

# All Sport- Team Swift Race Reports

May 2010

## Race Reports for:

1. Cat's Hill Criterium
2. Sonora Road Race
3. Melbourne Circuit Race, FL
4. Berkeley Road Race
5. Mt Whitney Stage Race
6. Panoche Valley Road Race
7. Junior State Criterium Championships
8. Mt Hamilton Road Race
9. Memorial Day Criterium

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

1 <sup>st</sup> Place	Cat's Hill Criterium	Senior Category 4	Wes Holloway
1 <sup>st</sup> Place	Sonora Hills Road Race	Senior Category 3	Christopher Flanagan
1 <sup>st</sup> Place	Mt Hamilton Road Race	Senior Category 3	John Piasta
2 <sup>nd</sup> Place	Mt. Whitney, Stage 2	Senior Category 3	Christopher Flanagan
3 <sup>rd</sup> Place	Melbourne Circuit Race	Women Pro, 1-3	Ashlyn Gerber
3 <sup>rd</sup> Place	Berkeley Hills Road Race	Senior Category 3	John Piasta
3 <sup>rd</sup> Place	Berkeley Hills Road Race	Juniors 15-16	Ian Moore
3 <sup>rd</sup> Place	Panoche Valley Road Race	Junior W. 17-18	Lauren Catlin
4 <sup>th</sup> Place	Cat's Hill Criterium	Juniors 17-18	Wes Holloway
4 <sup>th</sup> Place	Berkeley Hills Road Race	Juniors 15-16	Joey Nygaard
4 <sup>th</sup> Place	State Criterium Champs	Junior W. 17-18	Lauren Catlin
4 <sup>th</sup> Place	State Criterium Champs	Juniors 13-14	Stanley Goto
5 <sup>th</sup> Place	Cat's Hill Criterium	Juniors 13-14	Griffin Wigert
5 <sup>th</sup> Place	Panoche Valley Road Race	Juniors 17-18	John Piasta
5 <sup>th</sup> Place	Panoche Valley Road Race	Juniors 10-12	Ethan Frankel
5 <sup>th</sup> Place	Memorial Day Criterium	Juniors 13-14	Stanley Goto
6 <sup>th</sup> Place	Mt. Whitney, Overall GC	Senior Category 3	Christopher Flanagan
6 <sup>th</sup> Place	Cat's Hill Criterium	Juniors 10-12	Ian Frankel
6 <sup>th</sup> Place	Panoche Valley Road Race	Juniors 13-14	Stanley Goto
7 <sup>th</sup> Place	Cat's Hill Criterium	Juniors 15-16	Joey Nygaard
7 <sup>th</sup> Place	Cat's Hill Criterium	Juniors 13-14	Ryan Grant
7 <sup>th</sup> Place	Panoche Valley Road Race	Juniors 15-16	Joey Nygaard
7 <sup>th</sup> Place	State Criterium Champs	Juniors 17-18	John Piasta

8 <sup>th</sup> Place	Cat's Hill Criterium	Senior Women 3-4	Lauren Catlin
8 <sup>th</sup> Place	Berkeley Hills Road Race	Juniors 15-16	Stanley Goto
8 <sup>th</sup> Place	Memorial Day Criterium	Juniors 13-14	Griffin Wigert
9 <sup>th</sup> Place	Mt. Whitney, Stage 1	Senior Category 3	Christopher Flanagan
9 <sup>th</sup> Place	Berkeley Hills Road Race	Senior Women 4	Lauren Catlin
9 <sup>th</sup> Place	Memorial Day Criterium	Juniors 15-16	Stanley Goto
10 <sup>th</sup> Place	Cat's Hill Criterium	Juniors 17-18	Christopher Flanagan
10 <sup>th</sup> Place	Cat's Hill Criterium	Juniors 13-14	Eli Kranefuss
10 <sup>th</sup> Place	Panoche Valley Road Race	Juniors 17-18	Christopher Flanagan
10 <sup>th</sup> Place	Panoche Valley Road Race	Juniors 15-16	Ian Moore
10 <sup>th</sup> Place	Panoche Valley Road Race	Juniors 13-14	Griffin Wigert
10 <sup>th</sup> Place	Memorial Day Criterium	Juniors 13-14	Ryan Grant

**Note:** May Race Reports from our All Sport-Team Swift Elite Team members Ryan Eastman and Nate Geoffrion in Europe will come in a separate report.

**US Junior National Championships:** Check out our Roster for the US Junior National Championships at the end of the race reports and follow updates on our fan page.

## Rider Race Reports

### 1. Cat's Hill Classic Criterium Los Gatos, 5/1/2010

#### Wes Holloway

1<sup>st</sup> Place      Cat Hill Classic Criterium    Senior Category 4

This criterium was definitely not a normal one. It had six 90 degree turns with one 50 meter climb with a consistency of 23% gradient. The weeks before the race I was feeling great. I was back to training like I normally did, without the feeling of being sick.

I started the race with fellow teammate Joey Nygaard. There were sixty- one starters, so it was a pretty big field. We both wanted to do well, and I desperately needed the points for my upgrade so I could obtain my goal of attending nationals. As the race started the pace was pretty gradual going up to the first climb. I moved up to about third wheel, and noticed there was a bit of gap between the peloton and three riders up the road. I bridged up to them towards the descent. As we went up the climb once again each of them started dropping off the back one by one, and before I could even look back I was by myself. At this time I was thinking that if I had enough strength to

drop the other three going my normal pace, I think I might have a shot of going into a solo break for the rest of the race, which I did. I put in a big effort the first 3-4 laps by myself. The gap got up to 25 seconds and then slowly started to go down. I ended up lapping a few people which was good motivation. The only thing I could think about was trying to hold my pace and not slow down. The peloton was getting a lot of time on me in the last two laps, but looking back on the final descent I saw the peloton a good 15 seconds behind me, and I knew I had the win. I put in one last big effort and crossed the line with a load of weight off my shoulders. Having success after being sick for four straight months is a great feeling. I wouldn't trade it for anything else in the world.

A thanks to my teammate Joey Nygaard for blocking the peloton adding a few seconds off my time. After the race, I went back to my car, drank some All-Sport, and took some Clif Shots to get me ready for juniors 17- 18 race. Thanks for reading.-Wes

## **Wes Holloway**

4<sup>th</sup> Place      Cat's Hill Classic Criterium      Juniors 17-18

Previously I did the Cat 4 race, and won it. To be completely honest, I was pretty tired from the effort I put in 4's race. I warmed up with my teammates John Piasta and Christopher Flanagan on the local roads. We did a few intervals which helped my legs feel a little better.

The race started, and my main goal was just to stay towards the front and get at least a top 5. The first few laps, my legs felt awful. But as we got into 4<sup>th</sup> and 5<sup>th</sup> lap, I started to feel a little better. On the 6<sup>th</sup> lap a rider attacked on the climb and got a reasonable gap. He was eventually caught. Looking at the pack, I noticed the field was cut down to about ten riders. My teammates John and Chris were not in the front pack with me unfortunately. On the final climb with one to go a rider attacked and took two other riders with him. I attempted to get to them, but they were rotating the pulls all the way to the sprint. I ended up with the remaining group. I attacked on the descent to the finish and took fourth. All in all, it was a fun course. I got my top 5 and had a really fun time racing. Thanks for reading. -Wes

## **Joey Nygaard**

11<sup>st</sup> Place      Cat's Hill Criterium      Senior Category 4  
7<sup>th</sup> Place      Cat's Hill Criterium      Juniors 15-16

When we made it to the race we had lots of time to watch some of the races before my first race started. Soon I had to get in to my kit and start my warm up. When the cat 4's were called to the line I was able to line up on the front. The whistle blew and

we were off. The hill came around sooner than I expected and I was a little surprised at how short the hill seemed. I did not have trouble moving up and passing people on the hill. My teammate Wes got off the front with a few other guys but they did not have a very big gap and so I waited to see how far they would get. After a few laps Wes had gotten off the front of the group and had a pretty good sized gap. I immediately went to the front to try and block and slow down the group so he would get a bigger gap. It worked and his gap grew so big that he was soon out of sight. After a few more laps I realized we only had 3 more laps to go and that it looked like Wes was going to be able to stay away. It was right then that I realized that his gap was coming down a lot. He was back in sight and only had about a 20 second gap. At this point the pace was getting very fast especially on the flats. I fought hard to get to the front on the hill and then got on the front and slowed the group down. Soon the group noticed what I was doing and came around me. I kept fighting to stay on the front for the descent and managed to be on the front on the straight away. I was able to help make Wes' gap hold for a few more laps until the last lap to go when his gap really started to come down. There was nothing I could do at this point besides try and block a little more. I had to hope he had enough in his legs to hold the gap. I was confident though that he was going to stay. At this point I started thinking about how I was going to prepare for my sprint.

I made it to the front of the group on the final descent and was in 3<sup>rd</sup> position coming in to the final corner. However I was not able to stay there for about 6 or 7 people came up around the outside and cut the people on the front off almost making us crash. I was now just trying to stay in the top ten. I sprinted as hard as I could but the road was bumpy and I did not feel very fast. I managed to stay where I was and not let any one pass me though which I was happy about. I managed to hold on to an 11<sup>th</sup> place finish. My teammate Wes had managed to stay away and win. This was a huge result for him and for All Sport Team Swift.

Congratulations Wes!

Soon after the race was over I had to start getting ready for the extremely short Junior race. I did not really feel like doing it because I had hurt my knee in the Cat. 4 race and was afraid that it would hurt every time up the hill but I decided to do it anyway.

My knee still hurt pretty bad as I lined up on the start line but I tried to tough it out. After sitting on the line for about half an hour the whistle finally blew and we started very fast. The first lap of course was very fast and as we went over the first hill a small group separated itself from the rest of the group. I was part of this group as well

as three other riders. We hammered hard but soon we were brought back. The group was together again and we all kept up a steady tempo. There were now only two laps to go after already racing two laps. I was feeling tired but felt pretty good and so I went with all the moves, even trying a few myself. Finally on the last hill Alex Howard put in a tremendous attack and none of us went with it. We soon saw the move to be a threat and tried to chase it down. We got pretty close but not close enough. We then had to fight it out of the sprint. I was very tired coming down the last hill and so I did not start the sprint in the place that I would have preferred. I tried to move up and only managed to gain 2 positions. As we came around the final corner I was cut off and moved back a place. I was only able to hold this position to the line and not gain any. I crossed the line in 7<sup>th</sup> place.

I was satisfied with this but not overjoyed. I stayed to watch the other All Sport Team Swift riders in the 17-18 race. Good racing Swifties!--Joey

## **Lauren Catlin**

8<sup>th</sup> Place      Cat's Hill Criterium      Senior Women Category 3-4

I had a bad start for this race and rode the first few laps towards the back of the pack. As I was sitting back there, a group of 4 got off the front. This was slightly annoying as I was in horrible position and had no chance of even trying to go with it. Each time up the hill, I was gaining ground, and by the 5th lap or so I was in the front of our group. Before I knew it, we were on the last lap (only 8) and coming down the hill towards the finish. I had a hard time judging where the finish line was, so my sprint wasn't so great. I was fourth in the field sprint, eighth overall. This race was pretty short, maybe I'd have had the upper hand after going up that hill a few more times.  
-Lauren

## **Ryan Grant**

7<sup>th</sup> Place      Cat's Hill Criterium      Juniors 13-14  
16<sup>th</sup> Place      Cat's Hill Criterium      Juniors 15-16

This race is really short as you all may know, so it's all out from the gun. That means you have to have a good warm-up. Well that's not exactly what I got since my new bike had a few problems. Nothing bad just took some time. That being said, I felt fine at the beginning of the race and was able to stay at the front of the group. But once we got to the third lap I wasn't feeling so great and only managed to finish at the back of the group, getting 7<sup>th</sup> behind Griffin and Adrien. It was pretty disappointing, but I wasn't done racing yet. Next I had to do the Juniors 15-16. Races like these are just for extra

ride time, but I was still going to do the best I could. I got dropped after a couple of laps and ended up with Henry and Katrina. Coming to the last turn Katrina swung wide cutting me off and at that point I had no chance. I pretty much finished at the back of the race which was also disappointing, but that just shows me how much work I have to do.—Ryan G

## **Ethan Frankel**

6<sup>th</sup> Place      Cat's Hill Criterium      Juniors 10-12

I rode in the Cat's Hill Classic and had lots of fun. I trained on a small slope for warm-ups. The course was quite easy, except for the famous, 23% grade Cat's Hill. I had to get into an easy gear a few feet before the hill, or else I would have tipped. After the hill, there were some bumps, and then a downhill. On the first lap, I started to pass other riders, but didn't pace myself, so they got back in front. I tried to push mostly on the second and third laps, and did a little better by doing so. I ended up in sixth, and I was happy for that.

The race was my very first real race, and it was a great experience. It was a huge disadvantage not to have a full sized bike, but I hardly even noticed. If I didn't have some good biking experience, I probably couldn't have made the race. Training and warm-up is very crucial for racing, or else you'll be stiff and cold. Overall, my first race was totally awesome!!!!!!! -Ethan

---

**2. Sonora Road Race**      Sonora, 5/2/2010

## **Christopher Flanagan**

1<sup>st</sup> Place      Sonora Road Race      Senior Category 3

Spinning on the trainer just before the beginning of the 55 mile Sonora Road Race, I was feeling good and was not at all anxious. The weather was perfect, not too hot and not too cold. The course ahead was a circuit mostly rolling hills, some climbs, a long fast descent, with rough road and a few sharp turns. I felt strong and ready for a great result. Except for a few things, the race was very uneventful, only one crash and no big surprises. First, for reasons that evade me, there was a crash behind me on a straight road and on the only smooth road on the course. This caused a commotion and because of this someone attacked. I didn't think an attack after a crash was right so I yelled at him that he should not do this, but we were forced to go. During the race I conserved quite a lot of energy and stayed in the front of the field for most of the time. I

managed to keep the two attacking Taleo riders, and strong climbers, from getting in the front together to block me. After nearly 55 miles we approached the uphill finish. I attacked at the 200 meters mark in my large chain ring and nobody was able to respond. I won the race, not only because of great gearing, but also because I had been so aware of my competition during the race, conserving my energy, *and* I stayed well positioned at all times in the front of the peloton. -Chris

---

### 3. Melbourne Circuit Race

Melbourne, Florida

#### Ashlyn Gerber

3<sup>rd</sup> Place      Melbourne Circuit Race      Senior Women Pro, 1-3

Well after a few weeks of down time the races have finally started up again. I had competed in the State Criterium as my first Category 2 race but an untimely cold left me with a result that was more than unsatisfying. In the week leading up to the Melbourne weekend I was hungry to race, dying for a win, and stoked out of my mind.

The course was in an uncompleted subdivision. It was pancake flat with hardly anything to block the wind. It was about 2 1/2 miles long with the final corner over 1000 meters from the finish. It was a long drag to the line with a stiff cross wind from the left.

At the start I was super nervous. I can't remember the last time I was that nervous/excited. Something was different about this race, in my mind something had clicked. I was ready to go. In the past couple races I have blown trying to get into the break only to find that when the sprint comes around I'm spent. My race plan was RACE SMART. If I missed the break, I missed it, but I was going to do well in that finish.

From the gun there was an attack. Everyone looked to Tina Schofield (Team Z-Motion) and Julie Jerue (unattached) to pull it back. The two man break had gotten a sizeable gap in the tail wind but Tina went to the front and hammered it until the field was back together. The next lap was uneventful. All the girls were looking around waiting for the move to happen. Half way through the 3<sup>rd</sup> lap it did. Julie went. She had a decent gap and the field slowly jumped to close it down. Tina reacted fast. She was soon up the road with Julie and in about 5 minutes the field shutdown. The rest of the race was rather slow. Any chase attempt was blocked by Julies 2 teammates in the field and no one was seriously committed to chasing down the breakaway. I settled in for the sprint.

As we came up on the final corner I was boxed in. I slid to the back and hammered around the field in the corner up to 3<sup>rd</sup> wheel. I was tucking into the field hiding from the wind. I was set. Around 600 meters to go an attack went up on my right. I quickly jumped onto her wheel and got ready to go. Around 300 meters the line

just came into view the girl in front of me was fading. She pulled to the left and I jumped. I could see shadows behind me but I just kept focused on the line. It hurt really badly, but a final lunge for the line, and I'd won my first women's 1, 2, 3 field sprint. My finish was good enough for 3rd. It still isn't the win I'm gunning for but it sure did feel good. I learned a lot in the race, gained some confidence, and I can't wait to get out and race again. My next race is not for 3 weeks. I'm going to be getting in solid training and can hopefully get a good finish put together. Train hard,  
-Ashlyn Gerber

---

#### **4. Berkeley Hills Road Race**      Berkeley, 5/9/2010

### **John Piasta**

3<sup>rd</sup> Place      Berkley Hills Road Race      Senior Category 3

I never thought I could do well at this race called Berkley Hills, however I decided to show up for some good training. The first lap I focused on seeing the course since I had no idea what it would be like; then started thinking about how to race it. First time up the hill my teammate Chris was in a break of 3 that got slowed down by people driving trailers really slow taking up the whole race. I followed all the moves up to him and eventually the gap was bridged. The second lap was different. There were no attacks on the climb but the pace was very hard and the pack was getting shredded. A break of two went up the road and one of the riders was very strong in a break. I knew that that break would not last but I had to be very cautious of who I let join the break. Two riders were trying to bridge and I was in no position to respond. I attacked and got 2 riders to go with me however they did not want to work and we were pulled back. As soon as we were caught I attacked even harder and no one could respond. I bridged the gap solo to the break of 5 and we worked together for a few miles until the pack caught us. Right after a break of seven went up the road and quickly put a minute into us. Shoot I thought Chris and I had just missed the winning break. Up the hill there were hard attacks narrowing it down to two other riders and me. I sat on in hope of getting more to join since we had just got within 30 seconds of the break. Up the second hill we were crushing it. In order to practice the sprint coming on the next lap I attacked over the crest leading a split of 20 riders to the break. I stayed alert following attacks to the climb and the final time up attacks flew from the base. I let them go knowing that I needed to conserve on the first hill in order to do well on the second trusting that my group would catch the leaders. That happened and I sat on until with 500 meters to the sprint started to open up. I did not put myself in a good position for the sprint when the sprints started 2 riders got a 20 meter gap and I did not have enough road to bridge it ending up in 3rd.

I was very happy after the race and also slightly disappointed because I did not put myself in a position to win the sprint. I knew what wheel to be on and should have been there from the start of the climb. -Johnny P

## **Lauren Catlin**

9<sup>th</sup> Place      Berkeley Hills Road Race      Senior Women 4

Berkeley hills was ok.. I started out feeling good (despite the rain) and stayed near the front for pretty much the whole race. I was feeling decent on the climbs, but I never really felt the opportunity to attack. So, although some people dropped off, we pretty much had a big group the whole race. Coming up on the final steep hill, there were about 10 of us with a small gap, and I tried to stay up there to the finish, but I misjudged the length of the climb. I finished at the back of this group, in 9th. It was pretty disappointing because I was hoping to get some upgrade points (I have 13 now). I think that maybe I was intimidated by the group finishing all together, and when I saw a few of them get ahead of me, I would think "oh, there's no way to win now". I'm not sure. Either way, I do know that I've got to work on these finishes!--  
Lauren Catlin

## **Ian Moore**

3<sup>rd</sup> Place      Berkeley Hills Road Race      Junior 15-16

The plan for this race was for Joey to work for me so I could get as many points as possible toward my cat 3, since Joey is already a 3 and I am pretty close. I drove this course the day before because I have learned that I compete better when I have at least previewed the course, especially racing against guys who have been racing on these courses before. As I warmed up it started raining a little. At the start line I was excited when I looked around and saw 6 Swifties. We started with the 14 and unders so it was a big group. Our race was 33 miles and about 1.7 laps on the loop. The race starts down by a lake near the boat ramp; it then goes up and up and is neutral until you hit the main road and turn right. After this it is flat downhill with a few small ups, but pretty easy, then there is a fast downhill before another right turn- on this road there is a hard roller and a downhill; the rest is rolling. After that you turn right and this is the road which the climbs are on; the road turns right to start the first climb (Mamma Bear). This climb is steadily steep, but not *really* steep, the road is straight, and you can see the top for most of the climb. After this there is a short downhill followed by an uphill, and then a longer downhill to the base of the next climb (Papa Bear). Papa Bear is the longest climb; about a third of the way up it there was a feed zone, from there it twists very slightly and then there is a longer-than-you-think straightaway to the top of the

hill and the finish line. After Papa Bear there is a long downhill and then a short climb (Baby Bear) up to the main road where you turn right, and in a little ways you complete the loop by going by the boat ramp road. We did one full loop, and then one loop just to the finish.

The race started out easy, and Joey and I stayed toward the front. When we made the right turn after the downhill the pace started to pick up a little; on the harder roller Dylan from Tieni Duro got a flat right in front of Joey and me. After the short downhill Drew put in a few attacks. One time he was up the road with an AC rider when Tyler Hansen attacked, trying to bridge up, Joey countered him, pulling him back in, since he was a big threat, then Alistair of Specialized attacked and I knew that this could turn into a break so I got onto his wheel and we got up to Joey, Drew, and the other two riders; but then I looked back and the field was not far behind and no one wanted to work since the hills were coming soon, so it was basically all back together again. The race was pretty mellow until Mamma Bear where Alistair went to the front and set a hard pace; we dropped a lot of people there. At the bottom of Papa Bear an AC rider attacked and had a small gap, Alistair went to the front again, and I was happy to sit on his wheel, and let him pull the AC rider back in. At the top of Papa Bear we were down to 6 riders: me, Joey, two AC riders, Alistair, and Tyler Hanson. We worked together on the downhill, but not too hard, and people started catching up after Baby Bear. No one wanted to work on here, so the pace got really slow. When everyone was relaxed right before the downhill, Alistair attacked and caught a lot of people off guard. A different AC rider and someone else attacked, and dangled out in front of us for a while, but I knew we would catch them. Once again the pace picked up after the right turn, and on the "harder roller" Alistair put in a strong attack, Joey followed with me on his wheel, the three of us had a small gap up the hill, but then I think AC probably reeled us back in. Going down the hill on the other side I was second wheel- in front of me was Spence from AC; Joey told me later that when Spence hit it a little harder on the downhill, Joey just let up, and Alistair who was on Joeys wheel did not realize there was a gap for a second, and then had to sprint around to catch back on; good job Joey! At Mama Bear Alistair accelerated on the left side, and Joey and I followed. At the top of Mamma Bear I was on Joey's wheel, and Spence and Alistair were directly in front of him. I looked back and no one was there- it was just the four of us- we rotated a bit, knowing that Tyler Hanson or another strong rider back there could catch back on. On the downhill after Mamma Bear and little bit up the small climb on the other side, Joey gave a big pull and up the short climb knowing that Joey would be tired Spence attacked up the left with Alistair on his wheel. I jumped on Alistair's wheel, and Joey dropped off because of his pull. Joey was able to catch up on the downhill before Papa Bear, and before Papa Bear we all rotated through, but no one wanted to work very hard. At the base of Papa Bear Joey went to the front and pulled again, and then Spence and Alistair

came around and I got on Alistair's wheel; Joey dropped off. Spence stayed at the front for the whole climb; about half way up he attacked and I dropped off a little, then up the road I could see that he dropped Alistair. After this I was pulling in on Alistair very fast and just before the finish I was very close to him, but then he looked back, saw me, and accelerated a little. I crossed the line 3<sup>rd</sup>, which got me 5 points, now I am just 3 points away from my cat 3 license. I am very happy with this result, I am a little disappointed that I could not have just passed Alistair at the line for second; but Alistair and Spence are very strong riders, and I am happy that I was that close to them. Also thanks to Joey for working for me and giving me a wheel to be on most of the race; it helps when you know that the person in front of you is not going to let a gap open up.  
--Ian

## Joey Nygaard

4<sup>th</sup> Place      Berkeley Hills Road Race   Juniors 15-16

The plan for this race was to get Ian as many upgrade points as was possible. I was going to work for him and follow all of the attacks that the opposition had to throw at us.

The race started with a hint of rain but we set off prepared for a lively race. The group trundled along for a while on the flats and slight downhill section of the course. When we got to the beginning of the hills Drew threw down an attack off the front of the group and me being behind him, I sat up. He got off the front with an AC rider and stayed there for a little while. He was brought back when Tyler Hanson threw down a magnificent attack trying to bridge up so he could work with the group of two ahead of us. I immediately saw this as a serious threat and so I followed this move. He was sprinting as hard as he could and so I did the same. After a few seconds of sprinting I noticed that I was catching him quickly. I caught him right before he sat up from his sprint. We caught the group of two within seconds and I looked back to see who else had survived this attack. I saw Alistair Eckman and my trusty teammate Ian. I was very glad to see Ian there. We now proceeded to work together. We did not go too hard because we still had a whole lap to go and we hadn't even got to the first of the two main climbs. People got back after a while but we did not care. Soon the first climb came and we ramped up the tempo tenfold. Attacks went but they did not create big gaps because we were already going very hard and no one could go much faster.

I was able to follow all of these attacks and when I looked back I could see that Ian had also been able to follow these very fast attacks. We got over the top of the climb in a group of six and kept up a steady tempo until the final climb of papa bear. Some people got back before the climb started but when we finally started our ascent the

people who had caught back on got dropped once more and the group of six was separated from the rest of the group. This group included me, Ian, Alistar, Spence, Tyler Hanson, and a different kid who I had never seen before. We set a very fast but steady tempo up the climb. The second lap was a lot like the first. When we got around to the first main climb, mama bear, there were a lot of attacks. I followed all of them and at the top, I looked back and saw that there were only three other people in my group. Ian had made the split and so had Alistar and Spence. When I saw that Tyler Hanson was nowhere to be seen I went to the front and picked up the pace a lot.

Tyler was a huge threat and I did not want him to get back. As we went over a big roller someone attacked my very fast tempo riding and I was almost dropped. However I fought back and went to the front again until the bottom of the final climb. I was very tired from all my working at the front for Ian so I dropped to the back of the group. The attacks came and I was not able to hang with them this time after doing tons of work. I was off the back but I hoped Ian would be able to beat one of the two other guys who were ahead of me. The three of them split up and Ian was in third place. He almost caught Alistar at the line but crossed in third. I came across in fourth.

It had been a good day of riding for us, we had gotten a podium position and four points for Ian. I had a lot of fun racing very hard. --Joey

## **Stanley Goto**

8<sup>th</sup> Berkeley Hills Road Race      Juniors 15-16

At Berkeley Hills the 13-14 race was only 1 lap so I decided to race up, into the 15-16s. After I did that many others followed. It was nice to race with Joey and Ian, plus my normal 13-14 rivals. At the start of the race it was pretty mellow. As soon as we hit any climb, even if it was 50 meters long we punched it. On the Bears I would be close to the front of the pack each time we hit the bottom and by time we hit the top I would be hanging on the back. The first time we hit Papa Bear I got gapped at the top of the climb but as usual the group slowed on the Dam Road, so I was in the pack in no time. We slogged all the way to the Bears again. After a slow approach to the climbs Joey, Ian and couple other riders took off. I was in the first chase group and I planned to attack on Papa Bear. I did that but I wasn't able to shell my main competitors like Matt. At the finish line I was out-sprinted by a couple riders and ended up with 8<sup>th</sup>. At the end of the race I thought I should have done more to help out Joey and Ian. I guess it worked out good because Ian ended up with 3<sup>rd</sup> and got some vital points in the bag. I thought I raced okay considering I was sick the previous week. Then again I could have trained I little more too. -Stanley

## Ryan Grant

12<sup>th</sup> Place Berkeley Hills Road Race Juniors 15-16

This race has always been one of my favorites. We got here and it was pretty cloudy. I got my number and started my warm-up about 50 minutes before the start. About half an hour before the race it started drizzling. The good thing was that we could see blue sky up ahead. By the time the race started it had stopped raining, so that was a relief. It started out with a slow pace, but once we got closer to Mamma Bear, the first big climb the pace picked up. At the bottom of Mamma Bear, another Junior suddenly swung wide and just about knocked me off the road. I got going again as fast as I could, but the gap was already over 10 seconds. I pulled it down to about 2 at the top, but once they got going downhill I had no chance. Since I still had one more lap and I had to pace myself. I did the best I could and only finished about 2-3 minutes off of the group, which was pretty good since I did over 20 miles on my own.-Ryan G

---

### 5. Mt Whitney Stage Race

Lone Pine, 5/15-16/2010

#### Christopher Flanagan

9 <sup>th</sup> Place	Mt. Whitney Stage Race, Stage 1	Senior Category 3
2 <sup>nd</sup> Place	Mt. Whitney Stage Race, Stage 2	Senior Category 3
6 <sup>th</sup> Place	Mt. Whitney Stage Race, Overall GC	Senior Category 3

The race was two days and two stages, located near Lone Pine, just below Mt Whitney, California. Both days were summit finishes, the first being a 5,000 foot climb at about an average of 6 to 10 percent and the second day was an 8,000 foot climb to an elevation of over 10,000 feet. On the first day being fresh and feeling strong I was fairly confident at the start of the two-day stage race. The first stage was up the Mt Whitney, West Portal road, a total of 25 miles. Both stages were a Pro 1/2/3 combined group so the tempo was very high. On day one, the first 10 miles we road at tempo in the rolling foothills at the rocky base of the enormous mountains. This is the land of the old western movies, a classic western landscape, just below the 14,000 feet saw tooth peaks and extremely scenic. I positioned myself at the point of the peloton and the race was uneventful until we got to the base of the 6 mile climb. I was in 5<sup>th</sup> position and felt increasingly tired the further I went up the climb. I quickly dropped back, further and further. In my desperation I kept lowering my gear, but it got harder and harder. I was crawling up the mountain in my granny gear and struggling to maintain 8 mph when usually I'm riding mountains like this at 12 to 14 mph. I weaved back and forth up the hill finishing in 9<sup>th</sup> place. I was wiped out, unable to understand what went wrong,

discouraged and upset that I came in *five* minutes behind the leader, who I had beat just one week prior. I did not know what had happened or why it was so hard, because I knew I was in great shape. Once down the mountain, I heard noise coming from my rear wheel, my spoke had broke. Going up the climb, I discovered that my wheel had been way out of true and it had been rubbing on my brakes all the way up the climb. Unbelievable!

The next day was Stage 2 and the Queen Stage of the event. Todayt we were to climb an epic mountain road, Horseshoe Meadows which heads straight up to the highest road point to Mt Whitney and well above the snow line. The race was 27 miles but the climb was 13.5 miles at a constant grade of between 6.5 and 10 percent. The road was a series of switchbacks and from the town of Lone Pine it looked daunting, as close as one might imagine the L'Alpe d'Huez. I was determined to do much better. I'd discovered the problem, switched wheels and although I had to use my heavier rear wheel I was enraged at my misfortune of having a flat in the Berkeley Hills road race and then a mechanical at Mt Whitney just one week later. Two races had been wasted and I was back with a hunger. We rode tempo with a few failed attacks going off the front. The wind came at us as if we were riding in a storm, everyone fought tooth and nail for a position in the echelon. Once we reached the climb the pace increased and we began to drop people one at a time, slowly but surely all the way up the blustery, windy, steep and grueling climb. I hung on to the Cat1/2/3 group knowing I would have to attack at some point to setback the leader's time, but the pace was so high, most of the cat 2/3's where dropped. By the time we reached the top of the mountain only 7 people of the 25 remained in the lead peloton. Knowing there was a rolling 'saddle' at the top of the finish I attacked on the descent of the last mile, before anyone could catch their breath. I was caught by a chase group of 3 riders, 2-Cat 1's and 1-Cat 3 on the rise of the second roller and with 1,000 meters to go. Once we reached 200m to go I attacked again and then backed off as I cramped and then when it eased up I attack again on the attack of another rider, but I could not hold on, but got a ways from the other two riders. I rolled in second, two bike lengths behind the leader. At over 10,000 feet high, I collapsed on the ground in exhaustion and caught my breath. That was my kind of climb: a true test of attrition and pain. It was my day and one of the hardest races I have ever done. This is an epic race a fantastic climbing challenge and rated as the two most difficult climbs in California. -Chris

---

## **6. Junior State Road Race Championships (Panoche Valley)**

Hollister, 5/23/2010

### **Lauren Catlin**

3<sup>rd</sup> Place

Panoche Valley Road Race

Junior Women 17-18

This race was different because the junior women were starting and racing with the women category 4. On the way out, nobody really wanted to do anything, so we rode pretty easy. Coming onto the biggest climb of the race, I got to the front with a cat 4 woman and we tried to get the group going a little faster. Ruth Winder (PB&co) came up as well. As we neared the turnaround, us three tried to get something going, but the group always managed to stick with us. We pretty much pulled most of the race. As we approached the last 5 K, Ruth was pulling pretty hard. We got to 1 K to go and I was boxed in. I tried to get out, but the finish snuck up on me. We rounded the final turn and there was the line! I was expecting it to be further away. I finally got around someone onto the side, but was too late. I was the 3rd junior, but we beat all the 4s. – Lauren

## **John Piasta**

5<sup>th</sup> Place      Panoche Valley Road Race      Juniors 17-18

Panoche has always been one of my favorite races of the season. This year was going to be a lot different. I was at the bottom of my age group and we did 30 more miles to race this year. We started extremely slowly until we neared the first climb. Attacks started to go and since some teams were competing with 6 riders Chris and I had to race extremely cautiously. Not knowing how far the climb was and seeing the most dangerous rider off the front I attacked to bridge and got a break of 4 to go. Halfway up the hill we were caught and a counter attack followed. I struggled to keep up after working for a break and over the top another break of 2 from the same team attacked. I could not work anymore because I did not know if I could respond to another counter attack. I sat on hoping for others to contribute to the work. When we hit the crosswind section we were 40 seconds away. Not knowing this section of the course I did not want to make a dig to bring it back until after we hit the turn around. Up the hills I followed all attacks and countered a few. Second time through the crosswind section I got to the front guttering the field.

The climb before the feedzone a rider got off the front and not being able to get other teams to work he stayed off the front. Chris and I were getting attacked a lot and with 10k to go Chris attacked off the front. At that point I blocked and followed the attempts to bridge. We caught Chris with 3 k to go and the field started to organize for the sprint. With 2k to go I sat up to get behind the right wheel. Another rider tired to get me to lead out the sprint. He opened a gap in hope of getting me to bridge it thinking I would fall for that. A gap grew between us and the field. I was motivated and matched his pace until the opportune moment to attack so that he would not be able to ride my wheel to the field. Going into the sprint I was 3rd wheel. I tried to come

around too early and ended up with 5th.--Johnny P

## **Christopher Flanagan**

10<sup>th</sup> Place      Panoche Valley Road Race      Juniors 17-18

The district championship this year were missing some of my favorite rivals and friends, particularly Yuma, who has moved back to Japan. This race, however, remains prestigious as it is the state championships all the same. It's a rolling course of 67 miles, has a few moderate, short climbs, but mostly is flat. With extreme 30+ mph cross and headwinds the today's race was a big challenge. The peloton joked around for the first 4 miles with everyone cracking jokes and playing around but this was not to last. Once we reached the climbs Peter Taylor attacked and I struggled to stay on. It was an early attack I was not quite ready for the move, later, I paid a fatal price for the hesitation. I was off the back, 50 meters or so and wasted energy catching on the back. By the time I was back onboard, Peter and Lanier from Specialized had made a break. I did not have the energy to bridge the large gap and nobody was cooperating. Specialized was discouraging every attack with their overwhelming numbers in the peloton. With the combination of the wind and high pace of the peloton I thought that the break would not stick, but I was wrong. Once the gap had opened up, it kept increasing, and on the way back, Tory Philips attacked and bridged the gap by the last kilometer. I attacked at the 15 kilometers to go. It was to be another solo break with nobody willing to bridge up. I time trialed for nearly 10 miles staying away from the peloton, but in the last mile I was caught and passed to the finish line. I came in 10<sup>th</sup> overall but thankfully, my teammate John Piasta did much better, taking 5<sup>th</sup> place.

## **Stanley Goto**

6<sup>th</sup> Place      Panoche Valley Road Race      Juniors 13-14

This is an odd State Road Race Championship course because it really doesn't suit a climber. It's more like a sprinters delight. If the flat course wasn't enough, it was going to be a head wind for the entire second half of the race, which wouldn't favor a breakaway. On the dead flat road to the climb I tried to keep the pace fast enough but at the same time not kill myself. My plan would be to attack on the turnaround climb and get a big enough group to stay away the rest of the race. Hopefully I could win the field sprint. That didn't work out because someone else beat me to it and attacked right at the base. We chased him and by time we caught him we hit the top and turned around. I tried to breakaway but was unable to with the wind in my face. As I got ready for the sprint I knew I would have to grab a good wheel going into it. With 200 meters left I was in a good position but didn't have the kick in my legs to follow them.

Overall I think I had a poor race considering I got 6<sup>th</sup> in a State Road Race even if it is mostly flat. I think I will work more on my sprinting before nationals in June. -Stanley

## **Griffin Wigert**

10<sup>th</sup> Place      Panoche Valley Road Race      Juniors 13-14

My dad and I had driven down the previous day and stayed at my grandma's house in Morgan Hill. We woke up at 5:30 am and drove to the start. There I met Stanley and we warmed up on trainers. We did our pyramids and then went to warm up on the road. The race started at 8:00. It was pretty calm for the first part with the normal speeding up and slowing. When we got to the hill, Zeke attacked, which everybody tried to follow. I got on the tail end of the 5 riders who were chasing him and tried to hold on. I took the turn badly and it took me a minute to catch up to the break that had formed. The break did not work together, and soon the previously dropped riders started to catch on the back.

By the time we were in the final kilometer, it was a group of over 15 riders. Dylan started sprinting at the 1 K sign and it ended up being a kilometer-long group sprint. I ended up finishing 10<sup>th</sup>.-Griffin

## **Ethan Frankel**

5<sup>th</sup> Place      Panoche Valley Road Race      Juniors 10-12

I went to the Panoche Valley Race in Hollister and had a lot of fun. My 10-12 race was only 12 miles, with only a few hundred feet of climbing. Since my bike is a 24", I kept on getting behind on the downhills (which there weren't many except for coming back), but catching back up on the climbs (which there also wasn't many). On the up hills coming back, I tried to sneak up behind the biker in front of me and draft on the downhill, but only once did that happen. The race was the "prettiest view" race. The ride is pretty flat with only some small hills. There's a nasty head wind coming back, especially on the downhill, so I had to push hard.

After the race, my dad and I went on a gorgeous, 28-mile ride, on the racecourse. When we were coming back, we saw a crash 3 miles before the end. My first "live" bike crash. The scenery was beautiful and awesome and I had a great time. All my first real races were amazing experiences.--Ethan

## **John Piasta**

7<sup>th</sup> Place      State Criterium Championships      Juniors 17-18

I can't believe it's already been a year since my first State Criterium Championships. I was hopeful for a repeat of last year. It was time to start what would be the hardest criterium I had ever done. After about 5 laps attacks started to fly from one team who occupied 8 spots of the field. As soon as I would bridge up to a break they would sit up and wait for the pack to chase. Frustrated I just kept going with their attacks knowing that was my only way of winning. A break of two got up the road, without hesitation I attacked towing another one with me. I thought I just made the winning break but after pulling through they sat on letting our gap close and sent two more.

So now it was going to be a race for 3rd. One more rider got away and I went to bridge hoping that Wes could cover the counter. We screwed up and I knew right away I made a very bad mistake. We got gapped off the back and had to dig to catch back on. With 1 to go it was a race for the second to last corner. Loosing that race I rolled in 4th in the field sprint. I really messed this race up. Adrenaline got me doing too much work and other teams not enough. I learned a lot from this race and even though it did not work out I got one awesome work out and still had a good time racing my bike. –John P

## **Lauren Catlin**

4<sup>th</sup> Place      State Criterium Championships      Juniors Women 17-18

After a disappointing finish at last week's district road race, I was excited for this criterium. We were going to be racing with the 15/16s as well, so we had a combined field of 13 girls (pretty big for a girl's race!). I decided I would watch out for Ruth Winder this race, as I knew she was no doubt the strongest one there. Our first few laps were pretty easy, with no real action. A couple of girls started attacking, but it was not enough to get away from the group. Midway through the race we had dropped a few, but still had a group of about 9. Ruth jumped on the tailwind straightaway and I followed. Everyone else managed to do the same, so we were still in a group. There was a prime, and one girl tried to go for it, but I rolled past her at the line and ended up getting the \$10. I felt great, and there were a couple of times where I would try to attack, but nothing actually happened. With 3 laps to go, I made sure to be in a good position. On the last lap, I jeopardized riding in the wind most of the time for a good spot. However, on the final turn, I went way too wide and lost a place or two. It came down to the final sprint, which wasn't enough to gain back the spots I'd lost. I finished 5th overall, with one 15/16 ahead of me. I was disappointed to be beat like that, but I

was happy at least to have felt strong during this race. It ended up being pretty exciting for a junior girls' race, and I'm excited for the upcoming races. –Lauren

## **Wes Holloway**

Pack Finish    State Criterium Championships                      Juniors 17-18

Well, what can I say, it is very difficult racing with an illness. It's one of the hardest things I've done in the sport so far, and will hopefully reduce my chances of it happening again in the near future. I can't stress this enough but, don't get sick!

I rode down in the team van to Livermore with my fellow teammates John, Lauren, Zach, and Coach Laura. It's always nice to be with them because they are so fun to joke around with, and I always have a good time when I'm with them. We got to the race early to watch the younger categories race and take notes on the course.

John, Zach, and I warmed up together and headed to roll out. We started the race, and right away it was fast. I was in the middle of the pack so I moved up towards the front for the first five laps. There was a prime on the fifth lap, which no one was really going for so I simply rode to the front and took it, with little effort. Coming out of the 6<sup>th</sup> lap a rider attacked, and brought him back as quick as possible. Up to this point, I didn't know how I was going to perform. I went into the red zone and was basically forced into recovery mode for the rest of the race, because I was obviously still sick. As soon as I brought the rider back, a rider sitting on my wheel attacked and I was pushed to the back. I stayed there for the majority of the race. Another rider attacked, which made it two off the front. They were never caught. With five to go, there were attacks going left and right to form a desperate last minute break away. They were all brought back except for one rider who attacked with half a lap to go. So the field was sprinting for 4<sup>th</sup>. I was doing everything I could just to stay in with the pack, and finished towards the back of the field.

It was a very hard day for me. I was very surprised that I was capable of hanging with the pack, while being sick. After the race, I sat down at our tent, drank my All-Sport, and cooled off. All in all, it was good experience. Each time I race with these guys, I get more and more comfortable, and I'm able to notice and process certain tactics more easily. Thank you for reading. – Wes

## **Stanley Goto**

4<sup>th</sup> Place                      State Criterium Championships                      Juniors 13-14

The past month of racing has been quite repetitive. Zeke and I would be the only ones that would try to make the race something and try to breakaway. Today was going to be fun though. This time All-Sport Team Swift's strategy would be to attack hard and with 3 to go we would step me up for a sprint finish unless we already formed a breakaway. The whole race was mostly occasional pacing from other teams and relentless attacking from All Sport-Team Swift. With five laps to go we put many strong attacks in but were still unable to crack our main competitors. I followed one of Griffin's many attacks and hoped I could get away but my break was short lived because the field was quick to pin it down. I began to set up for a sprint while Griffin and Ryan were still beating up the field. Going into the last corner I came around my teammate Tommy and came through in 4<sup>th</sup> and finished that way. I think the team had an impressive performance. We didn't come out with the win but we worked like a team, not a bunch of guys sitting in for the final sprint. Overall we had a good team effort. Ryan and Griffin's attacking softened the field. Tommy was right up there in all the action and I was able to launch a couple of attacks and a sprint finish. Nice job team. -Stanley

## **Griffin Wigert**

11<sup>th</sup> Place      State Criterium Championships      Juniors 13-14

I drove down to Livermore the day of the race and arrived at 6:30. We parked near the bathrooms, which were a long way to registration. Ryan and I set up our trainers in a parking space next to Stanley's car, and then all three of us warmed up. Before the race we went to the All Sport tent for a pre-race meeting with Coach Laura. The plan was to attack and try to get somebody away to avoid a sprint. If we didn't get away with 3 laps to go, we should help Stanley in the sprint.

The race started at 9:20 with a bam. Somebody attacked from the gun but didn't break away. For the first few laps I attacked at least 2 times (this is the first time I realized you were not supposed to attack from the front of the pack). For the middle part of the race, I stayed in the middle of the peloton and tried to stay on Katrina's wheel. I found her to be an efficient rider and I learned from watching her in the pack. In the last 3 laps of the race, I attacked and opened a gap but I was always caught. In finishing the second to last lap, as I was at the back getting ready to attack, Dylan sprinted thinking it was the finish and then slowed, making it perfect timing for me to go. I sprinted and looked back and nobody was chasing. Unfortunately, I was caught before the finish and it was a group sprint, in which Stanley placed 4<sup>th</sup>. -Griffin

## **Ryan Grant**

20<sup>th</sup>      Junior State Championships Criterium      Juniors 13-14

I had no idea what to expect from this race since I only came back from Yosemite the night before. I did the best I could to get a good warm-up and then lined up next to my teammates. Right from the gun, there were attacks all over the place. I was feeling fine in the beginning and was able to stay near the front. I was even able to make a couple of attacks of my own. But after a while, all these accelerations started to get to me. I was still able to stay with the pack. Coming to the line with two laps to go, I attacked hard out of the turn and almost got away. When Dylan got my wheel I knew I wasn't getting anywhere tough. I still kept up the pace. Unfortunately, the week off the bike at Yosemite caught up to me and I cramped. I pulled off and just soft pedaled to the finish at that point. Even though I didn't get a good result, I still helped my teammates get up there. Stanley even got 4th place.-Ryan G

## **Ethan Frankel**

8<sup>th</sup> Place      Junior State Championships Criterium      Juniors 10-12

I raced in the Junior Criterium Championships in Livermore, which was kind of easy. It was easy to keep up with the pack, but when I went in front, I got too tired and dropped. That is why I need to work on strategy some more. The course is easy, quite flat, with 4 90-degree turns. You could ride 20 years going 18 mph and not get tired. I don't know why and how I finished the way I did.

It was a great day for a bike race, not a cloud in sight. I was the second race of day, so I had about a half-hour to warm-up. When the race started, I stayed in the back of the pack, to draft, but when there were about 6 laps to go, I felt like I could stay ahead for a while. If you count 2 ½ laps a long time, then mission accomplished. After the 2 laps, the pack started to gain on me, and after the next two turns, they passed me. I was too tired to catch up, so for 4 laps, I was on my own.

The first 8 laps or so, I stayed close to the back of the pack and kept up with them. That was my strategy, until I thought I saw an opportunity to surge ahead. I had no clue what I was thinking, and was thinking if I should fall back into the pack or not. I decided to keep going as long as I could, thinking there were only a couple laps left. I was completely wrong. Well, that's one area that I could work on and improve. Actually 2—work on lung and muscle development, also.

-Ethan F.

---

**8. Mt Hamilton Road Race**

San Jose, 5/30/2010

**John Piasta**

## 1<sup>st</sup> Place      Mt. Hamilton Road Race    Senior Category 3

After consistently doing well the last month and a half in Category 3 road races I knew that I could win Mt. Hamilton. Going into the race I was only focused on making it over the first 18.5 mile climb to the Observatory with the leaders.

After warming up, Joey, Chris and I made our way to the start line. It was a huge field of Cat 3's and I knew I would have to be near the front on the climb so that I would not get gapped. A mile into the race I heard some noise coming from my rear wheel, I quickly pulled over to see what was going on, straightened my wheel in the drop outs and latched back on to the pack by the base of the hill. After recovering I slowly moved my way forward conserving every ounce of energy possible. I did not worry about attacks and continued to ride a steady tempo focused on the wheel ahead of me, remembering to consistently sip on All Sport and chewing on Clif Bloks. It was not until 5 miles to the top the pace ramped up. The sight of the Observatory motivated people to race for a 50 dollar KOM prize as I just matched their pace sitting 10 back. Joey and Chris were riding awesome and after suffering we all made it over the top with the leaders.

The descent was fast and selective. My next goal was making it down the descent with the leaders so that I would not have to burn a match catching up. It was by far the hardest descent I have ever ridden. First many people I was racing with knew it quite well and I had no clue what any of the rest of the course was like. I was 7th down the descent taking a dig to catch the leaders before attacks went on the climb. The pace was hard up the feed hill. Chris and I just sat on and dumped bottles of water on our heads cooling ourselves as we entered what Coach Troy referred to as "Death Valley".

I was really hurting, the previous days effort was starting to become noticeable as no matter what my legs were killing me. I participated in a pace line for a few miles then just sat on in fear of cramping. With 25 miles to go there was a climb that narrowed the field even more. As attacks started to fly I just followed wheels and made sure to get around anyone who was starting to get gapped. At 15 miles to go Chris told me the climbing was done. Junior gears sent both of us struggling to hang onto the back of the group as everyone else could easily peddle down the gradual 40mph descent. We managed to stay on and as we hit the final descent I focused on taking every corner as fast as I could knowing any breaking would send me further away from winning.

I was taking risks and a crazy crash did not encourage me to do otherwise. No matter how fast I went I could not hang on to the group on the long gradual straights. With 2k to go the descending was done and I was about 6 seconds behind the leaders. I went as hard as I could possibly go to catch on, caught them after 1k of chasing sat on the back. As soon as I saw 200 meters to go, without hesitation I found an opening on the right of the road squeezed by the remains of the field and sprinted for the line. Never looking back I threw my hands in the air for the win.

FINALLY, a win at a big race. I knew I had to make the winning move because the last 2 sprint finishes I lost watching the winning move go instead of making it myself. Before even downing a recovery drink I called Coach Laura leaving her a message thanking her for the new legs she found me this season. The best part was when I finally took that top step not having to look up to someone else on that top step of the podium.

--Johnny P

### **Christopher Flanagan**

13<sup>th</sup> Place    Mt. Hamilton Road Race    Senior Category 3

At the beginning of the race I felt really relaxed, confident and strong. I had ridden the 64-mile mountainous course a day before (less the climb portion) to refresh my memory so I was ready to rumble. At 8:30 a.m. we started. The climb began easy as I was setting the perfect pace up in the front of the peloton at about 12 to 13 mph. Like the Sonora race, I fought for position, keeping myself in the front of the peloton, away from crashes and in a position to chase breaks up the hill if necessary. The whole way up nobody attacked and the peloton still had most of the 65 guys but as we neared the KOM people began to grow exhausted as the pace increased. By this point, I was sweating quite a bit but was still feeling very strong. As we reached the 200m to the KOM I made a half-hearted attack as someone else put in a counter attack, I figured I should save my energy if I wanted to win and still had another 44 plus miles to go. The decent is where the field was shattered. Three groups formed in the decent with me in the front, then John and Joey in a group just behind. At the base of the decent the three groups quickly rejoined into one peloton with about 20 riders. As we advanced riders slowly trickled off the back. John and I remained with the front peloton, but mostly tried to conserve our energy. On the backside of the mountains the temperature began to rise to around 85 to 90 degrees. Training just outside of San Francisco everyday it was unusual to see the sweat rolling off my body so heavily and a thick crust of salt crystals forming on my face and clothes. Although I drank allot of fluids, as we approached the final 10 miles, I began to feel the on coming of leg cramps. On the hills I felt strong, but when someone tried to attack, I struggle to keep up due to cramping. Every time I counter attacked I felt my legs getting closer to the cramp. On the long false flat descent I was hit full force with the leg cramping. I tried to stay up, but the push was all the legs needed and my body was flooded with pain. The most severe cramps came in waves and were painful to the point were I screamed, but somehow I managed to stay on the bike and pedaling within the peloton. On a small rise before the decent to the finish I lost muscle control. Although I still felt very strong, the leg cramps were too

much to endure. Someone attacked up the hill and although I was enduring the excruciating pain, my legs simply would not move fast enough. I pushed through the cramps, doing anything I could to keep my legs in motion, but losing much distance from the lead peloton. I was able to ride to the finish, encrusted with salt and trying to keep my legs moving across the finish line. Although I had lost what I thought could have been a podium finish, I was very happy to hear my teammate, John Piasta had won the race. Congratulations John!

After the race I spoke to a number of people and concluded that the combination of my very high sweat rate and the fact that I don't train in hot weather, the heat makes me vulnerable to a very rapid loss of electrolytes. As I explored my drink and food intake I realized that my electrolyte intake is actually very low during my race and although I do drink a lot of fluids and eat a fair amount, the fluids tend to be high in carbohydrates but very low in electrolytes. Unfortunately, during my training rides it's typically not an issue due to the much cooler temperatures, but then I'm surprised and unprepared during the races which are almost always in much warmer climate than San Francisco. Another painful lesson learned. -Chris

---

## 6. Memorial Day Criterium

San Jose, 5/31/2010

### Stanley Goto

5<sup>th</sup> Place      Memorial Day Criterium      Juniors 13-14

Memorial Day Crit is an unusual race because the juniors don't have to wake up at 4:30 am to meet their 8am start time. Memorial has a 1:30 start for the 13-14s. I was able to sleep until 7 am and leisurely drive down to Morgan Hill and start my race. Once again there was wind in the final 100-meter sprint into the finish. I knew if I were to form a breakaway, I was going to have to pick a spot where the wind was with me and pick up a lot of speed going into it. I tried that a couple times on the backstretch of the course, but as usual the group wasn't keen on letting a group form off the front nor was anybody willing to work with me. They were waiting for the sprint, as usual. When we came to the sprint I knew that I would have to be in a good position going into the last corner because after that you're just about home. I didn't execute that and ended up with an ok result. I had the 15-16 race in 5 minutes after that so I didn't really have too much time to think about it.

9<sup>th</sup> Place      Memorial Day Criterium      Juniors 15-16

The start of the race started with a fury of attacks from San Jose and Team Specialized and as soon as they had their riders up the road that pace slackened and the race was pretty easy aside from the occasional hard attack. In the field sprint I was able to capture 9<sup>th</sup> in the 15-16 so I don't think I did too bad.

## **Griffin Wigert**

8<sup>th</sup> Place      Memorial Day Criterium      Juniors 13-14

This was the first race that I didn't have to get up at sunrise for. I drove down in the morning with Stanley and his dad. We got to the race, registered, and then warmed up on the trainers. Ryan was there also. After doing pyramids, we got off the trainers and warmed up on the road.

It was very windy and the finishing sprint would be against the wind. The race started at 1:20 pm. For the first few laps I just stayed in the middle of the pack and got a feel for the course. Later on, I made a few attacks and tried to pull back any breaks (with no Swifties). Then, on the last lap, Team Specialized started to ride tempo at the front and I couldn't get a slipstream. Stanley was on my wheel and I tried to pull him up to the front but got tired. I finished 8<sup>th</sup> in the sprint.

Immediately after I had to rip off my top number plate and get into the 15-16 race. I held on for 3 laps at the front of the pack but on the straight away there were two attacks in a row and I got dropped off the back. I dropped out a half lap later, thinking I wouldn't get back on but it turned out the peloton slowed way down after that. Oh well! –Griffin

## **Ryan Grant**

10<sup>th</sup>      Memorial Day Criterium      Juniors 13-14

After a disappointing result on Saturday I was hoping to have a good race. The pace was pretty easy most of the time, but there were also a lot of attack. Not as much as on Saturday, but they still get to you after a while. I was still able to stick with the group though. I knew I didn't have the power to win a sprint so I decided to help out my teammates Stanley and Griffin. Griffin was trying to move up Stanley up with 3 laps to go, but wasn't getting anywhere. Coming in to 2 laps to go I attacked to get up to the front and allow Griffin to bring Stanley up. I was able to get to the front, but as soon as Matthew got my wheel, he came around me with Jack on his wheel. The attack didn't end up helping at all, it Stanley still managed to get 5<sup>th</sup> place which was good. I was only just able to finish at the back of the front group, but at least I was able to stick with

it this time. I also did the Juniors 15-16, but I dropped out of that about two thirds of the way through. Ryan G

## **U.S. Junior Nationals Championships**

**June 20-28 in Bend, Oregon**

### **Team Swift Riders:**

17-18 year olds

- Ryan Eastman
- Nate Geoffrion
- Christopher Flanagan
- John Piasta
- Lauren Catlin
- Wes Holloway

15-16 year olds

- Joey Nygaard
- Ian Moore

13-14 year olds

- Stanley Goto
- Ryan Grant
- Eli Kranefuss
- Griffin Wigert

Nationals Information is found at:

<http://usacycling.org/events/2010/JrU23EliteRoadNats/>

Schedule of Events:

[http://usacycling.org/events/2010/JrU23EliteRoadNats/10JR\\_U23\\_Elite%20schedule.pdf](http://usacycling.org/events/2010/JrU23EliteRoadNats/10JR_U23_Elite%20schedule.pdf)

### **Follow the race updates:**

It's easy! If you have a Facebook account, then they just go to the Team Swift page:

<http://www.facebook.com/?ref=home#!/pages/All-Sport-Team-Swift/10150092996350593>

Pressing the "like" button will get you updates on your own pages.