finish. In the end I thought I raced better in the 15-16 race than the 13-14 race because in the 15-16 race I was able to stay in the pack for 8/12 laps. My next goal is to stay in for the whole race.
-Stanley

Griffin Wigert

Age 13

2nd Place Cat's Hill Criterium Juniors 13-14

15th Place Cat's Hill Criterium Juniors 15-16

My dad, my mom, and I got to the race course around 9AM. I kind of just hung out until Coach Laura took us on a lap of the course. The first part was a straight false flat. It made two right turns before a left onto the climb. The climb was pretty slippery from the rain and very steep. After the hill, the course made a gradual right hand arc downhill to the finish.

Since it was raining, we did pyramids in the tents on the trainers. I saw the new team van and trailer and they are HUGE. They're both pretty awesome.

I started the first lap at the front but was in 4th position at the end of the lap. Spence pulled off but no-one came forward to pull. We were just at the end of the straightaway, so I attacked but nobody chased. I stayed away for 3 more laps (we only had 5 laps total). On the last lap, Dylan bridged up to me just after the climb, and then beat me in the sprint.

I also did the 15/16 race. I am scared of big packs and I kept losing ground until I dropped off the back. I stayed with Joey and tried not to get lapped. I only got lapped once. I got 15th, right behind Spence who beat me in a sprint.
-Griffin

Ryan Grant

13 years old

8th place Cat's Hill Classic Juniors 13-14 & 15-16

We got there pretty early, so we just hung out for a while. About 50 minutes before my start I got on the trainer to warm with my teammates. Laura coached us on a pyramids and then we lined up. I got called up at the end so I was in the second row. When it started a bunch of little kids got in the way, so I was

already behind the main group. I chased up to the hill and had to maneuver around some other riders I was passing. I gained some ground going up, but since it was such a short race, they were going to fast for me to catch them alone. I still tried and on the last lap I could see Matthew Valencia up ahead, but I didn't catch him in time for the finish, so I ended up in 8th. My teammate Griffin got 2nd, Stanley got 5th, and Zeke got 11th. After the race I got on the trainer to spin before my next race. I had a good start on this race, but the group dropped me on the hill the 2nd time. John Piasta came up behind me and pulled me for a lap, but I lost him on the climb. The rest of the race I just grabbed anyone's wheel who passed me and ended up 19th.

-Ryan G.

Pictures from Cat's Hill:

- <http://www.annehamersky.com/gallery/Cat%27sHill2009/>
- <http://www.veronikalenzi.com/CatsHill050209.php>

Video's From Cat's Hill: You can click on the links below and then scroll to the bottom of the page and click to download the videos.

- <http://www.2shared.com/file/5630460/b97a8617/DSCN0022.html>
- <http://www.2shared.com/file/5630338/cf99ece5/DSCN0024.html>
- <http://www.2shared.com/file/5630858/9596a482/DSCN0029.html>
- <http://www.2shared.com/file/5631097/1f33c0c2/DSCN0037.html>

5. Berkeley Hills Road Race

Joey Nygaard

9th Place

Berkeley Hills Road Race

Juniors 15-16

We arrived at the race with time to spare and started getting warmed up and registered. After warming up on the trainer, I went out to ride the road a bit, and realized I couldn't get into one of my pedals. No matter how hard I pushed it wouldn't go in. My dad looked at it and saw that one of the cleat screws had come loose and was wedged against the cleat, and we couldn't unscrew it. We didn't have any kind of wrench but fortunately we found someone who did and my dad got the screw out just in time to line up with the surprisingly small field.

The race starts going out of the park up a short steep climb and then proceeding around the course. Once we were out of the small park we turned on to the main road which smoothed out into flat, rolling roads. This kept up for a while and our group chugged along with a few attacks here and there, but it managed to stay together somewhat until we got to the first climb. There are two major climbs on the course, Mama Bear is the first climb and the race ends on Papa Bear. When the group hit Mama Bear we steadily ramped up the pace.

So far I was having no trouble staying with the group but at the top of Mama Bear I found myself slightly off the back and I began the chase. I was gaining on the group and I was just getting back on when a few attacks went and I couldn't get a wheel. But once again I time-trialed up to the group and this time I got on and got into a better position in time to go up Papa Bear. I started out fourth wheel going up Papa Bear. As we went up it the pace got really hard and I found myself fighting to keep position. Soon I was back on the back and fighting for even that. I got off the back slightly and decided to try and get back on the descent again. This was not the best idea for as soon as I went over the top I couldn't even see the group and being the only one who got back to the group of 8 after the group blew up on Mama Bear there was no one to work with.

After a while of steady hard riding a couple 15-16s caught me and we started a steady paceline in an attempt to get back, but soon it was clear that we were not rejoining the group. When we got around to the ending climb I got ahead and claimed 9th place! The Swifties had had a good day, keep it up!
Joey Nygaard

Ryan Grant

13 years old

3rd place Berkley Hills Road Race Juniors 13-14

When we got to the race my stomach didn't feel good. By the time the race started I felt a little better. The pace was pretty easy at first since it was neutral. As soon as the motorcycle pulled off the older kids started to push a fast pace. Some people got dropped immediately. Then there were some attacks. They were hard to stay with, but I didn't get dropped. Then we went through this town and we started a gradual climb. The older kids went really hard up that and I got dropped. An older kid and Matthew Valencia also got dropped. I grabbed Matthew's wheel, but the older kid came around him so I grabbed his. Matthew couldn't keep up and fell back. We got pretty close and then got stuck behind the pro field. We just stayed in the back of the pack for a while. At one point I found an opening and tried to catch the juniors group. I bridged half of the gap and then got stuck between the two, so I just fell back to the group. At

Mama's Bear the pro race dropped me and the other junior. I tried to catch the older junior, but he got dropped after me, so I couldn't. When I got to the top, I caught Tyler Brandt. He had done the Grasshopper the day before, so he was tired. I stayed with him until Papa Bear (the race finishes at the top), where he told me to go finish up. So I went up ahead and finished. I ended up in third and Stanley won.

-Ryan G.

6. Mt Hamilton Classic Road Race

Sam Bassetti

1st Place Mt Hamilton Classic Senior Category 3

A 20 mile climb dominates the profile of the Mt. Hamilton road race. There is another short climb after a long descent, followed by some rollers then another descent to the finish. Nate and I were excited to race the course that suited our strengths so well.

I drove up with Tyler and got to sleep most of the way. Still mostly asleep, we got registered and got everything ready. Nate and I got a good warm up because the climb was in the first 10 minutes of the race and we wanted to feel good from the start of the climb.

We lined up for our first Cat 3 road race with about 90 other riders. I wasn't really sure how hard the race would be, so my main goal was to make it over the climb in the front group and then take it from there. Soon after the start, we began climbing at a comfortable pace, no one wanted to waste energy on the super long climb. The climb was broken up into 3 sections separated by short descents. The first section was just an easy pace. Soon after the pace started to pick up but I was still climbing well within my limits. A couple of attacks went but nothing stayed away. Nate attacked and got pulled back then I countered and he came with me. We got chased down but I felt pretty good.

Going up the final section I started attacking up the steep sections, I was feeling good, and wanted the front group to be smaller than it was. The group was probably 20-30 strong at this point. I set the tempo a bit and attacked some more, (probably more than I should have). We neared the top of the climb and John Bennett attacked for the KOM (\$60 to the first one up the climb). I thought I had the legs to beat him so I tried to go with him. He gapped me and after I recovered I tried to go again. He still won it by a bike length but now I was in

great position for the descent. Right before we started everything came back together and I started the descent in 3rd wheel. We bombed down the sweet technical mountainside arrived at the bottom of the mountain. The group was about 15 now a little strung out from attacks up the first few rollers. Nate was nowhere to be seen so I was on my own. There were a few strong attacks that started to hurt and we went pretty hard for a while. We ended up with one guy off the front with a bout a 45 second gap and the rest of us chasing.

At this point my legs were starting hurt just from the accelerations in our pace line. We chased for a good amount of time until we caught the guy who was off the front. The pace slowed a little, and at this point I was ready to cramp up at the next big effort, so I sat in. I drank my All Sport and ate some Clif shots and conserved as much as I could. Another group was catching us and the pace picked up again. I sat in this time and recovered more. There was still a lot of racing left, and I really wasn't sure I could make it without cramping up. But I kept drinking and eating and sitting in. Every roller I was on the edge of cramping, and the only way to prevent it was riding smoothly, I couldn't follow any attacks. With about 7k to go, on some rolling/flat before the final descent, attacks started to go. I felt surprisingly good, my cramps had somehow disappeared, as we chased down moves and followed attacks. I guess our group was down to around 10 guys after the first few attacks and I was right there. I kept following wheels, trying to save up for the sprint since I was feeling better. The cycle of attack, chase, and counter continued until 1k to go. We slowed down; I guess no one had a teammate to lead out the sprint, so we were spread across the road. I chose John Bennett's wheel because I knew he was the strongest and I knew he would start the sprint without hesitation. Sure enough, with 200m to go John opened up his sprint, I was glued to his wheel without a problem. As soon as I was able to follow his acceleration with no problem I knew I could come around him. With between 50-75m left I kicked hard on his right and started to come around him. Just as I started to do this, he sat up a bit and looked over his left shoulder. I flew by and crossed the line with a victory salute (that's an awesome feeling). Wow. I couldn't believe I had actually won. I started the day just wanted to make it over the climb in the front group, I figured I had no chance in the sprint.

Looking back on this race, I could have raced it much much smarter. I spent way too much energy on the climb attacking and setting the tempo when I didn't need to. I played it a little smarter after the climb, but still could have done more to save my energy. Luckily, everything came together at the end.

-Sam

7. Memorial Day Criterium

Stanley Goto

3rd Place Memorial Day Criterium Juniors 13-14

After having Griffin on almost all of my races my super teammate wasn't going to be there at this race. This time I couldn't just attack and expect a teammate to back me up after that or have someone to help chase down a break if one goes off. During my warm-up I was feeling pretty good and I thought I could get a good result today. From the start I got to the front and started the pace making. I knew that if the pace was slow through out the race then one of the bigger riders would win. All during the race I tried to get in attacks that could make a breakaway group. That never happened because the pace wasn't fast enough so when the attacks occurred, everyone was very fresh. There were about 3 or 4 attacks and they got pulled back by a SJBC rider. In the last lap there were a couple half-hearted attacks but the important stuff happened on the last straights away before turn 4. On the last corner I followed Spence's wheel. Katrina sort of went under the radar from all the other guys. There was also another girl on her wheel and they beat us all. While that went on I tried to come around Spence and I was pretty close to doing that and Matt (LGBC) came around on the other side. Well, all the guys that day had learned something that day. Don't ever let Katrina out your consideration in the last corner of a race. Especially if she's in a premium position. Next the 15-16 race (also 17-18)
-Stanley

8. Spring Hill Road Race

Griffin Wigert

Age 13
2nd Place Spring Hill Road Race Juniors 13-15

The Spring Hill race is just outside Petaluma on Chileno Valley Road, so I was pretty familiar with the course since I live in the area. Once registered my dad and I warmed up on a road near there. At the start, the race referee did a super-fast roll-out. There were only 5 people in 13-14-15 category.

I chased the two leaders with a Swift teammate and caught them. I stayed with that group until it was just me and one other guy who was bigger and probably fifteen. Halfway through the race, attacked him but then he caught me.

He eventually dropped me on the windy, flat stretch of Chileno Valley Road and I was alone for the rest of the race. I got 2nd.

-Griffin