

All Sport - Team Swift Race Reports April 2011

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3 rd Place	Copperopolis Road Race	Juniors 15-16	Drew Gonzales
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Rider Race Reports

1. Vlees Huis Ronde Criterium

4/3/11

Bakersfield

Ian Moore

16 years old, Senior Category 3

14th Place Vlees Huis Ronde Senior Category 3

The race numbers were small in this race, which was cool because you didn't have to worry about it covering a pocket or going up into your armpit. The race is hilly. Racers start out by going down the short finish hill. Then the road is flat to slightly uphill for about 4 miles. After that there is a 5 mile climb of about 4%. You crest the climb and then go down a short hill to the first turn around; come back up that same hill, and then start down the 5 mile descent. Not too far into the downhill you make a right hand turn and go down a fast twisty descent. There are a series of 1 and 2 minute climbs and descents out to the next turn around. You then climb and descend back to the main road and make a right down the rest of the 5 mile descent, and back to the finish line. The race started out easy, and there was an early break. The 5 mile climb was tempo to reel in the break. On the first lap the short climbs were hard but I felt good; we caught the break. Right after the long downhill a single rider went off the front. The next lap went a lot harder, and Tyler and I were in the top 4 the whole lap basically. We drove the pace with a few other people at the front, and attacked a lot. On the longer twisty descent I got on Tyler's wheel because I knew he knew the roads; we dropped the field and got a good gap, but were caught. I was still feeling good so since breakaways were not happening I was preparing for the field sprint which was a pretty small field because we dropped about half of the 50 riders that started the race. There was one rider still barely off the front, but everyone knew he would not stay. Tyler knew the finish hill was deceiving, and that people would go too early and get caught, so going into the hill I stayed back a little further in the group. Sure enough people went, but then dropped off, and I was looking good for a top place. But a cramp started at my ham attachment and knotted up my hamstring. I tried to work through it, as people were passing me. I ended up 14th. Tyler barely missed winning the chef's knife (the Trophy). After the line I stood up and stretched my legs out, getting rid of the cramp. The cramp was not from not getting enough Electrolytes, because it was not hot and I didn't sweat very much. It was not food related because I didn't bonk, and I ate enough. I also drank enough water. I am thinking that the cramp was from growing so

much in the last couple weeks, which changed my bike position combined with the fact it was a hard 60 miles. It was fun racing with Tyler in his hometown; I had a great time.
-Ian

2. Apple Pie Criterium

4/3/11

Santa Rosa

John Piasta

10th Place Apple Pie Criterium Senior Category 2

It is always fun getting to race at the old corporate center where the Tuesday Night Twilights used to be held. It's fun to think about how my first road bike ride ever took place on that course only 3 years ago, when I was wearing tennis shoes and platform pedals.

The Cat 2's started with a bang attacks flew left and right for the first 5 laps. I knew none of these would stick and let my competitors tire themselves out. On lap 5 a good attack went that I knew would be caught but would require some hard chasing from the field. As soon as they were caught I countered through the chicane and established a break of 5 riders with a good gap. I worked as hard as the rest of the riders but McGuire who had a big team of riders were not represented and ended up bringing us back. I sat in followed a few moves and won a prime during the remainder of the race.

Going into the finish I was sitting seventh wheel behind the McGuire lead out and out of the final corner there was a crash at forth wheel and I settled with 10th.

Pro 1 /2 report:

The Pro 1 /2's had a huge field of 130 riders, filled to capacity with many Cal Giant, Webcor and Clif riders as well as current US Champion Daniel Holloway and his teammate. I knew it would be crucial to stay near the front early on as the wind picked up on the course and could split the field. I sat in the top 50 for the first half of the race patient to not waste too much energy in the first part of the 90 minute race. Eventually splits started to happen as people became tired.

I missed a split of 20 riders about 40 minutes through and was confident that it was the winning move. Nervous I attacked to bridge. I made the gap solo but the split slowed down and after a few laps we were caught and right then a counter went and I missed it again. Hoping for others to chase I sat up and no one could pull back the break. Holloway bridged and no one was able to respond. The break got over 20 seconds before I organized a chase at the front. Jonathan Lee and I worked with a few others to bring it back and by 2 laps to go we miraculously brought back the break.

I was pretty dead as the finish came and was only able to hang on to 22nd. Although it is a poor result I got what I wanted out of the race, which was a hard race to

prepare me for my trip to Europe. I would never pull a whole pack to a break unless I was working for a teammate but the goal was training not a result. With that said I did learn my lesson and needed to be much more cautious for a counter.

-John P

Tommy Lucas

1st Place Apple Pie Criterium Senior Category 4

This criterium had about 40 people and I was the youngest junior in this category. I was also racing my teammates Drew, Stanley and Ryan. It seemed like the race started out the same as any other regular category 4 crits would start with several attacks. On the last prime Drew and Stanley both went and Drew won the prime; then they kept going and tried to start a break. They lasted through the back side and then were swallowed up by the field. With two to go there was a huge crash on the back section which I was right behind and the field split in two. I was then forced to chase back on which wasn't too hard, thankfully. Coming across on the bell lap I was getting ready for the sprint. Everyone was fighting for position and I had to fight my way for wheels. Coming into the final corner I saw two people go and that's when I decided to go. We had about a 1 second gap on the field and coming out of the corner they started sprinting and I knew I had to wait till the last second possible. As soon as I saw my way through I sprinted as hard as I could and amazingly I won the race. When I looked back after I crossed the line I was surprised to see the gap I had created with my sprint. My teammates also finished great as well.

-Tommy

3. Turlock Lake Road Race 4/9/11 Turlock

John Piasta

17th Place Turlock Road Race Pro, 1,2

Ever since I saw a flyer at the Early Bird Road Race for Turlock I wanted to do it. The race had a bunch of punchy climbs and overlapped the Merco and Snelling courses. So Nick Kinney and I drove with my mom the day before, checked out UC Davis on the way and stayed near Merced for the night.

There was a good sized field of 60 riders again represented by many Cal Giant, Webcor, Specialized and some Strava guys. In addition Tom Faires and Kirk Carlsen were at the start. Early in the race I followed attacks that Cal Giant was in and waited for others to respond to anything else. I got in a break with James Mattis and a few others but it only lasted for a few miles. Nothing was going so I sat in and just stayed attentive. Later Mattis attacked again and I was boxed in and could not follow, two guys went with him but Webcor, Specialized and the other big names were not in the

break so I knew it would come back. The break stayed around 2 minutes before it was brought back 2 laps later.

As we caught them the field came to a halt as officials neutralized us because of an earlier crash and the need for road closure for the helicopters to land. It was an hour and a half before we got going again, the legs were locked up and everyone who was tired was now fresh. In addition everyone who was dropped caught back on.

I followed all Cal Giant attacks and was in everything hoping to get in a break. With 10 miles to go a break of 3 got up the road and I didn't want to chase and decided to wait for an opportunity to bridge. About 5k out we hit a final crosswind section. Webcor was setting a hard pace at the front trying to gutter all followers. Yet with about 4k to go there was a hesitation in the chase and I attacked on the left so none could sit on and chased the break 30 seconds up the road. I looked back to make sure no one was with me and kept going, one rider bridged to me and attacked. I thought that was stupid since if we worked together we were guaranteed to stay away. I was within 3 seconds of the break with 200 meters to go and was caught soon after. A rider sprinted by the break for the win and I was extremely frustrated hoping for a better result. However, I learned a lot and had a great time.

-John P

Joey Nygaard

14th Place Turlock Road Race Senior Category 3

The Turlock Lake Road Race was a new race on the calendar for this year so I thought it might be fun to try it out. The course was a combination of the Snelling course and some of the Merco course. Our race started super cold but it soon warmed up a lot. Even though it was 80 miles, there were already a lot of attacks on the first lap. I got in one with about 5 other guys and we started working well. As soon as it looked like we might have a good thing going, I glanced back and the field had just about caught us. The rest of the race until the last lap went like that. People would get groups off the front and they would get brought back right away. On the last lap two guys got up the road. A few minutes after they went, the officials stopped our whole group. The Pro 1/2's had stopped as well. Apparently there had been a bad crash in the women's race and they needed to airlift someone out by helicopter. There was only 8 miles to go in our race and so we were all very tired. We sat around and chatted for about an hour and then they finally let us go. They decided to give the group that had been up the road a head start. However, they gave them about twice as much of a lead as they had actually had. We had to chase very hard to try and catch them and they barely managed to stay away until the finish. I got very boxed in during the sprint which was a pity because my legs were feeling great and I felt that I could have come by everyone who was in front of me if I had a way through. It had been kind of a weird race all around

but I could definitely see it being a great race in the future once they worked out the kinks.

-Joey

4. NorCal High School MTB League Race #3 4/10/11 Monterey

Griffin Wigert

Age 15, Junior Varsity

5th Place Norcal HSMtb Race #3 Junior Varsity, Div.1

The race venue today was at Laguna Seca Raceway in Monterey. This was the best venue ever. There were cars going around the track to watch, there was camping a mile from the start/finish, and the course was not technical, had fun descents, and big climbs, perfect for me. I had to do three 5 mile laps. I woke up in the morning and packed my tent then helped my dad set up the pit zone. I watched my other teammates do well. I warmed up on a nearby road, and at 12:40 headed to the race start. I got called up to the front and I started in 5th place. I had a good first lap, as I kept up with the 5 other leaders. At the feed zone, some of them got a small gap on Slice and I. Slice caught back up but I didn't totally. I hung back there for the 2nd lap. On the third lap on the steepest climb I was caught by a Drake rider. I passed him back but on the top of the big climb he caught me again. On the way down the hill, I put the bike in my biggest gear and went as hard as I could, placing 5th and landing on the podium. This was my best race yet and I hope to do better next time.

-Griffin

5. Sea Otter Circuit Race 4/15/11 Monterey

Joey Nygaard

16th Place Sea Otter Circuit Race Juniors 17-18

We got to the Laguna Seca raceway very early because we needed time to register and then warm up. Registration didn't open till 7AM and my race was at 8 so we had to make sure we didn't get caught in any long lines. However, despite its reputation for being very unorganized with registration, we were out with our numbers ready to go in about 10 min. After I got pinned, I rolled down to where my teammate Ian Moore was camping out and we began to get warmed up.

Once we had met with Coach Laura and she had told us the game plan for the day, we got lined up on the start line and waited for our start. We were going to have to ride wheels into breaks because we did not have as big of a team as we usually did since Tyler and John were both in Europe racing. The race started and the group sped

off. The first few times up the hill we kept a steady tempo, as well as on the flats. A few attacks went here and there but none caused a big reaction. After about three laps, bigger attacks began to go. The rides up the climb were suddenly very fast and many people were trying to get off the front. Ian and I took turns going with threatening attacks. After a few laps of this, a fast looking BYRDS rider got off the front when no one was paying attention. Since we did not have a large team, Ian and I left it to the other teams to chase it down. However, they did not feel that it was a danger for a long time. As attacks began to increase in intensity, I began to feel stronger; I went with a lot of threatening ones and on the last few laps, about 4 or 5 other riders from Hammer and Specialized got little gaps on the hill. However these were brought back immediately. On the second to last climb, we had just completed the hardest lap yet and we sat up for a breather. Immediately, a kid who had been very fast at San Dimas Stage Race not too long ago, attacked very hard and we all tried to go with it. He got a big gap very quickly and we all fell back. It was about a group of 10 over the top of the climb but stragglers were coming back on the flats. Over the last climb there were many attacks. I did not know where my teammate was but I just hoped he was riding wheels behind me. On the descent a few people got back and I looked around. I did not see Ian; I figured he must have gotten tailed off the back on the last climb. The group was about 16 people and we began to jostle around for positions before the sprint. I was right on James Leberg's wheel who was right behind Cory Williams. When we were rounding the last long sweeping turn with about 250 meters to go, someone swerved into me. I got pushed far to the right and into the gutter and had to shift up to gain momentum again. I quickly got going again and then tried to jump my gears back down to my sprinting gear but instead of cooperating, the chain jumped one space too far and into the space between my frame and my sprocket. It jammed there for a few seconds and it took me a lot of shifting and grinding to get it back out and onto the cogs. By that time the rest of the group had already finished and all I could do was roll across the line and try not to be too frustrated. I had been feeling extremely well and was confident that I could have ridden wheels in the sprint and pulled off at least a top ten finish. The two guys who were off the front had managed to stay away in the end which left me in 16th place. I was pretty disappointed but instead of focusing on that, I began to center my attention to preparing for the road race the next day.

-Joey

Drew Gonzales

9th Place Sea Otter Circuit Race Juniors 15-16

The circuit race course was a ton of fun. The first turn started with a fast climb; it was extremely difficult to keep up with the stronger riders in the pack because I'm not a strong climber myself. Every time the climb came around, I went into serious pain, and

then on the third lap, Stanley and I were dropped. The pack was just too strong to keep up with on the climb and no matter how smart I was on the rest of the course, the climb killed me. Stanley and I worked together with Dylan Drummond for a large portion of the race. The other side of the climb felt awesome. The race way under my tires was incredibly smooth and super tacky; I felt confident in my Michelin Pro Race 3s, so I took the descents as fast as possible. I was able to close small gaps with the descent, which meant that at the top of the climbs I could let the pack drift away a little. Stanley, Dylan and I worked together to catch back up and eventually we did. After we caught them I literally said "it's overrrr."

On the last lap, two corners from the finish line, we caught the rest of the pack. I rested until the last corner, and then I felt the pack speed up for the sprint. I waited for a bit, stood up, sprinted then maneuvered around a few San Jose guys and finished 5th in the field sprint.

-Drew

6. Sea Otter Road Race 4/16/11 Monterey

Joey Nygaard

4th Place Sea Otter Road Race Juniors 17-18

The morning of the Sea Otter Road Race, I woke up to a completely dark world outside since the juniors race started at 7AM. My dad and I loaded up the car and began to drive to Sea Otter. By the time we had arrived and I had gotten ready, it was still very dark out. Ian Moore and I began to warm up on the circuit while it was still dark. Once we felt that we were warmed up enough we made our way over to the start line and began taking of the extra clothing that we would not need once it got hotter.

The whistle blew and we began to proceed along the neutral section that lead us onto the actual course that we would be racing on. Just like in past years, the neutral zone ended on the hill and we raced up it very fast, dropping a lot of the riders who would not make the final selection. Over the next few laps, lots of attacks went but nothing stayed away. Every time we went over the main climb, a small group of us would separate from the rest and then some would catch up if they could. This eventually caused the final selection to happen. During the second to last lap, on the short but very steep hill which had the neutral feed on it, Alex Darvell attacked. He had gotten second the day before and was known as one of the strongest riders in the race. No one went with him which I thought was odd. I jumped and caught him pretty quickly. When seeing that we had a reasonable gap already, I came around him to take a pull on the climb. After a pretty hard pull I looked back and saw that I had dropped him but increased my gap on the field. I kept riding hard tempo but realized that there was still a whole lap left to go. I continued to ride tempo but not too hard so that I

wouldn't waste energy. I waited to see if anyone else would try and bridge up but no one did so I let myself get caught. However, I had still used quite a bit of energy and on the main climb signaling one lap to go, I paid for it. The previous times up the climb were hard, but I was never really having a hard time keeping up. This time, after my little breakaway, I had to work extremely hard to keep from getting tailed off the back. However, after a few minutes which seemed like a lifetime of suffering, we had made it over the climb and were on to the descent. I let myself slide to the back as I drank some All Sport and ate some Clif Shot blocks and recovered from the climb.

As soon as we had gotten off the descent however, I got right back up into the action. On the rollers after the descent, one rider who had been riding strong but no one seemed to know who he was made a good attack and got off the front. I was not in a good position to follow it and so I let the other teams do the work while Ian and I followed the attacks of riders trying to bridge. Soon he was out of sight and we realized he was a big threat. We started working together for a while to bring him back, until we turned off the circuit we had been riding on and on to the final climb. There was now no doubt that the guy off the front would stay away so we settled down to a steady tempo. There was a lot of quiet jostling for position, everyone was super concentrated and nervous for when the first person would start their sprint. We were marking each other; a line of about 5 or 6 people were spread out across the road, leaving no gaps for people to squeeze past. I was the farthest person on the right, behind the first row of riders. We came around the corner with 250 meters to go and could see the final corner with a bunch of parents waiting to see the sprint. We still didn't jump. A spectator who was standing farther down yelled as we passed, "What are you guys waiting for, SPRINT!" When we heard that, we realized that it was about time we made a move. I was boxed in and couldn't start the attack so I had to follow wheels. A rider went from the front and chaos followed. I sprinted around the people in front of me and began to pass people who had started the sprint ahead of me. It is a very steep finishing climb which suits me very well. Two riders had made a gap over the rest of us, a gap which was too big to catch back to in that short of a sprint, there was only one person in front of me and then now. I came up alongside him and with one last effort I added another burst of speed, passing him. I then focused on holding this wheel length gap on him for the rest of the sprint.

I crossed the line in 4th place and my teammate Ian who rode a fantastic race came in close behind in 8th. We were super excited about these results. It had been an exciting race as usual but I was a little disappointed that they had shortened the podium to top 3 riders instead of top 5.

-Joey

Ian Moore

8th Place Sea Otter Road Race Juniors 17-18

This year I was determined to have a good result at the Sea Otter Road Race. Two years ago this was the first race I ever did and last year in the 15/16 I had problems with bike positioning, cramping, and stomach issues. As usual we got up in the dark for the early start. The race starts with a long neutral section and then proceeds onto the circuit, which starts with a long climb and then a downhill followed by rolling terrain, another short climb, and a downhill back into the longest climb on the circuit. Once we completed four laps on the circuit we continue down past the circuit and then up the finishing climb about 2 miles. Luckily this year the temperatures were pretty nice, not too hot, but we started with arm warmers and then took them off midway through the race. In the past this race has been known to be very hot. For the first couple of laps Specialized chased down anything that got away within a few meters. On the downhill before the longest climb on the circuit I was sure to fight for position and get myself in the front so that if there was a split or a break of a lot of riders I was sure to be in it. The beginning of the third lap Kristo Jorgensen did a solo breakaway, which lasted for quite a while, but other teams chased him down. After Kristo was brought back the pace was still high and there were a few attacks and riders dangling off the front. After the feed zone hill Joey managed to get off the front solo and stayed a little bit off the front for a while until he was caught on a small hill just before the descent into the climb starting the next lap. On the third or fourth lap going up the first climb the group split. We now only had about 15 riders in the front group. On the last lap a rider went off the front solo and Specialized did not chase. The rider got more and more time and I thought that Specialized or Hammer was going to go to the front and pull them back but no one did. Going into the final 2-mile climb I was in perfect position third wheel on Kristo's wheel while a Whole Athlete guy kept tempo at the front. It stayed like this for much of the climb until about one km to go. Riders started swarming up on both sides. I tried to fight to stay at the front or second from the front. Eric Volotsky started off the sprint. I sprinted but other riders like Kristo had gotten a slight jump and I was slightly boxed in. I sprinted and got eighth place. I was very happy with this placing especially knowing that I was so close to second place. It was an unusual Sea Otter final hill finish, having so many riders close together. Congratulations to Joey for his fourth place finish. I enjoyed walking around the expo with my teammates and visiting with all of our generous sponsors after the race. I feel like I am getting stronger and stronger and coming back very well from my crash at Snelling and I look forward to my next big race at the Tour of the Gila; I feel like I have great form going into that.

-Ian

Drew Gonzales

9th Place Sea Otter Road Race Juniors 15-16

The climb on the road race course killed me again. I had to conserve as much

energy as I could on the other side of the course so that I could maintain position during the climb, because I just wasn't strong enough. I noticed Stanley pulling the climb with ease; however I sat in the back of the pack suffering. The hardest part of the race was the climb, because I always became exhausted and unable to come over the top well. After the climb, on every lap, there was an attack that the pack chased. Following the rest of the riders was brutal after the climb.

On one of the climbs, Zeke and Diego moved off the front, and then a group formed to chase them. I was a part of neither group and stayed with the rest of the pack. For the rest of the race, Stanley and I stayed with the pack and waited patiently for the uphill finish. With 1k to go, I watched Spencer move off the front slowly and did nothing about it because I knew I could catch him with a sprint. With 200m to go, I jumped up and sprinted to the line finishing in 9th place.

Overall, I think I placed well considering the pack. I also felt good about the way Stanley and I worked together; hopefully we'll get the same results at nationals!=-
-Drew

7. Sea Otter Classic XD MTB Race

4/17/11

Monterey

John Morehouse

17th Place Sea Otter Classic XC MTB Race Junior Category 2

As my last official Category 2 mountain bike race (before my upgrade) I was hoping to finish with a bang. Unfortunately I have had a pretty bad cold for about a week now and it ended up being the essential death of my race. Off the bat I hit the gas hard and was feeling decent. I attacked the field and broke it up almost immediately. A few guys went with me so we pacelined until we hit the single track opening a pretty big gap on the rest of the field. For the first 10 miles of the grueling 20 miles, I was sitting comfortably in the top 5, coughing occasionally. During a climb, the leader attacked and I tried to go with it but I started coughing to the point where I couldn't breathe. I had to slow WAY down and let my lungs open back up. My teammate Griffin Wigert caught me, and we worked together for a good while, but he dropped me as soon as we began climbing again. This was easily the most pain I have been in on the bike this season and though I didn't get the result I hoped for, I kept my head up and gave it my all and managed to stay in the top 20! Congratulations to all my teammates out there.

A few words of thanks:

This season has been by far my best without a doubt. Though I realize I am nowhere near reaching my potential, I have gotten ridiculously stronger this year. I definitely would not be the cyclist I am without the help of the team. It seems like just

yesterday I was that kid getting lapped in the Juniors race in the Tuesday night crits- now I have won one! It's fantastic working with everyone and having a good group to ride with makes a big difference.

-John

Griffin Wigert

14th Place Sea Otter Classic MTBXC Junior Category 2

The night before I stayed at my grandma's place in Morgan Hill but I still had to wake up at 5:00 am to get to the race venue. I went and registered first and then went to warm up on an abandoned parking lot. I did not have a very hard warm up, which had an effect on my start. I got a good starting position, but the road start of the race was very fast and it took me awhile to get to the front. When I did get there, I held my position until right before the singletrack, as my legs were burning up. I tried to hold my placing but everyone was fast and it was hard to move up. The course was rolling, with almost all hills and descents. Surprisingly for me, I was getting passed on the short, sprint-up hills but passing people back on the descents that followed. Finally, on a firetrail climb about 2/3 through the race, a Mad Cat racer offered to work with me. For the next 2 miles we worked together in a paceline until we hit a singletrack uphill, where I dropped him. I caught up to my teammate John a little later, and we worked together for a little too. The last part of the race was mostly fireroad, but I was mostly alone. Going into the finish another rider caught and passed me but I chased him down. With about 500 meters to go, there was an almost 90 degree uphill turn that he went into in his big ring. I passed him and looked like I was going to beat him. But I forgot about the 180 turn into the finish, which I rode into in my big ring. I had to put my foot down and he passed me for 13th place. The race was kind of disappointing, but I had a good time and I got to demo a really nice Breezer afterwards.

-Griffin

8. Copperopolis Road Race

4/23/11

Copperopolis

Drew Gonzales

3rd Place Copperopolis Road Race Juniors 15-16

At Copperopolis, Stanley and I felt confident one of us would win the entire race, however the competition was pretty stiff. During the first climb, I felt the pace light up with teams dominating the front of the pack. I looked up and saw a rider pulling a fast pace up the climb, but couldn't figure out why we were all pushing so hard. At the top of the climb, I saw Adrian Costa begin to move off the front, so I reacted by moving to the front of the pack. I started to notice that Zeke Mostov and Andrew had followed me.

Knowing that they weren't going to chase Adrian, I did my best to pull him back alone. After realizing there was no catching him, I let up and allowed Zeke to pull. By this time we had dropped Andrew. Zeke attacked me, trying to get Adrian, so I chased hard and caught back on his wheel. Once we'd caught Adrian, the three of us worked together to establish a break. When I started taking weaker pulls, both riders attacked me one at a time. I knew that if I stayed with them, I wouldn't be able to keep up on the climbs and I would get dropped. Also, if we had made it to the finish, I wouldn't have the energy to make it over the last climb with them, then sprint. I was guaranteed third place if I stayed with them.

I dropped back to the group of Lucas Newcomb, Andrew and Tim. Lucas, being a mountain biker, didn't know the effects of the draft, so he pulled an entire lap slowly. I stayed with Lucas, Andrew and Tim knowing that I could win a sprint easily. All four of us stayed together until the last climb when we dropped either Tim or Andrew. Then coming to the finish line, Lucas was pulling, followed by Tim (or Andrew), and I was in third. I noticed that both of them had been checking for me behind their left shoulder. Patiently, I waited for both of them to look forward, then grabbed my drops, and attacked right. I won the sprint by a pretty big gap.

-Drew

Tommy Lucas

3rd Place Copperopolis Road Race Juniors 13-14

The race started with about 16 people so it was a pretty good size. Right when we started a kid attacked and I knew I had to stay with him and so I did. When we hit the first climb I knew I had to push the pace to see how guys felt. I picked up the pace a little bit and followed some attacks as well. When we came up off the first climb there was only me and four other people. Attacks would go and we would follow so for the most part the five of us stayed together. Going over the rollers I would push the pace and on the final climb before the descent I pushed the pace as well. While descending another kid helped pull and we were flying. When we came up off the descent that was where the cat and mouse game started because no one wanted to work. That's where I thought it would be a good time to go because we were coming up on the 1 km sign. I tried but they wouldn't let me so I knew it was going to come down to a field sprint. I had never done the course before so I was pretty unfamiliar with the finish. Coming into the finish I was fighting for position and it was very tricky because I had to dodge a pot hole right in the center of the road around a curve, so that threw me off a bit. Coming around the uphill bend into the finish I knew all I had was a third place finish, but awesome for first time on that course.

-Tommy

Drew Gonzales

5th Place Wente Road Race Senior Category 4

For the Wente Road Race, Stanley Goto, Ryan Grant and I decided that the men's race would yield more points for all of us. If we were to do the juniors race, the headwind on the backside of the course would have made the race brutal, but with the Cat 4 field, we would have the benefit of the draft. The first part of the race was real flat, but the climb was killer. For about 3 miles, the course was nice and slow, and then there was a sharp right hand turn to the climb, where I began to feel the pain. The climb was brutal because it felt like it lasted forever. After the actual climb, there were several following rollers and false flats that kept my heart rate up and really fast leaders in my race. The climb was what I had to conserve energy for the entire race.

After the climbs, false flats and rollers, there was a serious headwind that would have been brutal without the benefit of the draft, but thankfully we were in a large field. Throughout the race, Stanley and I stayed in the pack and tried to hang in because the climb was just brutal. After the last climb, the field began to descend on the other side, which was real difficult without the right gearing. When we got to one corner on the descent, there was a huge hold up. The neutralization lasted about 5 minutes, giving me a nice break from climb. Someone had crashed on one of the harder corners, stopping the entire race.

On the final climb, I moved up on my own and picked up the pace of the entire field. Then we turned right on the climb, and I tried to stay in the top 3. For the entire climb, I stayed second wheel, but when the line came up, 5 riders came around me. I would have placed sixth, however the rider who won, crossed the yellow line and was disqualified from the race, leaving me in fifth place.

-Drew

Tommy Lucas

5th Place Wente Road Race Juniors 15-16

It was hot and windy, but despite all of that, I felt great and ready to race. The race started off pretty mellow until we hit the first hill. That's when two San José boys attacked hard and got a considerable gap. They went through the feed zone while I was in the pack. Coming across the finish line indicating the first of 2 laps to go was when a Tiene Duro rider and I attacked and started the chase group. The chase group consisted of me, a Tiene Duro rider and a San José rider. We created a 6 minute gap over the peloton, but the San José rider would not work because both his teammates were in the breakaway. We made it through the first of two laps and were starting on the second

lap and that was when I pushed the pace even harder. We made it over the series of hills and were all of a sudden stopped because someone had crashed badly and there were helicopters and ambulances and fire trucks on site. We were stopped for about 15-20 minutes and the peloton behind us reduced their gap from 6 minutes to only 30 seconds. This was frustrating because the breakaway of two riders got to start 2 minutes ahead of us but we had to start our whole chase group over again pretty much. Even though I tried to start the pace high, it wasn't hard for the peloton to pull us back.

I was now outnumbered having no teammates. I was forced to follow all the attacks the other teams kept throwing at me and it was tiring. Coming into the final hill a Tiene Duro rider attacked and I couldn't hold so I stayed in the pack and then a San Jose rider went and I went with him. The San Jose rider caught the Tiene Duro rider. I didn't and ended up getting a 5th place finish. I am very happy with my result considering the circumstances. And an awesome job to my teammates in the other races as well.

Tommy

Zach McClendon

Started off as a good day. I got to the race early so I started to warm-up. I raced up an age category with the Juniors 15-16 year old. I felt ok, but I was really nervous. When the race started, I stayed in the back for about a mile and then made a break away for maybe about a mile until they caught me. I stayed with the group for about six miles and then I dropped off. I rode as hard as I could to catch up but I couldn't. So as I finished the second and felt ok. As I got about a mile from the finish line my chain came off and got tangled up on crank arm and had to stop the race.

-Zach

Alumni Reports

Lindsay Myers

21 years old

<http://usacycling.org/news/user/story.php?id=6314>

Myers' Gracia-Orlova performance tops National Development Program's week

Lindsay Myers (Paradise, Calif./Chico Corsa Cycling) earned the Best Young Rider in the Gracia-Orlova and **Larry Warbasse** (Traverse City, Mich./BMC Racing) placed eighth after leading the majority of the GP Palio del Recioto to highlight another standout week for USA Cycling's National Development Program.

ROAD

On Monday, April 25, **Rob Squire** (Sandy, Utah/Chipotle Development), who placed 36th, was the lone USA Cycling U23 rider to finish the [Giro del Belvedere di Villa di Cordignano 2011](#), in Treviso, Italy.

Also riding in the [Giro del Belvedere di Villa di Cordignano 2011](#) for USA Cycling were:

Ian Boswell (Bend, Ore./Hot Tubes Development Team)

Nathan Brown (Covington, Tenn./Trek-Livestrong)

Gavin Mannion (Dedham, Mass./Trek-Livestrong)

Carson Miller (Bend, Ore./Jelly Belly)

Larry Warbasse (Traverse City, Mich./BMC Racing)

On Tuesday, April 26, Warbasse led USA Cycling's effort in the GP Palio del Recioto in Negrar, Italy, but a late crash cost him the win.

The race started early as Warbasse was involved with a group of 11 riders breaking away from the group. Usually, in this race the peloton catches the breakaway, but it was apparent that this group could last to the finish.

As the lead group gradually thinned out, Warbasse found himself alone with Georg Preidler of Austria. With raindrops falling, Warbasse crashed on a turn, rotating his chain, allowing six other riders to pass him. In the end, Warbasse placed eighth, Mannion placed 27th and Squire finished 54th.

The race consisted of four big laps of approximately 33 kilometers and each lap climbed 3.5 kilometers and a fifth lap of 24 kilometers with a five-kilometer climb. In all, the race covered 145.3 kilometers in Italy.

Boswell, Brown and Miller also competed for USA Cycling in the GP Palio del Recioto.

On Sunday, May 1, in the [Ereprijs Victor De Bruyne](#) in Hoboken, Belgium, **Eamon Franck** (Pacific Grove, Calif./California Giant) broke away with a group of approximately 25 riders. **Tanner Putt** (Roswell, Ga./Team Type 1) brought five riders to the lead group with him just before a flat tire cost him his position.

The 177-kilometer course consisted of three large laps and five local laps.

Franck finished 26th and Putt placed 28th in the [final results](#).

Also representing USA Cycling in the race were: **Nate Geoffrion** (Petaluma, Calif./Firefighters Cycling Association), **Marshall Opel** (Whitefish, Mont./Team Hammer Nutrition) and **Nathan Wilson** (Boulder, Colo./Univ. of Colo.-California Giant).

WOMEN

Lindsay Myers (Paradise, Calif./Chico Corsa Cycling) garnered Best Young Rider recognition at the five-stage [Gracia-Orlova](#) in the Czech Republic. Myers placed fourth in the [general classification](#) due, in large part, to finishing in the top 10 in three of the five stages and twice among the first five riders. **Jackie Crowell** (Maitland, Fla./Colavita Racing) led USA Cycling's riders in the prologue, placing eighth after the 2.2-kilometer ride. Myers placed eighth in the 102-kilometer first stage and fourth in the second stage. She placed fifth in the time trial to move from seventh to fourth in the general classification with one stage remaining.



Also representing USA Cycling were:

Ashley James (Dousman, Wisc./Team Kenda p/b Geargrinder)

Jackie Kurth (Palm City, Fla./Team Kenda p/b Geargrinder)

Jessica Prinner (South Elgin, Ill./ABD Cycle Club)

Ally Stacher (Hickory, N.C./HTC Columbia Women's Team)

Steven Cozza Update: <http://stevencoza.com/index.php/category/road/>

Never Forget Your Roots

Filed under: [2011 Cycling Season](#), [Gallery](#) — admin @ 2:03 pm



Steven Team Swift 2003 Race in Solano County

"Always remember where you came from. Special thanks to Coach Laura Charameda and Team Swift. Laura was my first coach and taught me cycling fundamentals that have helped me as a professional cyclist. Go Team Swift!" – Steven Cozza, Team NetApp

Cozza's plan was thrown a curve

Published: Tuesday, May 17, 2011 at 6:22 p.m.

<http://www.pressdemocrat.com/article/20110517/NEWS/110519486?p=1&tc=pg>

As it is said, life happens while you're making other plans. This plan was a good one, with strong lovebird overtones. Jennifer Caudill would be a presenter on the podium at the Tour of California. That way she could be around her fiancée, Petaluma's Steven Cozza, a pro cyclist for Team NetApp, during the 2011 Tour. It would be a great story to tell the kids one day, maybe

even a stupendous one: Mommy presenting a medal to Daddy for a podium stage finish. Yep, that would be an one-of-a-kind family photo op.

But then life happened. Started in January actually.

“I’d wake up in the middle of the night with stomach pain,” said Cozza, 26.

Cozza was familiar with stomach issues and did not panic. Within the last two years, he estimated, he had four or five food poisoning episodes. Now that he looks back on it, Cozza guessed frequent food poisoning might have been a contributing factor.

“I would take 8-10 imodium tablets daily,” Cozza said. “I would eat 10, maybe more, tablets of Pepto-Bismol. I’d eat them like candy. But things kept getting worse.”

Cozza was having this insatiable craving for carbohydrates and sugar. He was consuming the normal amount of calories and carbs that a training cyclist would. Tons of bread, he said.

“Yet,” he said, “it always felt like I was on a half-tank of gas. It was so frustrating. I was on mood swings on top of everything.”

For the better part of three months Cozza went to doctors and was tested more than a lab rat. He felt he was wasting away which confused him — Cozza took great pride in eating healthy, living right, being a stellar example of a smart approach to fitness.

“It got to the point,” he said, “that I thought I was going to have to stop racing. I just couldn’t handle it anymore.”

And then in mid-April he finally found out: Cozza had *Candida Albicans*, a parasite and yeast inflection of the intestines. A bloodstream infection by *Candida Albicans* is serious matter, affecting internal organs, causing valve damage and murmurs in the heart, seizures and acute change in mental function in the brain, are just two examples. Bacteria in his body, both the healthy and unhealthy types, were being depleted.

On April 23 treatment began. In order for his body to completely rid itself of the infection, Cozza was told, there would be a withdrawal period of a week. He would be miserable. He would hate it. That week occurred two weeks ago.

“I kept getting cold, breaking out in cold sweats,” Cozza said. “I felt crappy for a week.”

Having just finished his anti-parasite medication, now on anti-fungal Cozza is on a diet of no sugar, no carbs. If it’s white, take flight. He is on the mend, no question about it but not in racing shape. Almost as painful as those stomach pains was Cozza’s decision not to compete in the Tour of California. Stress could aggravate the situation, impede recovery. Cozza is projecting a return to cycling — he is leaving for Europe on the 22nd — by early June. His Giro Bello Classic is still scheduled June 25.

“After being frustrated for so long,” Cozza said, “it’s nice to know what’s wrong. But I can’t wait to feel good on the bike again. I just want to be happy again and I’m really happy when I’m on the bike.”

Happiness is not going to happen this week, when he’s at home in Sebastopol watching the Tour of California, watching Jennifer on the podium, knowing she is there because she wanted to be near him during the race. Life is damn inconvenient sometimes, that very cool image of Mommy and Daddy standing on the podium is gone to be replaced by another unique photo op — Jennifer and Steven will be married Nov. 5 in a horse barn in her home state of Kentucky

“It’s a very nice horse barn,” said Cozza, comforted in the knowledge that, no matter what, there will be at least one sensational thing to happen to him in 2011.