

All Sport- Team Swift Race Reports
Ryan Eastman in Europe
May 2010

Race Reports for:

Date	Event	Nat.	Class	Winner
14 May-16 May 2010	3-Etappen-Rundfahrt	GER	2.1	JUNGELS (LUX)
05 May-09 May 2010	Nations Cup #7 - Course de la Paix Juniors	CZE	2.Ncup	SHALUN OV (RUS)

Rider Race Reports

1. 3-Etappen-Rundfahrt

Germany, May 14-16, 2010

Ryan Eastman rides onto podium in Germany

<http://usacycling.org/news/user/story.php?id=4930>

USA Cycling's Junior Development Program riders contested the 3-Etappen der Rad in Germany where **Ryan Eastman** (Petaluma, Calif./All Sport-Team Swift) rode his way onto the podium in stage three. USA Cycling sent six juniors to the 3-Etappen der Rad in Frankfurt, Germany, May 14-16: **Ryan Eastman** (Petaluma, Calif./All Sport-Team Swift), **Paul Lynch** (Colchester, Conn./CL Noonan-Bay Hill), **Tanner Putt** (Park City, Utah/Cole Sport), **Eamon Franck** (Pacific Grove, Calif./Team Specialized), **Juan Carmona** (Breinigsville, Pa./Young Medalists-Team Dual Temp), and **Nathaniel Beams** (Lexington, Ky.)

Ryan Eastman posted the top results for the team, finishing third in stage three for a podium spot. The 17-year-old Eastman also rode to fourth-place in stage two and finished the event 24th overall. Paul Lynch was 41st overall while Tanner Putt was 53rd and Eamon Franck was 71st.

For more information on this event, or to see complete results and photos, please visit <http://www.int3etappen.de/fotos/3etappe/index.html>

Ryan Eastman

3 Etappen-Rundfahrt

Germany

3rd Place 3-Etappen-Rundfahrt, Stage 3
4th Place 3-Etappen-Rundfahrt, Stage 2
24th Place 3-Etappen-Rundfahrt, Stage 2, Overall G.C.

3 Etappen-Rundfahrt is a 2.1, three day stage race in Frankfurt, Germany. I was going to Frankfurt with high expectations of a stage result or to do well in the general classification. I did this race last year, and I was confident I could do well my second time racing it.

Stage 1 was a prologue of 8k, the course is flat and straight with a couple of u-turns. I was not sure how my legs would react to the violent short effort after completing the Peace Race only 5 days ago. It was raining and the road surface was very slick, a lot of guys were sliding out in the u-turns. As I got a few minutes into my time trial I knew it was not going to be a good day for me, I just could not keep on top of the gear that I needed to be in. The end result was not so good, but I was going to turn that around the next day in the road race.

Stage 2 was a very hilly stage with 4 categorized climbs. I was super motivated to try and get into an early break away. I was aggressive in the first part of the race, establishing some breakaways, but none of them stuck. I went over the first two climbs in the front of the peloton, waiting for an opportunity to get into a move. With 25k to go there was a small group of riders up the road and I jumped out of the peloton and bridged up to them solo. Once we got a good gap on the peloton everyone in the break got more organized and we were all working well together. Up the last KOM climb 2 riders going for the point got a gap on us. With only about 10k to go it was just pure suffering to the finish line. Those two riders stayed away and I got 4th place.

Stage 3, I was happy with my result the day before, but I wanted to step onto the podium today. The stage had some KOM climbs, but none of them were really hard or selective. With a headwind the last 30k I figured that a breakaway

was not going to get away today for the finish. I rode in the pack the whole day, keeping attentive and out of any crashes, I was betting on coming to the finishing climb of 2 kilometers near the front of the peloton to go for a stage result. With the finishing climb in sight now, I had stayed out of trouble and I was at the front for the climb. I had good legs, and knew I could do well. Half way up the climb I was around 10th wheel and a Luxemburg rider attacked bringing a German with him. I was late to react to the move and I jumped out of the bunch in pursuit of the two. With less than 1 kilometer to go, I had two riders on my wheel and had distanced the peloton, but could not close the gap to the two riders seven seconds up the road. I led out the sprint with 300 meters to go and held it for 3rd place on the stage.

Well I finally stepped on to the podium, but I'm not totally satisfied. I'm getting closer and closer to a win; hopefully I can make it happen in the next couple of weeks.

-Ryan Eastman

2. Course de la Paix

Czech Republic, May 5-9, 2010

Ryan Eastman

2010 Course de la Paix

Czech Republic

5th Place Course de la Paix, Stage 1
17th Place Course de la Paix, Stage 5
27th Place Course de la Paix, Overall G.C.

It has only been a week since we arrived to Belgium, but it has been a heck of a week. We have met new people, new countries and new cultures. Only in 10 hours of travel we went through three different countries. Our final destination was the Czech Republic. This is a country I came to last year for my first European stage race and it is full of beautiful scenery, old towns and a lot of history. We didn't come here to only enjoy the sights or history of the town of Litomerice, since the real cause of our visit was to compete in the famous Peace Race. Formerly a pro race created as a symbol of peace during the war in Europe. Many famous pro riders now such as Fabian Cancellara, Denis Mensov, Roman Kreuziger, to name a few, have won this prestigious race in previous years.

Stage 1, The first stage had three climbs in it, with a lot of descending. I was feeling good and had good legs. A break away got away in the later part of the race and it looked pretty threatening. I attacked out of the peloton and bridged up to it with two other riders. The break had many good riders and the Russians were pushing the pace. The field eventually caught us as we were on the last climb of the day. The finish is pretty sketchy, a very fast downhill into town with three roundabouts between 1k and 500m to go. With 500 meters to go it is slightly up hill and the last 100m is on cobbles. I went through the first roundabout in good position for the sprint. I moved up some more through the second roundabout. I was in the top ten headed into the third roundabout with 500m to go, I had to fight for my position. It was a long sprint I came around a couple of riders, to take 5th place on the first stage. Danny Van Popple, of the Netherlands, won the stage a take the yellow jersey.

Stage 2, The rain was pouring as we got to the start of stage 2. The weather was not looking so good, and we had two big climbs today, one of 10.5k and another just before the finish of 8k. The first long climb of the day was tough; Paul Lynch and I made it into the front group after the climb. It was cold, raining, and very foggy. As I was nearing the last 20k going down a descent right before the final climb I got a front puncture. I drifted to the back of the peloton and raised my hand for the team car to come up. Since we were on a very twisty descent it took a while for the team car to come up to me. I got a wheel change and made it through the caravan and to the back of the bunch. Paul was waiting for me at the back of the bunch. The peloton had split on the descent; there was a big gap up to the front group now. Paul and I worked together to try and get up to it. Just after the descent we headed up an 8k climb. At the top of the climb it is about 10k descent straight to the finish. Up the climb the front group was about 45 seconds up the road. I held the gap up the climb but could never close it. Once they crested the top it was over for me, the time gap got bigger, I still chased as hard as I could with about 5 other guys down the descent but I conceded around 2 minutes by the time I finished.

Stage 3a, This day was the double day. There was a 12 kilometer time trial, and then an afternoon road race. I didn't have a great time trial, I got 45th. It was a rolling course, with a false flat headwind the last 3k, tough course.

Stage 3b, The afternoon road race was the flattest of all the road stages. There were circuits with one climb each time around. I missed the breakaway that went away on the last lap; I just finished in the peloton.

Stage 4, This stage appeared to be the hardest, looking at the course profile. It was three laps with a 5.5 kilometer climb in it averaging 10%. The first time up I finished just behind the front group and caught back on after the climb. Down a long descent, through a couple of towns and then we headed straight up the climb again. The climb really hurt this time and I did not make it over with the front group. Around again, down the descent and through the towns I got to the base of the last climb in the caravan not too far behind the front group. I survived up the first part of the climb that kicks up to 20%. The last 4k of the climb the gradient eases up a bit and that's where I excel on climbs. I rode away from the group I was with and was solo now on the climb. There was a group up the road a ways that was coming off of the front group. I was slowly getting closer and closer to them. I eventually caught them with 500m to go on the climb. I stayed with them until the finish and attacked out of it to gain a couple of seconds and won the group sprint.

Stage 5, This was the last day. It was the same course as last year, so I knew it well. There are 4 laps with two climbs per lap. Not too much happened, I was basically trying to ride in the front, and come over each of the climbs in the front group. I made the front group over every climb on the day. Over the last climb it was a select group of about 25 riders. A couple riders caught back on and the group was about 35 guys for the finish. There were two riders up the road that stayed away and I got 17th in the field sprint.

The Peace Race was over now, I finished 27th on general classification. I have three more stage races in Europe, I'll see if I can step onto that podium.

-Ryan Eastman

<http://www.usacycling.org/news/user/story.php?id=4908>

<http://www.uci.ch/templates/BUILTIN-NOFRAMES/Template3/layout.asp?MenuId=MjExMg&LangId=1>