

All Sport- Team Swift Race Reports

April 2010

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Rider Race Reports

1. Paris Roubaix Juniors France, 4/11/2010

Ryan Eastman

13th Place Paris Roubaix-- Juniors

Paris Roubaix is known as the biggest classic of them all. I have heard so many stories about the famed race, good and bad. I was very happy to be on the start line in France racing for the U.S. Junior National Team. The junior's version of the race is a Nations Cup. We did the same last 80 kilometers and a different first 40 kilometers than the Pro Men's Race with a total of 122 kilometers.

The start was the morning of April 11th, it was a chilly morning but there were blue skies above and it was to be promising day for good weather. Our team headed into the race with two protected leaders Lawson Craddock and me. For the first 40k the roads were all paved, with no cobble sections. It was a fight for the front the whole 40k, as you can imagine it is quite an advantage to start the cobble sections in the front 15 or so. Just before the first cobble sector Lawson got a puncture, we had drawn car number 19 so he wasn't going to be seeing the car anytime soon. David selflessly gave him his wheel and Lawson quickly reentered the peloton.

As the race went on the group slowly whittled down after each cobble section with riders slipping off the back, or with the unfortunate but very common bad luck of a puncture or a crash. A group started to split off the front of the peloton on one of the toughest sectors and Lawson and I were a little caught out and had to put in a big dig to get off the front and up to the group. It contained some of the top riders including the world champion. We finally got up to the break right after the sector of cobbles ended. I thought it was probably going to be the move that stuck, but after the next cobble sector everyone kinda just sat up and we were caught by the peloton.

As we were nearing the last 30k we still had 4 guys in the main group. I believe it was after sector 6 that Lawson got into a 4 man break away with the junior world champion, a British rider, and a Russian. Juan was up there too, but eventually flatted out of it. I was in the chase group right behind. There was about 20k to go and I was definitely feeling the effects of Paris Roubaix. We turned left and faced sector 5. Sector 5, 4, and 3 are all close to each other, and are regarded as some of the worst.

I was near the front of the chase group and with about 500 meters to go on sector 5 a British rider riding on the left side of the cobbles got caught up and crashed with his body and bike falling directly in my path. I had nowhere to go, I hit him and as my teammate said that was behind me, I did a complete summersault and came down straight on my back onto the cobbles. I was a bit slow getting up, I put my chain back on and hit my shifters back into place and got back on my bike. By this time I had lost

contact with the chase group.

I started chasing with the British rider that crashed me, and a French National team rider. I saw Juan up the rode getting a wheel change from our car. I got up to him and we both chased back through the caravan together, dropping the riders that were with us. The two of us got through the caravan right before sector 2. By this time the chase group that I was in had split in two, Juan and I reintegrated with them as we exited sector 2. There were about 9 of us in the group. We were the third group on the road. The group worked well together, in the last 4k Juan put in a couple of attacks but they were brought back each time. The last sector is more ceremonial than anything else, they are pretty smooth cobbles. Just after sector 1 I entered the Roubaix Velodrome, the group I was in was sprinting for 13th place. When racing Paris Roubaix it is always such a fight to get to this velodrome and the feeling as I entered it was pretty special. There is one lap and a half on the velodrome before the finish. On the last lap heading down the back straight I was 4th wheel. I started my sprint through the last corner of the velodrome, I came around a German and Russian rider to win the group sprint and take 13th place.

It was a very good day for the U.S. National Team. The breakaway that Lawson was in stayed away and he got on the podium with 3rd place. There were four of my USA teammates in the top 20, and all 6 starters finished. At the end of the day The U.S. team did what we wanted to do, get a rider on the podium, and ride well as a team. Paris Roubaix is an amazing race; I left France that day with some memories that will stay with me forever.

-Ryan Eastman

2. Sea Otter Classic Road Race Monterey, CA 4/17/10

Ryan Eastman

1st Place Sea Otter Road Race Juniors 17-18

I have always loved coming to race Sea Otter. It is one of the bigger junior races in the U.S. and the best guys from the West Coast all come to this race. The race started only 6 days after I raced Paris Roubaix so I was not sure how my legs would be. It was a short race, 2hr and 10 min. We did 5 laps before turning off the circuit to go up the finishing climb. My team, All Sport-Team Swift had a solid plan heading in to the race. I was the protected rider, and the first lap we were to relax and let the race play out. On the second lap Nate and Chris were to put in a couple of attacks to make the race hard and to see if anything could come out of it. John was sticking with me if I needed anything. On the third lap I was to put in attack to draw out the best riders into a break, and play out the race from there.

The team did a great job; they did everything right and when the time came to put in my first attack on the 3rd lap I was able to get into a break away with Peter (Specialized) and a Hammer CMG rider. The three of us worked together well, and two other guys came up to us, another specialized rider and Daniel. So there were 5 of us off the front rotating and distancing ourselves from the main field.

On the 4th lap up the long climb on the course Torri attacked and I marked him and the two of us crested the climb with a slight advantage over our break away companions. I did not think it was a good time to put in my final bid for the race, so I eased up and the others rejoin us. The break worked together again, putting more time into the field. By this time it was for sure that we were going to stay away. The others in the group were suffering and I was feeling really good. I was now trying to think of how I was going to win. As we were about to head into the last lap. I knew I was stronger than my break away companions so I decided that I was going to attack on the climb on the last lap and try and stay away till the finish solo.

As we hit the base of the climb I attacked the break and got away solo up the climb. I had something like 15k to go till the finish. There was a moto following me giving me time gaps, the gap was getting bigger the closer I got to the finish. After the descent I had 39 seconds. I headed into the last climb up to the finish knowing I had the gap to win. I ended up staying away to the finish and I won.

It was a fun race, coming home from Europe and getting a win and having the team ride well for me. I am on a plane right now headed back to Europe to race with the National team, I will have updates from the races I will be doing there.

-Ryan Eastman

Lauren Catlin

2nd Place Sea Otter Classic Road Race Junior Women 15-18

My road race didn't start until 2PM so I spent some time around the venue trying to score some free swag. As I warmed up, I thought that I felt pretty good, maybe even better than I had felt before the circuit race, and I knew that we had a super short race (only 20 miles!) so it would be a different sort of road race. I got to the start line and saw that there were only about 10 of us racing, and recognized Shayna Powless, who I race against on mountain bike. Although I was a little intimidated when I heard the the announcers point out the national champ standing next to me, I was excited to get going. Our neutral start was painfully slow- but we finally hit the first hill and started racing. The entire first lap was pretty boring- no one wanted to do any sort of work. I found myself at the front a lot, more than I had planned, and probably spent too much time pulling there. On the start of the second lap, I picked up

the pace on the hill. I wasn't expecting this, but when I looked behind there were only 3 girls following, and we already had a gap on the rest. We decided to work together to stay ahead, but dropped one girl pretty soon. So the 3 of us just rotated around the rest of the lap, and by the end, we couldn't see anyone else behind us. On the hill to the finish line, Shayna and I took turns pulling, but our third girl would just sit on our wheels until about 15 yards to go. I could see her coming around behind me, tried to match her pace, but she ended up beating me by a few yards, and Shayna was a few seconds behind me. Although I was a little disappointed to have lost, it felt pretty cool to finish right behind a girl with the stars-and-stripes banner on her sleeves. Also, Shayna has beat me in every mountain bike race, so it was cool to finally finish ahead of her- even if it was a on a different bike! It was a fun race, and although I probably spent too much time pulling, it was at least exciting to split up the field on the second lap. – Lauren

Christopher Flanagan

16th Place Sea Otter Road Race Juniors 17-18

On Saturday April 17th, the Sea Otter Race was held. My father and I spent the night in Monterey since we needed to get up at 4:30 a.m. to compete in the 7 a.m. 17-18 junior road race. After a bowl of hot white rice, soy sauce, two eggs and a happy birthday wish to my dad, we left the hotel with what seemed like allot of time. Unfortunately, after an hour plus of driving from one locked gate to another we finally got through the roads to discover that registration wasn't yet open. With only one hour remaining till start time we needed to register, find a new parking place in the dark, dress, set up and then somehow get warmed up for the race. After allot of confusion and rushing it was already time to get to the start line and I hadn't even begun to get warmed up. This is not the way I like to start a race, particularly the Sea Otter race. After my rush to the start line, sitting on my bike in the cold pre-sunrise morning and without my warm-up, I began again thinking about the 47-mile course. It was to be the same as last year. Fortunately, my father and I had spent some time talking about the race and different strategies based on different outcomes. Also, as a team we spent a few minutes before the race with Coach Laura discussing a plan. Ryan Eastman was our protected rider.

The race was off. We were neutralized for the first few miles, around part of the track, then up and down the finishing hill. As we hit the bottom of the main climb the tempo picked up quickly as I was moved down a few places but then managed to stay back to the front of the peloton over the crest and down the decent. The rollers where pretty uneventful, but took a toll on everyone's legs. I stayed at the point of the peloton and as we rounded the turn to feed zone hill there was a small crash behind me, which I did not see nor did I look back. The pace accelerated through the feed zone and I lost several places as I could not hold the pace. As I crested the top, I managed to chase back on to the peloton, but wasted a little energy. On the rollers, I was asked by Ryan to push the pace up the feed zone hill and did so. Nearly halfway up, Ryan attacked then I faded farther back. His acceleration caused the peloton to speed up on the descent and I had to join a dropped group to catch back up. Getting back into the front of the peloton on the fourth lap, I felt good, however, by that time a chase group had broke away from the peloton. I had missed the critical break. For the remaining time, I stayed with the main peloton until we reached the bottom of the last climb. There I attacked several times. I did not manage to form a gap and the energy I used in the first part of the climb and the earlier lead-out surges left me short of the power I needed. By the time we reached the top I had faded. I crossed the finish line in 16th place. Although I was pleased to see Ryan reach the top step of the podium, I was very disappointed in my own result. It wasn't my best race but perhaps I learned some vital lessons for the future. –Chris

John Piasta

19th Place Sea Otter Road Race Juniors 17-18

As Chris and I got to the start we were happy to see our Captain Ryan there. It was the first race of the season the whole elite team was together and we really out to race! Coach Laura gave me the job to stay near Ryan and give him anything he needed or do anything he said. My goal was to do just that.

As we started I could tell my allergies kicked up to another level, even worse than the day before and I could tell I did not have many matches to burn. I got the front for the neutral start and first time up the hill I stayed right on Ryan's wheel. We followed all big moves and I just made sure I knew where Ryan was at all times. Second time up the hill was much harder I stayed near the front, wheezing from my allergies

and was able to make it over the top with the leaders. On the second climb of the second lap a rider who I knew was good put in an attack and I told Nate that he would work well in a break. Soon after telling Nate that he put in a hard attack forcing the other teams to chase. They chased hard to get the break back and as a result Ryan, Chris and I were caught in a split in the field. Nate was getting dropped from the break and now there were none of us in the lead group of about 10-15 guys. I saw the danger and did not hesitate at all. I made sure Ryan was near got to the front and buried myself until we caught back on.

On the third lap Ryan attacked forcing a break and I sat back in the field so that I would not disrupt the chase. Two more riders broke off from the main group and I was too far back to respond and no one would help me bring them back. So after the break went I followed all attempts to bridge since Chris and Nate were off the back. When they got in sight I dropped back a bit to help them up to the front. After we were all back in the pack we just waited for the finish.

I got myself in a chase group that only lasted for a half of a lap. After that I just tired to help Chris out for the finish since my allergies got worse. I was having too much difficulty breathing that I set an easy tempo to the finish glad to see that Ryan won. I was very happy with my performance at Sea Otter. I managed to race with some of the best juniors and competed with them even with being limited by my allergies.

--Johnny P

Joey Nygaard

9th Place Sea Otter Classic Road Race Juniors 15-16

Ian and I lined up on the line and prepared for the neutral start. The whistle blew and we were off. We rolled along at minimal speed for a long time until we turned on to the lap. The pace started to go faster then and then the attacks came. They were quick but I had no trouble keeping up.

The two Specialized riders alternated attacking but the only ones I seriously followed were the ones that Marcus Smith went with and made. There was a big attack on the short steep hill on the opposite side of the course from the feed zone hill. This attack looked like it wouldn't get very far at first so I didn't go with it. Then a few

people bridged up and it became a group of three with about 30 seconds on us. Soon they started gaining on us and I saw that it was looking like a good move. I tried to bridge across but after a little while, I noticed that I wasn't getting anywhere so I fell back.

The break was now out of sight. Soon we came up on one of the riders who had been in the break. There was now only two in the break. We were racing for 3rd place. Finally on the last time up the hill on the lap Marcus threw down a very explosive attack and I followed it. We were flying and I was hurting but I was staying with him. Erik Velotsky, Marcus and I got off the front of the group. We looked back and we saw that we had a good gap. I went to the front to do a pull, and then flicked my elbow for Erik to come by me and give a turn at the front. When it was Marcus' turn on the front however he sat up and wouldn't pull. Soon the group caught up. It was a bummer that it didn't stay but it was fun. Finally it was time for the final climb. At the beginning of the climb the group kept a steady tempo for a long time. Then as the climb got steeper the pace got faster. Marcus tried a few more attacks but I stayed with them. The group was now down to about seven people. The final turn came and the pace was so high that I was having a little bit of a hard time keeping up. I went as hard as I could as the finish line came into view. I came past a few people but as the line came closer I started to fade. I managed to hold on to 9th place. I was a little disappointed. I had felt really great. I just didn't have it at the end. Still there had been a lot of competition. There were almost 40 people in the race. -Joey

Ian Moore

15 years old, Senior Category 4

Sea Otter Road Race Junior 15-16

Joey and I camped at the race start but we still had to get up in the dark for the 7:05 race start. We warmed up as the sun rose and then headed over to the start to meet the other yawning competitors. The race starts out on the Laguna Seca race track (which we had raced on less than 24 hours ago in the circuit race). The course is neutral for a while until we get out to the loop we will be doing. At the beginning of the loop is where the biggest climb of the loop is, after the climb is a very flat section and then a descent, then the course is rolling, with some big rollers and another short descent back to the climb at the beginning of the loop. There is hardly any flat on this course; it is either up or down. We did 5 laps on the loop and then turned right and went up about a 2k climb to the finish.

Last year this was my first ever bike race and I got dropped on the first climb of the first lap. I thought that someone would attack on the first climb after the neutral part, as someone did last year. No one attacked on that hill, and the first lap was pretty easy. On the next few laps there were attacks on all of the hills, but my stomach was beginning to hurt bad, worse than yesterday, and I felt like I was going to throw up, which I now know is ok to do, but then I did not. With a little over one lap to go Alistair attacked and Marcus Smith blocked for him, he got a small gap, then Tyler Williams bridged up to him. My stomach still hurt, but I stayed up with the front group (besides the breakaway of Alistair and Tyler), until the old feed zone hill at the end of the last lap, almost to the finishing climb, where my hams cramped and I had to stop and stretch, after a little while I got back on the bike and rode to the finish, hoping that I wouldn't cramp again. At the finish I was very frustrated, but now I understand that this happens, and now I need to figure out what caused the cramping and the stomach ache. I believe the stomach (and maybe leg) problems was because our Joey and I opted to go for sleep until 5:30 instead of the 4:30 am feed... eating 280 grams of carbohydrate within 90 minutes of the start time did not work for me and I will not do this again. I have also adjusted my bike since then, thanks to BMC for their help, as I did a big growth spurt recently and my saddle was an inch low and I needed a longer stem. I will have a new larger frame (Pro Machine) soon; can't wait to ride it! –Ian

Stanley Goto

18th Place Sea Otter Road Race Juniors 15-16

Due to an agonizing 7:00 am start I had to wake up at 4:20 and all the other juniors had to wake around the same time unless they pitched a tent at the start line. At the start everybody looked like they were about to fall asleep right there but after the whistle went off we seemed to wake up a little. Going up the first climb on the rolling road race course I felt pretty good considering it was about 3 hours before I usually wake up on a weekend. Through the entire race there wasn't much attacking, the only place where I had trouble was the main climb on the course. Each time we went through I came closer and closer to being popped off the back, until our last time up. I was with about 5 other guys and we tried to catch back up to the group and we got to about 20 seconds back but that was right before the last hill to the finish. At the base of the climb I attacked the group. I rode the rest of the way by myself. In the end I was 18th, which wasn't bad, but was little disappointed that I couldn't stay in the main group. I guess that just shows me how much work I have to do before next year. --Stanley

3. Sea Otter Classic Circuit Race

Monterey, CA 4/16/10

Nate Geoffrion

5th Place Sea Otter Circuit Race Juniors 17-18

The course at Laguna Seca Raceway, infamous for its “corkscrew” downhill, is a small loop consisting of one climb; hopefully which I thought would play the deciding factor in the race. The road has perfect pavement and is stretched wide enough that moving up in the field is a simple task. The junior 17-18 field was pushing fifty riders plus which is a good turn-out for any local junior race.

After a warm-up of a few efforts on the course, I was ready to start. I had done junior rollout earlier so that I could get to the front of the start line. I think starting and racing near the front of a competitive field is a must because of the dangers of a break going and being too far back to be able to catch up to it. As the race started I stayed in the top 15 to 20 riders the whole race. The first time up the hill, I was working hard; however, as the race progressed my legs began feeling better and better. I rode in the pack following wheels until about five laps to go. I was riding a defensive race since it was only me and one teammate John, we did not have the power to go on the attack and blow up the race. But with about four laps to go I put in an attack up the steep pitch of the course and over the false flat. I didn't get enough of a jump and gap to pop off riders, I only managed to make it hurt a little.

I reassessed that I wouldn't be able to get away on the hill so I had to set up for the field sprint. With half a lap to go I was in the top five riders and as attacks flew out of the pack, I was able to be in third position with 300 meters to go. Riders jumped and I had no kick at all and lost two places in the sprint for a fifth place. It's disappointing because I had perfect position but didn't have the sprint to pull off a win. Something I need to work on I guess!-Nate

John Piasta

6th Place Sea Otter Circuit Race Juniors 17-18

I was very nervous going into my first big race in the 17-18s. I did not know what to expect and did not know how I would compare in a hard race with juniors from all over the country. With that knowledge I went into the race with the goal to become confident riding with the older juniors. At the start I was amazed at how big of a field we had. There were over 60 guys at our start which is not common for a junior field.

After a pre race chat with Coach Laura, we understood that Nate and I had to race defensively against the bigger teams and only following the bigger moves. After

the first lap I started suffering from bad allergies and would have to race even smarter. I stayed near the middle to the back of the pack for the first half of the race avoiding crashes and not wasting energy. It was obvious after the start that one of the major teams was working for a field sprint so I prepared for that. With about 5 to go Nate put in a big attack on the climb causing a split in the field. Since I had just avoided a crash I was near the back and was in the second split. Laura told me at the top of the hill that it would come back together so instead of digging to catch back up I sat on and just as she said we caught back on. That was my wakeup call and after that I stayed in the top 10 riders. On the last lap a rider crashed on the hill in front of me and after slowing down to get around him I hurried myself to catch back on. I moved up on the descent and was able to fight for the back of the lead-out for the sprint. After avoiding another crash going into the sprint we were a bit back and took the dirt on the inside of the road to get around slower riders and after getting too boxed in I finished 6th. Missing podium by 1 place.

I was happy with my result. I was racing some of the best juniors in the country and got a good result while feeling terrible. I more than accomplished my goal and left with a greater confidence for the road race.-John P

Lauren Catlin

Sea Otter Classic Circuit Race

Category 4 Women

I was excited to be out at the Sea Otter classic because I had only been to it once before 3 years ago for the mtb xc race. Coach Laura and I warmed up on the course before heading over to the start line, and made sure to check out the corkscrew on the back side. It turned out that our categories would be racing together, which was pretty neat. We started off and hit the hill hard. With every lap, people dropped off of the back on the climb. There was one attack and 2 girls that none of the other 3's wanted to chase got away (not my category). I had been sitting in towards the back for most of the race, but with about 5 laps to go I was feeling good on the climbs and I made my way towards the front. It was definitely a safer spot to be as we descended down the backside of the track. I got on Coach's wheel and thought I would try to stay there for the remainder of the race. On the last lap, we were in good position coming down the corkscrew, and even on the windy flat sections. However, nearing the final straightaway, I was squeezed out of line on a corner and couldn't hold a wheel in the sprint. I was beat by most of the group to the line, but I saw Laura win, which was awesome! This was a super fun course and I wish that there were more circuit races like this.-Lauren

Joey Nygaard

9th Place

Sea Otter Circuit Race

Juniors 15-16

The Sea Otter classic Circuit Race started very late for our category at 4 o'clock in the afternoon. That left us with lots of time to hang out and watch some racing before it was time to get ready to race. However when the time came to line up, all 4 of us swifties got lined up on the front of the line.

There were almost 40 people in our race so I knew that it might be a hard race. Sure enough when the whistle blew the group sped off and hammered up the first hill. I was in fourth position going up the climb and stayed there until the very top when the group slowed down a lot and people from the back moved up around the outside, making the group fan out across the road. The group settled down to a steady pace on the flats until the next hill came around which we hammered up. The group continued to go like this for a few laps, going a steady pace on the flats and then hammering up the climb. Soon we were seeing lap cards. With three laps to go a kid who I recognized from Nationals attacked. It looked like a good move so I went with it. We got about a 5 or 10 second gap. We started working but I soon saw that it was not going to stick and that the group was chasing us down very hard. When they were getting very close I sat up to save my energy. Right when they passed me, Marcus Smith counter attacked. I had to chase very hard to stay in with the group which was now getting quite small. As the group came around to the climb there was another attack and, once again, I had to work hard to stay with the group. My teammate Ian flew by me and hopped on a wheel while I struggled for a different wheel. I managed to find a wheel and stay with them. On the flat part of the climb I moved up a little bit. When we hit the steepest part of the climb there was yet another attack. This time I was ready for it and as a lot of people got dropped I moved up a lot. I passed Ian and told him to get on my wheel. I hammered as hard as I could and soon it was me and two other guys behind a group of four. The group had gone from about 25 guys at the base of the climb and now there were only 4 guys in the front and then me and two other guys including Eric Velotzky who was the guy who I had attacked with earlier.

We chased them down very hard and managed to catch them right at the base of the climb with two laps to go. Of course they attacked again hard and after just chasing for a whole lap I could not hang on. I was so tired that there was no way I could hang on but I tried any way. I was then left to fight it out by myself and hope that I would not get caught and passed. I time trialed in to claim 9th place.

I had hoped that I would do a little better but on the other hand I had felt very good and I knew that there was a lot of competition including a lot of people who I would see at Nationals later that year.—Joey

Ian Moore

14th Place Sea Otter Circuit Race Junior 15-16

We arrived at the race well and early, so that we had time to register and eat. Joey and I warmed up together on trainers and then went and rode part of the course. The race is on the Laguna Seca race track. The course starts right before the climb, the climb starts out not too steep and then turns left and gets very steep. Going over the top of the climb it feels like you are on top of the world. After cresting the top of the climb, you enter the famous corkscrew, which starts with a slight right hand turn that could be classified as a dry waterfall, because it is so steep. You increase speed very quickly; the decent is very fast, but very safe. After this the course flattened out and there were some cross winds, then a fun hair pin turn followed by a sweeping right and then the finishing straight and back up the hill.

Thirty-seven racers lined up and Joey and I started in a good position, right at the front on the start line. I knew that it would start out fast and people would get dropped, and I did not want to get behind them. Right when the whistle blew I got my foot in quickly and took off, I was the first one going into the corner before the hill, and then I drifted back a few places, to save my energy. On the first lap before we got to the step part on the hill there were a few attacks, so I was glad that I was in the front. When we got to the steep part of the hill things mellowed out, and everyone stayed together. Going over the top of the hill there was a fight for position because we went single file down the corkscrew. On the crosswind section the pace would slow and the pack would swarm. One time on this section there was an AC rider with very deep dish wheels, the wind blew him into Joey Nygaard, almost taking him down. The attacks mostly came on the hill, and the group got smaller and smaller. With three laps to go there was an attack on the not so steep part of the climb and I responded, as I did I felt a small cramp in my calf, but it went away, this is weird because I have only ever cramped one time before. Then on the steep part there was another attack, I started to respond to it but then my stomach started hurting and I felt like I was going to throw up, after the two races this weekend, now I know that it is ok to throw up, but in this race I did not know that, so I backed off hoping that it would stop hurting. At this time Kyle Torres had a small gap on the field, and the group was splitting up. I got into a group of about 7 chasing other small groups in front of us. On the climb my stomach would still hurt, which was frustrating. I won the sprint with my group and got 14th. I

think because of how hard this race was for the whole time, that I should have eaten easier to digest foods, and not eaten normal foods like bagels so close to the race. -Ian

Stanley Goto

14 years old, Senior Cat 4

19th Place Sea Otter Circuit Race Juniors 15-16

I got to the race about 3 hours early so I would have time to drag myself out of the cruddy parking lot, check in and get a good warm-up. At the start of the race my plan was to hang on for dear life as long as I could. Each time we went up the dreaded hill on the Laguna Seca I would fall back a little but I would move up on the backside and be very close to the front when we hit the hill again. With about 3 laps to go I was toasted. I hit the hill mid pack and was not able to hang on when we crested the hill. Luckily I wasn't the only one to get dropped. I was in a group with Zeke and Jack, my 13-14 competitors. We worked together well but were caught by a group of about 3 riders with a half a lap to go. Now with our group of 6, I came into the last bend on 2nd wheel. Zeke took off on the left and I tried to grab his wheel. At the line I was passed by 3 other riders and was completely spent. I don't think I rode very well because I didn't feel the same amount of snap in my legs I had earlier in the week. I guess I really couldn't think about it much because after the race I had to rush to the hotel, get some dinner and then get some sleep before our 7:00 start time the next day for the 47 mile road race. -Stanley

Stanley Goto

11th Place Sea Otter Classic MTB Cross Country Juniors 13-14

The XC race was an interesting race for me. I got to race against Dillon and Griffin but on the dirt. At the start they got a little ahead of me but I was still in 4th. With about 3 miles left I crashed pretty bad and messed up my shoulder and rode the rest of the race with one hand. Griffin went off course and did the 20-mile loop. Dillon did the same but was able to correct himself before he got too far out. It was a crummy way to end a good weekend but I guess I was lucky to not break my collarbone and to only dislocate my ac joint. -Stanley

4. Copperopolis Road Race

Copperopolis, CA 4/3/10

Lauren Catlin

2nd Place Copperopolis Road Race Senior Women Category 4

There were about 17 people in my race at the line. I had no idea what to expect from the course, though I knew that the pavement would be rough, and I heard that there were no places to really rest. We started off at a pretty mild pace, and even slowed down a bit when we hit the hill. I decided to push it a little, just to make things interesting. One other woman climbed with me, and in no time we had a gap. One other woman caught up to us, and we worked together to pull away even more. On the windy straight away, we could see that they were safely behind us. We rode together until the last 5 miles of the 2nd lap. Then, on one of the short rollers, we dropped a girl. It was just the two of us, now, riding beside some of the master's men. On the final climb, I fell behind the other girl, and I finished in 2nd. Though I was hoping for a win, it was still an exciting race on a very interesting course!-Lauren

John Piasta

4th Place Copperopolis Road Race Senior Category 3

Nate and I woke up at 4 in the morning to drive down to the highly populated town of Milton, California. On the drive over I utilized the knowledge I gained from Cherie Moore's (Ian's Mom) talk to us at San Dimas and adjusted my pre race meal incorporating many more carbs. After a huge breakfast I was ready for an 84 mile hilly "suffer-fest".

My goal for Copperopolis was to get a great workout in preparation for Sea Otter. I did not expect anything out of myself since I took a good chunk of time off the bike cross training after San Dimas and not to mention Copperopolis is quite hilly. As usual we started late and Nate, Troy and I sat comfortably at the back. The first time up the main climb I simply worked my way to the front while the pace was not terribly hard, but yikes those steep pitches hurt. On the flats we just kept a steady tempo avoiding flying bottles, crashes, and enduring painful roads. I could not have asked for a better race. The descent was very fun; I have never descended on worse "pavement".

The second time up the hill was harder, this time I stayed on Nate's wheel the whole way up the climb maybe 4th wheel back. One rider rode off the front and the pack started rotating attacks to bridge up. Nate and I raced well together responding to all of the attacks. That rider eventually came back, but then three other riders left and that same rider went with them establishing the break. Their gap grew and everyone just attacked each other making no progress.

The third time up the major climb was much harder. This left only the break and a chasing group of about 15 riders including Nate and myself. We began to pace line in pursuit of the break. Nate and I pulled through gauging our effort in order to be capable of responding to the later attacks. In hope of bringing back the break, Nate and I planned to push the pace on the descent since we were both strong at descending. Nate attacked and as I got out of the saddle I heard a bang and my bike was only working in the little ring. I tucked in blocking for Nate and sat on the flats sat on spinning an extremely high cadence.

The fourth time up the climb was the hardest. I pushed my lactate filled legs up the climb while Nate and I started to fade from field. I set a steady pace trying to catch back on and when I would get within 2 bike lengths of the group an attack would fly and I would have to catch up again. It was a long time “yo-yoing” and I finally paced myself right back onto the 6 leaders before the end of the climb. Later Nate and 3 other riders caught on while the pack sat up. Shortly after, attacks flew while the break got into sight. I figured I was not going to be able to be much of a threat in the sprint so I pulled back threatening attacks for Nate.

Finally we hit the last hill before the descent into the finish. Attacks were going left and right. I sat on the attackers wheels ready to respond to the next move. As Nate popped I realized it was up to me and I had to race very smart. On the descent I broke away with another junior, we worked well together but were caught at 1k. I sat on and with 300 meters to go the sprint started on the inside of the road. I was blocked from getting on that wheel and had to take the long line on the left around the bend powering to the finish resulting with a 2nd in the field sprint 4th overall.

I was happy with my result. Copperopolis was a race I never saw myself doing well at and managed to get a top five for the first time in a cat 3 field. I learned a lot and most of all had enough energy for the end of the race by hydrating with All Sport and taking Cherie’s advice on adjusting my pre race meal.

-Johnny P

Nate Geoffrion

13th Place Copperopolis Road Race Senior Category 3

On the local racing calendar Copperopolis road race has the potential to be the most demanding. Because of its bumpy patched roads, steep winding climbs, and fairly long distance (84 miles), the race delivers its promised pain. Nearing the end, you feel that familiar gnawing burn not just in your legs but in your back and hands as well. It is a race of attrition, but also one of a captivating uniqueness that will make you return year after year.

And this year was no different from the last, it hurt. My legs were not feeling great all day, but I was able to stay with the front group. There is one main climb in this race that stretches for about two miles; it is of course bumpy and uncomfortable and one steep pitch in it that makes it hurt a lot. The second time up this climb, a rider went off the front who I thought was one of the strongest riders in the race so I was worried. But I thought there is no way he can stay off the front alone for another two whole laps, half the race. On the flat section of the course, we could see him about 30 seconds up the road.

But when the third time up the climb came and he was still off the front, I think riders and myself were getting a little nervous. Three riders at the end of the climb managed to bridge up to the escapee, but I did not have the legs to follow them. So near the end of the third lap before the fast descent I put in a hard attack to try and bridge up to the leaders. One rider followed me and we worked well together for the next ten minutes trading off equally hard pulls. We saw them about 20 seconds up the road and could not catch them and were picked up by the main group on the last time up the main climb.

After that hard effort of trying to reach the breakaway, I was really hurting. I was having just a tough time staying on the back of the group. About 3 km from the finish on the last hill, I just couldn't go anymore and fell off the back as the pack rolled away. I rode the pace I could to the finish and got thirteenth. -Nate

Ian Moore

5th Place Copperopolis Road Race Junior 15-16

Copperopolis road race is a very bumpy race with one longer climb (about 3 miles), a lot of rollers, and a fast bumpy downhill. After Joey and I warmed up on the trainers we went over to the start and rollout. The race was delayed a long time because we waited for the pros to come, which they never did, so we started in front of them.

The course was a counter clockwise loop. It starts off pretty flat with slight rolling, and then there is about a 30 second climb which the feed zone is on. After this there is a short down and then the climb starts. The first part of the climb is bumpy, and then it gets very smooth for about 1k, and then it gets bumpy and steeper to the top. Then there was a flatter section by a lake. And then the rode twisted through a farm, then on to a straight flat section and up a short hill, and a left turn at the top of the hill. After this the course was rolling until there was about a 1k climb that was not too steep. Then the downhill came, it is very bumpy and a little twisty. After the downhill there were a few rollers, and the finish was on a big roller.

The race started out slow, but did not take long to pick up. Before we got to the climb there were a couple attacks, but they just picked up the pace. Alistair on Specialized attacked and drove the pace up the climb. Towards the top of the climb Joey got in a breakaway which was hanging right in front of the group I was in on one of the rollers after the climb. I saw Joey just in front of me as the break was almost reeled in, drop his chain. We passed him because he had to stop and put it back on, but I knew he would catch back. He caught back up to me and we rejoined the front group, which was now whittled down to about 8 of the 20 or so that started the race. The group stayed together until the second lap; Alistair attacked in the feed zone and the group split up a little; Joey and I were together, so we worked together on the climb. We could see the front guys right in front of us on the middle of the climb, but then it looked like someone picked up the pace and we stopped gaining time, I was coughing and felt like I was wheezing a little on the climb; I think this is left over from the cold I had last week. It looked like we were going the same speed, just a little behind. Soon after the top of the climb Joey got a flat tire and stopped to wait for a wheel. I journeyed on by myself and in a short while to my surprise I caught Alistair, it looked like he had blown up from all his attacking and pulling hard on the first lap. A little while more and I caught another rider from my race and we worked together, but I dropped him on the climb before the downhill. I went hard up that climb and fast down the downhill, thinking that maybe I could still catch the 4 guys in front of me. I went up the last roller and crossed the finish line 5th. I think that we could have rejoined the front guys if Joey would not have gotten a flat, but I am happy that I got 5th and 3 points toward my cat 3 upgrade, and that Joey was still able to get 7th. Also it was a fun race and I liked the climbing in it. -Ian

Joey Nygaard

7th Place Copperopolis Road Race Juniors 15-16

Copperopolis was one of those tough races that we had to get up at 4:30 in the morning to go to on time for my race. When we finally got there it was freezing and cloudy. Once I started to get warmed up on my trainer with Ian though I did not feel the cold as much. When I had my number on and I was all ready to go I made my way over to the start line, did roll out and then lined up with all the other junior 15-16s. The official blew the whistle and we were off.

We rolled along for a few miles until the feed zone hill, trying to get used to the bumpy road. When we got to the small feed zone hill before the big main climb the group picked up the tempo a little bit as we fought against the bumps of the road. After this small hill, there was a little descent and then the climb started in earnest. The group

went pretty hard up it and we shed a bunch of people. Over the top of it a group of four separated itself from the rest of the field. This group included Alistar Eckman, Tyler Hanson, Tyler Williams, and me. We looked back and we had about a 30 second gap on everyone else. We started working together to make it bigger. Soon however it looked as though the four climbers were not going to be able to get away from a larger group including Alexander Freund who had gone to the front and hammered to bring us back. After a little while of descending and working together we went over this small roller that was just steep enough to cause me to shift down to my small chain ring from my big ring. I dropped my chain. This was not a good place to do this. Come to think of it, nowhere is really a good place to do it. I tried desperately to get it back on while I was still on my bike, using my momentum from the descent. However, the climb was too steep and I had to get off to get it back on. It was jammed a little bit between my frame and the derailleur so by the time I had gotten it out and on the group behind me had caught and passed me. When I finally got it on it was in the big ring and I had to push very hard over the steep roller in my big ring before I could chase them down. I went very hard for a long time. I was making slow ground on the group who had caught the leading group of 3 who I had so recently been forced to vacate.

Soon I saw in the distance a lonely figure that had gotten dropped. I saw that it was my teammate Ian and caught him. We worked together to bring back the group. We caught them at the start of the small hill before the long descent into the finish. When the group crossed the finish line they told us we still had one lap to go. I was very tired from all the chasing to get back after my untimely mechanical. I was trying to rest as much as I could but I was dreading the feed zone hill because the bumps were very bad there and it was almost impossible to stand up. I had to go hard sitting down only. Sure enough, when we got there I had to work very hard to stay in contact with the group. Over the top of the climb a small gap opened up and I was slightly off the back. I looked back and saw my teammate Ian not far behind me. He caught me on the small descent to the base of the big climb. He got on my wheel and I went very hard. I took a big turn at the front and then after a little while he replaced me at the front while I got on his wheel. I went to the front again and this time I stayed there for the rest of the long climb. I was feeling better, getting in a good rhythm. When we had got to the top of the climb the group was almost out of sight but I was confident that we could catch them again before the finish. Just as we were cresting the top of the climb, I noticed that when I was out of the saddle my tire was quickly becoming very flat. I was very upset and pulled off the road to wait for the wheel car that had my spare wheels in it. I left Ian to continue on while I waited. After about 5 minutes the van came and I was able to get my wheel and start closing down the huge gap that had formed between me and everyone in front of me. By the time I had managed to make it all the way back around I finished in a disappointing 7th place

I was very disappointed because I had felt very good but due to my mechanical problem and my flat tire I was deprived of the chance to get a good result and the rest of my cat. 3 upgrade points which I felt I might have been able to get. I guess it was just bad luck. Stay swift!

Joey

Stanley Goto

4th Place Copperopolis Road Race Juniors 13-14

After a long drive down to the middle of nowhere and a good warm-up, I lined up for my 4th time of doing this race. I felt ok on my warm-up but I didn't know how I would feel on the climb because I had been running track for most of the past week. On the way to the climb the pace was relatively quick and before we knew it we were going up. My plan was to hang on if I wasn't feeling too great but I didn't have to do that because I was feeling fine. I was on the front and whittled the group down to just the main competitors. About 2/3 up the climb Zeke attacked hard but everyone in the group knew that we had enough firepower to chase him down on the long flat stretch before the last rollers before the finish. I leaned on the pace harder but it seemed that I wasn't closing in. Moments later he was out of sight. We crested the hill and there was still no sight of Zeke. Everyone thought that it would be no problem after a few moments of hard chasing on the flats. Our theory proved to be wrong because we got to the turn around and we still hadn't caught him. We chased hard until we got to the rollers on the backside of the course. We couldn't see him. I was feeling fine at that point and was ready for anyone to jump because I knew I couldn't get away in this head wind without someone else's help. We got to the last rollers and in the far distance we could see a small group of riders and were wondering if Zeke was in there. We passed an old man on the climb and asked him if he saw a young rider in one of the groups and he said that he did. I attacked 3 times on the last rollers but was unsuccessful. We got to the final hill that goes to the finish all together and I tried to sprint it out. I got 3rd in the sprint. -Stanley

5. Wente Vineyards Road Race

Livermore, CA 4/24/10

John Piasta

13th Place Wente Road Race Senior Category 3

Chris and I warmed up and agreed that we would both have to race patiently. So the first laps Chris, Nate and I stayed near the front just to be out of trouble. It was very important to be at the front since we would have to chase around many people early on if we were at the back. Since I had just taken a rest week I knew it would take my legs much longer warm up. I noticed many people were not comfortable down the first descent, so I went to the front and just tucked the way down and ended up gapping the field through every corner, it was very fun. For the majority of the race Nate, Chris and I responded to dangerous moves. Very few went until 2 to go when there was a big split on the hill that all three of us were in. However, after the hill people wanted to sit up and this was extremely frustrating because everyone who got dropped would catch back on.

The last lap was by far the hardest. After the descent attacks started to fly and the Masters 1, 2, 3 had just caught us and it was confusing to tell if the attacks were coming from cat 3s or masters. I was uncomfortably far back in the field and saw my 2 teammates in the lead group and many riders getting dropped. Without hesitation I started to drill it and was able to move right up to the leaders. This was great because many people were getting dropped and I felt fine. We kept the pace really high and I looked back and saw that there were only about 10-15 riders still with us. However Masters Riders sat on the back and as one of them attacked and got around us the official neutralized our field allowing everyone who was dropped to catch back on. So for five minutes we cruised at 12 mph. So now the finish was even more hectic and as we started to catch the masters they neutralized us again. With all this confusion I was about 12th wheel going into the climb and as attacks flew was too far to respond. I set a rhythm that caught Nate and Chris and was close to catching the leaders but ended out 13th in a full field with my two teammates close behind. I was working for top 5 but either way a huge improvement from last year.

--Johnny P

Christopher Flanagan

14th Place Wente Vineyards Road Race Senior Category 3

On April 24th, I raced the Wente Road Race, Category 3. The field of riders was very large, between 75 and 100 riders. A large peloton combined with the centerline rule meant that positioning in the field was critical. The circuit course was hilly, combined with a long false flat stretch and a terraced uphill finish. We had four and one quarter laps to ride. From the start I positioned myself in the front of the peloton with John and Nate. I also picked a few wheels to follow during the race. One rider I

like to follow is AJ from Davis, which I had previously met at the regional camp. He's strong, creates a big draft and has great handling skills. For most laps I move around only slightly from the front 2-5 riders, and buffered attacks as to not use up too much energy. This went on for every lap with little to no change except for the backside of the last lap, where the pace was pushed up quite high, and for a moment, I failed to read the race properly, but did not lose hope. As we came upon a very steep hill, I was able to use my strong climbing skills to pull myself back up, regaining my position to the front 3 riders. Our field was then neutralized at the base of a short decent and I was able to spin out my legs and rest for a minute. This happened a second time, about a mile or two from the base of the finishing climb, and again I rested up as much as possible. By the time we actually hit the base of the climb, I was in 2nd position, and everyone attacked. I was able to stay with the leading riders halfway up the climb, but my pace began to slow. I ended up with 14th place, 20 seconds behind the first place rider and sandwiched between John in front and Nate behind me. -Chris

Joey Nygaard

4th Place Wente Vineyards Road Race Juniors 15-16

A loud, shrill and slightly piercing blow of the whistle started the small group of about 25 riders rolling out from the starting area. The pace was very slow at the beginning and so it was alright that I had cooled down a little bit whilst sitting on the start line after my warm up. Ian and I hovered around the front, watching the rest of the guys we knew were fast. When we hit the bottom of the first main climb the group suddenly sped up. Alistair Eckman attacked very hard. At first, it took me a few seconds to get going but soon everyone who was trying to stay with him began to fall back and I came around them and got on his wheel. After a little while of climbing I looked back and saw that the two of us had about a 15 second gap. We managed to increase the gap over the top of the climb. A little while after starting the descent however, we were caught by a group of three AC riders. When they caught us I looked back and noticed that Ian had not been able to come across. I immediately sat up and did not take part in the work until Ian was able to rejoin with two other people. We now had a group of eight people.

The good part about this was that the two best sprinters had not made the cut and it was them that most of us were afraid of in case they were able to hang on up the

hills and beat us climbers in the sprint. Our group worked well together all the way until the climb came around again. Once again Alistar attacked and this time I was not the only one to stay with him. Isaiah Rapko had managed to stay with us. Alistar attacked 4 more times on the climb but Isaiah and I did not let him go at all. We were always on to all of his attacks even on the descent. He finally gave up and we settled in to a pace line. Once again we were caught but not after a long time. We had gotten a bigger gap than the climb before. We were caught once again by 3 other people including Ian. I was pleased that Ian had been able to catch up and as the 6 of us continued on the flat, it was Isaiah's time to attack. I covered it easily and had to dodge a follow vehicle that was behind the category 4 women. I looked back and once again it was just the three of us. Isaiah, Alistar and I kept up a rotating pace line until we were caught by two people.

This time Ian was not with us. I was worried and looked back. I could not see him in the distance and so I decided that I had to focus on my own race and work with the group. More attacks went on the flats before the climb but no one in the group of five got dropped and no one was able to get off the front. When we turned right and passed the motocross jumps, the two AC riders were on the front. Spence Peterson was on the front and his teammate Isaiah was behind him. Suddenly Spence picked up the tempo and Isaiah sat up a bit. I was on the back eating something and did not notice this at first. Suddenly Spence was off the front and no one had gone with it. Everyone looked at each other for a few seconds and then we started working to bring him back.

I took a few pulls and so did a kid from Truckie named Jordan. We managed to close the gap by a little bit but not enough. Spence started the final climb with about 20 second gap on us. I was a little tired from working to bring him back and I had to work very hard to go with the inevitable next attack. I was able to hang on for a long time but after a while I couldn't do it anymore and lost contact by about a bike length. I tried to catch back up but all I could do was hope that I would not be passed by Jordan who had been dropped at the base of the climb. He did not pass me but I was not able to make any ground up on the three people in front of me.

I crossed the line in a satisfying fourth place although I did feel that if I hadn't needed to work to bring Spence back I could have done better and maybe even won. I had felt great and I had finally gotten the rest of my Cat. 3 upgrade points. Ian had

managed to hold on to sixth place, coming in not long after my group had finished. He too had gotten points toward his Cat. 3 upgrade necessary to qualify for Nationals.

-Joey

6. Wente Vineyards Classic Criterium

Livermore, CA 4/25/10

Alex Toth

6th Place Wente Criterium Juniors 15-16

After a long drive of bad radio reception we pulled off the freeway and saw the criterium parking sign. Immediately after pulling up we found a parking space fairly close to the Kinney's. I very quickly was greeted by Lauren, who was racing the women's Cat 4 later, and John who had finished his race. After registration and some team socializing Philip and I, both without a trainer, got our great new kits on and did some pyramids. We found a road, also being the exit for parking, that was long and straight which worked out perfectly for pyramids. We were soon warm and waiting for rollout. After the mass of juniors got done with rollout, we lined up. I ended up between Specialized and SJBC, both having full teams. After tense minutes of waiting, we were informed there was a crash in the previous race and the ambulance was called, delaying our race. We were allowed to do a few laps, being cautious of the medics on the course, to stay warm.

Finally we lined up, got the rundown of the rules, and were off. Immediately after the whistle, Team Specialized sprinted setting the pace early. Eventually, the speed settled except for the occasional break that was quickly brought back. With maybe five laps to go I grabbed this guy's wheel that was making his way up the side for a break. Our time off the front was short lived to say the least. Alistar led the group out to catch us and the kid whose wheel I was on gave up and dropped off the group altogether. Now, out in front with a headwind, I was stuck pulling. After a quarter of a lap I knew I had to get off the front but every time I accelerated decelerated or turned, the group followed until I was tired. Now all I wanted to do was finish. I sat in the rest of the race taking it easy and missed the lap cards except for the bell lap. I was quickly dropped by the pace set by Allistar and Ryan Gadow. I pushed and finished quickly after the pack sprinting to a sixth by another who had been dropped. I was overall happy with my performance, but not with my mistake of pulling for almost a lap. I read the results, got my T-shirt for placing, along with some Starbucks that my mom appreciated, and went home. The race was good experience and got me that much closer to my Cat 4 upgrade.

-Alex

Phillip Kinney

10th Place` Wente Vineyards Criterium Juniors 15-18

Wente was my first race of the year and I didn't do too well. I was out there with my teammate Alex Toth for All Sport-Team Swift in the race. The race officials were behind schedule, in the Masters race before someone had crashed on the last lap. We waited anxiously for 20 minutes while they got the ambulance off the course. After the guy was hauled away the race was on. There were attacks right from the get go, but they were quickly brought back. About four laps in I started noticing I was getting a little tired, I was moving toward the back. Finally about five laps in I could not hold on any longer and my legs gave out. I tried desperately the get back up to the pack, but they just kept on getting farther away. I decided to jump in the pack when they lapped me. I hung on to the back of the pack for about a lap, but my legs had nothing else to give. I fell off the back. There were only two more laps to go so I just took it easy for the rest of the race. That day I learned how much more I needed to ride so I could get back into shape.-Phil

7. Apple Pie Criterium

Santa Rosa, CA 4/10/10

John Piasta

6th Place Apple Pie Criterium Senior Category 3

I was pretty excited to race on the old twilight course again. I warmed up with my ex -Swiftly Nick Kinney and with his other teammate Michael. We did our pyramids and then got to the start line and in my case showing up to the start line in style with my new All Sport Team Swift kit. At the start line we started getting rained on so I took a bunch of air out of my tires knowing how slick the second corner on the course can be even with dry pavement.

The first lap there was a fight for the front as people were nervous due to the conditions. Nate and I were in a fairly dangerous spot so we moved up as soon as we could. I knew after the first lap and seeing how people were taking the corners that it was going to be a day for a break away. Nate and I covered moves and I made sure to stay at the front where I could respond to attacks. On the fourth lap I put in an attack on the backstretch of the course and got one rider who I knew from the past works well in breaks, to go with me. However the pack was quick to respond (by pack I am referring to looking back and seeing my old teammate Nick pulling at the front as hard as he could) to bring us back. I was excited. Two riders broke away, I let them go realizing that I could bridge the gap later. Two laps later a rider put in an attack into the finishing stretch. I countered and started to bridge the gap. I saw a group of three riders behind

and I kept the pace high and worked with them. Right then I knew that was the winning break. Problem was that the best sprinter in the field bridged and made the break. He was going to be extremely dangerous. I sat on his wheel and just matched his pulls. We bridged to leaders and now had a break of six with a near 20 second gap.

With 4 to go I started to monitor how much I pulled in order to stay fresh. On the last lap I took a really short pull to save energy for the sprint. However, out of the second to last corner I heard the sound that no cyclist ever likes to hear, I flatted. I rode the flat in for a 6th place really disappointed I didn't get the apple pie.

The mistake I made was continuing to pull through so hard when we had caught the two leaders since Nate was still in the pack. Overall I had a great time racing and was happy that it was my move that created the winning break.

-Johnny P

1. Spring Hill Road Race Petaluma, CA 4/11/10

John Piasta

6th Place Spring Hill Road Race Senior Category 3

Wow I had never seen worse rain and the thought of riding in it was pretty bad too. The crazy part of me was excited but either way I knew it would be a long day in the saddle. The start was straight uphill. It hurt since I was not warmed up and the fact that it was raining did not help. This rain hurt.

Each time up the hill we lost more and more riders. Nate and I were motivated by this and continued hurt other riders and bridge gaps. A break of two riders went early on and it was not until the last lap when we were able to bring one of them back and the other stayed away. Until the finish we just followed moves and managed the freezing cold rain. About 1 k from the finish Nate started to string out the pack and I was on his wheel. We had dropped the field and a few riders were trying to bridge. My legs were dead I pushed as hard as I could and was able to hold onto a freezing 6th place right behind Nate. — John P

9. Napa Valley Sprint Triathlon Napa, CA

Alexander Selivanoff

1st Place Napa Valley Sprint Triathlon Ages 10-12

It was a nice sunny morning. But the water was a chilling 61°F. I got in the water before the race. It was cold!! Then the race began, there were no waves so I started in the

middle with my brother and dad. It was hard to get to the 1st buoy. The second came easier. Then when I came to the third one there was a wind which made it harder to breathe. After that I saw that they were moving the forth buoy out making the distance longer.

Finally I finished the swim in 24 minutes and transitioned to the bike. There was a headwind out. Going out it was mostly up. I was passing people a lot of the time. On the way back I was passed by 4 people. The head wind changed to a cross wind and I wasn't passing as many people. I passed 20-22 people.

I once more entered the transition area, and then started running. Before I even got out of the transition area I passed 5 people. The trail the made to the road was very bad. (Potholes, ditches, uneven ground, etc) It made me trip with only about 100 yes to the road. The bad road ended and I got to my usual speed. I saw an older kid than me going the other way. Then I passed a few more people. I saw the turn around and turned around. On the way back I saw a boy about 12. I tried harder to beat him. My speed went up and in the bad section I was fortunate and didn't fall. I crossed the finish line in 1:35 hours. The distances are; 1/2 mi swim, 11 mi bike, and a 3 mi run.

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