

## All Sport- Team Swift Race Reports February 2010

### Race Reports for:

1. Cherry Pie Criterium
2. Cantua Creek Road Race
3. Pine Flat Road Race
4. ORC Criterium
5. Chileno Valley Grasshopper
6. Snelling Road Race
7. Merced Criterium
8. San Bruno Hill Climb
9. Poor Collage Kids Road Race
10. Mothballs Criterium

### **February Top 10 Results + Pro, I, II Results:**

2 <sup>nd</sup> Place	San Bruno Hill Climb	Juniors 10-18	Wes Holloway
2 <sup>nd</sup> Place	Cherry Pie Criterium	Junior W 17-18	Lauren Catlin
3 <sup>rd</sup> Place	Cherry Pie Criterium	Juniors 15-16	Joey Nygaard
3 <sup>rd</sup> Place	Snelling Road Race	Juniors 13-14	Stanley Goto
5 <sup>th</sup> Place	ORC Criterium	Senior W Pro 1-4	Ashlyn Gerber
5 <sup>th</sup> Place	Snelling Road Race	Juniors 15-16	Ian Moore
6 <sup>th</sup> Place	Cherry Pie Criterium	Senior W 4	Lauren Catlin
6 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 10-12	Calvin Hersey
7 <sup>th</sup> Place	Snelling Road Race	Juniors 15-16	Joey Nygaard
7 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Stanley Goto
8 <sup>th</sup> Place	Chileno Valley Grasshopper	Open	Ryan Eastman
8 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 17-18	Nate Geoffrion
8 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Tommy Lucas
8 <sup>th</sup> Place	ORC Circuit Race	Senior W Pro 1-4	Ashlyn Gerber
9 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Griffin Wigert
9 <sup>th</sup> Place	Cantua Creek Road Race	Senior Category 4	Joey Nygaard
10 <sup>th</sup> Place	Pine Flat Road Race	Senior Category 4	Wes Holloway
10 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 17-18	Ryan Eastman
10 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 15-16	Ian Moore

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## Rider Race Reports

### 1. **Cherry Pie Criterium** Napa, CA 2/6/10

<http://vimeo.com/9746012>

<http://annehamersky.com/gallery/CherryPie2010/>

Elite 3

<http://www.veronikalenzi.com/CherryPieElite3020710/imagegallery.php>

Elite 4

<http://www.veronikalenzi.com/CherryPieElite4020710/imagegallery.php>

Juniors

<http://www.veronikalenzi.com/CherryPieJuniors020710/imagegallery.php>

Pro Men

<http://www.veronikalenzi.com/CherryPieProMen020710/imagegallery.php>

### **Joey Nygaard**-15 years old, Senior Category 4

3<sup>rd</sup> Place      Cherry Pie Criterium      Juniors 15-16

Cherry Pie criterium is the first big race of the season and one of the most popular. For us juniors it started at the usual 8 or so in the morning so we had to get up a little early. The race had both the 15-16 and 17-18 year old categories starting together and they took off fast as usual but it was not too hard to move into a good position in the middle of the pack. The race continued with people trying to get off the front while I was just battling for positioning in the pack. The race continued like this for 20 minutes until the last lap when, with a break of two riders gone off the front, the field lined up for the sprint. I was about halfway back in the field but that was fine by me, for a lot of the people in front of me were in the older age category. As I started my sprint I looked around for people my age that I needed to beat and not recognizing anyone I set my sights for my teammate Christopher Flanagan's rear wheel. I sprinted hard trying to catch it. It was after we were almost to the finish line that I realized that one of my competitors was two bike-lengths in front of me and that if I pushed a little harder I could pass him. It was a challenge but I made it past him. I still did not know exactly where I was in relation to my age group but was inspired to go a little harder when I

saw Marcus Smith's dad yelling at him to go faster. But this was not what made me push harder. What made me use that extra bit of energy was the fact that Marcus Smith's dad was directing his eyes and his shouts behind me. I soon realized that this was where Marcus was, so I sprinted as hard as I could. I crossed the finish line in 3<sup>rd</sup> place in the 15-16 year old category, beating a few of my main rivals in the sprint. I had also won a CHERRY PIE for placing in the top three!! But there was no time for celebration after the race, for my teammate Ian Moore and I had to jump right back in and start the Cat. 4 race immediately afterward.

Senior Category 4 Report: Ian and I had the worst positioning on the start line. We were at the far back of the almost 100-rider peloton, still catching our breath from the race that had finished only seconds ago. We both refueled with All Sport and got back in the zone for racing. Once the race started, it took me a long time to get my legs going again and to catch up the positioning that we had lost by starting so far back. After a few laps of dangling on the back, my legs seemed to shape up a little bit and I joined Ian in the back of the pack. As we started to move up there was a huge crash of about 10 or more people that went down on the backside of the course. Luckily, no Swifties went down in the crash but I had to almost come to a standstill to avoid it and even so, it was close. Ian brilliantly got around it faster than me and continued on his way in the pack but I was left alone off the back trying to survive the final few laps without being pulled. I was a little disappointed but with the good finish in the juniors, the race averaged out to a good one! It was the first race where I had a teammate who was at the same level as me who I could work with and who wasn't much slower or faster than me. It was a nice change and I think Ian and I will have a great season.

Good racing All Sport Team Swift!!--Joey

**Nate Geoffrion**-18 years old, Senior Category 3

8<sup>th</sup> Place      Cherry Pie Criterium      Juniors 17-18

Cherry Pie or the inaugural criterium of the season was a disappointing race this year, but it was great to get back to competitive racing. There were over seventy juniors racing in the combined 15/16 and 17/18 junior fields which is a good number for junior races around the Bay Area. In the morning, we got race ready; putting race wheels on, pumping up tires, pinning numbers to our jerseys, taking off the saddlebag, etc. We did

a good twenty minutes warm-up before beginning our pyramid sprint intervals that open up our legs before the race. I got to the start a good ten minutes before the actual race start to do junior rollout and make sure the bike was working properly.

The race began; we had eleven All Sport-Team Swift riders starting the race against members of the Specialized Team, Whole Athlete, Davis, San Jose, and other rival junior teams. On the first lap I got to the front real quick and put in a small attack to be near the front, aware of what's going on around me. After other attacks a tandem of specialized riders rode off the front eventually making it to the finish line. I had the problem in the race of not communicating with my teammates about the race and not really racing as a team. It is also important to keep track of the number of laps remaining in the race so you know when riders are going to start sprinting for the finish. I was confused when guys starting sprinting for the line when I thought we still had at least twenty minutes left in the race. As it turns out the race was cut seven minutes short, but still that isn't an excuse for not being aware of number of laps left in the race. So make sure always you are alert and talking with your teammates about the race.

-Nate

## **Ryan Eastman**

18 years old, Senior Category 1

Cherry Pie Criterium      Pro 1,2 Race Report

Cherry Pie has been my first race of the season since I began racing 4 years ago, when I was 15 years old. It has always been a race to look forward to in the early months of the new year to test out my legs a bit, and have some fun.

The Pro 1-2 race was in the afternoon, after I pinned on my first number of the season, I headed for the start. Riding in the peloton after the winter months of training by myself or with a few teammates was and always is an interesting change, but I felt comfortable moving through the large group of riders.

I was not in that large group of riders for much longer, three laps in to the race I got into a breakaway that consisted of about twelve guys. This breakaway would successfully stay away from the peloton for the duration of the race till the finish. This break was smooth at times but dysfunctional most of the time, as a breakaway typically is in such a short race with such few miles to the finish.

Our breakaway group split many times, with some riders unwillingness to work, opening gaps, and others attacking the group to give themselves a better shot at victory. I was typically just rolling through, working with the group. I put in an occasional attack to test out my fitness, and to not get left out on the wrong side of the split.

The finish is on a gradual uphill about 250 meters long. With only a handful of laps left it looked like our breakaway was going to stick. The pace was high leading in to the last 500m. I was about 5<sup>th</sup> wheel, and fancied a shot at the podium. There was an early move on the right hand side, and with 100m to go we were all fanned across the road in a sprint to be the first across the line. A Specialized rider was coming on my left side and tried to go through a gap that did not exist between me and a Cal Giant rider. The Specialized rider took me out with about 50m to the finish.

So my race ended about 50 meters less than I would have liked it to have, but I was fine, just some road rash. Even though I left the race that day without a result, I left knowing that I rode a good race and that my fitness is where it should be at this time of the year. I'm looking forward to the 2010 season and hopefully you will continue reading about my races.

It was nice seeing so many All Sport-Team Swift riders out there today. I noticed my teammate Stanley riding very strong on the front of the 13-14 race. A lot of our new and younger riders in the 15-16's as well 17-18's were showing improvement today, which is good to see. I look forward to watching those riders progress over the season, and get some good results.

-Ryan Eastman

**Lauren Catlin**—17 years old, Senior Women Category 4

2<sup>nd</sup> Place      Cherry Pie Criterium      Junior Women 17-18

I didn't really know what to expect for this race. Boys and girls were racing together, but we were going to be placed separately. The race started off fast, and almost immediately, the strongest of the boys were off the front. I was riding in a small group, and we caught all the girls that were ahead of us. Our group kept changing as we caught/ lost people. Eventually, we were pulled, which was unexpected, so we didn't get a real finish. I ended up with second place in my category, just because of the order we were in.

6<sup>th</sup> Place      Cherry Pie Criterium      Senior Women Cat. 4

There were about 50 women in this race, and it was probably the biggest field I've been in. The start wasn't nearly as fast as the juniors race, and I was able to get up to 4th wheel or so. Some women tried to attack, but they were always pulled back. No one really wanted to do anything, so the field hardly broke up throughout the race. Every time the front 6 or 7 got some kind of gap, they slowed down and rejoined the group. I tried to stay in the first 5 places so I wouldn't get stuck in the pack, but I took a break about halfway through and sat in. At 3 laps to go, I pushed up towards the front again. People started to get frantic on the second to last lap, and someone crashed behind us. On the last corner, I hit some bumps, and was riding in the wind. I tried to get back on a wheel, but as we hit the hill, I didn't have the energy to keep up with 3rd place. A couple other people passed me just before the line, which was a little disappointing. Overall I ended up with 6th place, and got some points, so I was happy about that.

-Lauren

**John Piasta**-17 years old, Senior Category 3

Juniors Race Report: I can't believe it is already my third Cherry Pie. Two years ago it was my first bike race, on my first bike, racing with hairy legs covered with grease from my chain. Ahh, seems like a century ago. Well another winter of suffering at the gym and riding in the rain has passed and a season of racing was about to begin.

After warming up with the team we showed up late to roll out and were stuck in the back. The plan was Ryan to start out the race with an attack and for Nate and me to rotate attacks after. Ryan did just that then Nate, and then I put in an attack solely to get my legs moving. We stayed at the front and covered the moves. Missing a crash I got right on Ryan's wheel as he put in an attack up the climb to bridge up to a solo rider. I followed only to look back and see the pack was not far behind and Ryan and I sat up. Nate then got in a break that lasted for about a lap and as soon as they were caught a rider attacked and no one responded. He lingered off the front until another rider tried to bridge the gap and I got on his wheel coming within seconds of the solo break. I sat on until he realized that he was not alone and he sat up. I realized that a San Jose rider was on my wheel with another rider close behind. In hopes of getting the San Jose rider to bridge the gap I sat on but he never went. This was my mistake and resulted in another specialized rider attacking to bridge the gap creating the wining break. Ryan almost bridged up to the break but with the officials cutting the race 7 minutes short there was no time to bring it back.

I finished 11th disappointed but I realize it was the first race of the season and it was a great learning experience for the team. All Sport-Team Swift did well, especially good job Wes, who closed down some big gaps in his first criterium with the team. As well congrats to Joey and Ian on 3rd and 10th in the 15/ 16's.

#### Senior Category 3 Report:

Nate and I got to the front fourth right away and sat in for the first part of the race. A few attempts for a break went but nothing threatening. I followed an attack on the back side of the course and sat on the break knowing it was not worth investing any energy in. As soon as the break was caught I attacked on the hill and unfortunately no one followed. I continued at a steady tempo waiting to save energy to get back at the front of the pack when caught. I sat in as a solo rider was off the front. Wanting to try my legs again I attacked on the next lap right before the chicane then ended up dropping the rider I bridged up to and realized no one was on my wheel. So I just filtered back through the pack realizing that they wouldn't let a break go. Nate got back in with 5 to go after a mishap and we just stayed at the front. I got past a crash on the backside of the course, when a break of two riders went. With three to go Nate launched a big attack trying and bridged the gap. As Nate attacked I moved back about 10th wheel just so I could cover any moves. I lost a few spots on the second to last corner and did not have a good position for the sprint ending with a 21st place.

Cherry Pie showed me how much work I have ahead of me. I realize that this is the first race of the season and that my legs are not supposed to feel perfect. Also I need to find a better spot for the sprint, especially on an uphill finish where gaps open up. It was a great way to start the season and I can't wait to learn from my coach and teammates, as well as get some results in the long season ahead.—John P

#### **Wes Holloway**-18 years old, Senior Category 4

14th Place

Cherry Pie Criterium

Juniors 17-18

Cherry Pie was pretty much the first official junior race of the season. Unfortunately, my body was still in the process of fighting off a virus and sinus infection. Even though I haven't been in the best condition for racing, I really wanted to do well in this race.

Prior to the race, John, Nate, Ryan, Joey and I did our warm-ups on some roads

near by with some pace lining and sprints. I was really tired during the warm-up so I tried to go a little harder than normal in a few of the sprints.

After the warm-ups I went straight to the start line for roll out. I was more towards the back of the pack, so I was one of the last people to go through roll out. As I got into my position, I looked around and was not happy, mainly because I had to start at the back of the pack. And, if you're not starting in the top two thirds of any criterium, you're already caught with your pants down!

As the race started, the pace was pretty heavy as I expected. The first two to three laps I pretty much just tried to sit in as much as possible to conserve for the final sprint. I noticed that there was quite a bit of surging in and out of corners. So meaning that keeping a decent draft would be even more important. The next couple of laps there were a few solo attacks that didn't make it. But I wanted to start moving up to the top third of the pack, which I did. A guy from Whole Athlete that was also towards the back pulled out of the pack to get some positions towards the front. I jumped straight to his wheel to basically "get a free spot" without wasting any energy. As we got to the chicane, the pace increased a lot. This ended making a break in the peloton. I attempted to solo my way up to it, but couldn't. As the front group got to the top of the climb, they slowed. I then realized that was the last lap. This really ticked me off throughout the rest of the day. But in the end, I learned that noticing the presence of lap cards is very essential. If I had knowledge of what lap it actually was than I probably would have had a good chance to get a Top 10. But I didn't, obviously.

All in all, it was a good race to gain some knowledge on my opponents through the rest of the year.

Thanks for reading.

-Wes Holloway

**Ian Moore**-15 years old, Senior Category 4

10<sup>th</sup> Place      Cherry Pie Criterium      Juniors 15-16

I stayed at the hotel on the course the night before Cherry Pie. When I got up in the morning I ate, got my kit on, and then went and rode the course a few times with Joey before the races started. Then I got my number and went and did two warm-up pyramids out on the open road. The 15-16s and the 17-18s raced together and there were a lot of people so rollout took a very long time. Laura told me and Joey before the race that the first two laps were the most important to be alert and to not get caught out. For most of the race I stayed in the middle or front end of the group. My main goal was to stay up with the 17-18 group, and I did that. I did not hear or see that the race staff



counted down the laps from 5 or even three laps to go. On the last lap I didn't hear the bell either, and I did not know that it was the last lap, as people sped up I lost a few places, I still thought that someone was just pushing the pace at the front and I did not know it was the last lap. Right before I crossed the finish line I saw people stopping ahead of me passed the finish line, and I realized that the race was over. The race ended 10 minutes early. I was frustrated because I felt that if I knew the lap countdown that could have done better or gotten on the podium. I learned that I need to listen to the announcers and pay more attention to the lap cards even if there is not a lap countdown. It was still a fun race, and congratulations to Joey who came in third. --Ian

**Ian Moore**-15 years old, Senior Category 4

25<sup>th</sup> Place      Cherry Pie Criterium      Senior Category 4

Right after my 15-16 race I lined up for the cat 4 race. Joey and I started near the back and had to work our way up. At the beginning of the race I was not feeling the best because I had just finished the Junior 15-16 race, but throughout the race I felt better and better. After the halfway point of the race there was a crash in front of me and Joey that took out about 10 people. I put my brakes on and as my back tire skidded a little I tried not to hit the curb in front of me, maneuvered my way around someone on the ground, avoided the yard sale of water bottles and stuff from riders bikes and then sprinted back up to the front group. After the sharp right hand turn, after the downhill and the start finish line, on the flat stretch going by the hotel was a good spot for me to move up on the left hand side. I did this on the last few laps. I finished 25<sup>th</sup> out of 97, and I am happy that I stayed safe and out of the crashes.

**Tom Lucas**-13 years old, Senior Category 5

8<sup>th</sup> Place      Cherry Pie Criterium      Juniors 13-14

It was the first race of the season and I was a little nervous, but I thought I did very well. I woke up at 6 in the morning and my mom and I drove to Napa for the 35<sup>th</sup> annual Cherry Pie Criterium. I was pre registered so it was easy to check in. I didn't bring a trainer so Eli and I did pyramids to warm up. There was a field of 30 or more guys and girls since 10-14 were racing together. It was cool knowing several of my teammates were racing. They announced the roll out and then the line-up started. It was a weird course with the finish at the top of the hill. There was also a hair pin turn

right at the top, so when the group came in hot at the turn it was tricky. The juniors 10-14 category lasted 20 minutes.

I felt really good throughout the whole race and really just wanted to race the best I could. Griffin was awesome attacking a lot and Stanley and Ryan were right in there also. There were many attacks, but I stayed with the group till the end. There was definitely a big age difference but that didn't seem to matter for me. I didn't attack much, but I had no problem following attacks and in the end I finished 8<sup>th</sup>.

-Tomahawk

**Griffin Wigert**-13 years old, Senior Category 5

9<sup>th</sup> Place      Cherry Pie Criterium      Juniors 13-14

I woke up at 5:30 am on Sunday and got ready. We (me, Mom, Dad) left at 6:00AM and drove to Napa. I got there and warmed up on the trainer with Stanley and Ryan doing the pyramids that Coach Laura taught us. We did two pyramids.

I started the race in the front and stayed there for the first part. I was always in the top three on the climb but faded back to the middle of the pack on the flats. Both Ryan and Stanley attacked multiple times but I was not feeling very good. I only made one small attack.

On the last lap, I stayed at the front until right before the climb. Then Stanley and Dillon sprinted and I was out in the open without a slipstream. I barely caught the end of the peloton on the climb. I was too tired to do the Cat. 4 race but stayed for the post race meeting with Coach Laura. -Griffin

**Stanley Goto**--14 years old Cat 4

7<sup>th</sup> Place      Cherry Pie Criterium      Juniors 13-14  
38<sup>th</sup> Place      Cherry Pie Criterium      Senior Category 4

Cherry Pie is the first important race of the season and it's a good measurement of how riders improved over the offseason. The morning of the race I had a good breakfast and was ready to tackle the first race of the season. At the start of the race nobody was working at all. I would punch the pace and then guys would just sit on my wheel. Everybody seemed like they where just waiting for the sprint. Knowing that

earlier in the race, I probably should have given up getting away and conserve for the sprint like everybody else but I didn't. By time the sprint came along I didn't have as much snap in my legs like all the other riders. The sprint went perfect for Dillon as I faded to 7<sup>th</sup> place. I knew that I didn't race well but I had to get that out of my mind because I had the Cat 4 race next.

After an inopportune Juniors race I was going to race the Cat 4 race after a short break. At the start of the race I wanted to be as close to the front as possible because I knew that toward the end of the race that it would very hard to move up in this 100-rider field. I thought that I should be up in front while I could so that when the pace increased that I wouldn't have trouble. Positioning myself farther up in the pack helped me out in the race because there where crashes that occurred behind me. At about 3 laps to go I was beginning to fall back in the pack and the pace was ramping up. I was starting to struggle a lot more, but I was able to hang on. At the end of the race I felt good about how I did, because I had never been in a criterium with that many people. Afterwards my dad noticed that I had a large rip on the side of my bib shorts. I was surprised because the only time that could have happened was when that guy ran into me and caused a whole bunch of other riders to go down with him. Oh well I guess it could have been worse. -Stanley

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## 2. Cantua Creek Road Race

Coalinga, CA 2/13/10

### Joey Nygaard

9<sup>th</sup> Place      Cantua Creek Road Race      Senior Category 4

Cantua Creek Road Race was a long race. It was a 24 mile out and back that we did three times, making the race 72 miles long. Ian and I were doing the Category 4 race together and were not sure how we would do. The course ended on a rather short climb so we thought we might have some chance to do well. The race started leisurely, the pack riding along at a very easy pace, so Ian and I got ourselves in a good position in the field.

The pack went rather slowly for the first lap but then on the climb at the end of the lap we went up to the front to observe how fast the field would go up the climb. The

field went faster but we were feeling great and so we had no trouble staying right up near the front the whole time up the climb.

Around the second lap the field picked up the pace a little and started riding tempo on the flats. Ian and I stayed tucked out of the wind and rested for most of the flat until the climb came around again. This was the second time we had come up it. It would also be the last time we would be riding up it before the finishing ascent. We got near the front again and this time a group tried to go off the front. As it started to pull away I quickly jumped across to it but with the turn around and the downhill the group got swallowed up right away. Ian and I decided that it was time to just sit back and wait for the final climb to the finish to make our moves. At the turnaround someone cut the corner very close, cutting off Ian and my line and forcing us into each other. We were somehow both able to stay upright but I had to clip out of my cleat and it took me a few precious seconds to get going again and even more time and a little energy to regain my position in the main field. By this time, a break had formed and was far ahead. We caught them right at the base of the final climb. This was it. Ian and I got up to the front, ready to jump on a well-timed attack if one came. But none did. It was nearing the top and the pace was really fast! Ian and I started out right behind each other but then it got a little crazy and we lost each other's wheel. I was around 5<sup>th</sup> wheel, going about as fast as I could. A few guys had gapped the field by a few bike lengths and were gaining. Now was the time to go. I sprinted past the guys who were in front of me and got on the wheel of the group of 5 or 6 guys who were about two bike lengths ahead of the field, hoping that Ian had jumped on my wheel when I went. More people kept coming across and I kept moving from wheel to wheel as they came by, moving me farther and farther up and away from the main field and all the people spread out between me and the field. Finally, we could see the finish line. My little unorganized group that was barely off the front had split up and I was left to just try to catch anyone in my sight hoping for a top ten placing. I managed somehow to cross the line in 9<sup>th</sup>. This was the first time I had gotten a top ten in a Cat. 4 race. I was very pleased with how I had done and thought that Ian and I had worked great together as teammates. Great racing Ian!

-Joey

### **Ian Moore**

19<sup>th</sup> Place      Cantua Creek Road Race      Senior Category 4

I rode the course the day before with Joey. It was 13 miles out and 13 miles back. It started off going downhill and then was flat until the turnaround, after the turnaround it was flat, and then we went back up the hill to the finish. We did this out and back 3 times, which made for a 78 mile race. The first lap of the race was pretty easy and I stayed near the front,

especially on the turnarounds. On the hill on the second lap, I knew that there would be attacks, so I was about 5<sup>th</sup> wheel up the first part of the hill, then about midway up there were a couple attacks and a breakaway was formed which Joey and I were both in, we rounded the turnaround ahead of the pack, but we did not stay away. On the last lap the pace picked up more. And there were a few more attacks, one of which I chased down. On the final hill up to the finish the group spilt up and Joey and I got in the front group. I got 19<sup>th</sup> at the line. I learned to stay towards the front but not too close to the front otherwise you get tied into pulling, chasing down attacks, and working.

-Ian

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### 3. Pine Flat Road Race

Piedra, CA, 2/14/10

#### Wes Holloway

10th Place    Pine Flat Road Race    Senior Category 4

Pine Flat Road Race was my first road race of the year (and the second road race that I have ever been in). It was also the first road race I have ever done as a Cat 4. It was a 62 mile race with 2800 feet of climbing.

My family and I had a hotel in Fresno that we drove from to the race. We unfortunately had a little misdirection on the way there and ended up arriving about 30 minutes before the start. There was a steep short hill that I warmed up on. I mainly just spun in my lowest gear.

As I got to the start, I obtained my position next to Joey and Ian towards the front of the field, which were about 50 riders. The race got under way with some short climbs with very low gradient. Staying in the front third of the field, we approached the long and fast decent. It wasn't all too technical. It was good road condition with wide turns so the field was edging around 45mph in the straights. Towards the base of the descent we were told to slow down because of a crash that happened previously in the Cat 3 race. It must have been a nasty one because there was a guy sitting in the middle of the road covered in blood. Hoping this would make the field a little more cautious of their surroundings, we approached the flats. It was a little windy without the protection from the Sierra Nevada's. The fields pace picked up a bit on the flats. Approaching Watts Valley Road, we caught two of the original riders from the early break, meaning two were still up the road. These two ended up beating the entire field by a good two and a half minutes.

Although there was still the two riders up the road I was still ambitions to get a

top 10 for the day. The first of the two and final climbs of the race was on Watts Valley Road. It as a 4 mile climb with grades reaching 12%. Nothing terribly difficult. The climb separated the field into two. I pulled a very careless move by sitting in the back so I had to work really hard just to catch the first group in the climb. As I got to the top of the climb the front group was already descending. I noticed there was another Swift rider being dropped off the back of the front group. As I made my way up to him I noticed it was Joey. I said "Get on the back of my wheel and I'll pace you." And he did. At this point I made a big effort on the descent to catch the front group, which I did. Approaching the final climb the front group consisted of about 20 riders. Another big mistake of mine was I didn't start near the front of the pack at the start of the climb. This probably cost me 2 or 3 spots. The group hit the 200m banner and it was a climb sprint to finish. I crossed the line 8th in the front group and 10th overall, due to the break.

It was a great race with awesome scenery and a Top 10. I will definitely be doing this one next year. Thanks for reading.

-Wes Holloway

### **John Piasta**

15<sup>th</sup> Place     Pine Flat Road Race     Senior Category 3

After a four hour car ride from San Francisco with the Flanagan's, pre riding the final climb of the course and getting some sleep it was time to kick off the first road race of the season. The course started out on 20 miles of rolling to flattish roads, and then a very fast and fairly technical descent dropping us into the valley before the final 15 miles filled with hilly terrain.

Nourished by a great breakfast prepared by Anthony I was ready to race. It was kind of a weird start because the course started on what had to be at least a 15 percent grade for about 3/4 of a mile and then went out seven miles on the highway before hitting a turn around. So the first 14 or so miles it was quite boring except for some great views. My plan was to be always at the front and covering every dangerous move at the front in hope of the break away. After pre-driving the course I realized that it was not necessarily a pure climbers course so I planned that if a break hadn't already gone I would attack on the final false flat before the descent in order to stay safe on the downhill and get a break going.

Well at about mile 14 there was a split of three riders with around a ten second gap. I put in a hard attack to bridge the gap and kept going to pick the pace up in the break. We did not stay off long but I learned that for a break to go it would have to happen on a harder part of the course. So just as I planned at the start of the final false flat before the downhill there was a break of 3 riders off the front with about a ten second gap, with two riders close behind struggling to bridge the gap. It was a great scenario for me. I let the gap get just a little bigger and as soon as the road kicked up I put in a hard attack making sure no one could get on my wheel and bridged up to the

break. We were flying above 50mph on the descent and I was having a blast as I sat on the back tucked in. As we hit the flats the pack was nowhere in sight and there were now seven of us pace lining. However after about a half an hour off the front we were caught but this time the pack was a lot smaller. I realized my teammate Chris wasn't there and heard there was a big crash on the descent. I stayed at the back constantly looking to see if Chris was coming or if he had crashed. After about ten minutes I was relieved to see him in a chase group of three. After that I realized nobody wanted to race until the hill. As the climb finally came Chris and I stayed at the front and just matched the tempo. From the start of the climb I could feel my legs were dead but I just focused on where I needed to go and pushed through the pain. Unfortunately about a mile from the top of the major climb I was dropped after blowing up. My legs felt severed and they wouldn't recover. I rode through the flats alone feeling every bit of every roller. After seeing a few 3's chasing behind I hit the final climb making sure I wouldn't be caught. I finished 15th with Chris following behind at 16th.

I was disappointed after the race. I knew I had beaten a lot of those guys in the past but had to remind myself it is still the beginning of the season. After further reflection I realize that I just had a bad day and know I'll get them next time.

-John P

## **Joey Nygaard**

18<sup>th</sup> place     Pine Flat Road Race     Senior Category 4

Pine Flat Road Race was not too far away from the Cantua Creek Road Race course, which we had raced the day before. We had to be at the race before the sun was up so it was both freezing and dark. By the time it finally lightened up, Ian and I were on the trainers warming up. The course started out with an out and back and then continued on to do a 40 mile loop, finishing off the 62 mile race with two steep climbs. The race started with a neutralized short but steep climb right off the bat, the group took this slow and then started up a good tempo after. While the group sped along the 20 mile out and back a group of 4 guys got off the front. They got a big gap on the field and after the out and back the main field sped up, hoping to catch them. After the main field passed the feed zone with about 14 miles left to go, we had already caught 2 of the people from the group. Moreover, one more was in sight. The group sped up a little more and we caught them. Now there was only one more person off the front and we were confident that with the climbs coming up he would get tired. As the group started

getting into the rolling section of the course, I started recognizing landmarks that I had seen the night before when we drove the course; I could tell that the climb was coming up.

As the group reached the beginning of the climb I looked back to see how many people were left in the group. There were only about 30 people. The group flew up the climb, staying together for most of the bottom. As the group reached the top, however, people started dropping off very fast and soon I was in a group of 10 with a bunch of people strung out a few meters behind. The gap between the people behind grew wider. By the time we could see the top the pace was too much for me and I dropped off, hoping to rejoin the group on the descent. I looked back and saw my teammate Wes Holloway not too far behind. On the descent, I waited for him and once he caught me, we were able to work together and bridge up to the group.

There were now only a few more miles left until the final climb up to the finish. The group of about 12 soon became a group of about 20 as people came back. I kept looking back trying to see whether my teammate Ian was getting back as well. The group started riding tempo and I had to work hard to keep up. When we hit the climb, I was dead and I got dropped almost immediately. The group totally split up as the finish came closer. When I was about halfway up the climb I looked back one more time hoping to see Ian there and sure enough he was just starting the climb with one other person. He had done well to get so close to bridging up to the group. As I got to the finish I managed to sprint past one more guy who was falling back. I crossed the line in 18<sup>th</sup>. This was not the best result I could have gotten but I thought that I rode a pretty good race. A 70 mile race and then a 60 mile race the next day was hard but Ian and I got some great training in and some pack finishes and I got a point for my Cat. 3 upgrade. It was a good weekend. Good racing All Sport-Team Swift!!

-Joey

### **Ian Moore**

21<sup>st</sup> Place      Pine Flat Road Race      Senior Category 4

I stayed at a campground that was right at the start the night before this race, the night after the Cantua Creek Road Race. The race started at Pine Flat Lake in the mountains above Fresno. The course started first with an out and back which was up and down on the side of the mountains surrounding the lake. This part was not too hard and the curvy down and up hills



were fun. After this there was a fast descent out of the mountains, and we had to go very slow around a crash that had just happened in the cat 3s. Throughout the race I remembered to eat a lot so that I was fueled for the climb at the end. After the downhill, and a few rollers, we reached the valley, which was flat. Then we turned right and climbed a small hill up to the feed zone. After this the road rolled upward, and then the first climb started. I stayed in the front group until about half way up and then there were a couple attacks and the group was split up more. Going over the top of the first climb I could see the front guys right there, I got with a small group and then I joined with someone else and pulled away from the rest in the group. Then the second and last climb started; at this point there was 1k to go. I saw the front guys just in front of me as I went up towards the finish. We averaged over 20 miles an hour for the 62 mile hilly race. I finished 21<sup>st</sup>, right behind Joey.

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#### **4. ORC Stage Race**                      Sanford, FL 2/20-21/10

##### **Ashlyn Gerber**

17 years old, Senior Women Pro, 1, 2, 3

8 <sup>th</sup> Place	ORC Circuit Race	Senior Women Pro 1-4
5 <sup>th</sup> Place	ORC Criterium	Senior Women Pro 1-4

The ORC race weekend has always been fun. The courses are great and they bring out huge fields. I get extra motivation from the fact that it is in my home town. This year they cut out the Sanford criterium course and replaced it with a new circuit race out in Winter Garden.

The course was a lot of fun. About 50 meters from the finishing straight was the first of 2 left turns. Then it was a downhill straight away with a wicked cross wind leading to the final sharp left. There was a gradual left hand bend as we started climbing the finishing hill. With the wind coming from the right I tried to always stay to the inside. After about 500 meters the hill leveled out leaving 200 meters of flat road to the line. I started out with the juniors race as warm-up. After an unsatisfactory race I was pumped for the women's race. We had around 30 women at the start line. I couldn't wait to start. I knew the wheels to follow and hoped I would be able to make it in any moves that happened.

Attacks went but nothing was sticking. It was looking like a sprint finish so I drifted to the back of the field to find the strong sprinters. I was following Cathy (ASV)

as we came around the start/finish with 1 lap to go. I took a deep breath as we rounded the first corner; this was it, the final lap. Cathy and I began to move up on the left side of the field. My least favorite sound in the world....As bikes and people hit the ground the noise is indescribable and terrifying. There was a huge pile up in the first straight away. I made it through still in touch with the front group. I refocused and got my game face back on. I followed Cathy and Jennie (two strong riders both on ASV) up the hill. I managed an 8th place in the sprint and was pretty happy just to be able to cross the line after the crash.

The next day was a criterium. It is a long course with only 3 corners and nice roads. From the final corner to the line is about 500 meters so it is more of a waiting game when you reach the sprint. The morning of the criterium I woke up to find my voice gone (Laryngitis). I skipped the junior race and hoped it would come back by the women's race. After a quick ride to the course I was pumped and ready to go. I finished my warm up on the trainer and got into the zone. My voice had come back a bit although it was rather husky, but my legs felt good and I was ready to race. We had another big field with about 28 ladies.

For the first 30 minutes there was nothing but attacking and primes. I managed to get into every big move but the field pulled all of them back. I slid to the back of the field and jumped onto Tina (Z-Motion) and Julie's (unattached) wheels. Sure enough 1 lap later they attacked. The field was strung out but the break was eventually pulled back. I felt a little tired so I slid back mid field. Tina countered her own move and was quickly followed by Cathy (ASV). The field soon shut down and I could see them slip away.

Down to laps: I began to look for the strong wheels. I managed to get Julie's wheel and was just hanging on till the sprints. With 2 laps to go, just before the final corner, there was another crash. I kept looking forward. I had good positioning for the sprint. I was ready to go. As we passed the site of the crash in our final lap there was another crash. The field was chaos. I followed Julie's wheel through the turn as she opened up her sprint. I was tucked in and shielded from the wind. I got 3rd in the field sprint and 5th overall.

I was pretty happy with my racing this weekend. It had ups and downs but I felt more like the old sprinter I used to be. This next weekend I have off from racing and then it's off to Winter Haven for the Chain of Lakes Cycling Classic.

Ride Hard!

-Ashlyn Gerber

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## 5. Chileno Valley Grasshopper

Occidental, CA 2/20/10

**Ryan Eastman**—17 years old, Senior Category 1

8<sup>th</sup> Place      Chileno Valley Grasshopper

The Grasshopper series is technically a training ride, with a bit of race flare to it. The start was in Occidental, and the course circled around Sonoma County on many of my home roads that I train on every day. This event usually attracts some of the best cyclist in Sonoma and Marin County. Bissell and Cal Giant showed up as well. It was for sure going to be a fun, and tough day on the bike.

We headed out Colman Valley, so the group of around 200 people blew up and was now much smaller as we were heading into the climb that would bring us to the top of the scenic Colman Valley. About half way up the climb a couple of riders attacked and got off the front. I was a little hesitant to go with them, only being 3 miles into the race. As we wined along the Pacific Coast the lead group of 6 riders were extending their lead. The group contained 4 Bissell riders and 2 Cal Giant riders. As their gap was getting bigger I regretted my decision to not go with the initial move on Colman Valley.

My group contained about 20 riders or so at this point, largely populated with Bissell riders. Over the small climb of Franklin School Road Cody O'Reilly (Bissell) and I started to ride away from the rest of the group, Andy Jacques-Maynes came up to us and we each took turns on the front trying to distance ourselves from the group we just left behind. Our move did not last too long; we got caught a few miles from the town of Marshall. Not too much happened for a while. We climbed Marshall Wall, and basically just rode in a pace line along Marshal-Petaluma road, and Chileno Valley at a moderate pace. We lost a few riders here and there from our group which was now something like 15 guys.

The last obstacle before the finish was the Joy Road climb, which the finish was atop of. The situation was the breakaway of 6 riders was still away, and then there was

my group of around 15. As we hit the base of the climb Andy Jacques-Maynes attacked and a few riders attempted to go with him, but failed. I and 4 other riders rode away from the group on the climb including my teammate from the National Team, Ian Boswell, who rides for Bissell now, and another Bissell rider, one more guy, and me. The 4 of us summated the climb, and then there was a short fast downhill that leads right into 500 meters to go uphill.

We were sprinting for 8<sup>th</sup> place. Ian was on the front and he flicked me through, I pulled through and made it seem as if I was hurting, and flicked the next rider through. I was now right where I wanted to be, behind everyone to surprise them with a hard attack. I was feeling very good. We were coming in the base of the steep uphill to the finish at a high rate of speed from the downhill. I was on the back, I gaped myself just a little from the rider in front of me, so then I could come by the group already at close top speed. I made my move right as we started the last little climb. I attacked hard enough where nobody wanted to go with me or could just jump on my wheel. I got a large gap and stayed away to win out of my group for 8<sup>th</sup> place on the day.

-Ryan Eastman

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## **6. Snelling Road Race**

**Snelling, CA 2/27/10**

### **Wes Holloway**

11<sup>th</sup> Place    Snelling Road Race    Juniors 17-18

Snelling Road Race was the first race for the Junior Point Series. I got there an hour early and had plenty of time to get dressed, warm-up and get to roll out. Coming to the start line I noticed the field contained a large number of contenders from different teams, including a rider from Hot Tubes.

As the race started, off we went through the promenade at a fairly easy pace. The weather was partly cloudy with tons of wind, mainly because our race was in the afternoon. Getting to the actual start of the race, the pace picked up a lot. I made my way from the middle of the pack to the front as soon as possible since I knew there were to be attacks. Sure enough, Adam Hodes from Tieno Duro started them off. Attempts to form a break were very hard due to the wind. On one of the short climbs, Andreas Freund from Davis Bike Club and a SJBC rider formed a break. I was very tempted to

join this break, but by the end of the second lap I was already starting to feel the burn in my legs due to a virus that is still lingering (it better go away soon!) So I ended up just covering attacks and staying in the pack.

By lap three, my goal was to just forget Top 5 and put in all my effort to stay with the pack because at this phase in the race, I was at the point of where I was flat out about to bonk. From here on I tried my best to get the best position for a perfect draft.

For the last lap I sat in and attempted to cover attacks. The race came to an end and I finished in the pack 11th to my surprise. I thought for sure I was going to get dropped. The entire last lap my legs were just in a horrible burning pain. Even in the draft my legs were burning. So just being able to stay with the pack really did surprise me. Thanks for reading.

-Wes

## **Ian Moore**

5<sup>th</sup> Place      Snelling Road Race      Juniors 15-16

I was excited for this race because it was my first junior road race of this season. The race started with about a three mile neutral start. Then the race started and there was a short steep hill. I was ready if anyone attacked here but no one did. After a sharp right hand and then left hand turn there was a big deep puddle that stretched all the way across the road. When I went through it, it felt like I was standing in water up to my shins because of how it splashed and waved up from other riders. As we passed the finish for the first time, Alistair from specialized attacked. Joey and I responded. But the group came back together shortly. Not long after this there was another attack and Joey and I responded again; there were two racers up the road then Joey and I worked together chasing, with the main group behind us, but the group came back together again. On the second lap there were lots more attacks, none of which stayed away. At the end of the 3<sup>rd</sup> and final lap the pace picked up more over the really bumpy part before the finish. Joey pulled me up to the front and then we went around the last turn and I sprinted up the finish hill, and lunged for 5<sup>th</sup> at the line. This was a fun, wet, muddy race, with a competitive field.

-Ian

## **Joey Nygaard**

The Snelling Road Race takes place outside the small town of Snelling in the Central Valley. The race started at 8:40 in the morning, so we had to get up at four in the morning so we could complete the 3-hour drive in time to warm up and get registered. Once we had done all this, Ian and I lined up and prepared to start. Before we started we were warned by the officials that there were lots of puddles and that we should be careful and go slow for them. We rolled off the start line and continued along the "neutral promenade." The race officially started after 3 miles of the promenade and the group sped up to a reasonable pace. The group rode along for about half of a lap without anyone attacking until Alister Eckman started the attacking. Alister was one of the people that I was watching, for I knew that he was in great form. Every time he attacked I was straight on his wheel. None of his attacks got off the front. They were experimental attacks meant to tire people out and to test and see who was feeling good. These attacks kept up until we had completed one lap and crossed the finish line.

Alexander Fruend went to the front and set the pace. He did this for about 1 k and then attacked straight off the front, riding everyone off his wheel for about 3 miles. Ian and I saw it coming and were the first ones to try to bridge. We were about 10 meters ahead of the field working together to catch him and then hopefully we would be able to work with him and get away. We were working very hard to catch him but we were catching him very slowly, so we dropped back to the group and used the help of the other riders to catch him. This attack split the field and got rid of about half of the people who had survived the first lap. Now no one trusted each other, everyone was suspicious that there would be more attacks like that. No one wanted to work. The pace slowed and people who had been dropped caught up, causing the group to swell. More attacks came but not as big as Alexander's attack. This kept up for another lap and a half, until everyone finally decided to wait for the sprint.

Ian and I had been keeping an eye on Alister and Alexander who were in the back and looked like they were preparing for an attack. Finally, with 2 k to go I decided that they would not attack and I towed Ian up near the front. Around the last corner I was 3<sup>rd</sup> wheel with Ian tucked right on my wheel. I had worked very hard to obtain and keep this position over the last kilometer so I was counting on Ian to save his energy while I was in the wind working to get him up near the front. When the group was flying around the last corner I managed to cut through the inside of the corner and

move up Ian and me even more. We were in great position but I was fading. As we got closer, people started to sprint. I went as hard as I could to keep Ian up there, hoping he would come by me soon. I was running out of energy and people were beginning to come by me. I hoped Ian would come by me and sure enough right when I was beginning to worry that he would not come by he flew by me, passing two people in front of me to get 5<sup>th</sup>. I managed to muscle my way past one more guy, getting 7<sup>th</sup> place.

Ian and I had worked very well together and we had gotten a top 5 out of it. We learned that it works out very well if you commit one teammate to look after the other and keep him out of the wind in the last closing miles, so that they can save their energy. We felt like real teammates that could really work together to get results. I felt a little disappointed with my performance but I was glad that I could help Ian get his first points toward a cat 3 upgrade and a top 5 finish. Good racing All Sport Team Swift!

-Joey Nygaard

### **Stanley Goto**

3<sup>rd</sup> Place      Snelling Road Race      Juniors 13-14

As I slept in a hotel in Merced I heard the rain beat the ground outside and I wondered how the race was going to be the next morning. The morning of the race I woke up and luckily the rain had stopped. When we got to the race there were rumors that there were 5 inch deep ponds that were on the race course. After a good warm up, a bottle of All Sport and a Clif Shot I was ready to race. At the start of the race I told myself that I wouldn't attack unless I knew that riders were willing to work. That strategy proved to be successful because after a few first lap attempts I sat in and waited for someone else to make a move. A little bit before the feed zone two of my rivals, Dillon and Zeke, broke away and I let another rider try to bring the group to them and then I took off to solo bridge up to the two man break away. It was really hard to make it up to them but before the backside of the course I was able to make contact with them. I tried to work as hard as I could because I knew that if no one else caught up to us that I would be guaranteed 3<sup>rd</sup> place. Unfortunately a rider for Specialized was able to bridge up to us. By time we had hit the last rough bumpy stretch before the finish we had a huge lead so everybody stopped working so well and began thinking about the finish. I tried a couple of counter attacks but all where

unsuccessful. I began conserving for the sprint. After we made the right turn to the finish Zeke took off with about 200 meters to go. Dillon passed him and I grabbed Zeke's wheel. With about 50 meters left I tried to get around Zeke but was unable to. I think if I would have tried to come around him 25 meters earlier I would have been able to take second but I guess I can't change that now. After the race I felt pretty good because I wasn't feeling too great about that 7<sup>th</sup> place at Cherry Pie and I didn't sprint too bad. Well, it was nice to get back on the podium! Next race cat 4 Merco Foothills RR--Stanley

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## **7. Merced Criterium**

Merced, CA 2/28/10

### **Ian Moore**

18<sup>th</sup> Place      Original Merced Criterium      Senior Category 4/5

This course was almost rectangular, starting off with a long straightway, and then a 90 degree turn, with a crack on the inside; the next turn was identical, and then there was a long straightaway, followed by a long sweeping turn to the right. After this there was an extremely narrow alleyway with a big cement wall on the left side and then another right hand turn and the long finishing straightaway. The 4/5 race was the first race of the day and was delayed about 20 minutes. The first few laps of the race were kind of scary because the road got wide, and then narrow, wide, narrow, and there was that alleyway. I stayed in the front part of the group on the first few laps, then with about 10 laps to go Joey attacked and stayed away with another racer for about 2 laps. With a few to go I was pulling Joey to the front when there was a crash behind me and on the side of Joey which made him slow down. I slowed a bit but I could not see him. I could not move up after this so I just sprinted past a few people at the end and got 18<sup>th</sup>.

### **Junior Race**

I also did the junior race after this but I crashed. I was sitting in the main group with one lap to go, feeling pretty good, and there was an attack and I shifted and stood



up to sprint and my chain locked up and I went over the handle bars; I just got a little road rash. After I made sure me and my bike were ok I got back on and finished.

Overall it was a good weekend of racing and good teamwork between Joey and me.

-Ian

## **Joey Nygaard**

Junior 15-18

The Merced Crit. took place only a few miles away from our hotel so we had time to ride over instead of driving. Ian and I were racing in the first race of the day, the Cat. 4s, so we were able to ride the course a few times before the race started. After we got warmed up and registered we were ready for the race to begin. We lined up in the first row on the start line and waited for the officials to blow the whistle, signaling the race start. When the moment finally came and the whistle blew, every one surged forward off the line.

The first few laps were a little bit sketchy. The group did not know how to handle some of the narrow corners at high speeds yet and it took about two laps for the group to settle in to the course. Ian and I got into a good position near the front of the pack where we were sheltered from the wind. The group continued to fly around the mile-long course very fast, while people tried small attacks that never seemed to be able to get off the front far enough. After a few laps, one of the other juniors, Spence Peterson, rode next to me and asked, "Hey! You want to go off the front with me?" I said, "Sure but we still have 20 laps to go, let's wait for a little while." We waited for a while and then after about 10 laps had passed I was around the front with Ian when I saw Spence go to the front. Unfortunately I was boxed in and could not get up with him when he attacked. He attacked almost right off the front. He was brought back almost instantaneously. He did do one good thing however. He managed to string the field out while they were catching him and they continued to do this until we came around to the finishing straight again.

The finishing straight of this criterium is very long, has smooth pavement and a little bit of a tailwind. I had slid a little ways back into the group and was going to move up around the outside when I saw the group slow and kind of spread out in the front, creating a pocket of space in between me and the front line of riders that was devoid of

any wind whatsoever. As I was moving up I realized this would be the perfect time to try an attack. I was already moving up fast so I stood up and sprinted as fast as I could go yet sustain it for a while. I passed the front line of people, catching them off-guard. I hoped Spence would see this and get on my wheel but he did not. I sped on not looking back for a while until I came to the first turn. I looked back right before I made the turn and saw that I had maybe a 5 second gap and the group was working hard to bring me back. I kept going very hard and by the time I had reached about halfway around the course I looked back once more. I had gained a few seconds and this time there was someone bridging across to me. I was glad because I was getting a little tired. I kept up a fast but steady tempo until he caught me at the finishing straight. He got on my wheel and then came by me to do his turn at the front. We worked together for a little while and then he attacked me. I could not hang on to this and so I dropped back to the pack.

My attack had not gotten me anywhere near a high finish but it was worth a try. It had been a good workout and I had learned from it. The rider who had bridged up to me only managed to hang on for a few more laps after he dropped me. My attack had been the only one of the whole race that had stayed off the front for more than half a lap. I was glad that I did it but now I had to make sure I finished the race because now with only 3 or 4 laps left it was getting dangerous. After a huge crash that nearly took me out around the second corner on the penultimate lap, I decided to stay safe and just stay at the front for the sprint. This was easier said than done however because I had gotten off the back a little bit when the group split after the crash and once I had gotten back up to the group I had to move up more to get to the front. By the time the finish rolled around I had only managed to get around halfway up to the front. This was good enough for me but I did not have much left in my legs to sprint. I crossed the finish line only managing to beat a few people in the group. I did not get a very good finish but I had raced aggressively and had tried my best. Ian had done pretty well in the sprint so after we rested up we began to get ready for the second race on the agenda -- the junior crit.

I was very tired from my attacking in the Cat. 4 race and did not feel very up for racing a junior criterium so soon after the Cat. 4's race. However I had my Cat. 3 upgrade to think about and since I needed to get as many races under my belt, I needed to do it. Ian and I got ready and then lined up on the start line with the other 23 juniors who were going to be doing the race. This was a larger field than we had counted on

and I was a little bit skeptical if I was going to be able to get any points toward my Cat. 3 upgrade, but it was possible. Ian I had planned that if he felt good enough to attack I was going to block on the front for him and if he got off the front I would wait for him to be a ways ahead and then try and bridge up to him.

After the race began attacks started right away. Immediately a group of older juniors got off the front and stayed there. The rest of us had to fight it out for 3<sup>rd</sup> place. Soon another group of people got off the front. Now the race was for 6<sup>th</sup> place. People tried more attacks until 2 laps to go when the group just decided to wait for the sprint. I was in the main field trying to find the wheel of Ryan Gadow, a San Jose Bike club rider who had a good sprint. With two laps to go I had lost his wheel but was only one spot behind him. I was confident that if I could get his wheel for the sprint I could do pretty well. Suddenly with one lap to go Ian, who was riding right next to me, locked up his gears and then slid out around a corner. As we were passing the finish with one lap to go I yelled to Ian's parents and my parents to get down to where he had crashed and make sure he was ok. I hoped he was ok but I concentrated on the last lap. Dodging Ian's crash had put me on the back of the pack. This was the place that I really did not want to be. I looked around for Ryan Gadow and he was 3<sup>rd</sup> wheel from the front. I wanted to be right on his wheel but I could not get there. The group was going very fast and as we came around to the finish, I managed to get on a guy from Tieni Duro's wheel. As he started sprinting, I tucked behind him, allowing him to pull me up to the front before I tried to come by him. I could not quite get by him but I had beaten quite a few people who had been in front of me at the beginning of the sprint. After the sprint I rode around to where Ian had fallen to see if he was ok. He was up and riding across the finish line so I was glad that he had not been hurt.

Good job All Sport Team Swift!

--Joey Nygaard

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## 8. Poor Collage Kids Road Race

**Ian Moore**

46<sup>th</sup> Place      Poor Collage Kids Road Race

Senior Category 4

I got to the race about an hour and a half before my start, got my number, got dressed and then went out on an hour warm up. The race was in a nice area near Los Olivos and where the Tour of California time trial at Solvang went. This was my first cat 4 race, so I was excited to see what would happen. My race started at 1:00 so I ate a bigger breakfast and took some bars for before the race so that I would not get hungry since the race was at lunch time. The race was 34 miles, 17 out and 17 back, and there was a climb in the middle each way. The way out was pretty easy, but it was really hard to move up because the road was really narrow and the center line rule was very strictly enforced. At the turnaround there was a cone in the middle of the road, there were attacks off the front right after the cone that I could see when I was nearing the cone, so I really had to sprint after I made the u-turn. The pace picked up on the way back, and then on a flat stretch just before the climb there was a crash just in front me and in the middle of the pack, forgetting the center line rule I went across and off the road into the dirt and then back on, to avoid the people sprawled out across the road. Then I sprinted to catch back up to the front group and got back on right when the climb started (about a mile long), I was pretty spent from catching back on, but I made my way past some riders, trying to move up. And when I got to the top I realized that the group had split up, I got in with a small group and we caught some other small groups on the way into the finish. I finished 46<sup>th</sup> out of 99 riders, and within 20 seconds of 1<sup>st</sup> place. I learned that on a course like this one where you can't move up easily I need to start more towards the front, so I don't get behind crashes and can respond to attacks easier. Overall I had a fun first race of the season and a good pack finish to count towards my cat 3 license. -Ian

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## 9. Mothballs Criterium

### Ian Moore

12<sup>th</sup> Place      Mothballs Criterium      Junior Category 15-16

This race was in an industrial park near Santa Barbara, in Goleta. It was a "D" shaped course, so it was pretty safe. I saw the start of the 17-18 race (which the 2009 15-16 national criterium champion was in), they sprinted out of the start hard, and so this reminded me that I had to be ready from the start. I got a good warm up and then went over for roll out, we started with the boys 10-12 and the girls 10-18, and there were a lot

of people trying to get rolled out at the same time so I was glad that I got there earlier so I got a spot at the front of the start. Our race got delayed a little because of a crash in the race before. Right when the official blew his whistle I got my cleat in as fast as possible and then took off and was first into the first turn. I stayed close to the front in the next few laps, and there were lots of attacks from all sides. Someone would attack and then be taken back in, and then about halfway into the 30 minute race a 5 man break was formed. I attacked to try and catch them but I couldn't by myself, and no one wanted to come with me. Most of the riders in the main field with me had a teammate in the break so they weren't working with me to pull them back. It was kind of dangerous sometimes because we were racing with the 10-12s and on the last lap a kid in my race pulled off the front rather aggressively just as we passing the 10-12s again and clipped one of their wheels, making him crash. I finished 7<sup>th</sup> in the field sprint and 12<sup>th</sup> overall out of 22 racers. This was a good race because of the nice roads and course. --Jan

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## **10. San Bruno Hill Climb**

San Bruno, CA 1/1/10

Wes Holloway

2<sup>nd</sup> Place      San Bruno Hill Climb      Juniors 10-18

I was excited for this race in particular because it purely dealt with climbing, and the first race of 2010. The race started off with a very heavy pace lead by Andreas Freund with DBC. He was my marked rider; meaning that where he goes I go. After Andrea's pull we dropped about half of the original riders from the start (about 8 riders). The pace slowed down, and Bjorn Fox from Above Category attacked. Andreas followed and so did I. As we approached the last mile of the course, I listened to my competition's breathing rhythms. I knew Bjorn was about to crack so I set a really hard pace to drop him. As I expected he was dropped, but Andreas was not. Towards the end of the course Andreas set a hard pace to drop me. With the last few hundred feet he got out of the saddle to sprint for the finish, I was basically at my max as he got out of the saddle. He got about 5 seconds ahead of me to take the win, as I followed in 2<sup>nd</sup>. My intentions were to get 1<sup>st</sup> but 2<sup>nd</sup> isn't that bad. Good start for the season, and a Happy New Year.-Wes

