

**All Sport - Team Swift**  
**U.S. Junior National Championships Race Reports**  
June 21-26, 2011  
Augusta, Georgia

**All-Sport Team Swift cyclist from Santa Rosa earns Silver Medal at the USA Cycling National Championships in Augusta, Georgia.**

John Piasta, team captain of the All-Sport Team Swift cycling team, earned a silver medal at the USA Cycling national road racing championships in Augusta, Georgia. Piasta was among three riders who escaped the main field in the 17-18 year old men's criterium event and survived to the finish just seconds ahead of the field to contest the victory among themselves. The race was won by Thomas Wrona of Pinehurst, NC.

In addition to graduating from the Team Swift junior development program at the end of the year, Piasta is also a recent graduate of Santa Rosa's own Cardinal Newman High School. Piasta will enter UC Davis later this Fall.

"John has done a great job as captain of the team," says team director and Fulton resident Laura Charameda, adding "we look forward to staying associated with John, as we have with many of our other team graduates as they have progressed to the Under-23 ranks and US National Team positions."

Piasta also won the State Criterium on Memorial Day and will finish his last junior season in regional events in the Western US, but hopes to also compete with the US Junior National Team abroad later this year as well. "Our team has always gotten good national results, and been represented on the National Team," says Piasta, "I am glad to be among the riders who stood on the podium at national championships to represent my team and our sponsors." The team's sponsors notably include All-Sport sports drinks, TIME bicycles, Squadra race clothing and others. For details see [www.teamswift.org](http://www.teamswift.org).

**U.S. Junior National Championships Team Results:**

| <b>2<sup>nd</sup> Place</b> | <b>U.S. Junior Nationals Criterium Juniors 17-18</b> | <b>John Piasta</b> |
|-----------------------------|--|--------------------|
| 12 <sup>th</sup> Place      | U.S. Junior Nationals Criterium Juniors 17-18        | Tyler Williams     |
| 12 <sup>th</sup> Place      | U.S. Junior Nationals Road Race Juniors 15-16        | Drew Gonzales      |
| 17 <sup>th</sup> Place      | U.S. Junior Nationals Criterium Juniors 15-16        | Drew Gonzales      |
| 27 <sup>th</sup> Place      | U.S. Junior Nationals Time Trial Juniors 17-18       | Ian Moore          |
| 29 <sup>th</sup> Place      | U.S. Junior Nationals Time Trial Juniors 17-18       | John Piasta        |
| 45 <sup>th</sup> Place      | U.S. Junior Nationals Road Race Juniors 17-18        | John Piasta        |
| 46 <sup>th</sup> Place      | U.S. Junior Nationals Time Trial Juniors 13-14       | Eli Kranefuss      |
| 56 <sup>th</sup> Place      | U.S. Junior Nationals Criterium Juniors 17-18        | Ian Moore          |
| 59 <sup>th</sup> Place      | U.S. Junior Nationals Time Trial Juniors 15-16       | Drew Gonzales      |
| 66 <sup>th</sup> Place      | U.S. Junior Nationals Criterium Juniors 17-18        | Joey Nygaard       |
| 71 <sup>st</sup> Place      | U.S. Junior Nationals Road Race Juniors 17-18        | Tyler Williams     |
| 82 <sup>nd</sup> Place      | U.S. Junior Nationals Road Race Juniors 17-18        | Joey Nygaard       |
| 84 <sup>th</sup> Place      | U.S. Junior Nationals Road Race Juniors 17-18        | Ian Moore          |
| 84 <sup>th</sup> Place      | U.S. Junior Nationals Time Trial Juniors 17-18       | Joey Nygaard       |

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## Rider Race Reports

### 1. U.S. Junior National Championship Criterium

Augusta, GA

#### John Piasta

2<sup>nd</sup> Place      U.S. Junior National Championship      Criterium      Juniors 17-18

Augusta, Georgia for Nationals? Why, the heat, humidity, the town? Yet after looking at the course profiles I was confident it could be a good week of racing for me. Being my last nationals as a junior, I was going to do my best to make it count.

This year our team has a great sprinter, and with that we had a game plan utilizing that asset in the criterium. It was up to me to make sure Tyler was either in the winning move, or if a field sprint where I would keep him safe at the front and potentially lead him out.

After arriving I realized I forgot my cycling shorts (what a day to forget them). My relaxed nature quickly left me but Coach Laura kept me calm. My mom and Don (Ian's most helpful Grandpa) went back to the hotel to get them while I warmed up.

My own shorts and I was arrived at the start line for what would be an aggressive 50k crit. All our parents were holding umbrellas over us, ice cold towels covered our body and Coach Laura kept dumping cold water on us. Nerves started kicking in and with the whistle we were off. I was stuck between 140 riders and had lots of moving up to do. After a lap I was able to move up through the field into the top 20. Here attacks were going constantly. I followed every dangerous one and ended up getting in a few splits, however none of them had the organization to stay away. Nothing was lasting more than a lap because of the fresh legs and the energy draining heat. I made sure I was always in a position to cover important moves because with Joey and Ian stuck at the back it was up to me to cover the rest of the chasing.

The race started becoming repetitive as a one rider, usually unknown, would attack and it was game of waiting for either Hincapie, Hot Tubes, Specialized, Garmin or BYRDS to chase. About halfway through a dangerous move went with 3 race favorites Matt Lipscomb (Hincapie), Kristo Jorgenson (BYRDS) and Paul Lynch (Hot Tubes). I responded without hesitation and sat on since our sprinter Tyler was not in it. They did not take me up the road because I wasn't working and we were soon caught. After the first half of the race the attacks were becoming less frequent as everyone was approaching their "redzone". But I could tell eventually they would become too tired to keep chasing.

The jumping required to cover all of these moves was taking its toll, but I knew I was not the only one suffering. Finally, as expected the field sat up with ten laps left. I

knew this would be a time a move might stick. Thomas Wrona from Hot Tubes attacked and no one went because people were too tired to chase. His gap was big and I knew if I bridged to Hot Tubes I would force many of the big sprinter's teams to start their chase early and hopefully tire themselves out while giving Tyler a free ride to the finish. I knew my best chances were attacking into turn 3 where I would quickly enter a tailwind section and gain a gap through the corner. I jumped on the inside and was gone. Within half a lap I bridged. The first 3 laps together we worked equally but I was confident we were going to get caught. For the next few laps I took shorter pulls and we were joined by one more rider. Now I figured it might stick so the last 3 laps I started to work a bit and with one to go Wrona attacked into turn 1. I hesitated to chase to see if the other break away rider would work. He stood up out of turn 2 and cramped to a dead stop. I avoided running into him and started drag racing the last half lap. I was making up the gap but there was not enough time and I crossed the line second.

After the race I could not absorb what I had just done. The exhaustion had me delusional not to mention the distraction of having a USADA representative find you immediately after for drug testing. Now looking back on it, it just goes to show how well rounded our team is. We went in with one plan, but were able to adapt to still get a result. Also I would like to especially thank our parents/ grandparents, teammates, and of course Coach Laura and all of the people reading this that make Team Swift possible. My pursuit for the "Stars and Stripes" continues...

Thanks for reading

--Johnny P

## **Tyler Williams**

12<sup>th</sup> Place    U.S. Junior National Championship    Criterium    Juniors 17-18

The Criterium at nationals was a big goal not only for me but for the team in general. We had put a lot of emphasis into getting a result if not a win in this race. After so much hard work we definitely wanted to prove that we were a big threat for the rest of the weekend.

John and I were supported by our very strong and loyal teammates Joey Nygaard and Ian Moore. The idea was that John would go with any final big moves and I would clean up the sprint. The race was at 4:30 PM the hottest part of the day! It was a simple four corner crit with very long straight-aways. The race was super-fast from the gun. John and I sat near each other right near the front of the race in order to stay out of trouble. John followed some moves and I also went in a few but nothing really got too established. About a third of the way in you could really start feeling the heat wearing on you. The race was relentless with high speed attacks and surges the whole time. With about ten to go John got in a move with 2 other riders. I began to try

and plan my sprint. Unfortunately I made a mistake that I very rarely ever do and should not have done. I over thought the sprint and followed riders who I thought would have been up there and ended up not getting moved up in time. By the time we moved up I had to use my sprint on the bell lap and not where it mattered. Thankfully our captain John Piasta did a fantastic ride helping his break stay away and got second! I was very disappointed in myself for letting the team down and not riding as me, but John's result was so great and I was so incredibly happy for him that it helped lift the spirits of everyone. Congrats to John on his national podium and thanks to everyone for all of their hard work and support!

Tyler

## **Joey Nygaard**

U.S. Junior National Championship      Criterium      Juniors 17-18

The 17-18 Criterium was later in the heat of the day. We decided to get warmed up on the road instead of on trainers because we would get too hot. After some good sprints and efforts on the side streets around the course, we got lined up in the staging area, using umbrellas to shade us from the sun. We constantly sprayed water on ourselves and put icepacks down our backs while we waited.

Once we finally lined up, I found myself towards the back of the group. The whistle blew and the massive pack rolled away. The pace was insanely fast from the gun but I began moving up. It was hard but I was slowly moving closer and closer to the front. I needed to help cover early attacks so that Tyler and John could save their energy for the bigger stuff later on. After a few laps however, there was a crash not far away from me. I avoided it easily but a guy behind me swerved and the spokes of his wheel hit my rear derailleur, bending the derailleur hanger very far in towards the wheel. It would no longer shift into the lowest two gears. This was very frustrating because these were the two gears that were the most useful to me. I was totally spun out without them since the pace was so fast. The rest of the race, all I could do was try and survive. Soon, the heat became even more unbearable as I ran out of All Sport and what with my broken derailleur and the heat; I had to push myself very hard just to stay on the back of the pack. I rolled across the line at the back, completely dead and hot. I had no idea that up front in the action, my teammate John Piasta had crossed the line in second place, which was a huge result. Way to go John and the other swifties!

-Joey

## **Ian Moore**

56th place      U.S. Junior National Championship      Criterium      Juniors 17-18

Since the criterium was at 4:30 in the afternoon, the team did a short ride on the bike path out of downtown in the morning. By the time the race came along it was over 100 degrees. We went to the start to line up about a half an hour before, and there were still about 30 people in front of us. Parents helped us stay cool with umbrellas, ice, and lots of water before the start. The race was super fast the whole time. Although the average speed was not the highest I have done it was maybe the hardest crit I have done due to the heat, and the aggressive 140 rider field. I was wondering how my first criterium since breaking my arm in the Tour of the Gila crit would be, but I stayed in the group, and suffered until the end. The race was fairly long especially with the heat, being 50k and a little over an hour. I ran out of water pretty quick. When I crossed the line I was happy to find out that John had gotten second place out of the breakaway he was in. Congrats again John! Looking forward to the road race.

=Ian

## **Drew Gonzales**

17<sup>th</sup> Place    U.S. Junior National Championship    Criterium    Juniors 15-16

I showed up in downtown Augusta for the Junior National Criterium at 11:30 a.m. to begin my warm up and feel the heat. Before my race, I took a few laps around the course and looked at the ground for glass, pot holes, man holes, and other rough sections of road that could be avoidable during the race. During the lap around the course, I took note of the number of manholes in corners. In every corner was a man hole and the possibility of a crash during the race; this was going to be a rough race.

I showed up the staging area early so I wasn't starting in the back of the pack, then play catch up during the race. As soon as the whistle blew, the riders starting to roll and clip in, however there was a crash right next to me. I felt one rider land on my hips, but I was able to maintain my balance on the bike and continue the race without a hitch. The race was really repetitive with the corners and straights. You were either cornering, sprinting, or holding on to the bars for dear life because the pot holes were serious causes of crashes. In one of the corners, I saw one rider hit the pot hole, and then get forced off the side of the road and into the sidewalk with a broken cleat.

The rest of the race was clean. I stayed in the middle of the pack because I just didn't have it in me to make my way to the front and everything was so crowded. Around the last corner I was near the front of the group and sprinted to make some last second passes, but I still finished 17<sup>th</sup>. Overall, I was glad I didn't crash or have any mechanicals like some of the other riders did.

-Drew

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## 2. U.S. Junior National Championship Road Race

### John Piasta

45<sup>th</sup> Place    U.S. Junior National Championship    Road Race    Juniors 17-18

This year's road race course was excellent for Tyler and me. The climbs were long enough to hurt, but not long enough for the pure climbers. But there were enough of them to potentially make the race very selective.

During the first laps it was up to Ian and Joey to cover the early moves while we hoped to get Chris in an early break. The first lap was hectic as attacks were coming constantly specifically from Matt Lipscomb and Hot Tubes. Tyler and I took turns following and we were working great together. Joey and Ian made their way to the front and started to help out with covering moves.

The first lap Tyler and I stayed safe at the front, avoiding crashes and covering everything. I could tell Tyler was feeling good and I was feeling equally great. After 2 laps I was getting confident a break was not going to stick since there was no wind. I told Tyler I was feeling good and so we continued covering, but nothing was sticking. With 1.5 laps to go people started getting excited and crashes started occurring all throughout the field. Avoiding one that happened about tenth wheel in the back feed zone, I broke my cleat and was unable to remain clipped in the rest of the race. Right away I went up to Tyler and said it was for him. I told him to not worry about grabbing bottles that lap because there was bound to be an attack in one of the craziest feed zones I have been to. I grabbed 4 bottles on the hill and quickly descended to him. And now it was time to start chasing down moves.

I was struggling as my cleat slid around every which way but it was Nationals, I was going to go till I was dropped. A break went on one of the hills with two of the most dangerous people Matt Lipscomb and Paul Lynch. Without hesitation I got to the front and set the tempo and pulled it back by the bottom of the next climb. I expected a counter and told Tyler the next move was his. Sure enough there was an attack and I started drifting through the field trying to minimize the damage and focus on keeping my foot in contact with the pedal. With about 12 K to go there was a crash at the front. I looked to make sure it wasn't Tyler and could not tell if it was a Hot Tubes rider or an All Sport-Team Swift. Right then the winning break went and I drifted through the field to make sure Tyler was there before I brought it back.

He was crashed and so were Chris, Joey and Ian. Carnage, I thought to myself. There was nothing I could do, no way I could pack in a good finish after all the work and mechanicals. I sat in stayed safe and rolled across the line.

I was frustrated because I was feeling great and Tyler was feeling well too. Even after my cleat broke it didn't stop me from being able to work for Tyler. However stuff

happens and that is bike racing. We are all okay and still leaving this year's nationals with a medal.

John P

## **Tyler Williams**

U.S. Junior National Championship      Road Race      Juniors 17-18

I saw the road race as an excellent opportunity to redeem myself for a blown crit. The course was tough and rolling but suited my abilities greatly. Our whole team was super motivated to get someone into stars and stripes. The race was in great condition as it started early in the morning. I was super excited to show everyone my abilities and to really throw down. We started off fairly casual but it quickly turned into a flurry of attacks coming mainly from Hot Tubes. John and I with help from Chris, Joey and Ian were very well represented in the front of the pack and made nearly every move. I was especially attentive as I did not want to miss a single chance but was being conservative by just following wheels. John and I were both feeling great though the race started getting dangerous as many crashes began to happen. Both Joey and Ian got caught up in crashes on the second lap while Chris punctured at the beginning of the second lap. Near the end of the third lap there was a large crash that was right next to me in the same area where I knew John was. He thankfully didn't go down but ended up breaking a cleat. But determined as John was he came back up to me and began to sacrifice everything he had for me. He was incredible grabbing bottles for me at the last feed then singlehandedly pulling back two of the strongest juniors who had gotten up the road. It was a very impressive ride and I was feeling spectacular about my chances for the win. I was able to go with every move again and again effortlessly and with the reassurance that I would have help if I needed it. With about 8k left I knew that every move from now on in would be very dangerous. I was following an attack when disaster struck. I was 5<sup>th</sup> or 6<sup>th</sup> wheel when the guy in second wheel overlapped a wheel with the guy in front of him instantly dragging the two guys behind him down. I was right there and had nowhere to go and hit them and before I knew what to do I was flying over the bars staring at the pavement. I remember looking up knowing that this was supper bad watching the whole field sprint past. I jumped up got back on the bike and chased as hard as I could but there were more crashes that slowed my chase and with about 4k to go I knew it was over. I could not believe that our shot at a championship had ended so suddenly and we couldn't do anything about it. I had just not seen it going that bad in that situation. I rolled in about 4 minutes down on John and the main field. It was disappointing to see all of our hard work go down the drain but reassuring to all of us to know that we had the team and ability and coaching to be and beat the best. I just want to thank everyone involved with All Sport-Team Swift for

your continued support. We could not have done any of this without your help and it is greatly appreciated by everyone. The upside was there is always next year!

Thanks again!

Tyler Williams

## **Joey Nygaard**

U.S. Junior National Championship      Road Race      Juniors 17-18

The morning of the Road Race passed in a blur, much like the TT. We had a small warm up on the road and then, before I knew it, we had lined up and were waiting for the countdown. When it came, the pack rolled out and began pushing the pace right away. I was a little way back in the pack again simply because that was where I had been on the start line, so I started to make my way to the front. My job again was to cover early breaks, keeping John and Tyler fresh. On the backside of the course, I had finally managed to get on the front line of riders, waiting for the moves to go. I was on the left side behind a Garmin rider and in front of him there was a Hot Tubes rider. I watched them and the as the Hot Tubes rider began to wind up for a move so did the Garmin rider. So I did the same. The Hot Tubes rider jumped hared but the Garmin rider and I were already straight on to him. This triggered a big flurry of counter attacks, all of which I followed. I was getting pretty winded and so as the group settled down a bit, I let myself get sucked back into the depths of the pack.

The rest of the lap I did not have a chance to go with any more moves and simply rode in the pack, dodging the many crashes that were starting to occur. Around the same place as before on the second lap, I went with another flurry of attacks. None of these moves went anywhere and eventually I fell back again to catch my breath a bit. I fell back pretty far in the pack in order to get a bottle in the feed zone and had to chase hard to regain my position on the downhill. The third lap was speeding up a bit and there were more and more crashes. About half way around the course I was near the front when a rider a few places in front of me went down, I managed to get around his bike but some people behind me did not, they hit it and their bikes were flung forward onto mine. I got tangled in the wreckage of the crash, scraping up my arm and causing me to come screeching to a stop. I managed to stay upright but it took me a little while to get untangled and riding again. I chased hard for a while with two other riders but they could not do much work and I dropped them on the finishing hill in a desperate attempt to rejoin the group. I was only about 10 seconds behind and I went all out up the climb. However, when I got to the top they were even farther away than before, I continued to chase on the downhill but at that point they were gone. That was the end of my nationals, I rode the rest of the lap just so that I could finish. Ian had gone down hard in the same crash that had held me up, Chris had flatted, John broke his cleat in a



crash, and Tyler went down hard in a crash in the closing kilometers. It had been a day of bad luck for all of the swifties but sometimes that's just how it goes.

-Joey

## **Ian Moore**

U.S. Junior National Championship      Road Race      Juniors 17-18

The road race course was made up of lots of short hills and fast, sometimes 50 mph, downhills, but only has two real turns and the road was mostly straight. The finishing climb is a little more than a k long and this is where the feed zone is. When riders crest the hill the road is flat around a right hand corner and then about another 200m to the finish. At 8AM it was not nearly as hot for our race, as it was for the u23s. The race was fast, with lots of attacks, but I felt good. I chased down attacks, none of which turned into lasting breakaways for very long. I felt really good responding to moves, motivated for the last lap of the 4 lap, 60 mile race, but towards the end of the 3rd lap I was sitting near the front of the group going downhill as we were bunched up across the road. Just then right in front of me was a loud sound and a pile of riders across the road. I put on my brakes but I slammed into the pile of bikes and people while I flew off my bike. I jumped right up, very quickly surveyed myself, realizing I just had some minor road rash. I then found my bike which took some time because it was tangled up with some other bikes behind me. I first saw a TIME bike just like mine but it was Cory Williams. I had a front flat that I could hear the air coming out of. I got a wheel, put my chain back on, and cleaned the mud out of my cleat because I could not get into my pedal. By the time I got back on the bike I was a ways behind the group but I time trialed for a while. I finished the next lap, and rode into the finish.

It was too bad that I crashed, Chris flatted, John broke his pedal, Tyler crashed, and Joey got behind a crash, but I think all of us were looking strong before all of this happened, with all of us being involved in the race. Thank you to my parents, all the parents, my grandparents, coach Laura, all of All Sport-Team Swift sponsors for making it possible for the team to even be at nationals let alone have success as we did. Thanks to my teammates for helping me get here. It was an awesome nationals with ups and downs. That's bike racing.

-Ian

## **Drew Gonzales**

12<sup>th</sup> Place      U.S. Junior National Championship      Road Race      Juniors 15-16

I told myself at the beginning of this race that I would be much more active at the front of the peloton and race aggressively. I didn't want to remain in the pack and finish like pack fill because that's not what I flew to Georgia for.

I showed up at the race venue in Fort Gordon at 8 in the morning for my 10 am start time so I could warm up around the start line. My mom and I parked the car, and then I got dressed, put my wheels on, and began spinning around the road. For my road race warm up, I normally spin out of the saddle for 45-60 minutes before my start, but for the road race, I guessed that the first climb would require some warm legs, so in preparation, I did a 15-30-15 pyramid.

15 minutes before my start, Coach Laura, my mom and I arrived at the staging area and waited for the whistle. I did some last minute checks on my bike like the tire pressure and made sure the brakes were on straight, then drank some more All Sport in anticipating the heat to fire up.

First corner was too fast. I saw some riders being pushed off the side of the road and into the grassy shoulder, then jump back on the pavement. Fortunately, there were no crashes on the first corner. A few minutes later came the first and longest roller. The entire course was up and down. It felt as if I was either climbing a low grade or tucked in an aero position. The peloton was being dominated by the Chipotle team, a strong junior development team that often races in Europe. They were strong enough to attack two at a time, and then continue attacking with other riders consistently throughout the course. Every now and then, two Chipotle riders would attack hard off of the front of the race, and then I or another rider would chase it down quickly, only to realize that two more of the Chipotle riders had attacked. The Chipotle team had no weak links and worked together flawlessly.

With the last half lap, one rider from Florida slowly rolled off the front of the pack and we never saw him again until after the race, which he had just won. The climb before the finish was about one kilometer long, but I knew that attacking on the start of the hill would be a mistake. The Chipotle team had begun to start their lead out train and began to push the pace of the pack. During the climb, I noticed several riders around me begin to blow up; however I was lucky enough to have a stronger rider in front of me, who could move through the pack, to the top 15. By the time we were at the top of the climb, I was sitting in 14 place and the rest of the riders had fallen back because of the climb and pace of the race. I began to sprint for the finish and passed 2 riders and took 12.

Overall, I was pleased with my result. I did as Coach Laura asked, and raced my bike instead of becoming pack fill. I was on the front of the race; paying attention to what was going on and what attacks were being made. I feel like a much stronger rider now that I've competed with the fastest guys in the nation.

-Drew

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### 3. U.S. Junior National Championship Time Trial

#### Ian Moore

27<sup>th</sup> Place    U.S. Junior National Championship    Time Trial    Juniors 17-18

My parents, dog, and I drove our camper van across the country to Nationals in Augusta, Georgia. I had some awesome rides in New Mexico and Arizona and had a very hot ride in Texas which made Augusta seem cool when we got there. The 30K time trial started out in South Carolina and then went across a long dam into Georgia.

After this there were lots of short rollers with fast spun out downhills. I got in a great warm up under the tent that my grandparents set up and then went to my start as the 100th rider to start at 8:49AM. It was nice to start early because it was not too hot although it was really humid. I started out in a good gear and got into my rhythm right away. On the uphill, especially the steeper ones I went harder, because then I would just be spun out on the way downhill. It was a headwind on the way out, and as Laura said to do, I made sure I had a good cadence, and not too low on the ups. I continued to pass people and kept it right on the edge so I didn't blowup. Right before the turn around a car passed me and then slammed on its brakes. I yelled, and then squeezed my way around the car right before the turn around cone. At the same time as all this I was also passing another rider. On the way back it was a tailwind and I was spun out on even the flat stretches. I kept going harder and harder and finally the dam came. With 1k to go I was almost going as hard as I could, but I kept going harder. The last 1k across the dam felt like 5 miles. When I finished I was in was in 14th place, but when it was all over I finished 27th. I averaged 27.4 mph getting a time of 40:51. I was happy with this, and my time compared to various people.

=Ian

#### John Piasta

29<sup>th</sup> Place    U.S. Junior National Championship    Time Trial    Juniors 17-18

The Time Trial was a 30k course that was either up or down. At first when I saw it I knew it would be hard for me to pace especially since there would be many fast downhills. After talking to Laura I focused on staying on top of the gears and not bogging down on the way out especially on the hills so that I wouldn't shock my system on the way back.

As soon as I started I got into a rhythm on threshold because I knew it was a long TT. I was feeling great and did not want to go out too hard. After I got over the dam I started to ramp it up and was riding at threshold. After hitting the turnaround I could tell right away I had not gone hard enough on the way out because I was spun out the

majority of the way back. When I crossed the line I was in 11<sup>th</sup> and frustrated with myself because I had way too much left in the tank after my TT.

-John P

## **Joey Nygaard**

U.S. Junior National Championship      Time Trial      Juniors 17-18

The national time trial was going to be a good test for how I might feel during the rest of the week at nationals. I came into it attempting to recover from a bad cold that I had been battling the week before. I was still unsure how I would be riding after this so I was interested to see how I would do. Another thing that we had to battle this week was the intense heat. When my teammate Drew Gonzales and I had pre-ridden the road race course a few days before the Time Trial it had been 104 degrees and extremely humid. This was horrible to ride in and so the coming races were even more daunting.

Luckily, our TT start times were at around 8:30 in the morning. This meant that it would be a lot cooler than if it was at 1 in the afternoon. It was a pleasant temperature out when we got there but by the time we started our tough warm up on the trainers we were dripping with sweat. After we had done all our necessary intervals I zipped up my skin-suit and put on my aero helmet and booties. I rolled over to the line, downing a few more Shots before I rolled out my bike and got it checked. All this went by in a blur and soon I was atop the starting ramp, hearing 5 seconds to go. As soon as the clock hit zero I sprinted down and out of the starting area. I got settled into my aero position as I crossed the dam and set my sights on the rider who had started ahead of me.

It took me a little while to get into a rhythm and not long after, my sinuses started acting up. I was having trouble breathing through my nose as it got more and more stuffed up. I battled on, trying to concentrate on keeping my breathing steady. I got passed by Andrew Lanier, the guy who started behind me and before he got too far away I used him as a motor pace but not a draft. Soon however, I couldn't keep up anymore and settled back into my rhythm. As I was close to reaching the turn around, it started to get hot. I had taken two bottles with me, one of which had been frozen solid. It was now melted but still cold so I poured a lot of it over my head to keep my body temperature down. I passed my 30 second man right after the turn around which gave me a little motivation. The rest of the ride back I battled the distracting factor of my cold. It had now escalated and now I was having trouble with a series of coughing fits which were very distracting and made it hard to focus on keeping up a steady fast pace. I went all out over the last few rollers and across the dam to the finish line, rolling across after about 44 minutes. It was not a good time but considering how I had felt it

was not horrible. I was still glad to hear that Ian and John had both put in impressive times.

-Joey

## **Drew Gonzales**

59th Place    U.S. Junior National Championship    Time Trial    Juniors 15-16

I made top 60 (ha-ha)! I knew that the time trial would be my weakest event because of the way I race as a sprinter and because my time trial set up doesn't compare to the other juniors. I started my warm up on the road and did my efforts, then jumped on Eli's trainer to finish up with some pyramids. After my pyramids on the trainer, I took my bike off, went to the staging area and did roll out. Finally stepping on the platform, I could feel my nerves begin to kick in and my legs begin to shake. I was more nervous for this time trial than any of my other races because I knew that the "Race Of Truth," as it is often dubbed, would give me an actual answer on how I compared to the other racers around the junior circuit.

My entire time trial was a blur. I remember not getting passed or passing anyone. I also remember the turn around because it was raining and I had to compensate for my wet braking surface; however I did the turn around with confidence and handled it without a hitch. The way back I had my head down and only looked at the white line, or the tips of my aero bars where I was holding them.

Coming across the Dam, the last part of the race was the hardest part of the time trial. It was then that I tried to make a few seconds, even though my time trial had just totally blew up in my face. With 200 meters to go I went in a sprint, but this didn't help my placing much.

=Drew