

## All Sport - Team Swift Race Reports February 2011

### Race Reports for:

1. Cherry Pie Criterium
2. Valley of the Sun Stage Race
3. Cantua Creek Road Race
4. Pine Flat Road Race
5. Snelling Road Race

### **February Top Results:**

1 <sup>st</sup> Place	Cherry Pie Criterium	Juniors 17-18	Tyler Williams
1 <sup>st</sup> Place	Cherry Pie Criterium	Senior Category 3	Tyler Williams
1 <sup>st</sup> Place	Valley of the Sun, Stage 2 RR	Junior 17-18	Tyler Williams
1 <sup>st</sup> Place	Snelling Road Race	Juniors 13-14	Tommy Lucas
2 <sup>nd</sup> Place	Snelling Road Race	Senior Category 3	Tyler Williams
2 <sup>nd</sup> Place	Snelling Road Race	Juniors 15-16	Drew Gonzales
3 <sup>rd</sup> Place	Valley of the Sun, Overall G.C.	Junior 17-18	Tyler Williams
4 <sup>th</sup> Place	Valley of the Sun, Stage 1 TT	Juniors 17-18	John Piasta
4 <sup>th</sup> Place	CCCX MTB #1	Junior Category 2	John Morehouse
4 <sup>th</sup> Place	Snelling Road Race	Juniors 17-18	Remy Canto-Adams
4 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 10-12	Isaac van Aelstyn
5 <sup>th</sup> Place	Valley of the Sun, Overall G.C.	Juniors 17-18	John Piasta
5 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Eli Kranefuss
6 <sup>th</sup> Place	Snelling Road Race	Juniors 13-14	Zach McClendon
7 <sup>th</sup> Place	Cantua Creek Road Race	Senior Category 3	Joey Nygaard
7 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 15-16	Drew Gonzales
8 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 17-18	John Piasta
8 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 15-16	Stanley Goto
9 <sup>th</sup> Place	Valley of the Sun, Stage 3 Crit	Juniors 17-18	John Piasta
9 <sup>th</sup> Place	Pine Flat Road Race	Senior Category 4	Drew Gonzales
9 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 10-12	James Fyfe
10 <sup>th</sup> Place	Valley of the Sun, Stage 2 RR	Juniors 17-18	John Piasta
10 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 17-18	Joey Nygaard
10 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Zach McClendon
10 <sup>th</sup> Place	Snelling Road Race	Juniors 15-16	Stanley Goto
11 <sup>th</sup> Place	Valley of the Sun, Stage 3 Crit	Junior 17-18	Tyler Williams
11 <sup>th</sup> Place	Cantua Creek Road Race	Senior Category 4	Stanley Goto
11 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Ethan Frankel
12 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Tommy Lucas

12 <sup>th</sup> Place	Pine Flat Road Race	Senior Category 4	Stanley Goto
13 <sup>th</sup> Place	Pine Flat Road Race	Senior Category 3	Joey Nygaard
13 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 17-18	Ian Moore
13 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 13-14	Jack Dollittle
15 <sup>th</sup> Place	Valley of the Sun, Stage 1 TT	Junior 17-18	Tyler Williams
15 <sup>th</sup> Place	Cherry Pie Criterium	Juniors 15-16	Ryan Grant

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## Rider Race Reports

### 1. **Cherry Pie Criterium**      2/6/11      Napa

- <http://www.annehamersky.com/gallery/Cherry%20Pie%202011/>
- <http://www.veronikalenzi.com/CherryPie020611.php>
- <http://www.youtube.com/watch?v=mLg8FfuNZc4>

### **Tyler Williams**

1st      Cherry Pie Criterium      Juniors 17-18

Cherry Pie Criterium was our first team race this year. Located very close to the team's home town lots of All Sport-Team Swift fans and riders were in attendance. It was a beautiful morning with weather in mid 60's and a nice wind. It was also my first race with John Piasta, our team captain, and my first race with Joey Nygaard as a teammate. We also got our new TIME Bikes the day before so we were all very excited to see what we could do on them. The race was expected to be fast with Team Specialized also in the field of 30+ riders we knew we would have our hands full. Our goal was to make sure that we marked their riders the best we could with Ian Moore and Joey then John and I later in the race would try to lead one another out and catch the field off guard. From the first lap attacks were happening. After the second lap Ian got in a break with Andrew Lainier of Team Specialized. They were able to stay away taking the pressure off of the rest of our team. As they began to get pulled back Specialized began counter attacking, John and Joey did an amazing job of keeping everything under control. Ian was able to stay away until the very last lap when Torrey Phillip of Team Specialized went on a flyer with about a kilometer to go. I was able to pace myself onto his wheel with about 600 to go when we caught Ian and his breakaway companion. We had about 3 seconds on the charging field coming into the final 400 meters which were up hill at about a 5% grade. Torrey opened up his sprint with about 350 meters to go. I looked back and saw Team Specialized sprinter James Laberge leading the sprint. I kicked around Torrey with 300 and set my sights on the finish line. I put every ounce of strength into each pedal stroke as I knew the pack was closing what little gap I had left. Thankfully I had the strength to carry the sprint all the

way to the line with only a wheel advantage over Laberge. I was absolutely exhausted but incredibly happy to pick up my first win on the road with Team Swift. My teammates did an incredible job doing lots of work and are really riding terrific. I couldn't ask for a better group of guys to have by my side during this season.

Tyler Williams

## **Tyler Williams**

1st Cherry Pie Criterium Senior Category 3

After a great result for the team the Category 3 race was much more relaxed for Ian, Joey and I. We had about an hour and a half to recovery and were able to talk about the Junior race. We were constantly fueling with All Sport Drinks and Clif Shots trying to replenish our bodies after such an intense effort. The Category 3 race was 45 minutes and the wind had picked up a lot with a tailwind on the last 600 meters of the course. The weather had warmed up to nearly 80 degrees. The race started out very slow with a rider going off the front solo and the pack taking it easy. Ian, Joey and I were sitting in the middle of the pack trying to get our legs moving again and conserving what little energy we had left. About halfway through the race on a sharp left had turn a couple of guys in the front of the group locked wheels and went down causing a lot of chaos in the pack. I was relieved to see both of my teammates had made it through the wreck cleanly. As the laps wended down the pack was getting more and more anxious and people were doing very dangerous moves in the group. My legs felt a bit tired from the race before so I made sure I was out of the wind as much as possible, but I also wanted to miss the wrecks. With a lap to go I was moving toward the front sitting in the top ten when the pack sat up. It was a big blob and I was second row in the group about 5 wide. The guy in the front row and just outside of me took off on an attack with 600 meters to go and I was able to grab 4<sup>th</sup> wheel. Coming into the sprint with 300 meters to go the guy who was second wheel jumped I sprinted from 3<sup>rd</sup> wheel with about 200 meters and was able to easily come around the other riders and win by a bike length. I couldn't believe I had picked up my second win of the day. It was incredible to reward my teammates and coach and Sponsors with another victory. I can't thank everyone enough for all of their support.

-Tyler Williams

## **Joey Nygaard**

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

The Cherry Pie Criterium marks the beginning of the racing season so every year it is always interesting to see who is in good shape and who isn't. We got to the race nice and early so I could have a chance to warm up with the rest of my team. After I got

my number I went back to the car to change and then I brought my bike over to the team tent so that I could begin to warm up.

Once all the pre-race preparations had been made, it was time to line up. Ian and I got to the front of the group on the start line so that we could get to the front right away once the race had start. It was our job to be the domestiques today while John Piasta and Tyler Williams would be the sprinters who we were trying to save for the end. The whistle blew and we were off, clipping in as fast as we could so we could get moving quicker. We got to the front of the group and started to watch for potential breaks to go with. We covered a few moves in the first few laps and then, just a couple laps into the race, Andrew Lanier went off the front. No one went for it and I was about to go with it but Ian beat me to it. He was right in front of me so as he jumped to get on the wheel I slowed down a tiny bit so that the gap would get as big as possible. They got a large gap before anyone really noticed that it was a dangerous move. Soon there were a lot of attacks that were going off the front. I tried very hard to go with as many as I could and shut them down. But after a while of this I was getting very tired, I couldn't keep it up for that much longer for there were some fast attacks that were being launched. With about 2 laps to go I couldn't do anymore and could only try and hold an alright position in the middle of the pack. I kept looking up the road to see where Ian was but as far as I could tell he still had a reasonable gap at 2 to go. I kept looking up to make sure that the gap wasn't coming down. Then it was one lap to go and they still had a gap. However, the gap was a lot smaller. I still believed and hoped he could make it. However as I came around and started to sprint for the finish I noticed that we had caught them right before the line I sprinted even though I was in the middle of the pack and I passed a lot of people. I crossed the line to hear the announcers calling Tyler's name as the winner! I could not believe it! We had pulled it off! Everyone had done their job and together we had come up with the win. It was like something from the Tour de France.

After settling down a little bit from the celebrations, we started to get ready for the cat. 3's race. We got all warmed up and started to head over to the start line. The race started and we got to the front of the pack. I was planning to attack somewhere around 5 laps to go. I stayed in the middle of the pack for most of the race; just far forward enough to not get caught in the early crashes. When it was coming close to the time when we were able to see lap cards I began to try and move up. It took me a little longer than I thought to get up to a place where I had a chance to attack. Alistar Eckmen attacked at the exact moment that I was going to do the same, but I decided to go with it anyway. I attacked up to him on the hill and we had a small gap going into the downhill, however we were caught pretty soon on the flats. I didn't have any more chances to attack the rest of the race and toward the end I got caught behind a large crash. I had to fight very hard to catch up and by the last lap I was sprinting for the line barely off the back. Somehow, Tyler had done it again. I came across the line to see him

getting patted on the back by everyone around him. It was amazing. We stuck around to do some pictures and then decided to say goodbye to all the Swifties and to Cherry Pie. Until next time.

Joey

## **Ian Moore**

13th Place      Cherry Pie Criterium      Juniors 17-18

Well, Cherry Pie, the first team race of the season. Team Swift crushed it if I might say so myself. I stayed at John's house the night before and then rode in the team van, to the race, as the sun was rising. We registered in style, wearing our matching Smith glasses, and performed the usual pre race rituals. Cherry Pie has one of the most competitive junior fields of the season. My job was to cover moves early, so I started at the front and right when the whistle blew, I accelerated to the front of the group. I stayed close to the front, and at the end of the first lap a Tieni Duro rider attacked; I let it go. But right after that a Specialized attacked going up the hill to the turn around, so I followed. Everything came back together, and settled down until after going around the right turn after the downhill from the start on the second lap, Andrew Lanier of Specialized attacked. I followed him, and we got a good gap quickly. We got the gap bigger and bigger, and then the gap started to go down. With 3 laps to go the pack had almost caught us at the u-turn, but for some reason we gained more time after the turn. I gave it all I had in my pulls, and I thought we could pull it off. The last lap we still had a gap. Lanier attacked me on the last lap, for a last ditch effort to stay away, I sprinted to respond. Right after that with about 200m to go the pack came whizzing by us with Tyler second wheel. As I rolled up to the finish line, I heard the announcer yell: "Tyler Williams"! I felt like I had won the race because I had helped a teammate win. This was also a great race for me personally, staying off the front from lap two until 200m to go. Someday I will stay away.

-Ian

## **Tommy Lucas**

Cherry Pie Criterium      Juniors 13-14

This race started off great. I felt really good and had a great team supporting me. I was in perfect position, following all attacks, while my teammates surrounded me. Unfortunately I crashed with 2 to go and didn't quite catch up for the sprint. However, my teammates did great all round in the race. I'm really proud of them and I am looking forward to a great season of racing with them. -Tommy

## **Tommy Lucas**

Cherry Pie Criterium Juniors 15-16

I had just come off my crash but was determined to race. The field was huge and I felt like I could do it. The race started out at a high pace and I wasn't in the best of shape at the time so I was off the back most of the time but stayed in and finished the race. I was very excited to hear how well my elite teammates did. Way to go ALL SPORT TEAM SWIFT.

## **Drew Gonzales**

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

On the first lap of the junior race, there was a large crash on one of the turns involving Stanley, Griffin and myself. When I turned the corner, I found Griffin and Stanley off their bikes and on the ground and knew I would be going down too. I flipped over my bars and on my back, then got on my feet as fast as I could, grabbed the bottles on the ground and looked at my bike. I noticed that the front tire was flat, then heard Stanley say, "Drew, lets move!" I grabbed my top tube and ran with my bike in panic until someone told me to just stop running. I got the the pit, changed my wheel and jumped back in the pack after one lap.

The rest of the race, I just sat in. Coming around the last lap, I started to move up, but I couldn't keep my position and finished 7th. -Drew

## **Drew Gonzales**

51<sup>st</sup> Place Cherry Pie Criterium Senior Category 4

This race wasn't my best. Throughout the race, I moved all over the pack and was in an unfortunate position on the last lap, where a large crash occurred. On the last lap, where the finish line is, I saw two start to break away and chased them down alone. Tired from the chase, I moved back in the pack so I would be ready for a sprint. Then on the turn after I moved back, there was a crash and I was held up on it. I saw the rest of the pack start to break from me and I knew there would be no catching them. I did not fall of my bike during the cat 4 crash, but I did have to slow down to maneuver around the fallen racers. There was no catching the pack. =Drew

## **Stanley Goto**

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

Cherry Pie is always the unofficial kickoff to the northern California racing season. It's the race everybody keeps in mind during the long and cold offseason. It's a place where you see new, eager riders and new improved riders. My offseason started very slow and I had just about gotten back into the swing of things and it seemed to me that racing came way too fast. I sometimes forget that I'm finally a 15-16 and not a 13-14 doing races that were way grossly undersized. Now I was racing the big kids.

The morning of the race was quite awkward for me. I got up after 5:30a.m, which is usually the time that we have to get to races, and while I warmed up I had to shed everything but my jersey and bibs. Was it summer already? I rolled around with my teammates a bit and moments later I was lined up with 15-16's and massive 17-18's. As soon as the whistle blew I mashed my 48-23 and then quickly spun out going down the hill in the front half of the pack. I was about to finish the first lap of my inaugural introduction to 15-16 racing when a rider touched wheels in front of me and sent me sprawling on to the grass; while my bike crashed on the curb. After my mind begins to process these events and I see that my teammates had joined the party and were frantically running toward the neutral support tent. A 150-meter jog later, I met a mechanic that said that he couldn't fix my turned handlebars, when all he really needed to do is loosen the bolts on my stem and rotate my bars to the normal position. Once he acquired a 6mm Allen wrench the pack had passed once already so I received two free laps and proceeded back into the rear of the pack. From my view in the pack I could see Ian off the front with a specialized rider. In the last lap I was riding mid pack behind Griffin and when he got pushed out into one of the traffic cones. I maneuvered around him but lost some spots and then hung on to the back of the pack to the line. Preceding the race I found out that Tyler Williams had won! -Stanley

## **Stanley Goto**

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

The Cat 4 races was two races after the juniors so I had a bit of time to eat, spin around, and look over my bike for damage from my crash earlier. My autopsy revealed that I had destroyed one of my spokes on my rear wheel. I borrowed John Morehouse's wheel but he had a junior cassette so now my largest gear was a 48-14. At the beginning of the Cat 4 race I sprinted so I could get a good position before taking any corners with some old guys that I would not trust riding next to. I made it through the first lap within the first 20 riders in the pack and kept rubber on the pavement. The rest of the race was mostly status quo; move up and stay near the front of the pack. With 5 to go I started thinking about the sprint and maybe following a wheel to the line; if everything goes perfect I would maybe get some points. With one to go I was in the top 15 and I saw a guy move up on the right on the backside of the course. I followed

him and got in his draft then he attacked. I followed him but did not have the legs but his acceleration brought me into good position for the sprint. Before the chicane a group swarmed up the left and then squeezed me to the inside. By then I was around 15<sup>th</sup> and rode to the line in the pack. Since my day was done I watched Tyler win another race, but this time the cat 3 race. Two pies for All-Sport Team Swift!

## **Ethan Frankel**

Age 12, Racing Age 13--Jrs. 13-14

11th place    Cherry Pie Criterium                      Juniors 13-14

The chill bit my skin as I stepped out early in the morning. There was a soft breeze going. My fingers were close to frozen and my whole body was chilled. I started to warm up on a trainer and registered. Once rollout passed I went to the start/finish line. The whistle tweeted and we were off. It was the start of my first Cherry Pie Criterium.

The first lap was nice and smooth, but on the next lap, out of five, the pack started to slowly break up and by the fourth lap, I was dropped by half of a lap and the mini-peloton was ahead. On the last lap, I saw the trees whirring by, but over the trees, I saw the finishers go past the last turn. I was more than half a lap behind this time.

I saw the final turn approaching, and I was hardly out of breath. There was definitely something wrong with me that day. When I saw the last uphill to the finish, I felt pretty relieved that the race was over, but did not feel content with my mediocre performance. It was a really nice race though and the race was quite fun.

-Ethan F.

## **Isaac van Aelstyn**

11 years old, Junior Category 10-12

4<sup>th</sup> Place            Cherry Pie Criterium                      Juniors 10-12

A fast group got away right from the start of the three lap race so the rest of the field and I was in pursuit. I hooked up with another rider on Lap 2 (one of the Wolfe sisters of SJBC) and we rode together until we approached the finish. I was able to power away up the little hill to be the first to behind the lead group.

-Isaac

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**2. Valley of the Sun Stage Race**

2/11-13/11

Phoenix, AZ

- <http://www.youtube.com/watch?v=SK0Rlc3wV68>

## **John Piasta**

4 <sup>th</sup> Place	Valley of the Sun Stage Race, Stage 1 TT	Juniors 17-18
5 <sup>th</sup> Place	Valley of the Sun Stage Race, Overall G.C.	Juniors 17-18
9 <sup>th</sup> Place	Valley of the Sun Stage Race, Stage 3 Criterium	Juniors 17-18
10 <sup>th</sup> Place	Valley of the Sun Stage Race, Stage 2 RR	Juniors 17-18

### **Stage 1: Time Trial**

Valley of the Sun was a race I had decided to do early on to be able to compare myself to other juniors. I knew it was important to have a good TT despite the fact that my position and equipment were not completely set to race this early.

I arrived early to meet Ian and Tyler at the start. I think that was the first step towards success because more downtime equals less stress. We all warmed up by Moore's Sportsmobile and eventually it was time to start. I was ready.

I made the decision that I wanted to go fast, so I summoned my inner Ricky Bobby as I stood up at the count of 1, rolled down the ramp, and out of the saddle quickly getting to speed. After getting up to speed I sat down and took a deep breath. Honestly the rest was a blur of pain and a pathetic turnaround.

Despite my solid time landing me in 4<sup>th</sup> place, I was happiest about the many things that I could easily change for next time to gain many seconds back. First off the turn around, it was confusing but I took it too wide that was at least 4 seconds. My pacing was good, but since there were no mile markers and I kept having to fiddle with my computer to know the distance I ended up with a little too much in the tank. Cross winds, I found myself riding the white line instead of taking advantage of the trees on the side of the road. Anyway, my point is all of these little things that are in my control, on top of working on my position may have gotten me another 30 seconds, and compared to last year that is a huge improvement.

### **Stage 2: Road Race**

After a solid TT it was time to try to move up to the top 3 overall. The goal was for Tyler and Ian to cover threatening moves and since the top 2 guys overall were separated by 0.2 seconds, they would have to attack. I was only to go with them.

Knowing Specialized had a strong team I decided to not go in anything without their team represented. So I sat on Kyle Torres's wheel during all of the potentially "attackable" sections of the course and otherwise trusted Tyler and Ian to watch out for GC contenders. Kyle would have to go or else he would risk too much. Until the KOM lap there were 6 guys off the front. One was fairly far up in GC so I sent Tyler and Ian to the front to work with Specialized to bring the gap down to a manageable distance. We

caught 4 of them yet 2 managed to stay away but the gap was close enough. They took the first time bonuses and I won the field sprint for the final one.

The rest of the race I sat in, missed a feed bottle (which Ian and Tyler replaced) and put in an attack realizing I had to try something if Torres wouldn't attack. I attacked to bridge to a break of 6 that the 8<sup>th</sup> place guy overall was in. We worked together but were soon caught. Two Major Motion guys attacked and neither of them were high overall. I moved up to Tyler and said this could be the winning move. He was 15<sup>th</sup> overall and I knew his position would leave him under estimated. He bridged and no one chased except one SC Velo guy. The pace was slowed to about 10 mph and I was stoked when I discovered my tactics worked landing him ahead of me in 3<sup>rd</sup> place overall.

So Tyler wins, in the meantime, Specialized is leading out Torres I am sitting 6<sup>th</sup> bumping elbows like crazy. People were struggling to understand the fact that I was not giving up that wheel. Collin Joyce attacked, I waited for a response, no one could match it, and so I attacked. Bridged and sat on. He sat up, I sat up, and we were caught by a few more. I went early and as result lost the sprint by far too much.

### **Stage 3: Criterium**

So it was time for the crit. By time I am referring to a 7:40 am Start (6:40 California time), 40 degrees and some super fresh legs.

I did my pyramids around the Capital only to find the race was delayed for an hour due to needing hay...That hour turned to an hour and a half and a 20 minute race, (as if 30 was long). Well sweet I was going to be attacking like crazy. I followed the early attacks by Garmin, but didn't pull through. Then after watching a few more go, I waited for a spot when it was hard and I jumped getting a good gap.

Marcus Smith tried to bridge. But once he got across the pack was too close. So I would have to go again. I waited and waited until 4 to go. It was pretty fast and the pack sat up again, I went and unfortunately got caught. A break was not going to go but I was confident a last lap flier would. I positioned myself perfectly about 10<sup>th</sup> back behind Cory Williams (fastest finisher) and on the right. Specialized started their lead out, I was waiting, waiting and waiting for my land mark that would be just enough time to jump the corner. That spot came, I stood up and right then someone tried to do the same jump but ended up having to stop into the curb. Well I wasn't going to win the field sprint at 15<sup>th</sup> wheel, but making sure not to lose any time I still followed wheels to the line. I was frustrated because I really wanted that stage, but things happen and you can only learn from them.

Overall it was a great weekend for the team. I gave a solid time trial and our team did an awesome job at everything else. With only three guys and Coach Laura's voice via speaker phone, we did an awesome job getting two guys in the top 5 over all

the other full teams. With that said Ian definitely did an awesome part in making that happen, we would not have been able to defend that well without him.

Anyway if you read all this, awesome I better go board this flight back, catch up with my time off school and attempt to sleep.

--Johnny P

## **Tyler Williams**

1 <sup>st</sup> Place	Valley of the Sun, Stage 2 RR	Junior 17-18
3 <sup>rd</sup> Place	Valley of the Sun, Overall G.C.	Junior 17-18
11 <sup>th</sup> Place	Valley of the Sun, Stage 3 Crit	Junior 17-18
15 <sup>th</sup> Place	Valley of the Sun, Stage 1 TT	Junior 17-18

Three All Sport-Team Swift riders made the trip to Phoenix, Arizona for Valley of the Sun Stage Race. This race is part of the Lance Armstrong Junior Points Series, and was the first big race of the season for Ian Moore, John Piasta, and myself. With 49 juniors registered we were prepared for some very tough racing. The race took place over three days with a 14.2 mile Individual Time Trial in Buckeye, a 57 mile Road Race in Casa Grande, then a 30 minute criterium in front of the state capital in downtown Phoenix. We went into the race with high expectations with John as Team Leader and Ian and I there for experience and to help John.

### **Stage 1: Road Race**

Stage 1 was the ITT in Buckeye. The course was gradual uphill on the way out then spun out on the way back. The race was wide open terrain and no protection from the winds out on the course. My expectations weren't extremely high as I am not very experienced in this discipline. But I figured I would be happy with a top 15 to top 20 ride. Ian's start time was first at 3:04 pm, then mine at 3:07, and John at 3:14. By this time the temperature had warmed up nicely to low 70's but the wind was on and off gusty. We all got on the trainers to start warming up around the same time fueling with Clif Shots and All Sport drinks. We got in about 45 minutes of warm up to get the legs opened up. Ian and I rolled up to the start ramp together because our times were close together. After getting into the starting house they counted down and I rolled off the ramp and got up to speed. I settled into my TT position after about 10 seconds and put my head down trying to stay as aerodynamic as possible. It was also nice to have a fast 30 second man to keep my eye on. On the way out I nearly killed myself, passing 6 riders my heart rate averaged 197 bpm. By the time I got to the turnaround I had caught my 30 second man I thought I was on pace for a good time. The wind was a

head cross on the way back which I had not planned on. I suffered badly on the way back coming in with a time of 33:30. When I got the results I saw that John had done an amazing ride getting 4<sup>th</sup> but 2 minutes behind the leader on GC, I was right where I thought I would be which was 15<sup>th</sup> but nearly 3 minutes off the pace teammate Ian Moore was right behind me in 17<sup>th</sup> spot. We were confident that we could get John higher up on GC and Ian and I were prepared for some tough work the next couple of days.

## **Stage 2: Road Race**

The road race was in Casa Grande, AZ just about 30 minutes outside of Phoenix on the Indian reservation. The course was mostly flat with a 3 mile climb at 5% the only difficulty of the day. Our race was scheduled to go off at 12:10 and the weather was windy and nearly 80 degrees. John, Ian and I were all excited because we knew there would be some fun work ahead of us. With John 4<sup>th</sup> in GC we knew today was the day to move him up. The race started out pretty slowly because we were neutralized after 4 miles so the Pro race could pass by. Once they were done the race resumed and as normal in a junior races attack after attack came and each one was chased down. John was locked on to the race leader's wheel and was not going to move! Ian and I marked any attacks that came from anyone who was a threat to John overall. The first time up the hill I stretched my legs a bit to put some pressure on the leaders teammates and just to keep any big attacks from going up the road. Once at the top of the climb I went back into the group to talk to John and see if he needed anything. The race was going well but we found out that a break was up the road and had a minute forty on the group. We didn't know then but one of the guys in it was only 10 or 15 seconds behind John. During the second lap the pace was picked up Ian and I did some pulls on the flat to help keep the break close then on the climb where KOM points and Bonus seconds were to be awarded I started by setting a steady tempo even though we had no idea how many were up the road we didn't want anyone jumping away and gaining time on out leader. Ian came through and I told him to set a tough but nice and steady tempo up the rest of the climb. He must have been feeling good because he smashed it setting a fast temp taking 40 seconds out of the break. Toward the top I move to the very front of the group then John sprinted and was first over the top for the bunch I was second. It was a good move because he did get the last available points and 1 second for the GC. We sat in the rest of the lap but I saw that we had done some damage to the leader's team. We went through a very chaotic feed zone where I got my bottle of water with only half a bottle of mix left and my other water bottle totally empty it was essential for everyone to get bottles. Unfortunately John missed his so I ended up giving him mine about half way through the lap which was fine because he needed it more than I did. We went through second to last time up the climb with me setting the pace for the group for the last 2 miles up to the top. Once starting the final lap John finally put in a

massive attack and for a brief moment caused a 10 man split off the front I was able to get into it and it was looking good but then got chased back quickly. Shortly after that John rode up to me and said go try something off the front which could be the winning move. I was more than happy to go for it. I surged off the front with about 12 miles to go and quickly got a gap, but I was solo. I probably had 45 seconds when I looked down and remembered I hadn't had anything to drink for at least 45 minutes but I couldn't do anything about it but ride as hard as I could. I was bridged to by 2 riders but we dropped one of them shortly after that. My breakaway companion and I stretched the lead out to 2 and a half minutes with just over 5 miles to go. We had shared to work nicely till about 4 miles out then he started taking less pulls, but I was determined not to get caught. We started attacking each other with about 3k left but nothing was sticking. I started cramping in my hamstrings with about a mile left but I was determined not to mess up this great opportunity. The other rider put in a very strong attack with 800 meters and got a gap of about 30 meters. I dug deep and held it close banking on my uphill sprint to bring it back. With 200 meters I saw him starting to come apart and I opened up my sprint with 200 meters. I was redlined but I set my sights on the finish line and beat him on the line with a bike throw. I was incredibly happy but also sick with exhaustion and dehydrated. John was able to come in with the leaders not losing any time and Colin Joyce from Hot Tubes took the lead by 4 seconds. I gained 2 minutes 10 seconds moving myself onto the podium into third by 1 second. It was a great stage for the Team with Ian Moore doing an awesome ride that day to help John and eventually set up myself.

### **Stage 3: Criterium**

The Criterium was delayed 2 hours so we were bummed that we had woken up so early for what was supposed to be a 7:40 start time. We ended up starting much later in the day so it changed the weather from low 40's to mid 60's. The race started off very fast with attacks within the first lap. The pace was relentless averaging nearly 30 mph on the twisty technical course. John and I both tried to get in some attacks but nothing was sticking on the course. It became obvious that it was going to come down to a sprint our teammate Ian Moore strung out the race with 3 laps to go and pulled till the bell lap. The race was getting very aggressive and I was taking it much easier than I normally would have in order to save my spot on GC. Coming into the sprint I sprinted from about 17<sup>th</sup> spot or so just to make sure I didn't lose any time and ended up right behind John who was 9<sup>th</sup>. We survived the very fast day with all of our skin and our GC spots intact with two All Sport-Team Swift riders in the top 5.

All in all we had an awesome racing weekend. We had two riders in the top 5 on GC, a stage win, and a 4<sup>th</sup>. John showed once again what a smart and selfless team leader he is noticing the opportunity for the stage win as well as riding some very

strong stages. Ian Moore also showed his selflessness in doing great work for John on Stage 2 and helping both of us on Stage 3. We also had some great team bonding that will help us throughout the year. So All Sport-Team Swift had a great successful weekend in Arizona  
-Tyler W

## **Ian Moore**

17th Place	Valley of the Sun, Stage 1 TT	Juniors 17-18
19th Place	Valley of the Sun, Overall G.C.	Juniors 17-18
19th Place	Valley of the Sun, Stage 2 RR	Juniors 17-18
24 <sup>th</sup> Place	Valley of the Sun, Stage 3 Crit	Juniors 17-18

### **Stage 1: Time Trial**

John, Tyler, and I made the trip to Valley Of The Sun Stage Race held in the area around Phoenix, Arizona. VOS is almost like nationals with over 50 racers in the 17-18 race, and a lot of the nation's top riders. The first race, a little over 14 mile time trial, was an out and back on a wide 4 lane road. There is very slightly more uphill on the way out, and a tail wind on the way back (head wind out). Before the race I got in a good long TT warm-up, and did some pyramids, then went to the start house for a 3 pm start time. The clock counted down, but when it got to one second, there was an unusually long pause before the beep. I went down the start ramp, and the whoosh whoosh of my disc wheel motivated me as I stood out of the saddle to get up to speed. I did not conserve at all; I kept asking myself if I was going as hard as I could without blowing up, trying not to pay attention to the annoying bump in the road every 10 feet, thump, thump, thump. I could see the power lines ahead that I remembered are just over the finish line from when I checked out the finish before I started. My time was 33:55. Congrats to John on a 4th place TT finish.

### **Stage 2: Road Race**

Stage 2 of VOS is a road race with a hill to the finish. From the start the course is slightly downhill and head wind after a couple miles there is a right hand turn and then a long flat straight road. Then another right turn and the road climbs up slightly with a tail wind. The grade increases more and more. With 3k to go the road gets steeper, and then with 1k it gets less steep, and levels off for a false flat finish. Following the finish the road very slowly tilts flat, and then downward, into a fast but straight descent. This goes on for a few miles, until there is a right turn with a huge bump right in the middle of the turn, followed by a cattle guard. The road is pretty flat for a couple miles, and then there is the feed zone. Then the road tilts downward for a few miles to the start. We did 3.5 laps, to make it a 57 mile race. Another late start time, at 12:10. Today we

worked for John. I started at the back, but quickly moved to the front, to keep an eye on things. We got neutralized not long after we started to let the pro's pass, so we had to cruise along really slow for a little while. There were a few attacks early on, by Alexander Freud who was in 10th GC which I chased down, and some by Chipotle Jr development, a lot of attacks by all the teams. A chipotle rider got away with another guy. On the second lap there was a KOM at the finish line, for time bonus seconds. The break, now had about a minute 40, and Tyler and I went up to the front. I set a hard tempo at the front for a couple miles, until a little after the 2k to go. Then I drifted back in the group, after the finish line Tyler was now up toward the front, and I was resting a bit from my pull. Tyler got in a short break with chasing down someone. Right when Tyler's break got caught, James LeBerge attacked, and got a pretty big gap fast. It was my turn again, John told me to either pull James back, or bridge up to him. I attacked, and a couple of people came with me, but didn't want to pull, so I went really hard, went around the right hand turn across the cattle guard, and caught up with James a little after that. Then I sat up, and pulled though still but really really easy. And when I was at the front I just soft peddled, because Hunter Grove and James were in the break now, both not far behind John in the GC. The Pack finally caught us. The feed zone was crazy, but I was still able to get a bottle. Another breakaway, this one was even shorter though. John was not able to get water, so I gave him my water. The other breakaway with the chipotle guy, and someone else was still up the road about a minute. On the long flat stretch Tyler and I went to the front, I took a few hard pulls, and Specialized, Tyler, a few others and I brought back the break back pretty fast. People kept attacking, and usually one of the top 10 guys would go to, so then I would sprint after them. John attacked a couple times, but no one would let him get away. About 7 miles from the finish, Tyler attacked and caught Cory Williams who was already off the front. Cory was soon back in the pack. A SC Velo guy who was not a GC threat went with Tyler. Soon Tyler had over 2 minutes. My job was pretty much done now working for John. The pack split up a little in the last km, and I just did what I could, but I was not too worried about my finish. I did the domestique roll today, and it was fun. Tyler came out with a great win, making us have two guys in the top five GC now going into the last stage.

### **Stage 3: Criterium**

We got up in the dark for the final stage of VOS, got ready, and pre rode the course as the sun was coming up. It was a very oddly shaped course, and hard to explain, but kind of like a big square, with a little square coming out of the top left corner of the square. We were all ready to race, but the hay bales had not arrived yet so the race was delayed over an hour. We were sure to keep eating during this time of waiting. They also shorted our race to 20 minutes. I stayed toward the front, ready to chase down anything, but no one really dangerous attacked, although I did follow a

couple attacks. John tried attacking; no one let him get away. As Laura instructed- I got in the mix at the front on the last few laps. I pulled pretty hard for a little over a lap until part way through the last lap. Then Tyler and John came around. Everyone kept their GC positions. I think this weekend was really good for me as a rider, learning how to be a good domestique. It was an awesome result for the team. I still had a good finish in the TT, kept around that spot GC, and my legs and new TIME bike felt really good in the races. Another fantastic weekend for All Sport-Team Swift!

-Ian

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### 3. CCCX MTB Race #1

2/13/11

Monterey, CA

#### John Morehouse

4<sup>th</sup> Place      CCCX MTB #1      Junior Category 2

This was the season's first mountain bike race! I was pretty excited, and familiar with the trails. It was a sunny day in Monterey, I was rested, well fed, and my bike was dialed. From the start I got myself in about 7th place, just drafting off the others. By the second lap, I was trading off with two other people. I attacked hard on my third lap, and opened a big gap on the two other kids, and caught, and dropped 5th. I sat in fourth the rest of the race and was able to come across the line in 4th! I think I could have done better had I had a little more to drink during the race. It was a great first mtb race and I really noticed how much more power I had on the flats than I used to be.

-John M

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### 5. Cantua Creek Road Race

2/19/11

Coalinga, CA

#### Joey Nygaard

7<sup>th</sup> Place      Cantua Creek Road Race      Senior Category 3

Cantua Creek Road Race is a 24 mile out and back course that is dead flat except for the mile long climb at the end of the course. The Category 3's were doing 3 laps of this circuit. We spent the night in a hotel the night before so we would not have to get up super early and drive up the day of the race. The morning of the race went smoothly and after registering I got ready for a quick warm up. I made my way to the start line to wait for the start.

After a few minutes of sitting around at the finish, the race officials finally blew the whistle and we were off. The race rolled along in a reasonable pace but I had no trouble getting a good position towards the front, out of trouble. There were a lot of little attacks most of the race but none of them stayed away. On the second lap, I was sitting in the middle of the field having a bite of Clif Bar when suddenly all the people

in front of me started to swerve to the outside of the road, telling me, a little too late, that there had been a crash. I had nowhere to go and was getting pushed towards it by other people who were and all I could do was slam on the brakes. However I still hit a fallen bike and went flying over the handlebars. I picked myself up and felt fine. So I found my bike and tried to jump on it to start to chase back but my chain had fallen off the outside of my crank and it took me a few seconds to get it back on. By this time the group was pretty far ahead. However, I had been looking forward to this race all of the offseason and was not going to let this one crash get in the way. I started hammering very hard trying to catch up. I knew that if I didn't catch them before the turn around, I would probably never catch up. I flew past Nick Kinney who had also crashed and tried to encourage him to get on my wheel but he told me to just keep going without him. He had hurt his elbow. When I got to the climb I had already nearly caught them and once the climb got a little harder the gap started coming down a lot quicker. Once I got on the back I took a few deep breaths and then rode up to the front to prepare for the last lap.

The last lap was a lot faster but nothing exciting happened. While I had been chasing back, a break of three guys had jumped off the front. Some people started to worry that they would not be able to get caught but I wasn't worried. Because it is so straight, Cantua Creek is the worst race for breakaways. In order to get out of sight you have to have a good 3 minutes on the field. Sure enough, As soon as they hit the final climb the breakaway was caught almost immediately. I had started to move up to the front towards the end of the lap and now that we hit the climb I was in about tenth position. This was right where I wanted to be and so I stayed there and made sure that I kept my position even when people started to surge up around the outside. As we came closer and closer to the finish I gained a few positions. However when the group was about 700 meters away from the line a huge surge of people came up and the front was blocked off. As we hit 500 meters to go the pace sped up and I was frantically looking for a place on the front so I would not get stuck behind everyone on the front and would not be able to sprint. After a little while of looking a gap opened and being reasonably close to the finish I jumped. I got a big gap very quickly and when I glanced back I saw that I had about 3 bike lengths on the field. I kept sprinting and came up to the small rise at the end where I saw the tip of the white sign that was the finish, poking out around the corner. I was going full tilt, but I was surely getting caught. As I came up to the sign I realized that it was not in fact the finish line but the turnaround sign. I still had about 20 feet until the finish. The pack was closing in on me and as I struggled to keep sprinting they came around me to steal the win.

After the race I was told that halfway through the race they had switched the finish line with the turnaround. I was very disappointed for if they had not moved the finish I would have won. However, it was just a bad timed sprint on my part and bad luck. I had still been able to hold on to 7<sup>th</sup> place which I was reasonably satisfied with.

However I was very disappointed that I had not won because I had been so close. Overall it had been a fun race and after waiting for results my dad and I left for our hotel where we would be staying for the Pine Flat Road Race the next day.

-Joey

## **Stanley Goto**

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

Cantua Creek was on the list of new experiences for my 15-year-old racing career. I had never done this race nor have ever finished a race of 78 miles. Before the race was one of the first awkward experiences; I didn't have to warm up to the point where I was red hot for the start of the race. I leisurely mounted my bike and danced through my 45-minute warm-up. This weekend I had the luxury to be able to race with Ryan and Drew. It was nice to know that if I dropped a water bottle, I had some back up. The beginning of the race was slow but within the first 10 miles I felt to urge to take a leak and I didn't feel like holding it for 70 more miles. I had never had to deal with pee management because my races were short enough to where you had to hold it. After much evaluation I decided to move to the right side of the pack and stop. I had planned to roll off the side of the road and then take care of business but I had misjudged the consistency for the dirt on the side of the road. I rode right into what seemed like wet tacky clay. It caked my tires and completely occupied the little amount of clearance above my fork and brake calipers. As soon as business was completed I slogged over my clay-covered wheels and proceeded to chasing back to the pack. It felt as if I was riding through cement. By the time I had reached the pack I had accumulated maybe a pound of clay but my wheels were moving freely. I stayed near the top 20 in the pack and it was basically tempo for the next 3 long boring laps. On the last half lap of the race towards the finish the pack became very sketchy. An attack would launch and the pace would surge; then the pack would abruptly slow down once they were caught. This caused a bunch of shifting and half wheeling in the pack. Luckily I was in the top ten in the pack because there were at least 5 crashes in the last 10 miles. As we approached the last hill to the finish I was boxed in the middle of the pack. With about 2 miles left I found an opening. At 500 meters to go the pace had greatly increased but I was feeling good about my chances because the uphill finish would favor me. With 200 meters left I was about 8<sup>th</sup> wheel and then in the final sprint I lost a couple places and finished 11<sup>th</sup>. In the end I felt good about my finish. Now I had to recover quickly and get some sleep before Pine Flat, which isn't flat.

-Stanley

## Joey Nygaard

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

The Day after Cantua Creek was the much harder Pine Flat Road Race. It was one 60 mile loop with some very hard hills toward the end. After getting registered and slightly warmed up, me and the rest of the cat. 3s headed up to the start line. After about 10 minutes of waiting around we finally started off, up the steep neutral climb up to the main road.

The race started and the first half of the race was very flat and moderately paced, with only a few attacks going off the front. After a while of this we started to hit some rollers and the pace went up. After about 5 miles we started to hit steeper and steeper rollers, signifying that the main climb was coming up. I was pretty tired from the day before but I still went to the front and prepared for the climb. Soon we turned a corner and there it was. Alistar Eckman and Isaiah Rapko started pushing the pace very fast and I struggled to hang on. I passed a lot of people who were going backwards fast and jumped on Wes Hollaway's wheel for help. I stayed there for a few minutes when the pace went up even more and I couldn't take it anymore. I got out of the saddle and practically all out sprinted to try and keep up but it still wasn't enough and I got slightly off the back with two other guys. By the time we got over the top the front group had about 15 seconds on us and they gained on us on the downhill. I couldn't work with the others on the downhill due to my junior gears but once it flattened out a bit I went to the front and hammered. I felt great on the flats and we started to catch up to the group. However I could not do all of the work and the other guys came around. However they did not get us any closer and when I rotated through I tried to close the gap a little more. However, the group up front had gotten organized and had started to work as well. We did not get any closer until the last climb. One of the guys in my group attacked and I couldn't go with it so I set out to set my own tempo as fast as I could, as the climb was only about 1k long. As I was nearing the top I looked back to make sure that no one was going to sneak up behind me and sure enough there was a rider bearing down on me. I went as hard as I could but he was coming very fast. He caught me about 5 feet from the line, taking 12<sup>th</sup> place while I slotted in 13<sup>th</sup> place. I was reasonably happy with this because I knew that I had held nothing back the whole race and had done my best despite being tired from the day before.

The Swifties in the Category 4 field also had a great race with Drew coming in 9<sup>th</sup> place and the others close behind. It had been a great weekend of racing all around with a great turn out of Swift riders. I will look forward to doing it again next year.

Joey

## **Drew Gonzales**

9<sup>th</sup> Place      Pine Flat Road Race      Senior Category 4

At the beginning of Pine Flat I wasn't sure how I felt; part of me thought I was feeling awesome but the other believed that I would hit a wall. I decided not to think about it, and then went to the line. The first 47 miles were at an easy pace with no breaks or attacks. I was able to move around the field easily with Ryan Grant and Stanley Goto until the last roller before the climb. Prior to the climb, the race was easy paced; however I was struggling to keep up with the seniors on the descents because of my gearing. A few miles before the first roller, I was sitting in the pack and noticed a rider start to move up through the pack, then past the leader. He was trying to start a break and had a huge draft, so I sat in. I looked back and saw that there were around 15 riders with us. We stayed away until the first roller, when a chase group caught us. On the roller, I saw Stanley pass me and got really excited, however we were getting dropped. There were 5 of us losing sight of the first nine. Stanley, the three seniors and I went to the top of the roller, then down and chased the front nine. We caught them a few miles before the 1k sign. The last kilometer felt like a century. The climb to the finish separated the 8 leaders from Stanley, two seniors and me. At the end of the hill, I looked up and saw the line, so I sprinted past the two seniors with us and took 9<sup>th</sup> place. =

-Drew G

## **Stanley Goto**

12<sup>th</sup> Place      Pine Flat Road Race      Senior Category 4

After a good night's sleep, a bowl of oatmeal and a beautiful drive down to the Pine Flat reservoir I trudged out of my car and exposed myself to what was 35F air. I bundled myself up and began my comfortable warm-up. While warming up I had decided to not drink anything after 1 hour and 15 minutes before my start so I wouldn't have to pollute the Pine Flat Reservoir during the race. After a steep opening climb out of the dock and a stunning descent I had learned my plan had worked. Once we hit the turnaround and headed back up the gradual climb I was in 5<sup>th</sup> wheel and was enjoying the scenery. The pace was comfortable and as we winded up the smooth climb. After we pasted the start and climbed a bit we started a fast descent. Once we reached level ground and had about 30 miles left I was reminding my teammates, Ryan and Drew, to continue eating and drinking. The race was pretty much normal until we hit the rollers prior to the first and second climbs to the finish. A solo break had gotten 2 minutes and a green looking team was on the front bringing them back. The pace had increased and the pack seemed to be shrinking. Once we hit the steepest part of the rollers Drew and I were in the first ten riders of a group of about 20. Once the road plateaued I found

myself on the front and then with a small gap. I thought that I should just go with it and see what happens. After a minute or so the group of 20 caught me at the bottom of the first climb. A rider attacked as soon as they caught me and opened a huge gap; he was soon out of sight. I led the group for awhile and then was passed by about 5 riders when the road ramped to around 5%. About half way through the climb the group had decreased to 13 riders. With the top of the climb in sight I was completely maxed out hanging on to the lead group of 8. With 150 meters left the pace was too fast and a 10-meter gap formed in front of the leaders and me. I looked back and Drew was 20 meters back with 2 other riders. Instead of risking blowing up trying to reach the leaders I decided I had a better chance chasing with 3 other riders on the descent before the final climb. I sat up a bit on the descent and soon they caught me. A big rider was leading our group down and Drew and I tucked in his draft. The road flattened off a bit and we began rotating through. I was feeling fine after a little rest and was feeling strong in my pulls. Many 10 second pulls and a dropped water bottle later we had bridged to the front group just at the base of the final climb. To the top of the climb I hung on to the back of the group and struggled across the line to capture 12<sup>th</sup>. Pine Flat by far was the most interesting race I've done so far. The roads were smooth and it had a finish that suited me; also the course looked beautiful. I defiantly would like to include this in my racing schedule next year and hopefully as a category 3.

-Stanley

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**6. Snelling Road Race**      2/26/11      Snelling, CA

Snelling Road Race

- <http://www.annehamersky.com/gallery/Snelling2011/>
- <http://www.flickr.com/photos/herseyadventures/sets/72157626199001742/>
- <http://www.youtube.com/watch?v=f87S9MuJqPg>

**Tyler Williams**

2<sup>nd</sup> Place      Snelling Road Race      Senior Category 3

Snelling Road Race was my first race back after my sickness/rest so I was unsure of the form I would have. The cat 3 race had three All Sport-Team Swift riders in it, Joey, Ian and I. We were concerned with the weather for our race all week with reports of possible snow/rain and very cold temperatures. Luckily when we arrived to the course it was at least dry but it was still sub freezing for a while. We registered and got ready for the race, had our team strategy meeting, then headed to the line. The goal was to try and get either Ian or Joey up the road in a break and if that didn't work then I would have a go in the bunch sprint. The field was full 100 guys so it was exciting to

have all of the great competition. The course was suited to our abilities in different ways with the rough roads and uphill sprint suiting me, the punchy rollers suiting Joey and the ability for the flat run in to the finish for Ian to TT away. The race started slowly with a 4 mile neutralized section where I moved up through the field to get into a good position. Once the race was released onto the open roads I picked up quickly with a lot of attacks. I chased down a few just to keep anything dangerous from going away that we were not in. It was also nice to stretch my legs to see how I was feeling. The first of 5 laps was probably the fastest with many attacks. The second and third laps were pretty calm except for the wind that had picked up and was causing some difficulty for any breaks to get away. Ian and Joey were doing a great job of marking moves and trying to find a good move to get into. Finally at the beginning of the 4<sup>th</sup> lap Joey got up the road with one other rider and got a decent gap. It worked out well because no one else wanted to work so Ian and I went up and set false tempo and just rode in the top five watching the gap grow. But  $\frac{3}{4}$  of the way through the lap the field got organized and pulled them back with a lap to go. By this time I knew I would end up having to sprint so I began to prepare myself for that. I sat top 10 the entire last lap and on the bumpy final 8 miles I was in a good position with a kilometer left there was an attack and it strung out the field. I had to sprint up the side in order to get a good wheel before the sharp right about 400 meters from the finish. I went through the turn 4<sup>th</sup> or 5<sup>th</sup> but then it sat up and I was starting to find myself boxed in so I jumped up the left side and tried for a long sprint. I had a good gap but one guy was able to come around me with about 30 meters to go. I was disappointed with the second but still proud of the result for the team and everyone's good work. As I finished I heard that Ian had wrecked in the final 200 meters so I rode back to find him on the road with a nasty cut to his knee had a crack in his helmet. Luckily the Lazer helmet did a great job to protect him and he walked away with only a few stitches. All in all All Sport-Team Swift did a great job and it was good to see all of my teammates ride so well!

-Tyler

## **Joey Nygaard**

Cat. 3

After getting up at 4 in the morning to drive to Snelling, I woke up in the car to see a beautiful blue sky. I was very happy to see this because it had threatened to rain. I got out of the car and started to prep for the race.

Snelling is about a 12 mile circuit that is mostly flat with some rolling hills. The plan for the day was for Ian and me to get in breaks and to save Tyler for the finish. As the race started we all moved up through the 100 riders who made up our field. After the neutral section was over the race started and the pack started to roll along at a reasonable pace. Nothing really happened for the first lap or two and then on the third

lap Tyler suggested that I try an attack on the short, rather steep climb right after the finish. I thought it was a good idea so I went for it. There was already a group of 4 up the road so I attacked hard on the hill and bridged up to them on the flats right after the hill. However it was not long before we were brought back. One lap later after a few failed moves had gone with Ian and I alternated trying to go with them, we were coming up to the feed zone hill and I had moved up very near the front. There was one guy about 200 meters off the front and as we started the small climb up the feed zone hill I jumped. I gained a lot of ground on him just on the hill alone and caught him very quickly on the descent off the hill. I immediately went around him to start rotating. We started working together very well and soon the group was out of sight. After a while we looked back and it appeared we had about 40 or 50 seconds on the pack. This gave me confidence and so I worked even harder. My legs were starting to really feel great but soon the other guy with me started taking smaller and smaller pulls. I could tell he was getting tired. This worried me because I could not do all the work and still stay away. Soon the motor bike came up to us and told us we had 27 seconds between us and the main field and sure enough, when I looked back I could now see the main field. They were starting to close in on us. We worked harder than ever but once we got onto the bumpy section the gap came down even more. We crossed the finish line with about 20 seconds but as soon as we turned on to the windy stretch of the course the gap came down to less than 10 seconds. The other guy sat up and waited for the main field so I decided to just soft pedal until they caught me. I was very tired from the break and so I had to sit in the middle of the field and have a bite to eat while my teammates took control and started to get ready for the finish, as it was the last lap. As we started to get near the finish I started feeling a little bit fresh again and so I started trying to move up. However, the pace had skyrocketed and so I found it very difficult to do so. I got up pretty close to the front but as we turned on to the bumpy section right before the finish the pace was pretty fast and people were taking insane risks to get to the front, just like me. I was glad that my other teammates were up at the front but was a little disappointed that I wasn't as we came into the last corner. The group started to sprint and I did as well. I weaved between people trying to find openings where I could really sprint but it was hard with such a big group suddenly there was a loud crunching sound and I immediately tensed, ready to avoid the crash that had just happened. The guy in front of me swerved to the left, unveiling who had gone down. It was my teammate Ian and he had fallen pretty badly. I quickly avoided the bikes on the ground and pushed hard to get over the crest of the hill and over the finish line. As soon as I had done so I went back to see how he was doing. He had hurt his knee pretty bad but the ambulance had arrived so after a little while, Tyler, Wes and I decided that he was in good hands so we began to ride back to the cars.

Other than Ian's unfortunate fall at the end it had been a pretty good race. I had done what I was supposed to do, getting in a break. However I was a little disappointed

that it didn't last till the end. Still, our sprinter Tyler Williams had finished it off well once again by crossing the line in second, way ahead of everyone else behind him and Wes Hollaway had gotten 5th after leading Tyler out. Another year at this race had come and gone as we packed up and said goodbye to the small town of Snelling until next year.

Joey

## **Tommy Lucas**

1<sup>st</sup> Place      Snelling Road Race      Juniors 13-14

The preparation for the race started out with setting up the trainer and doing sprint intervals with my teammates. When it came time for the race I headed over to the start and waited along side my teammate Zach. The race was 27 miles and there were 17 riders in my group. The race started off neutral and the motorcycle took us to where the race was to start. Once we started it was pretty mellow until the first attack came 2 miles in. There was then another attack on one of the hills and I chased that down and the field was back together again. The field stayed together for most of the first lap and my main goal was to map out the course so when we came around the next time for the finish I would be prepared.

The second lap was where it got interesting. There was a huge attack put in by someone I knew so I went with him. The attack split up the field and we had a 2-man break going. Two more caught on and it turned into a 4-man break and we worked together for most of the backside of the course until my teammate Zach caught on and another San Jose guy. When they caught on we had about 5 miles to go and that's where tactics started to play because I didn't want to be stuck out in front and doing all the work, so for the last 5 miles I stayed pretty dormant and didn't do anything or say anything. When we came out of the last turn I knew I had to be in the perfect position and that I was. I was third back from the front, behind two DJ'S produce guys leading each other out. I knew I had to go, with about 100 meters to go because the finish was an uphill sprint and I didn't want to risk anything. So we were coming up to the hill and the first guy went with about 250 meters to go and I knew he wouldn't make it so I just sat in until two other guys went with about 200 meters to go. Too far, dudes! . I took one of their drafts and came around them in the final 100 meters with the flying TOMAHAWK soaring out of me; I ducked my head down and went all out with a bike throw at the end to make sure I wasn't going to be cheated out my first place.

Overall, the race went extremely well and I'm very proud of my 2 teammates that rode strong in my category and I'm also proud of my elite teammates who did an outstanding job in the 3's and also the 15-16's!!! Heal up Ian!!

-Tommy

## Ian Moore

Snelling Road Race      Category 3

We arrived at the race start in our camper the night before with snow flurries coming down. In the morning: no snow and dry roads, just cold. We had neutral 3 miles before starting on the first of five laps (63 miles). The first lap I saved energy, stayed toward the front, but conserving as much as possible. Almost to the end of the first lap my timing chip came off, and the fork mount for it slid down the fork. I watched it carefully to make sure it didn't go into the spokes, then attacked off the front, got a small gap, and pulled over on the side of the road. I took my wheel off and slid the mount off the bottom of the fork. The pace had been easy in the pack, but it was harder than expected to get back up. I rested up when I got back to the group, the end of the first lap. There were two guys off the front, I attacked, and fought out in the wind for a little while trying to catch them, but could not, and I got caught a little after the finish line on the third lap. The other guys soon got caught too. There were more attacks on this lap. I got in a break of five, that would have been really good, but there must have been a big team that did not have a guy in it because we got pulled back soon. I stayed near the front, and worked to get in a lot of the moves because I thought that soon it was going to snap, and a break would form. But nothing would stay away for too long. A Davis guy attacked, and Joey attacked and bridged up to him on the feed zone hill. It was perfect, because Joey was on Tyler's wheel, who was at the front, and I was on Joey's wheel, so I just sat up when he attacked. Tyler and I rotated through the front, soft peddling, but not making it look like it. For awhile they just let us sit at the front, while we watched Joey's gap get bigger and bigger. It was a good spot to go, because it was right before the tailwind stretch. Joey soon got a very big gap, and two people attacked to go after him, then another couple people went, and I thought I should go with them, but it came back together except for Joey's break. Tyler and I continued to go easy at the front. On the headwind section on the next lap people started pulling Joey in more seriously, and they moved in on the big gap pretty fast. No breakaway the whole race stayed away for very long with the headwind. On the last lap there were a couple more moves I got in, but no one else really wanted to work to get away. It was really crazy fighting for position going into the last turn, and after the turn a guy attacked early. Tyler went with him. There was a rider between Tyler and me, but I came around. So it was Tyler and the other guy sprinting up the road, then I was a little ahead of the pack sprinting behind them. A few people passed me, then I was sprinting in the group with people to my right and left. Next thing I know, someone from the left hits me, and I am tumbling on the ground, with people riding over me. Once everyone

had passed I sat up, no broken bones, that's good. Then looked down at a hole in my knee. Thanks to the team, Laura, and everyone else there for their support after the crash, And thanks to Lazer for a great helmet, that did its job. I had to get 4 stitches, but I will be back on the bike and racing soon stronger than before. It was fun racing with my two strong teammates, and Team Swift alumni Wes.

-Ian M

## **Drew Gonzales**

2<sup>nd</sup> Place      Snelling Road Race      Juniors 15-16

The Junior field was relatively small and we had a relatively short race. The first two miles were neutral, so I sat in the back and waited but noticed there were some kids shivering in front of me and wobbling their bars, so I moved up before something went wrong. The first thing that happened when the race started was an attack. Zeke sprinted on the first hill that came up and the rest of the pack chased. There were several attacks on the first few miles, but nothing got away, until Reese took off. Right before the Cat 3 field passed us, the moto told us to neutralize, but at this point Reese had already gone. While we were neutralized, Reese kept making his break larger.

After the 3's field passed us, Stanley recommended I chase after Reese alone, so I moved towards the back of the pack and prepared. I sprinted past the entire pack hoping no one could catch me and no one did. Catching Reese was the hardest part of the race; I had to chase alone and almost had to maneuver around the 3 field. Thankfully, I didn't have to pass the 3's because they'd already passed Reese. I caught Reese after a few minutes then stayed away for a lap. Later, Zeke and Dylan Drummond caught us when the headwind hit me. The four of us stayed away until the rest of the race.

One mile before the finish, all four of us became anxious. We stopped pulling each other, and then Reese attacked once. We all jumped on his wheel, then Dylan and Zeke went for the sprint. On the uphill finish, I was able to get past Zeke; however I lost first to Dylan by a wheel length.

-Drew

## **Remy Canto Adams**

17 years old, Senior Category 4

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

Snelling Road Race was the first road race of the Junior Points Series for 2011, so naturally, I was pumped and excited. The race began with a rather casual promenade out to the course and as we passed the point on the course where the race began,

everyone looked around to see if any of the teams like Tieni Duro or San Jose (who were there in large numbers) were going to organize and take control but oddly, they just sat in the back. As the paced picked up quickly, riders began dropping off the back very fast. Half way into the first lap, two of the Tieni Duro riders put in an attack but no one made the move to go after them because it was the only the first lap (that was our biggest mistake). As we moved into the second lap, I dropped to the back of the main group so I could switch out my bottles with new ones with my dad at the feed zone but as I went over the roller immediately after the feed zone, I got neutralized to let the pro women pass me with one other racer which separated me from the front group. At this point, the wind had really picked up to probably around 10-20mph in different sections of the course and I was beginning to watch my competition drive time between me with the possibility of a placing position vanishing.

Once we were unneutralized, me and the other rider pushed as hard as we could in a two man pace line to connect back. Just before the end of the second lap, we were able to reconnect. Easing much of my worry that I'd be spending my race trying to catch back up. When we hit the feed zone again, I asked my dad how far out the Tieni Duro riders were that attacked early on. He told me they were about 2 minutes ahead of us. At this point I began thinking to myself, since our group was made up of only 4 of us, all from different teams, we had to work together to catch these riders, but since one of the four of us was a Tieni Duro rider with team mates up the road in leading position, I knew I couldn't get him to do any work so I approached Garrett Hankins of Team Bicycles Plus/ Sierra Nevada to help me organize a pace line. The next lap and a half, me and Garrett spent most of the time switching positions on the front of our group attempting to pull back the early breaks because the Above Category and Tieni Duro riders were unwilling to do any work. As we headed into the fourth lap and passed the feed zone, I heard my dad yell out to me that the break was only 15 seconds up the road now. We were able then to catch one of the riders from the break in the following mile, but what we caught was only 1 member of the break, that meant another was farther up the road.

In the closing miles, we kept the pace fast in hopes of catching the solo rider before the finish but when we rounded the last corner as a group, there was no one insight before the finish line so it was left up to a group sprint for 2<sup>nd</sup>. I unfortunately came around the last corner in the back of the group placing me in the worst position to begin the sprint but as I saw the 200M sign 50M or up the road I went for it. I was able to pass two riders putting me in 4<sup>th</sup> place when I crossed the line! I was thrilled to have placed in the top 5. The day also had begun great due to the news of the team's success earlier that morning with multiple team members placing in their respective races. Congrats everyone on a successful Snelling Road Race!

- Remy Canto Adams

