

All Sport - Team Swift Race Reports June & July 2011

Race Reports for:

1. Tour de l'Abitibi
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June & July Top Results (US Junior Nationals are in a separate report):

1 st Place	Tour of Abitibi, Team GC	Juniors 17-18	Tyler Williams
1 st Place	Taleo Criterium	Senior Category 3	Tyler Williams
2 nd Place	Colavita Gran Prix	Senior Category 2	John Piasta
2 nd Place	2 Wheel Criterium	Junior W 17-18	Libby Caldwell
2 nd Place	2 Wheel Criterium	Junior 15-16	Drew Gonzales
2 nd Place	Nevada City Classic	Juniors 17-18	Chris Flanagan
2 nd Place	Davis 4 th of July Criterium	Juniors 15-18	Tyler Williams
2 nd Place	Davis 4 th of July Criterium	Senior Category 4	Tommy Lucas
2 nd Place	Cascade Classic, Stage 1	Senior Category 3	Ian Moore
2 nd Place	Cascade Classic, Stage 2 TT	Senior Category 3	Ian Moore
2 nd Place	Mount Diablo Hill Climb	Juniors 13-14	Zach McClendon
3 rd Place	Davis 4 th of July Criterium	Juniors 15-18	John Piasta
3 rd Place	San Rafael Twilight	Senior Category 4	Tommy Lucas
3 rd Place	Colavita Gran Prix	Senior Category 4	Tommy Lucas
3 rd Place	Cascade Classic, Overall GC	Senior Category 3	Ian Moore
4 th Place	Dunlap Time Trial	Juniors 17-18	John Piasta
4 th Place	Davis 4 th of July Criterium	Juniors 15-18	Joey Nygaard
4 th Place	Davis 4 th of July Criterium	Junior W 15-18	Libby Caldwell
4 th Place	Berkeley Bike Club Criterium	Senior Category 3	Joey Nygaard
5 th Place	Davis 4 th of July Criterium	Juniors 15-18	Remy Canto-Adams

5 th Place	Berkeley Bike Club Criterium	Juniors 17-18	Remy Canto-Adams
6 th Place	Dunlap Time Trial	Juniors 13-14	Zach McClendon
6 th Place	2 Wheel Criterium	Pro, I, II	John Piasta
6 th Place	2 Wheel Criterium	Senior Cat 3 & 4	Tommy Lucas
8 th Place	Dunlap Time Trial	Juniors 17-18	Joey Nygaard
8 th Place	Davis 4 th of July Criterium	Juniors 15-18	Drew Gonzales
11 th Place	Dunlap Time Trial	Juniors 17-18	Remy Canto-Adams
12 th Place	Colavita Gran Prix	Pro, I, II	John Piasta
13 th Place	Cascade Classic, Stage 3 Crit	Senior Category 3	Ian Moore
15 th Place	2 Wheel Criterium	Women Category 4	Libby Caldwell
16 th Place	Taleo Criterium	Pro, I, II	John Piasta

Rider Race Reports

1. Tour de l'Abitibi 7/18-24/11 Val-d'Or (Québec), Canada

Tyler Williams

Tour De l'Abitibi Review

<http://www.tourabitibi.qc.ca/>

Tour de l'Abitibi was a great race to have the opportunity to get to do with the National team. This race is a 7 Stage nations cup race. There were National teams from Japan, New Zealand, France, Thailand, Mexico, Guatemala and Kazakhstan. As well as the Canadian National team and regional teams. There were a total of 132 riders. The team that USA brought was one for the General Classification (GC). The final GC we thought would be decided on stage 3 the Individual Time Trial. The first day was supposed to be tough but just feeling things out. The race was fast from the release out of the neutral. There were many attacks and team USA was in all of them. I was able to get in a move that lasted nearly 40k. After we were caught I went back and got bottles. Shortly after I returned and right after an intermediate sprint a move of 8 guys got up the road. This ended up being THE move and no matter how many guys we had on the front we couldn't get it back. I was able to find a good position in the sprint and got a top 4 in the bunch sprint. If I hadn't of chased I would easily have won the bunch sprint, but the team comes first. The next day we were determined not to get caught out again. Alex Darville and I were told to mark the early stuff and the GC guys get the later moves. Today nothing went and it finished in a bunch sprint I was absolutely shattered from marking moves and had nothing left for the finish. Stage 2 was a 108km

day with a 31 mph avg. Stage 3 and 4 were on the same day with the Time Trial in the morning and a short road race in the afternoon. My goals were ambitious for the TT even though it is not my specialty. I knew with the short distance of a 12.5k that I could do well. I ended up getting 16th and the team got 1st, 3rd and 10th. It was a great stage for the team. This put our guys into 3rd 4th 11th 16th and I was 18th all within a minute. The second stage of the day was 52k but we knew it would be uneventful. Unfortunately for me when contesting for position in the sprint I got my front wheel taken out and hit the ground at nearly 40mph. I was lucky not to get very injured just road rash and sore muscles but I had lost my GC spot which was disappointing. The last 3 stages I was on the front or getting bottles or marking moves but didn't have the legs left for any sort of big result at the end of the stages. I did enjoy getting to try and split the field in the crosswinds and ride hard without too much pressure but wonder if I hadn't of had the bad luck the kind of results I could have put together. All in all it was a fun race with great experiences and we were able to win 1 stage, the young rider's jersey, and Team GC.

Tyler Williams

2. West Coast Regional Development Camps

Moraga, CA 7/31-8/5/11 (Drew Gonzales, Joey Nygaard & Chris Flanagan)
Forest Grove, OR 7/25-7/29 (Ian Moore & Remy Canto-Adams)

Drew Gonzales

16 years old

Junior/U23 Regional Development Camp

Moraga, California

I attended the regional development to better my skills on the bike and my handling in a pack so I could get an advantage on the rest of my competition in races, however the first two days of camp were used to take our field tests. In the first field test, we were required to climb a 5 minute hill so that USA cycling could get an estimated number for our power to weight ratios. This number will allow USA cycling to have a little data for all the riders. Taking the tests seriously, I went to bed earlier than the rest of the riders at camp and woke up early to prepare myself so I could perform my best effort at the test. I went to breakfast that morning thinking about my test, so I ate the closest meal I could to my pre race food, which included eggs, toast and orange juice then returned to my room to make sure my bike was in tune. I put on my All Sport-Team Swift kit, Smith Glasses and Lazer Helmet. Then strapped on my Sidi's, and threw my legs over my awesome TIME bike.

When we arrived at the base of the climb, I warmed up with a 30', 60' then 30' pyramid effort to prime my legs for the short 5 minute effort up the hill. Going up the hill, I felt the pain through my quads. I put everything I had into going faster and faster up the hill, but kept my head down the entire time. I looked up once right before the finish to see Larry Nolan with a stop watch at the line, which is when I began to sprint for the line. I grabbed my hoods, put on the pain face, then shifted up and crossed the line with a time of 5:14. I was happy with the result. I placed 4th in the camp of 34 behind, in this order, Nick Newcomb, Bryan Duke, and Chris Flanagan.

On the morning of the 20 minute time trial, I woke up a little later because I realized that I had a little more time to sleep in, and therefore do better in my 20 minute time trial. I knew this time trial wouldn't be as fast as the 5 minute time trial, because overall, I do better in short efforts rather than long ones. I had the same breakfast, threw on the same kit, shoes, and grabbed the same bike. The ride to Mt. Diablo, the venue of the 20 minute time trial, was around 30 minutes long so I was pretty warm by the time we arrived. I waited nervously for my start, but ignored the shaking my legs. During the trial, I sweated a ton of my water out, so I poured some water over my head and drank as much as I could to sustain my water levels. Most of the time trial went by fast because I was in too much pain to notice my surroundings; however I always remember my sprint. Around the corner was the finish, and the people at the finish could see me coming. From the finish line, I heard teammate Joey Nygaard scream sprint so I grabbed my bike by the drops, shifted up and went Cadel Evans on the finish. My time was 20:46.

The skills clinics were a lot of fun, especially the bumping drills. The 33 of the riders were all over the grass running into each other trying to knock each other off. This drill was really fun because we all, as riders, don't often experience bumping in American races, and a lot of us felt really comfortable on the bike so we could hit each other as hard as we wanted and gain handling skills while doing it. The other skills were fun, but they felt more like routine drills than fun exercises. Overall I was excited with my experience at camp. Meeting a bunch of people I don't normally race with was a lot of fun and the group of guys there was brilliant. I highly recommend attending this camp because riders are given the ability to take the field tests, meet other riders and learn from the skills exercises, but most importantly, have fun!

=Drew

Joey Nygaard

17 years old

West Coast Regional Development Camp

The first day we got to camp around 2 pm and got situated in our dorm rooms. Once we were all set and everyone had arrived, we had a quick meeting and introduced ourselves. After this we were ready to go for our first ride as a group. It was a short ride, pre-riding the first field test which would take place the next day. It was a short but steep climb which took about 5 min. We were joined on our ride by Freddy Rodriguez. He helped us navigate some of the steep sharp hairpins, showing us the best lines to take around them so we would not lose any time during the test. We did a loop back after the climb and we all tried to hang on to Freddy's wheel as he flew down the descent. Once we got back it was time for dinner and then bed. It was a short day but knowing that the rest of the days would be packed full, I was not complaining.

Day two came bright and early since we had our first of two field tests. Just like before any race, I tried to eat a big breakfast with lots of carbs but not too much plain sugars and sweets. After breakfast we all walked back to our dorms from the cafeteria. We got kitted up and then rolled out as a group to the field test. Once we got there we had about an hour before the first person would begin their test. I was pretty far back in the starting lineup so I took my time. I rode up the climb once very easy and then again a little harder before I started any sprints. I did a few one minute pyramids and then it was time to weigh in before the test. I got up on the scale with my bike and then without my bike. This plus my time up the climb would give me a power to weight ratio which the camp would send to USA Cycling and would determine if I got on the National Team or got invited to National Camp. I decided that since it was such a short and hard climb I would just go out pretty hard, saving a tiny bit in the tank for the final, steepest section. I jumped off the line and started to go hard. I reached the stop sign faster than I remembered it taking which gave me confidence. I was already hurting a lot but I pushed past it, coming to the big hairpin which marked the halfway point. After this point it kicked up a lot steeper but was only a few more corners to go. I went all out, pushing past the pain, trying to suffer even more. I crossed the line totally dead with a time of 5:15. My legs had not felt that great but I had pulled off a decent time just by suffering. I was also satisfied that my time was 15 seconds better than the previous year which, on such a short course, is a lot of time. After everyone had finished we returned for lunch and then skills in the afternoon. By the time we were done with skills we had spent about 5 hours or more in our chamois. We all rushed back and fought over who would take the first shower before dinner. After dinner we had our first cycling school where Mike McCarthy talked about himself and the path to his world championship. Once this was done we were all super tired from the long day and, with the next field test the next day, we all went to bed.

The next morning was very similar to the previous one except we had a 20 min. field test instead of just a 5 min. For my warm up I focused less on the sprint efforts and more on longer TT zone 3 intervals up Mt. Diablo. I was being chased by the winner of the first field test, Nick Newcomb who was most likely going to win again during this

field test. I went off the line strong but not too strong. I immediately sat down and started to get into a rhythm. Nick passed me after only 5 min. of climbing but once I had fallen back a little bit I tried to match his tempo from afar. I found that it was not that difficult. I kept him in my sights the whole way up the climb, almost catching him when I ramped it up going all out for about the last kilometer. I had the advantage of knowing right where the climb was going to stop after doing it last year. I looked at my time as I crossed the line and I was pleased to see that I was less than 20 min around 19:43. I later found out that my official time was 19:38. I was pleased to be there because it was a minute better than my time the year before. My legs had felt better than the day before but I think I did very well at pacing myself up the climb, steadily ramping up my effort. Just like in the first field test I was 5th place. We waited for everyone to finish the test and then we rode back to a small park where we ate lunch. Once we had gotten back to St. Mary's we had a few hours of down time until we had an hour of Core and Stretching. It was tough, we were all very stiff from our field test and we had to do a bunch of stretching and core tests. This information was also going to go to USA cycling. We left for dinner and then another class afterwards.

Now that we were done with our field tests we were all less stressed. We were glad to just enjoy a normal ride with no official tests. The next day we rode the Berkeley Hills Road Race course and had races around the course and it was super fun. It reminded me of the real race. When we got back we had another session of skill drills which was very fun. It was another long day in the kit and so once again we raced back to the showers before dinner. We had another class at night once again and then off to bed.

The next day the schedule switched up a little bit. We had skills in the morning and then a ride in the afternoon. We went to Redwood Road and practiced leadout trains. It was very fun and on the way back we split up into different groups and just flat out hammered all the way back. It was a blast. We got back with a few hours before we had to be at Core and Stretching. Once again it was really tough but I was doing better than the first day. We had the final class at night and then we went off to bed.

The final day we went for a ride in the morning and then we all got packed and gathered out front to receive our awards. It was a super fun camp, almost more fun than the year before and I will miss all of the friends I made.

--Joey Nygaard

Ian Moore

17 years old

Northwest regional development camp

After the finish of the last stage of the Cascade Classic I drove straight to camp in

Forest Grove, Oregon. I was surprised to see how nice the dorms were at Pacific University where we stayed. I think they were brand new. It was the biggest camp in the country they said, with almost 40 people. Monday, the first real day of the camp, we rode the 5 minute time trial course. It was not a continuous climb. The course started out false flat, went down slightly, and then had a steep roller. It then goes down; there is a left and then an uphill right onto the main climb. This continues for a while, until it goes down a little before the final stretch up to the finish. Later in the day, and night, we had talks on different things. Early Tuesday we went down to the room where the bikes were to get weighed with and without our bikes, so they could later determine our power and numbers. Then we went out on our bikes and did the 5 minute test. I was third by a millisecond, and a couple seconds from first. Later that day we practiced cornering, pace lining, and skills. We had lectures that night again. Wednesday we did a fun team time trial. There were 6 person teams made up from the results of the previous day's testing. Thursday we did the weighing again, and then rode for about 45 minutes before doing our 20 minute test. I wish I could have ridden the course before doing the TT, but I went as hard as I could. This course was up the whole way, ranging from slight to steeper, never where you felt like it was really a climb though. We also had a big head wind. I got 2nd in this test, a few seconds from first. Later in the day we did bumping drills, which were fun, practiced feeding, and practiced echelons. We had more lectures that night as usual. Friday they took a group photo and then we had a ride before leaving. I was 1st in the 17-18 in all the testing, 3rd Place overall in the 5 min test and 2nd Place overall in the 20 minute test. Development camp was fun, and the housing/riding in Forest Grove was great.

-Ian M

Remy Canto Adams

17 years old

Northwest Regional Development Camp - Forest Grove, Oregon

The Northwest Regional Development Camp was one of the best experiences of my life. The top notch collegiate atmosphere, along with incredible coaches and staff and nearly flawless weather made my time there very enjoyable and memorable.

Day 1:

Camp was busy right out of the starting gate with an early wake up at 7am and breakfast at 7:30. Then it was off with the other 36 riders at camp to go recon the 5-minute time trial test course. We rode the course once at an easy pace to pick out the cracks and bumps and then once at speed to get feeling for which gearing would work best for us individually over the roller and climb. After the ride we went back for

lunch at 12:30. After lunch we attended our first class/ lesson on strength training, recovery, and stretching. The lesson provided us with a ton of information and great ideas/ ways to maintain fitness in the off-season. After dinner that evening, the coaches held their presentations and discussions of race preparation, training and tactics, and a time trial prep talk.

Day 2:

5-minute time trial test today. I was ready because I had spent my free time the night before mapping out where to switch gearing along the course maps they had provided us to have one less thing to worry about during the actual test. Breakfast that morning was buzzing with strategy and eager spirits. Then came the test. They allowed us one pre-ride before we did it for real and I felt good. I started the test off with a bang and felt great slamming a huge gear down the course and over the first roller. Right turn at the 1-mile marker and headed into a 35mph+ descent. I wasn't able to transition smoothly enough into the gear I had wanted to be in to carry the most speed over the climb. So I spent the first half of the climb mashing over 1300 watts causing me to red line at the roller after the top of the climb about 500 meters from the finish which really disappointed me. I had planned my gearing for that not to happen but my effort was good enough for 14th out of 37 riders less than 25 seconds off of the fastest time. That evening we had our usual talks and lessons. The coaches met with each of us to discuss our time trial ride. They also held presentations on training plans, physiology, and junior racing which really opened my eyes on how detailed you could make a training plan for every specific goal you had.

Day 3:

Today was the team time trial drill, which I was super pumped for! We rode out that morning to Hagg Lake, which was really beautiful on that warm, clear, sunny day. We broke into groups of 5 or 6 riders based on our performance on the 5-minute test to maximize our group's ability to work together well. Coaches were assigned to each group to guide us and to give us advice on our rotation and when to rotate within the group to maximize speed and draft over the varying terrain we were riding on around the lake. After the team time trial that afternoon, we worked on cornering and braking drills in a huge parking lot and paceline skills, both at speed and slow motion to break down the basic and essentials of each respective skills. That evening the coaches gave presentations on training with power, nutrition, and technology and disciplines of cycling. The best presentation in my view was the nutrition one because it covered everything under the sun that a cyclist would need to know from fluid amounts for specific circumstances to the entire nutrient requirement the body needs for racing, recovery, etc and what foods they could be found in.

Day 4:

20-minute time trial test today. I was a little unhinged about today's test because we never got to see or ride the course. We just got a general overview of the course and road, much less detail than I had wanted but still better than going cold. The course was about a 30-minute ride out which allowed for a decent warm up. I started the test off a bit too hard since the first mile was a slight downhill. Then the consistent uphill nature of the course came into play with gradual uphill pitches that allowed me to carry a lot of speed in the first half of the course due to the long straight roads where you could see nearly a half mile in front of you and the riders which had started 1 minute ahead of you. I was able to keep the two riders that had just started before me at a 30 second gap for the first half of the course giving me a ton of motivation to catch them and still gain time on them. Then on the second half of the course with its numerous twists and turns in the road causing me to lose sight of my target riders in front of me. With the loss of the sight of the riders in front of me and the uphill pitches getting steeper with each one, I seemed to be coming to a crawl. Then with the sight of the 3k and 1k to go signs gave me great motivation to dig deeper and throw everything I had at the course and get across the line with nothing left in the tank. That afternoon, the coaches did some more presentations and then that evening the coaches did more presentations in detail on bike prep pre-race, basics of bike maintenance, and how to get motivated!

Day 5:

Last day at camp. This meant it was time for the group photo in the USA jerseys, individual photos and a fun ride with all our new friends for the last time before we had to say good-bye. The group photo was really cool because we all were wearing the same jerseys and there were 37 of us, largest camp in the US, filling the whole photo behind the sign of the university we were staying at. The ride was fun because it was at an easy pace allowing us to just relax and talk with everyone for the last time on the bike. We broke into two groups after our first loop. The coach with our group let us do a group sprint to an uphill stop light two corners before we got back to the university – I won by supposed by 200 meters, at least that's what the guy who got second said!

Overall, the camp was a fantastic experience for me as a cyclist and great as individual because it was at a college which gave me the opportunity to experience college dorm life. It was fun meeting people from all different parts of the country and world – since the New Zealand Junior Women national champion attended the camp!

-Remy

3. Dunlap Time Trial (Junior NCNCA State Champs)

6/11/11

Davis, CA

John Piasta

4th Place Dunlap Memorial TT-State Championships Juniors 17-18

I was excited for the Dunlap TT because it would be a good gauge of how my Time Trialing was coming along before Nationals. Joey and I warmed up under the trees to stay out of the rain and after an hour of warming up it was time to start.

From what I remembered the year before the way out was slightly uphill and the way back partly downhill. Yet this year I realized that to not be a reality and was just the wind. I started, got into my position and was feeling great. Comfortably spinning my 14 I made it out averaging 46.5 kph and thought I was on for a winning time. Yet the way back was much harder. What I thought was downhill last year was a tailwind and the winds were reversed this year. I was killing myself to make it back, struggling to find a rhythm, and really fighting with my bike I crossed the line maxed out but was disappointed to have not made the podium.

I learned I need to work on my cadence because that seemed to hurt me on the way back, but I was happy to have left the racing knowing I went as hard as my body could.

2nd Place TTT:

We made a team for the TTT since it was dry and wanted to spend more time on the TT bike. Alec Kassin and Nick Kinney from Whole Athlete joined Joey and me for the race. We started with a rotating pace line and as it got harder transitioned to taking 20 second pulls for those that could. We quickly started passing teams and were all having a great time. Nick started struggling after his earlier TT effort and after getting dropped it was left to 3 of us and another 15k to go. Joey, Alec and I were passing teams every straight. The final tailwind was rough for Joey and me since it was a fast tailwind and being spun out it was difficult to take good pulls. After crossing the line we were happy to have averaged nearly 30 mph for the entire race and are looking forward to more composite TTs.

-John P

4. Joe Mendes Criterium 6/11/11 Pleasanton, CA

Libby Caldwell

Joseph Mendes Criterium

Cat 3/4 Women

Place: Dead Last

I've raced in the Tuesday night Twilights, but this was my first real criterium where I wasn't racing middle aged men for loaves of bread. Once the bell went off for the start girls were sprinting like crazy for positions at the front. I didn't really care

what place I was in around the first corner just as long as I stayed on. I didn't really realize that if I wanted to stay with the group I had to sprint out of the corners full gas. About five minutes into the criterium I went around a corner too wide and hit one of the reflectors in the middle of the street and when I looked up the group was leaving without me. I kind of bounced my way out of the slipstream and I worked my butt off trying to get myself back on but I never did. I was going way harder than before trying to catch up but every lap I found myself farther and farther behind. About halfway through one of the USA cycling officials told me to stop, and wait for the group so I could get back on. I would receive last place and not be able to sprint but I could at least get to finish the crit. When I got back on I had no trouble staying on and I tried to keep myself in mid-pack.

I had fun after I got back in and learned a lot from this experience. It was really cool to race in this criterium because the majority of the girls were 3's so I got to see what it would be like to race with them. It was also really cool because I got to race with ex-swifty Lauren Catlin and see her sprint to 6th place.

-Libby

5. Taleo Criterium 6/12/11 Benicia, CA

Tyler Williams

1st Place Taleo Criterium Senior Category 3

Taleo Criterium was set to be my last Cat 3 race. I had spent the last week up north training with the team and had done a 5 hour training ride with John Piasta the day before in preparation for nationals. The goal for the race was to sit in and get in some motor pacing then sprint at the finish. It was also fun to have Drew Gonzales in the race with me as well giving me another card to play during the race. The course was absolutely great! It was an uphill finish the climb was around 400meters long then a fast tricky descent into a crosswind section then a right hander into a head wind before going back up the finishing straight. The race started out as a usual 3's race. Some attacks quickly marked and then surprisingly a fairly quick tempo. Drew and I both stayed out of the wind but right near the front. I noticed a spot where the wind angle was just right to have a successful attack so I warned Drew about it. It just so happened that a few laps later right in that spot where I knew there would be an attack someone went. I followed some wheels and ended up in a 4 man move off the front with 6 laps to go. I didn't pull much till I knew that it was all or nothing then I ended up pulling 60% of each lap. With one to go I knew that I still had a lot more legs than everyone else and I saw that the group was coming. So at the top of the climb when the guy on my wheel left a slight gap I hit it and took a few risks on the downhill and

hit the crosswinds with about 5 seconds on the chaser. I was able to ride it all the way to the line and win solo. It was a very cool win to have just because it was my last Cat 3 race and to win solo was a great experience.

-Tyler W

John Piasta

16th Place Taleo Criterium Pro, I, II

Benecia is one of my favorite towns in Norcal to have a bike race. It's right on the water, almost always nice weather and is an overall great environment. Tyler came up for the weekend as we finalized our preparations for Nationals and the two of us went down with our parents for the Cat 3 race which Tyler would win and later the P123.

I watched Tyler's race from a restaurant and he was doing awesome. I knew he would win and he ended up winning solo. That's a pretty awesome effort when considering our 4+ hour ride the day before. After he finished we taped up our aching joints with K-tape and spun around for a bit. As I warmed up I could tell I was feeling pretty good.

Then the suffer fest began, I missed my pedal at the start and ended up being at the very back for the first lap. The first half of the course was about a 4-7 percent climb (with parts as steep as 12%) and the last was a ripping fast downhill into a hard crosswind. I knew it was a race of attrition so I was patient realizing the lack of hurry. I moved up the next lap and Tyler and I were up near the front. It was awesome getting to race with him again. The both of us covered attacks from a United HealthCare rider and a Garmin development rider. Eventually I stopped seeing Tyler and the race was staying very fast.

As the more important attacks started happening I made sure to be in everything. I did not have the jump in my legs to follow attacks because of my prior hard week of training; however, I could tell my legs were capable of a very fast tempo, so I would to wait and bridge solo.

This was working very well and I was in everything as the pack was becoming much smaller. Eventually Kirk Carlsen from Garmin got up the road with a Webcor rider and it was game over. At this point I just followed moves and focused on keeping good position. With 2 to go I wanted to practice positioning myself well for the field sprint and started following Erik Wholberg. I learned a lot from that lap seeing how he timed moving up perfectly so he was never moving backwards. I was riding very stubborn and entered the final corner 3rd wheel. Now sprinting was a struggle. I stood up and there was nothing, all I could do was motor to the finish and was passed by 10 people. I was disappointed but got what I came for which was a great workout. I am confident my sprint will be much better come Nationals.

-John P

6. 4th of July Criterium

7/4/11

Davis, CA

Tommy Lucas

2nd Place

Davis 4th of July Criterium

Senior Category 4

So to start off, the day was extremely hot with a blistering 102 degrees. My mom and I got there in time to watch the 3's, about an hour and a half before my race. My mom and I sat on the first corner after the finish and cheered on my teammates. While watching that race, we were told that the day had been full off crashes, crashes, and more crashes. I was kind of worried at the moment but tried to stay cool, calm and collected. When the 3's finished I thought it would be a good time to pre-ride the course to know what I was getting myself into. When lining up on the start line, I wasn't where I preferred to be which is always on the finish line but instead I was in the back. Once the race started I immediately shot my way through the pack and into the top 8 places and stayed there for the remainder of the race.

The race went real smoothly for me with a few breaks getting away. On the final 3 laps, two guys from the same team got away and I was right there with another guy following, but soon realized that it was a bad decision and slid back into the front of the pack. From then on I knew it was going to be a bunch sprint. Coming around on the last lap I got into third position and battled for it with all I had with other riders. And coming into that last corner guys were starting their sprint early and I had no choice but to go with them. I sprinted with all I had and was coming up on the guy that had won, but I ran out of road and placed second.

I am very happy with my result from this race considering the heat and amount of crashes there were. Everything went smoothly as well for the team and it ended up being a great 4th of July!!!

-Tommy

7. San Rafael Twilight

7/9/11

San Rafael, CA

Tommy Lucas

3rd Place

San Rafael Twilight

Senior Category 4

This was my first twilight so I was very excited and I heard from other riders that this was a very fun and exciting course. I got there pretty early while they were still setting up and my mom and I just hung out at the car. We took a walk around the

course, so I could get a good idea of what to look for on the road. Then it was just a matter of waiting until the race started. About 20 minutes before the race I headed down to the start line and was in the first row. As soon as the official blew the whistle the race started and it got off to a fast pace. My main objective for this race was to sit in the top 8 places and wait for the sprint but what I didn't know was that this wasn't going to be just any normal sprint.

As the race went on several attacks got clear for the primes but none stayed for more than 3 laps. Overall I was feeling great and was never in the wind once. Coming down to the last three laps an attack went of about 3 or so riders and I assumed that they would probably be swept up by the field. So as we got down to 1 lap to go the break was still up the road and I was getting kind of worried. On the back straight away of the course a rider attacked out of the field, caught the brake, past the break and kept going. In response a rider and I attacked out of the field, caught the break and were passing riders on the downhill, which was very sketchy. The rider and I came out of the final corner very wide and started our sprint. We caught the rider at the line but he held on to win. I was amazed by the gap we had on the field as we past the line but I am very happy with my performance and I got on the podium!!!!!!!!!!!! And that's what I wanted most.

-Tommy

8. Cascade Cycling Classic 7/21-24/11 Bend, OR

Ian Moore

2 nd Place	Cascade Cycling Classic, Stage 1	Senior Category 3
2 nd Place	Cascade Cycling Classic, Stage 2 TT	Senior Category 3
3 rd Place	Cascade Cycling Classic, Overall GC	Senior Category 3
13 th Place	Cascade Cycling Classic, Stage 3 Crit	Senior Category 3

Stage 1:

Stage 1 is a 71 mile road race that starts out with about a 5k climb. After this the riders go downward at very fast speeds for a long time. The course then is filled with long rollers and fast descents, the longest of these being the 1st feed zone climb. This was followed by a descent, lots of rolling terrain, then the next feed zone which marked the beginning of the last 21 miles that rolled upward until about the last 10k where the real climbing started. It is false flat into the finish up at Mt. Bachelor. From the start of the race on the beginning hill the pace lifted quickly, but then settled back down and I just protected myself from the wind. On the long downhill I did the same. I figured that today a break would not last, and the front group would stay together and the race would be decided on the final climb. A break with a few riders went up the road early

and got up to about 2 and a half minutes, but we caught them, as expected, right before the climb. I pulled through a few times at the front, but not too hard. Towards the bottom of the climb there were lots of attacks and I followed wheels at the front. Towards the bottom a rider attacked hard, and dangled off the front. Not long after, I got in a group of 3 riders chasing the solo guy. I thought that it was perfect, and that we would catch him, but we didn't. A little while after the 1k to go I pulled through to the front of our threesome and then pulled off, then the next guy pulled off and I was second wheel starting the sprint. I started to sprint around the guy in front, but then he swerved off the course, thinking that we were doing a lap around the ski area like we did last year. I continued to sprint, and stayed ahead of the guy behind me. The solo rider finished off the front to win the stage by 35 seconds, and I got 2nd place with lots of time gaps in GC behind me.

Stage 2:

I have done this time trial course several times now and know the course pretty well. I knew I just had to go as hard as I could to the top, and then spin as fast as I could down. Technically you do not have to use junior gears in this race because it is an Oregon sanctioned race, and ORBA does not require junior gears, but I kept my junior gears on. As I started my warm up I got motivated by watching live as Cadel Evans took the yellow jersey in the TT at the tour. Our race was shorter this year, only 12 miles, more reason to go even harder on the way up. I started second to last in the lineup because of my result yesterday; therefore I knew it was a good sign when I passed people in front of me. I pushed really hard when the road got steeper on the way up. On the downhill I focused more than ever on putting as much power into the pedals even though I was spinning so fast, and I passed someone on the downhill. When the road went up slightly on the downhill I would go harder. I went around the last corner and then sprinted for the line. I got 2nd on the stage and made up 10 seconds on the GC leader. The person that won the stage beat me by 20 some seconds, which moved me into third in GC one second behind him.

Stage 3:

The criterium was in the afternoon the same day as the TT. I stayed very close to the front, and conserved energy. It was nice to get a call up at the start for my TT podium and GC status. It was especially helpful because of how the race on this course often gets strung out in a long line right from the start.

Stage 4:

Being one second behind 2nd and 25 behind first on GC I knew what I had to do today, attack. On the first two laps I stayed near the front, even more going into the steep hill. There were attacks, but the yellow jersey chased down everything, I was

happy to let him do this. On the 3rd lap I surveyed the steep climb and after it, for the next lap, when I would attack. On the next lap the guy 1 second ahead of me on GC attacked on the steep part, the yellow jersey followed, and I followed him; this rider attacked three times on this climb, so I waited until after the climb. After the crest of the hill we came across a big traffic jam caused by a rider crashing in another group. They told us to go slow through the cars, but a couple people attacked. After this there were three people just off the front, right before a steep roller, I attacked hard, bridged up to the people and then attacked again off of them. I went as hard as I could over the top of the roller and got a sizable gap fast. I then just got in time trial mode as the kilometers went by. With about 400 meters to go, right before the last right turn I got caught by the group. I finished at the back getting the same time as the winner. They did not give time bonuses on this stage like the normal 10, 6, and 4 on the other stages, so I did what I had to do to at least try and make up the 1 second to 2nd. I stayed 3rd on GC.

-Ian

9. MTB National Championships 7/12-17/11 Sun Valley, ID

John Morehouse

44th Place MTB XC Nationals Category 1/ Juniors 17-18

This race was anything but easy. Despite being at peak fitness, my body was not feeling strong. Going into the week I had a small cold, which flared with the elevation and little sleep 3 nights prior. The day before I felt queasy, and the heat and 6,000 foot elevation was not helping. The course was good though, starting with a 10 minute climb that was super steep and then going down a relatively technical descent, making 1 lap 3.6 miles. I woke up race day with a 102 degree fever in denial. Despite having every reason to stay in bed and call it a day, I gathered all my strength, and found my wheels at the start line amongst a huge field. Throughout the race I threw up everything in my stomach- yacking a total of 3 times. Nothing was going to stop me from finishing though, and that is exactly what I did. Hopefully I can have a better day next year!

-John Morehouse

10. Colavita Gran Prix 7/16/11 Novato, CA

John Piasta

2nd Place Colavita Gran Prix Senior Category 2
12th Place Colavita Gran Prix Pro, I, II

The Colavita Gran Prix is a long criterium with a hard uphill and a downhill finish. The course is over a mile and while racing seems more like a circuit race than a crit. At the start I knew I would be disappointed if I left without upgrade points. So I was going to race smart.

The race started and it was aggressive but extremely easy to sit in. The combined the Cat 3s with the 2s so the hardest part early on was keeping track of who was up the road. The whole race people were racing more for primes than for a breakaway. When I started attacking no one wanted to work so after my second attack I sat in for the field sprint realizing a breakaway was a hopeless cause. I knew with how downhill the sprint was there was no way anyone could win with junior gears if it came down to a field sprint. In addition, the hill was not hard enough to take away an advantage of drafting and ride away from the field. Plus the course was too exposed to last off the front in the final laps. So my only hope was working with the last 500 meters. It was a 300 meter sprint with the first 100 meters being a 6 percent downhill. I knew my only chance was jumping the lead out train right before the sprint. Red Peloton, Form Fitness and Whole Athlete fought to control the field on the last 2 laps. I sat comfortably in the top 10. Drew was excited to help but I told him to work for his own result and if he could follow my wheel. Into the last lap it was fast and no one was moving up. Going into the final corner I attacked on the inside but as I did someone had already gone on the right. I got a gap and grabbed his wheel. The downhill was so fast that I was spinning around 200 rpms. I started trying to come around but couldn't spin any faster. I ended 2nd in a photo finish which I feel is very respectable considering the situations and the guy who got 3rd told me he was spinning out his 53x11.

I executed the final 5 laps perfectly and can't be disappointed with a 2nd place...this time.

Pro, 1-3 Report:

The Pro 123 was going to be a hard race after racing an hour before hand. I spun around with Tim Farnham and Sterling Magnell before the start and got ready for a hard race. The race proved otherwise as the big names were cancelling each other out. Halfway through a break got up the road and there gap grew as big as 40 seconds. I was nervous and new the organization was not great enough to bring it back. After letting the gap decrease a bit I timed my attack and was able to get across in 1 lap. After I got across the field responded and the break came back 2 laps later. At least I was racing for 1st again. I followed moves but eventually one of the strongest guys in the field from Cal Giant got away and everyone waited for someone else to go. It was bizarre. He was gone and I sat in for a second place. I started feeling fatigue from a long day of racing and ended up having nothing left for the finish and rolled across the line 12th.

I had a great time racing at the Colavita Gran Prix. I would like to thank Rene for putting on another great event and I enjoyed the 2.5 hour day of criterium racing.

-John P

Tommy Lucas

3rd Place Colavita Grand Prix Senior Category 4

My category was to start at 7:30 am and I prepared for it, as I would have any other criterium I have done. I did a pre-ride of the course before my start which gave me a feel for the minor stair step hill on the backstretch that could shake things up. On the start line I scanned the field size and there were about 35 riders so it was a pretty decent field size. The race started off quickly and I had no problem staying top 10 in the pack. After countless number of attacks throughout the race that didn't succeed a team got to the front and was setting the sprint up for their sprinter. I had watched what that team was doing throughout the race and knew my best bet was to get myself onto their little lead out train because I knew that the sprint was downhill and had a tailwind so I was expecting to spin out. On the final lap a rider attacked as we crested the top of the little hill and got a gap and I was boxed in and couldn't get out to get on his wheel so I had to follow another rider that was chasing him down and out of the final corner it was balls out. Unfortunately all I could do was sit onto the rider that got second because I was too spun out to come around. Overall I got third and considering what the sprint was like I am very happy with it!!

-Tommy

11. 2 Wheel Criterium

7/24/11

Rohnert Park, CA

John Piasta

6th Place 2 Wheel Criterium Pro, I, II

I love getting to race locally and was going to take advantage of the Two Wheel Criterium. The P 1/2s were a competitive but strong field. Cal Giant and Yahoo were represented while the field was also dominated by National Criterium Champion Daniel Holloway and Trek-Livestrong's Charlie Avis. I knew this race would be hard, the course was very exposed and the 30 rider field was going to hurt.

From the start I knew Holloway and Avis would do a joint attack. Two laps in it went and I followed. My excitement led to my defeat. The first attack will always come back because people are fresh. I am usually smart enough to wait but this time I didn't. Right after this attack went the winning break followed and Holloway, Avis and I were too tired to follow. The chase was terrible as no one wanted to work together and the big names wanted to take it solo. I ended up attacking forming a chase of 4 riders that remained for the final half of the race but had no hope of catching the break. I lost the

sprint for 5th and ended 6th. I was very disappointed for missing the winning move and learned my lesson on not racing my own race.

-John P

Libby Caldwell

15th Place 2 Wheel/Early Bird Criterium Senior Women's Category 4

I went into this race not feeling that great. About a week and a half before the race I had my wisdom teeth removed and I was out for three days. I took 6 days off the bike and was feeling sluggish. I raced the junior race at nine in the morning before my 12 o'clock race. There were 8 total riders in the junior race and only one other girl. I basically was off the back the entire 30 minutes so I was worried about my performance for the cat 4 race. When the women's race started I felt really terrible but I was motivated to prolong the fact that I would most likely be dropped. I soon noticed that everyone was really nervous about the corners which slowed down portions of the race. There I could recover and conserve energy. The pace was fast but definitely not as fast as the junior's criterium that I had participated in that morning. Because of the large size of the group it was easier to stay in. I sat in middle pack for the majority of the race trying to find wheels of middle aged women who looked like they had been racing for awhile. With three laps to go two women in front of me touched wheels while cornering. I refrained from slamming on my brakes for a fear of a mass pill up behind me and luckily they both stayed up right. On the last lap I guess I somewhat started to zone out because I found myself almost off the back of the pack, but I fought my way back on. This was the first criterium where I wasn't dropped so I didn't really know what to do about positioning for a sprint finish. My final lap I started to move up but when I finally found myself near the front the sprint had already started. I sprinted with everything I had left in my legs which moved me past about 5-7 women and got 15th place. Although I wasn't fast enough to sprint for the top spots this was one of my most rewarding races just because I stayed with the group and was able to sprint at the end.

-Libby

Tommy Lucas

6th Place 2 Wheel Criterium Senior Category 4/5

I had done this race in the past and went into it having knowledge of what the course was like. My race started off fast and furious as riders were scrambling for position so I just locked myself onto a guy I knew would stay toward the front. There were many, almost crash experiences throughout the race which made things very

interesting. Many attacks went and the field would just chase with everything they had to get an early break back but I just stayed cool and sat in for a while. With about 6 to go I tried to get away on the backstretch but no one came or even wanted to join me so I thought rather than waste my energy, I should just glide back into the field.

On the final lap things got really out of control because guys were falling on each other trying to get into position. On the corner coming into one of the straight-aways I was third in line when all of a sudden the guy I was following ran into another guy and he broke the spokes in his wheel and I was forced to solo my way up to the break and then as soon as I did that and we went around the next corner the field caught up and I was in absolute horrible position. I was stuck on the way right and there was a little riser right before the finish line and I was pushed into the gutter on the right side and had to start my sprint from 10th position and could only make up 4 positions before the line came. Overall I took this race as really good training and for the experience and I am happy for that!!

-Tommy

12. Berkeley Bike Club Criterium

7/17/11

Albany, CA

Joey Nygaard

4th Place

Berkeley Criterium

Senior Category 3

We got to the race with tons of time to spare. I got dressed quick so I could get on the course after one of the races. The course was fine, just a four corner criterium with a small rise on the backside and a downhill finish. The downhill finish was not ideal for me especially with junior gears. I would have to try and get off the front. We rolled off the line and the race was on. The race was heating up really quick. There were a lot of attacks and small groups going off the front and so I was confident that a break would be able to go. After a big break had just been brought back there was a lull and I found myself in the perfect position to attack. I didn't hesitate and jumped. I got a big gap pretty quick. I settled down into a good rhythm. I kept waiting for someone to try and jump up to me. I saw a few people try to jump across but they got caught right away. I got a prime while I was off the front. After a few laps I had about a 15 second gap but there was still no sign of anyone getting across. With about half of the race to go I got swept up. Right when I got caught, there were many attacks and it looked like a big break would go. I was tired but tried to go with it. I barely missed out on the tail of the break and I settled into the chase group. I tried to rest a little bit as we chased and soon the break looked like it would stick. I was bummed I missed it out on the break but I decided to wait for the sprint. One of the four guys got dropped from the group and then another crashed. Soon it was just three of them up there. We were now racing for

fourth place. Coming into the last lap there was a large surge and I lost my good position. During the first corner of the last lap I moved up around the outside on the wheel of an Audi rider. Around the second corner we had moved up into about the top five and the rider in front of me touched his pedal around the corner and almost slid out, he corrected it but swerved way over taking out the front of the peloton. Luckily for me the crash moved right out of my line and I barely had to hit my breaks. It was the last lap and I was given the first line. I went all out around the next few corners and came into the final corner in first position and went all out, hoping that no one would be able to come around me. Luckily, no one could and I came across the line in 4th. Even though crits were not my strong suit, it was still a very fun race and I will definitely be returning next year.

-Joey

13. Mount Diablo Hill Climb

7/30/11

Walnut Creek, CA

Zach McClendon

2nd Place

Mount Diablo Hill Climb

Juniors 13-14

I started off the day good. I went and had breakfast. Then drove 30 minutes until we got to a little church where registration was. I warmed up for 30 minutes then rode to starting line. The course was only ten kilometers long so I knew it would be a quick race. They were starting every one thirty seconds apart. The person in front of me wasn't there so I was kind of confused. There was a ramp at the starting line. When I got on the ramp I got real nervous. I started real fast. I was still nervous. I rode as hard as I could. I got passed by a couple adults but no one in my category passed me. I was going real slow on this one part of the hill. It was hard. I was thinking about how much more I had to go. I passed a little ranch when one of the race officials said I had a mile and a half to go. It was the hardest mile and a half I ever rode. I was really pushing myself to finish. I came around a corner and I could see the finish line. It was about 200 meters away. I gave it everything I had to finish I passed the finish line and then stop to look around for a minute. Then rode down the hill on a fast decent for a 2nd place in my category.

-Zach