

All Sport- Team Swift Race Reports January 2011

Race Reports for:

1. NorCal vs So Cal Cyclocross State Championships
2. Rio Bravo Rumble-Biathlon
3. Early Bird Road Race
4. Poor College Kids Road Race
5. Mothballs Criterium
6. Cal Aggie Criterium

January Top 10 Results + Pro, I, II Results:

1 st Place	NorCal vs SoCal Cyclocross State	Juniors	Tyler Williams
1 st Place	Rio Bravo Rumble-Biathlon	Open	Tyler Williams
3 rd Place	Early Bird Road Race	Pro,1,2	John Piasta
3 rd Place	Mothballs Criterium	Junior 17-18	Tyler Williams
6 th Place	Cal Aggie Criterium	Junior 10-18	Drew Gonzales
8 th Place	Mothballs Criterium	Senior Cat 3	Tyler Williams
9 th Place	Mothballs Criterium	Juniors 17-18	Ian Moore
9 th Place	NorCal vs SoCal Cyclocross State	Category 4	Tyler Williams
9 th Place	Cal Aggie Criterium	Junior 10-18	Griffin Wigert
10 th Place	Cal Aggie Criterium	Junior 10-18	John Morehouse

Rider Race Reports

1. NorCal vs So Cal Cyclocross State Championships 1/16/11 Bakersfield

Tyler Williams

17 years old, Senior Category 3

1st Place	NorCal vs So Cal Cyclocross State Championships	Juniors
9th Place	NorCal vs So Cal Cyclocross State Championships	Category 4

This was my first Cyclocross race ever. I got there early to work on the technical aspect of cross racing mounts dismounts and barriers. This was used as my warm-up and just before the raced I ate a Cliff Shot and went to the line. It was pretty cold at the start (38 degrees) and a pretty dense layer of fog. The race started out fast with a short climb on pavement before turning off the road onto the grass. In the third switchback on the grass I slid out and went down hard thanks to the wet grass that the fog had caused.

Thankfully I was able to catch up quickly in a more technical section of the course where the leader had made a mistake. I followed second wheel over the flyover ramp half way through the first lap, then took the lead on the barriers. Then during the two run-ups I was able to increase to probably 35 to 45 seconds. I kept increasing my lead throughout the race in the climbing and running sections this allowed me to gain a lead of 3 minutes and take it easy to the finish the last two laps of the 6 lap race to conserve for my next race later in the day.

The Senior Category race was much more difficult. The sun had come out making the course much faster. I went out great in 6th position. I was able to advance positions during each run up. By the third lap I was in 3rd place. I was pretty happy with my position not but 15 seconds behind the race leader. But by the 5th lap of the 10 lap race I was feeling fatigue from racing earlier in the day. I fell back to 7th and was hanging in there the best I could. Unfortunately on the last lap I made a technical error during the transition from dirt to pavement. I dropped off the curb and was making a left turn and due to the low tire pressure I had been running and the tire rolled under the wheel as I hit the pavement and this caused me to go down quiet hard. I lost two spots in this wreck. I got close to making up the spots in the run-ups and barriers but ran out of time. All in all I was very happy with my first attempt in cyclocross.

Tyler W.

2. Rio Bravo Rumble-Biathlon 1/15/11 Bakersfield

Tyler Williams

1st Place Rio Bravo Rumble-Biathlon

This race was more of a fun day where I could get some racing intensity in and have a good time. The Rio Bravo Rumble is a biathlon where you can have a teammate do the running for you. The biking part of the race is a combination of fire roads with very tricky single track and 4x4 roads. The weather was very damp and cold throughout the day. During my warm up for the mountain bike portion of the race I began fueling with All Sport drink. My teammate was the first runner to finish so I had an easy start. The course started off with an 8 mile climbing section. Once at the top of the climb I had a Cliff Shot and prepared for a very tricky descent where the trail was wet and grown over with grass. This caused me to slide down the mountain which was fun but not as fast as it could have been. After the descent there were 2 more miles of climbing before another descent and onto the final section of the course where the terrain is milder. The terrain in this section played into my strengths from road racing. When the race was

finished we had won by more than 10 minutes and I had the fastest mountain bike time by more than 7 minutes.

-Tyler W

3. Early Bird Road Race

1/22/11

Patterson

John Piasta

3rd Place

Early Bird Road Race

Pro,1,2

After many wet hours of base miles, and about 575 repetitions of leg press, it was time for my first race. Coach Laura advised me to do the Early Bird Road Race in order to get some form for the early season.

The race was a 42 mile out and back course that was a false flat the way out ending with about a 1.5 mile climb and then a fast race down to the finish. Joey and I warmed up and since the Pro 1/2 field was relatively small, we were grouped with the Cat 3's who had about 30-40 guys. I was excited because now I could race with my teammate Joey.

The race started and I just sat in and told Joey that I was working for him since I had so few in my field. Glued to my wheel the both of us made our way through the back and stayed comfortably in the top 10. At mile 7 attacks started to fly. My priority was getting a workout and so I was keen to start attacking. I was waiting for the right moment to attack knowing that people were too fresh for anything to stick. The road pointed up and we were about to catch the lone leader. Wanting to narrow the field, I checked for Joey on my wheel and out of the saddle we blew by the pack on my right. I kept the pace high at the front until the road leveled out. The road went up again, and again I attacked, with Joey glued to my wheel forcing the 3's to chase.

Preparing for the climb Joey and I started to sink back in the pack a bit to save some energy. This was a mistake because the climb came shortly after. Without notice it kicked up and there were 30 guys and a double yellow line between us and the leaders. I dug to catch up, but by the summit we were still 30 seconds behind the leaders. At the turn around I was confident I would catch them on the descent. However I was soon spun out and tucking was not enough to keep up with my group, let alone make up time to the leaders. As the road leveled out I was going all out to catch the chase group. I immediately started pulling and encouraged the group of 10 to work together. We continued to drop guys, 2 people crashed and so it became more of a selection. Confident I would win the sprint at the end I continued to pull through hard, prioritizing a quality work-out over a result. We continued getting time checks of 30 seconds and could see the leaders just ahead, but we were unable to catch them. With 1K to go a rider attacked, I was near the front and waited for another to chase. They did,

but failed to catch the leader. With 300 to go I jumped on the left, passing the guy who was off the front and kept going to the line without anyone being able to come around me. I ended up with third in the Pro 1/2 and 6th in the field.

It was an awesome race. The course was great and I got more than what I wanted out of it. Not only did I win my field sprint, but I was able to help Joey in his race with the Cat 3's.

-John P

4. Poor College Kids Road Race

1/29/11

Santa Barbara

Ian Moore

16 years old, Senior Category 3

19th Place

Poor College Kids Road Race

Senior Category 3

I was excited for the first race of the season. When we arrived at the start, the first thing we heard were sirens, which reminded me how narrow the course is, and how sketchy the finish is, with the center line rule, and a drop off shoulder. I found my teammate Tyler, and we rode a bit together before the start. I quickly got a spot at the front of the start, because I learned from last year it is hard to move up, and I thought the race would start off fast, with a fight for position and people getting dropped. The race was 68 miles on an out and back (out and back 2 times). From the start/ finish it is slightly up for a few miles, and then there is a short climb followed by a false flat, then it kicks up a little more, and there is a curvy descent. After that it is rolling to the turn around. Then coming back the other way, there is about a 2 minute climb, and then a fast descent, and slightly downhill and fast all the way to the finish.

The race started off with everyone sprinting, and single file, then it settled down a bit before the climb on the way out, there were a few attacks, and then I saw a group of about six up the road. I was not planning on going this early, but they had a good gap, and no one else was reacting. I attacked, and bridged up to the group, we lasted a little while, and I pulled through, but then it was all back together on the false flat. After that I drifted back in the pack a little. The descent was a little sketchy, and at the end, when it leveled off, the people at the front slammed on their brakes. It calmed down, and I ate a SHOT and drank some All Sport then next thing I know Tyler is floating back on the right side with his hand in the air, a flat. I knew he would have a tough time getting back on because the course is fast with a big group. Things just kept happening in this race, and the next form of excitement was a Red Tailed Hawk coming down from a tree and pouncing on a squirrel right next to the road. Going into the first turn around I

was further back than I should have been, and there were attacks off of the cone; I had to work a little harder than if I would have been further up. I moved up on the rolling part before the climb on the way back to the finish. On most of the climb Kyle Torres was at the front which strung it out single file, and shed a lot of people. I was able to recover on the downhill to the finish, and felt good with half the race over. After the turn around, to go out on another lap, there were lots of attacks, on the climb again, Kyle was up the road with a couple other juniors; I thought that that might stick, and just then Hunter Grove, an 18 year old junior, attacked, I attacked and bridged up to him, we gained on the people up the road, and I went as hard as I could, but dropped off Hunter's wheel. After the climb we hit a huge headwind, and then Hunter was back in the pack too. The other three were still off the front, but I thought we would catch them soon with the wind. We almost caught them before the turn around, but they accelerated faster than the big group around the cone, and the tailwind helped them. On the climb on the way back I was in the top 10, and when I looked at the group there were only about 25 in the pack. On the downhill more people caught back up; soon after the top of the climb we caught the breakaway. Going into the finish I was on the yellow line, and the group was all spread across the right side of the road. I was on a guy's wheel who was on a junior's wheel, who had a straight shot through to the front; if he would have sprinted through then I could have gone around, and had a shot at the top ten. He didn't though, so I was just on the monorail. Right before the line, there was a crash with two people in the middle of the right lane, and a bike flew over my head in front of me, over the left lane, and over the fence into a farm field to the left of the road. I swerved over to the left lane to avoid the guy lying in the middle, and rolled across the finish. I think I would have been able to move up better for the sprint if I was on the right side of the road, because of the center line rule, and the wind was blowing everyone to the left. Top 20 in the 3's is good, I was at the front of the race a lot, bridging, or attacking, and I was in the front group for the final sprint, which was a lot smaller than the 70 or so riders we started with. Most of all I'm glad I was able to stay away from the crash at the end.

-Ian

Tyler Williams

DNF Poor College Kids Road Race

Senior Category 3

This race kicked off my Road Racing season. Located just outside Santa Barbara there was absolutely terrific racing conditions sunny and mid 60's. It was a pretty large field of at least 60 riders. This was my first race ever with my teammate Ian Moore on my team All Sport-Team Swift. The road was only about 7 feet wide, which made for very tough and tight conditions in the pack, and to make matters worse it was an out and

back course making it more dangerous. The course was pretty hilly with about 2,500 ft of climbing per lap. The race started out very quick and thankfully Ian and I both got a great start so we were able to stay at the front of the pack and respond to attacks. The race starts off with a 6 mile climb up a steady grade and there was attacking from the beginning. Ian and I waited for a larger group to form a break before he joined and I stayed back to mark everything else. But once he bridged up to the break of 9 or so riders the group shut the break down quickly. After reaching the top of the climb we went down a 40+ mph descent to a more flat and rolling section. It was no more than a mile after this when I punctured my rear tire and dropped out of the pack. After losing roughly 3 minutes on the lead group I chased extremely hard to try and catch back up. 20 miles later I caught the group at the foot of the climb we had descended before the flat. By this time I was already extremely fatigued and was already redlined so once the group accelerated I couldn't respond. I then joined a chase group of 11 where we worked to try to catch the group. But during the turnaround to start the second lap a car (which was not involved in the race) stopped right in front of me and I hit the cone then fell into the car but jumped off my bike before I fell on the ground. By this time I was so tired and frustrated with my day I pulled out of the race in order to save what was left of my legs for the criterium then next day. Ian went on to finish in the lead pack, which was a very solid result and was even able to avoid the big wreck during the sprint. So even though the race didn't turn out to my liking my teammate had a solid day and I got in some great time trial practice, which will come in use later this season.

-Tyler W

5. Mothball Criterium

1/30/11

Santa Barbara, CA

Tyler Williams

8th Mothballs Criterium

Senior Category 3

1-30-11

This was my favorite criterium I have ever done. The course was shaped like a D, which I thought, kept it much safer. When we started with a 50 man field for the 55 minute criterium it was steadily raining but was looking like it would clear up shortly and it was mid 50's. There was a strong headwind on the finishing straight making it very difficult. The race started out very fast with all of the juniors attacking like crazy.

As expected there were no breakaways formed as the pack kept an average pace of around 28 mph. The first prime I found myself locked on to the wheel of Eric Volotsky who is the Junior 15-16 Criterium National Champion from last year. I was able to jump a bit early in a section of cross winds about 400 meters from the line and win the first Prime. After this I sat in for the remainder of the race until the last 5 laps

where I got on the wheel of Team Echelon Santa Barbara's lead sprinter who had a lead out man. I fought for my life to stay on this wheel during the last two laps moving riders out of my way and even some shouldering and other tricks just to stay on this wheel. In the finishing straight a rider jumped from the far side with 300 meters to go. The reaction from the Echelon lead-out man was a bit slow and I got boxed in till the last 150 meters I was still able to hold on for a 8th place finish which I was happy with after such a tough race.

Tyler Williams

Tyler Williams

3rd Place

Mothballs Criterium

Juniors 17-18

This was the toughest criterium I had ever done. The winds had picked up to 25 mph on the finishing straight and it was a direct headwind. The weather had dried out and it had warmed up nicely. I lined up to the line once again accompanied by teammate Ian Moore. The race was a 25-man field including two previous national champions, the current SoCal junior 17-18 criterium champion and the Junior SoCal 15-16 road race champion from last year, as well as many other strong competitors. The race started out like most junior races do with about 3 attacks per lap. As normal it stayed together, but on the 6th lap I attacked on the finishing straight with Ian on my wheel and we formed a very strong lead group of 9 riders and catching out the strongest sprinter in the race and a few other very fast riders. Our group worked very well together for the rest of the race Ian and I both keeping a close eye on the other racers. With 4 laps to go there was a significant gap left between Ian and the next rider who decided he didn't want to pull through. Ian saw the opportunity and jumped. Only two riders took up the chase so I grabbed third wheel. This was a great opportunity for Ian and me since it forced the two strongest riders in the group to chase him down and I was able to sit in and rest. With 3 laps to go the two riders had let the gap go out to 15 seconds and allowed me to go to the front where I slowed it down even more. But with 2 laps to go a very tough chase had been mounted and Ian was brought back going into turn one on the bell lap. I saw this as my chance and no sooner had he been caught I jumped and gained 50 meters. But two other riders were trying to chase me down coming onto the finishing straight. The headwind felt like a brick wall and I had 400 meters to go, but my legs didn't have much left I was falling apart. I looked back with 200 left and saw two riders sprinting up behind me, I was caught and passed with 100 meters left but was able to hang on for 3rd Place. Even though Ian or I didn't win we showed great teamwork and great representation for our sponsors at the front of the race the whole time. I was very

proud of how well we worked together. Ian was able to hang on for 9th after a terrific attempt at the win. Thanks Ian for some great support and exciting racing!

Tyler W

Ian Moore

16 years old, Senior Category 3

9th Place Mothballs Criterium Jr. 17-18

Well, they say almost only counts in horseshoes and hand grenades, but I almost won. I decided to do the Junior race and the P123 and not the cat 3, so we got to go down to Santa Barbara a little later. When we got there I watched the finish of the cat 3 which Tyler was in. It had rained hard earlier that day, but it just sprinkled off and on before the race, and the roads were dry for the most part. The course has two 90 degree right hand turns, and a long sweeping turn. From the start with about 25 junior 17-18's, I went to the front, and pulled off. There was lots of surging, and attacks early on in the short 30 minute race. Cory Williams attacked a couple times, and Kyle Torres, but nothing formed a break. Then about 10 minutes in, Tyler attacked with me on his wheel, we went around a corner, then I came around him and continued the attack. We had a breakaway of about 6 riders, but then a few bridged up, and it was a break of 9. We worked hard, and got about a half a lap ahead of the main group. Then with 5 laps to go everyone knew we would stay away, so no one wanted to work, with 4 laps to go I was at the front, then I pulled off, but no one came through, I looked back, and I had a big gap on everyone. Then I attacked, which gave me a bigger gap, I went as hard as I could. One lap down, then two, and I was still solo. Then one lap to go they caught me on the back stretch with about a half a lap to go. I yelled "go Tyler"! as he attacked by me into the last corner, to finish 3rd. After being solo for 3 laps, I was shot, and rolled across after the other riders in the break. Great race for All Sport-Team Swift!

-Ian

Ian Moore

30th Place Mothballs Criterium Pro1-2-3

My legs were tired from my hard effort in the juniors race, but I lined up in the 65 person field, for the 75 minute P123 race. The race was fast, and I sat middle of the pack most of the time. One lap I moved up to the front, and was hoping they would call a prime, but they had to wait until the next lap. I was at the very front for about 5 seconds. The last 5 laps the pace picked up a lot, as we caught the break that was up the road. I moved up towards the end, and got 30th.

The funniest thing of the race was a guy in the breakaway that almost stayed away got a flat, and didn't have any wheels in the pit, so he said he knew me (he didn't) and took my rear wheel. I bet he was surprised when he went to sprint, and realized he had junior gears. This race was fun, good training, and a good experience.

-Ian

6. Cal Aggie Criterium

1/29/11

Sacramento, CA

Drew Gonzales

15 years old, Senior Category 4

6th Place Cal Aggie Criterium Junior Race

I was nervous for the Cal Aggie Criterium. It was the first race I've done since the Tuesday Night Twilight's in Santa Rosa so I felt like getting dropped was more than a possibility, but I did my best to ignore it. My teammates John, Griffin and I all went in the same car and arrived in Sacramento around 6:2AM so we'd all have enough time to warm up before the 8AM junior start. The first few laps of the criterium, a few racers from other teams were landing several attacks that Ryan Grant, Griffin Wigert, John Morehouse, Stanley Goto, or I would chase down, however one break got away. A lap after the break got away, I tried to chase them down but two other riders jumped on my wheel. At first I thought they would just sit in and try to pull me back, but they worked for me instead. What was weird is that they had a teammate in the break and kept pulling me forward. We never caught the break and finished together.

-Drew

John Morehouse

10th Place Cal Aggie Criterium Junior Race

Race entered: Juniors and Senior Category 5

This is the first race I haven't gotten dropped. I felt fantastic in the junior's race, and just listened to Stanley as far as what to do. He gave me some great advice, and I actually felt like I helped. The cat 5 race was a bit different. The last category 5 criterium I did I got lapped twice, so I was a bit nervous. There was approximately 7 minutes in between the two races so I didn't even have time to eat! I was able to sit in the pack until 3 to go. There was a crash (the course was wet, I'm surprised there wasn't more crashes), and then a group in front of the crash attacked. I was able to bridge back into the group, but it was painful and took a long time. As soon as I got back into the front

group they hit the gas again, and I bonked. I fell out somewhere in the middle by the end of the race. I really learned the importance of teamwork at this race! -John M

Drew Gonzales

14th Place Cal Aggie Criterium Senior Category 4

The senior category 4 race was much better and much bigger. I looked back before the start line and saw the other 70+ riders ready to race. I knew that cornering would be a problem with a pack this large. On one of the wet turns on the course, the entire pack would slow to around 12 mph because people were taking bad lines and there was a muddy gutter on the inside of the corner. Handling the corner was a tough task with the entire pack surrounding me, but I held my line and had no problems with it on any lap during the race. There were a few close calls that I heard behind me on that corner and I remember a loud "thud" behind me cornering it once during the race.

On the last four laps, I felt the pack pick up speed and noticed one junior sprint dangerously to the front of the pack, upsetting the majority of the men in my race. They went off at him because he moved up right before the hard left that had the muddy gutter on the inside of the corner; then going through the corner, the entire pack slowed even more because of the other juniors sprint. This was an important turn because the entire pack just scrunched up and I was moved back in the pack with 4 laps to go. Then the following lap I moved up to third and stayed there with two to go, but that was when my legs started to hurt and finding a draft was difficult because the pack was so anxious. With one to go, I moved into the top ten for the sprint then, coming around the corner before the finish line, the pack scrunched back up and a few riders passed me pushing me back. I saw the finish line and took off, but so did the rest of the pack and my legs couldn't get me to the position I wanted. I finished 14th in a pack of 70+.

I felt much better about the 4's than the juniors because it was the largest pack I've ever been in and before the race; I had doubts about how I would place.

-Drew