

All Sport - Team Swift Race Reports March 2011

All Sport-Team Swift Elite Team Riders Tyler Williams and John Piasta are going to Europe this month for the following races-(Europe reports will come out next month):

April 16 a kermesse in Geluvelde, Belgium

April 17, a UCI 1.1 in Belgium, GP Bati-Mettallo (<http://www.vttalbatros.be/>)

April 22-25, Ster van Zuid Limburg in Belgium (<http://stervanzuidlimburg.be/index.php?cat=2>)

Race Reports for:

1. Merco Road Race
2. Madera Stage Race
3. Granite Bay MTB Race #1
4. Salinas Criterium
5. San Dimas Stage Race
6. NorCal MTB League Race #2

March Top Results:

1 st Place	San Dimas Criterium, Stage 3	Juniors 17-18	Tyler Williams
3 rd Place	Merco Road Race	Senior Category 3	Tyler Williams
3 rd Place	San Dimas Road Race, Stage 2	Juniors 17-18	Tyler Williams
3 rd Place	Madera Road Race, Stage 3	Senior Category 4	Drew Gonzales
4 th Place	San Dimas, Overall G.C.	Juniors 17-18	Tyler Williams
4 th Place	Madera Road Race, Stage 3	Senior Category 3	Tyler Williams
4 th Place	NorCal MTB League Race #2	JV Boys	John Morehouse
4 th Place	Salinas Criterium	Junior 13-15	Zach McClendon
5 th Place	San Dimas Time Trial, Stage 1	Juniors 17-18	Joey Nygaard
6 th Place	San Dimas Criterium, Stage 3	Juniors 17-18	Joey Nygaard
6 th Place	Madera Criterium, Stage 1	Senior Category 4	Drew Gonzales
7 th Place	San Dimas Stage Race, Overall G.C.	Juniors 17-18	Joey Nygaard
7 th Place	San Dimas Time Trial, Stage 1	Juniors 17-18	Tyler Williams
7 th Place	NorCal MTB League Race #2	League, JV Div. 1	Griffin Wigert
8 th Place	NorCal MTB League Race #1	JV Boys	John Morehouse
10 th Place	San Dimas Stage Race, Overall G.C.	Juniors 17-18	Ian Moore
10 th Place	San Dimas Time Trial, Stage 1	Juniors 17-18	Ian Moore
11 th Place	San Dimas Time Trial, Stage 1	Juniors 17-18	Chris Flanagan
11 th Place	Norcal High School Mtb League	JV Division 1	Griffin Wigert
12 th Place	San Dimas Criterium, Stage 3	Juniors 17-18	Ian Moore

12 th Place	Madera Road Race, Stage 3	Senior Category 4	Stanley Goto
15 th Place	Madera Road Race, Stage 4	Pro, I, II	John Piasta
15 th Place	San Dimas Road Race, Stage 2	Juniors 17-18	Ian Moore
17 th Place	Madera Stage Race, Overall G.C.	Senior Category 4	Drew Gonzales
20 th Place	Madera Stage Race, Overall G.C.	Senior Category 4	Stanley Goto
21 st Place	San Dimas Stage Race, Overall G.C.	Juniors 17-18	Brentley Campbell
23 rd Place	Madera Stage Race, Overall G.C.	Senior Category 4	Tommy Lucas
29 th Place	Madera Stage Race, Overall G.C.	Pro, I, II	John Piasta

Rider Race Reports

1. **Merco Road Race** 3/5/11 Merced

Tyler Williams

3rd Place Merco Credit Unions Cycling Classic Road Race Senior Category 3

Merco Road Race is a very special race to me because it was the first race I ever won. This year it was not on the team schedule but I decided at the last second it would be fun to go do again. The weather had been nice all week but by Sunday it had gotten colder and was beginning to rain when we showed up at 7am that morning. Now I had already been up since 3am in order to get there so I was well awake. I went and registered then had some time to kill till my race start. By the time I rolled to the start it was raining quite heavily. The good part about this was it would make the race that much more difficult and suit me more in technical aspects. The race rolled off at 8:15am and was pretty fast from the gun. I sat in for half of the first lap but on a few of the rollers I decided to get out of the spray and stretch my legs and warm up, and just to see what the reaction from the bunch would be. When I did this I learned that I wasn't going to be let more than 30 meters up the road. So I just went back in and sat about top 15 or 20 but very comfortable. Throughout the second lap I tried a few more jumps more for fun than anything else and just keeping my legs moving because the temperature was dropping. The third lap I had a few attacks in the beginning with a few juniors who I knew would be strong but once again I was chased back quickly. It was kind of frustrating but I was confident in my sprint so I stayed calm and played along. Then with about 15 miles left two riders were able to just ride off the front and no chase was made to catch them. I thought it might come back on the rollers to the finish but no one wanted to work. I tried a few more times off the front just hoping but there was a reaction from the bunch each time. The run into the finish has a very punchy roller at 600 meters I went up it about tenth but found a wheel that was

sprinting up the side. I followed him over the top then moved from wheel to wheel down the finishing straight. With about 200 meters to go I opened up my from about 3rd or 4th wheel and came around the last guy with 50 meters left and held on to win the bunch sprint. Though I was disappointed not to win the race again I was very happy with my spot and even more satisfied with my ability to finish fast on a downhill sprint with junior gears. All in all it was a solid day of racing and forced me to rely on new tactics and giving me new opportunities in the future.
-Tyler W

2. Madera Stage Race 3/12-13/11 Madera

Pro, I, II Race Report

John Piasta

29th Place Madera Stage Race, Overall G.C. Pro, I, II

Stage 1: Ben Hur Time Trial

After an adventurous morning we were in the extremely scenic foothills of the Sierra Nevada's. The steep rollers, extreme wind conditions and rough patches of roads promised a tough TT. Unfortunately from the beginning of my warm up I could tell I was having a terrible day. I finished 5 minutes behind the leader and just had a day where my legs would not obey my minds orders. I knew tomorrow could only be a better.

Stage 2: Time Trial

Wanting vengeance for my previous day I arrived early to the TT with the Category 3's. I made sure to get a great warm up in and was feeling better than the day before but still not at my best. The race is basically a square loop. I started at a pace that was probably too hard but I wanted to hurt and set a good rhythm for the day. I split the race into straight-aways wanting to be suffering the most on the third straight to the finish. I really struggled on that last straight but ended up getting a solid time putting me around 30th. I was satisfied with my time especially compared to most of the other juniors.

Stage 3: Madera Criterium

My goal for the criterium was to get a good "motor" pacing session. I started mid pack and just waited for the right opportunity to move up. About halfway through a break was caught and a counter came from Torrey Phillips who is a great breakaway rider. Wanting to get in a move I followed and a break of three formed and we got a

solid gap while two more bridged. We stayed away for 5 laps and after it was caught, I knew it was the beginning of the season because I was really hurting after only one move. I recovered until the end and unfortunately the winning break was countered off of our catch. With four to go I started moving up and stayed top 10. Bumping elbows I stayed top 5 with one to go until standing up out of the 3rd to last corner to get onto the Cal Giant Train I had a terrible cramp that put me into survival mode to finish. I learned on double days it's important to race with 2 bottles of All Sport because I would not have cramped had I not diluted the salts in my system.

Stage 4: Madera Road Race- 15th Place

I was really looking forward to the Road Race. The rough sections make an interesting race and the finish is uphill, therefore indiscriminate for junior gears.

So after a late start the race is off and attacks kept flying. I just kept waiting specifically trying to get in a break where Cal Giant is represented. So a break of 3 went. One rider and I tried to bridge and ended up sitting up as we caught on figuring the pack would catch us. The break was caught and few more attacks went none with Cal Giant, that break of 4 would go nowhere.

I stayed at the front and tried to avoid the gutter as much as possible as Cal Giant set the tempo to bring the break back. Cross winds demolished the field along with the occasional flat and dropped bottle. By lap 4 the break was in sight and I knew that I needed to be at the front. I sat at the back of the Cal Giant train and as soon as we hit the rough cross wind the race began and everyone was attacking each other. The pace was so fast that there were only 7 survivors and I was one of them. We all took turns at the front and before we knew it no one was insight.

Cal Giant only had one guy represented in the split so they would not work while the others followed suit and we were joined by another ten riders as we crossed the finish line into our final lap. So with about 25 guys attacks flew and I followed. Another break became established on a downhill and I was boxed in and unable to respond. I waited and the break of five kept powering away and our group only attacked each other. I knew I missed the winning move and was disappointed. I tried some attacks but nothing got away and then just saved it for the sprint.

I finished 15th on the day ending up as the third Cat 2 finisher. I was disappointed but knew I raced well for my first Pro,1,2 Road Race. Madera has always been a fun weekend.

--Johnny P

Senior Category 3 Reports

Brentley Campbell

Stage 1: Madera Stage Race Time Trial

The time trial at the Madera Stage Race was my first race in about a year and a half. After recently finishing out my high school basketball season, I had only been training on the bike for around a week and a half. For the TT, I got in a short warm-up because I was on the waitlist, I lesson I know truly have learned (ALWAYS REGISTER AS EARLY AS POSSIBLE). Luckily I got into the race and put my race wheels on and was able to borrow my gracious teammate Chris Flanagan's TT helmet to make sure I didn't get stung by any bees. In the central valley, in order to pollinate the trees, there are many bees kept near the orchards. Thank you Chris! Fortunately no bee stings for me! The TT was good. Just a standard super flat and short TT. I was pretty slow, but I gave it everything I had at the time.

-Brentley

Joey Nygaard

Stage 2: Madera Criterium

After the TT we went back to our hotel to rest for an hour or so and get something to eat. After a little while it was time to ride over to the criterium. The course was a four corner course with a crosswind finish and a very strong head wind section right before the last turn. We did not have any swift riders in for the GC so we decided to help out our team swift alumni, Wes Holloway, who sat in second place in overall GC. Our goal was to get Wes the sprint bonuses so that he could potentially move up into first place. Our plan was to have me go to the front on the windy section and do as much as I could to string it out and then our sprinter Tyler Williams would deliver Wes to the line after we had turned the final corner.

The race started to get moving pretty fast and I had to work hard to stay near the front. When they rang the bell for the time bonus prime I moved up to the front and got ready to go all out on the windy section. I was in about 6th or 7th wheel coming into the turn with Tyler and Wes right in front of me but once the windy section set in every one was going all out and I did not have the legs to get around anyone. I wasn't worried though because the goal was to string it out and that had happened anyway. Tyler brought Wes to the line and Wes crossed the line in 2nd. A few attacks went here and there after that but nothing stuck. With about five laps to go there was a crash on the finish straight and I noticed that Tyler had been involved in it. At this point I was getting very tired but I brought Wes up to the front after the crash. When seeing that my sprinter had crashed I went to the front to try and get in a break or even try to pull off a sprint finish but no moves were going clear. All of a sudden, with three laps to go, my teammate Brentley Campbell, who had been off the bike for a long time, put in a huge attack which stayed away until the last lap. When we turned the final corner to the

finish line, all thought of attempting to pull off a sprint was out of my mind. I had no strength left to do so. The whole race didn't really go according to plan but sometimes it just happens like that. We began to pack up and go back to the hotel to prepare for the road race the next day. -Joey

Brentley Campbell

Stage 2: Criterium:

The criterium took place only about 4 hours after our TT that Saturday. After some nice sandwiches and a little bit of good recovery time back at the hotel, we headed down to the course. It was my first time riding in a pack for a while, but I picked it all up very quickly. Most of the race I was just working on getting my race feel on the bike again. I tried moving up on the inside, the outside and up the middle. I worked on being right at the back (don't do that), I worked on sitting in during the windy section and I gave the legs a good kick with 2 ½ laps to go. Unfortunately with three or four laps to go, our team sprinter Tyler Williams was crashed. We had just slowed up and the pack was all the way across the road, a very dangerous thing. I had a perfect line to attack and I figured if worse came to worse, I would at least make the race a little safer. I didn't even think about it. I just went for it. I attacked on the backside, near the railroad tracks just before the final corner. For some reason, no one followed and after about 10 seconds my leg began to cramp. I was in a pickle: off the front with a good gap but unable to really go fast enough. I stayed away solo for a lap and then they caught me right where I had attacked. I could only go about 80% because of my leg and I was very frustrated. After they caught me, I couldn't even pedal my bike and I had to ride half a lap with only one leg because the cramp was so bad. It was fun though. I learned also that I was a little dehydrated and that I should have had some All Sport in between my races.

-Brentley

Tyler Williams

4th Place

Madera Road Race, Stage 3

Senior Category 3

After two very tough stages the day before I was looking forward to having some luck in the road race on Sunday. Joey, Brentley, nor I were up on GC but thankfully ex-All Sport-Team Swift rider Wes Holloway was leading GC starting the day, but only by 3 seconds after both stage yesterday. The weather was super nice for a road race so I was excited to have a good day. I was still a bit sore from my wreck in the criterium the day before but was fully committed to helping Wes win the race and maybe find some opportunities for myself as well. The race started out neutral for about 5 miles then they let it go. I started at the front with Joey and with Wes on my

wheel and did my best to protect him and chase down any important moves. On the course there was a section of rough roads that lasted about 7 miles. I wanted to test some legs so I jumped away and bridged to another rider who was already up the road. We stayed away for the remainder of the rough section of the course. But once we got caught I just stayed on the front through a very punchy section just to discourage any attacks that might be dangerous to Wes. After that effort I floated back a ways in the field and rested and ate while Joey moved up to take care of Wes. Sometime during that second lap a break got up the road that contained a rider who was only 30 seconds back on GC. I found out once I moved back up and went to the front to start setting a tough tempo. I then heard that the group had nearly 3 minutes and that's when we knew we had to really get busy. Wes and I both drove the front of this race for the next two laps as hard as we could. I must say Wes was super impressive when he would go to the front because he would wind it up super fast then I would come through and hold the pace. Joey moved up and helped but in the Rough section of the course he got a flat. That was bad news for us but we had to keep pushing with only a lap and a half left (20 miles) or so we had it nailed back to just over a minute. We continued to drive the front until we caught them with a half lap left. By this time I was shattered so I moved to the middle of the group to recover a bit so that I could help Wes chase things down in the final few miles. I was surprised to have recovered so quickly but thankful that I could still be an effective teammate. In the final 7 miles I worked my way back in the front and with 3k left the rider in second only 3 seconds behind Wes attacked. I marked it quickly but Wes was very smart and stayed right on my wheel protected and safe. I kept the pace up and marked a few more counter attacks. Then on the run into the finish there were two steep rollers. With 500 meters left a rider attacked I jumped on his wheel and prepared to do my best sprint I could but when we hit the final roller he sat up and I touched wheels with him and had to hit the brakes so instead of sprinting for second I sprinted for 8th I opened up my sprint and saw Wes was doing a great ride fighting for the win. The rider in second was also right there neck and neck with him in the final 100 meters I was able to come around him and get fourth and Wes got third and won the race overall. I was very happy for Wes because he rode so great and did an awesome job all weekend. Though I was bummed about blowing the finish for myself the day was great for my fitness and confidence. It was another great weekend for Team Swift.

-Tyler

*Wes Holloway and Lauren Catlin's Madera race report are in later in the Alumni Section.

Senior Category 4 Reports

Tommy Lucas

23rd Place Madera Stage Race, Overall G.C. Senior Category 4

Stage 1: Madera Criterium

The Madera Stage race was going to be my very first stage race and I was pretty nervous, but happy I was going. The criterium started at 7:30 am. I felt great and did a lot of work at the front and brought back important breaks. My teammate, Drew won two primes and got sixth place in the race while I finished a respectable 19th. After the criterium I was pretty tired so I went back to the hotel, had something to eat, and a quick rest for my TT start at 12:18.

Stage 2: Time Trial

The TT was only my second TT I had done in my life so I wasn't too familiar with it but I went out and did my best. The first kilometer or two was relatively flat and a great tail wind. There was then a right hand turn into a crosswind coming from the right, so I ducked my head down and got as aero as I could and held it all the way until the next right hand turn into a headwind. I was glad to have my aero Lazer TT helmet. That was where I passed a guy in front of me and that definitely boosted my spirits. The last straightaway into the finish was a good head wind as well, so I continued to stay as aero as I could and ended up finishing in a pretty reasonable time for only being my second time trial ever.

Stage 3: Road Race

The next day was the 68 mile road race and it was also my first category 4 road race so I didn't know what to expect. The race started off pretty neutral with a few rollers and after that the race started to pick up and it was go time. I sat in for the first lap in about the top 10 of the field and tried to hold my spot through the rough unpaved road. I made it through the worst of the roads and the field was starting to make its way up the rollers into the finish and I thought that would be a good time to shift down into my little ring and spin up to the top of them. What I didn't know was that my chain was going to drop and another guy coming up was going to hit me causing me to fall over. I was so shocked by what happened, but I was focused on getting that chain on and back in the race. All the while watching the field go up the road, which killed me, I took off chasing and caught a guy that was dropped and then motored on toward the field and finally caught them right after the feed zone. After that incident we came around again and things were going quite well until we came around again on the third lap and I dropped my chain again through the feed zone but thanks to my teammates and a push from the spectators I was back in the race. I ended up finishing in the same time as everyone else, and happy I stuck in there despite having

trouble with my bike. I'm glad I got to experience my first stage race with my awesome team and looking forward for more to come!!!

-Tommy

Drew Gonzales

3 rd Place	Madera Road Race, Stage 3	Senior Category 4
6 th Place	Madera Criterium, Stage 1	Senior Category 4
17 th Place	Madera Stage Race, Overall GC	Senior Category 4

Stage 3: Road Race

At the beginning of the race, my goal was to be there for the field sprint because I felt confident that I would have a chance of placing; however I knew Diego of Team Specialized had it. The entire race, Stanley Goto, Ryan Grant, Tommy Lucas and I all simply sat and became a part of the pack. We all stayed in the top twenty the entire race so we could conserve energy and work together, because working together was also another goal I had for all of us.

The absolute hardest part of the race was the pavement. Stanley lost both bottles at one point so I gave him mine. What was great about that section of the race was that we didn't lose position throughout the entire race. However, it did break the field apart a little, but that was behind us.

The last lap of the race was when people began attacking. I had the racing numbers of the top ten GC guys written on my stem, that way I knew who to chase and who to let go. The number writing was Coach Laura's idea, and it worked out well because I could predict what riders were going to do what during the last lap. People kept trying to make breaks; Stanley and I were able to chase them down together and supported a few because we thought they'd get away. We both received many comments from other racers about our team work during the last lap. We chased things together and I felt like it really showed how well All Sport- Team Swift works as a team. The senior men in our race continued to make break away attempts, so Stanley and I followed them, however none made it.

The last rollers were confusing for me because I hadn't thought of counting them on the previous laps and the finish was at the top of one roller. I've always like uphill finishes because of my junior gearing. At the top of the last roller, I couldn't find a draft and was sucking wind. I looked over to Stanley for a spot, but he was on the other side of the pack, so I sucked it up and rode in the wind. At the bottom of the roller, I looked over to Diego, who looked anxious to sprint. I prepared myself and waited for him to go.

Diego shot off the front and I began my sprint. I sprung out of the saddle and started to romp on the pedals, however one Davis racer was right next to me. Diego had

10 meter gap on me; there was no doubt he wouldn't win, so the Davis racer and I battled for second place. I sprinted as hard as possible to the top of the roller where the line was. Despite my efforts, I lost second place in a bike throw.

Overall, I was ecstatic with my results at the criterium the previous day and the road race. I felt like my teammates Ryan, Tommy, Stanley and I worked flawlessly during the entire stage race, which is what I am most proud of, because working together and sacrificing position shows more character than winning a race. We all received several comments about our team work during the weekend.

-Drew

3. Granite Bay MTB Race

2/13/11

Granite Bay, CA

John Morehouse

8th Place NorCal MTB League Race #1 JV Boys

I went into today's race well hydrated and rested. It was nice race weather and my bike was dialed. Despite all of this something just didn't feel right. I didn't have my normal "kick" that I usually have. I pulled up to the start and the gun went off. I got caught behind a small crash around the very first corner and the top 5 already had gapped me. I had to bridge a 25 second gap at the start of the race alone, and I was going to give it a go. I went for it, and caught them, but felt extremely winded after sprinting to catch up. I held in roughly 5th place the rest of the first lap. The second lap went a bit slower and due to a major crash they had to stop the race. We all stood in line for about two minutes before they let us go again and everyone got cold and started cramping. Those who stayed warm and passed me were the ones who were behind me, arrived to the crash later, thus having less of a stop and staying warm. On the last lap, I really was in the pain cave. My teammate Griffin Wigert had caught up to me and I was suffering, but happy to have somebody to work with. I eventually felt rejuvenated and hit the gas hard on one of the last descents. I got into the last 600 yard stretch in seventh place with 8th place about 100 feet back. There was a series of chicanes before the straight away and as I was moving through them my front tire went perpendicular (we were in the sand) and I fell pretty hard. I got on my bike and 8th passed me.

Discouraged I rolled into the finish with an 8th place. Overall I would say I am happy with my placing but not so much my performance. It was definitely an off day for whatever reason and I made a lot of small errors that kicked out my spot in the top 5.

There is always the next race though!

-John M

Griffin Wigert

Age 14, Junior Varsity

11th Place NorCal High School MTB League JV Division 1

Today the race was at Granite Bay in Folsom. The course was about 6 miles long, pretty flat, and muddy with some technical sections. I would do 3 laps. This course was not made for me but I hoped I would do well. Since I race with the older kids, I waited until 12 pm to start warming up. I did some pyramids with John and Patrick in a parking lot. At 12:55 I headed down to the race start. I was in the front row, but it would not stay that way because the top 10 riders would be automatically put on the front by the race announcer. The start was delayed 20 minutes, so I kind of lost my warm up.

I was in about 25th place when the starting whistle went off. I couldn't get my pedal in and lost a few spots but gained them back on the first straight away. I was still far behind the leaders when I hit the single track but was alone with two kids from Drake High School, who I constantly passed but was then passed back. Going into the second lap, I made a big effort and dropped the pair, but was still 1:20 back from the leaders. My second lap I went as hard as I could but forgot to eat or drink. When I started my third lap I had closed the gap considerably and could see the leaders. Halfway through the last lap I caught my teammate Morehouse but he gapped me again on the descent. I was also starting to feel the creep of the bonk. Coming into the finish one of the Drake riders I was with had caught up to me and beat me by only a foot in the sprint for 11th place. I had a good race but it taught me I had to eat and drink more to succeed in longer races. I also failed to grab a top 10 slots, which would give me a call up and big advantage for next race.

-Griffin

4. Salinas Criterium 2/13/11 Salinas, CA

Zach McClendon

4th Place Salinas Junior Development Criterium Junior 13-15

We showed up to the race about two hours early. I was getting my number and started raining a little bit. So I got my number and went back to my car. I checked all my stuff, put on my number, and filled my water bottles. With an hour and 30 minutes before the race I started to warm up and get my gears dialed in perfect. It was still raining and had a strong wind. I went out onto the course and check to see where I should be during the race. It was starting to clear out. I was watching the 10-12 race for a minute and then went to roll out and then went to the line and waited. There were

about 15 to 20 kids on the start line. I was nervous. I got my gears just right and waited for the whistle. The person blew the whistle and we started our 15 lap race. Six people made a breakaway right from the start and I just went to the back of everyone and waited. I waited in the back for about nine laps and then went to the front of the group. I attacked the group to try to catch the breakaway and caught up to 2 of the guys that were in front of me. I passed them and kept on going. One of the riders in front had a flat and another of the riders I just passed stayed right behind me (He was one of the team Fremont riders). He stayed with me for a long time, but that was ok. There were seven laps to go, and I was in fourth place. I knew that I couldn't catch up with the three in front of me but I wasn't mad, I was worried that the people behind me would catch me. I was doing well with five laps to go, I was still in fourth. The person from Team Fremont was starting to drop back so I finished the 10th lap with a smile. I was just going as hard as I could. My legs started to hurt, but I didn't slow down. I had three laps to go and the people behind me started to catch up, but I was about half a lap up. The rider I was about to lap started to work with me (he was one of the riders in the front but he had a flat was out of the race). So we were going real fast and we had a lap to go. I heard the bell for the last lap and just couldn't keep up with the kid helping me. So I had to choose a place where I would start my sprint. It was about 50 yards out, and I started gaining speed. As soon as I got to my mark, I started going as hard as I could. I crossed the line in fourth place with a smile. I went and got my prize and went home happy.

-Zach

5. San Dimas Stage Race

3/24-27/11

San Dimas

San Dimas Video: <http://www.youtube.com/watch?v=5zKfCzoHgeM>

San Dimas Photo's: <http://www.annehamersky.com/gallery/2011SanDimas/>

Tyler Williams

4th Place San Dimas Stage Race, Overall G.C.

Junior 17-18

Stage 1: Time Trial

This last weekend we had five All Sport-Team Swift riders competing in the Junior 17-18 race (Joey Nygaard, Ian Moore, Bentley Campbell, Chris Flanagan, and myself) at San Dimas Stage Race. It was great to have such a solid group of guys to race with all weekend and it made it a lot of fun. There were 42 juniors registered so we were prepared for some tough competitive racing.

The first stage was the Glendora Mountain Time Trial. It was raining all morning so we were skeptical about the conditions on the course. Even though it was uphill we all wanted everything to be right. Thankfully it stopped raining with a good amount of time before our start which was very nice. Though it was still about 55 degrees it was much better than rain. I was the second rider off in the TT with Joey two behind me then Ian, Bentley and Chris. I started out solid on the false flat just trying to get it wound up and find the mindset to do a good ride. I found my rhythm pretty quickly and caught my 30 second man within the first mile. From then on it was just me trying to manage my effort and go as hard as possible. By the time I got to the top I knew I had done the best ride I could do for the day. My time was about what I had expected it to be so I was content. Joey did a great ride and got 5th on the day, I was 7th with Ian and Chris 10th and 11th and Bentley 25th. I was happy with my ride and even happier with Joey, but I know I have more potential in myself for the future.

Stage 2: Road Race—3rd Place

The second stage was a circuit race more than a road race. It was a 7 mile loop with a few punchy rollers and a tough KOM hill. We were scheduled for 7 laps on the circuit with 3 KOM sprints and 3 points sprints. The race started out slowly until we got to the KOM hill where it was a full on sprint to the top of the 1k long climb. I was out of position and started the climb to far back but managed to get over the climb okay. My teammates were doing a great job keeping the race safe and controlled throughout the next few laps allowing Joey and me to stay comfortably in to pack. The next few climbs up the hill Ian Moore was particularly great leading me into the climb perfectly saving me tons of energy. I was so thankful for his help as well as the work done by Chris in the same situation and Brentley doing his best to help. I was confident Joey and I were going to do well and I was happy to have someone as strong as him to rely on sharing the leadership with. Once we finished lap 5 we were told that there was going to be bell lap and they were cutting the race a lap short. This caused a lot of confusion within the group some people not knowing others questioning that validity of the call. But the race went on and it was very fast that lap. I was able to get up the road for a bit with about 4 miles left but we were brought back quickly. Then on the KOM climb which was only 2.5 miles from the finish Ian attacked forcing the bunch to react. This put me in a great position to counter any attacks after that. One rider went up the road once Ian was caught and I was able to bridge on the downhill with his teammate. I thought it was a strong move but I soon realized they weren't working well together and we were being caught. With about 800 meters left we were caught and I prepared to muster what little energy I had left to try and sprint. I really messed up but tried to salvage the day. I was able to find some good wheels and got to sprint. I was able to manage a 3rd on the day which was solid but not quite what we had been

hoping for. But it was great to have all of the team working so great together and I found some new confidence in myself.

Stage 3: Criterium—1st Place

The last stage was the Criterium. The race was only going to be 25 minutes so we knew that it would be very tough and fast. Ian and I got to the front right away and strung it out as best we could. By the second lap we had blown the race to pieces and I found myself in a breakaway of three. We worked great together for a while then three more riders bridged across including teammates to the other riders. By this point I was tired and wanted to save energy for the sprint. I was able to make some good decisions in the group and with my awesome team holding up the pack I was determined to get the win. With three to go I hid in the back of the break and started planning my moves. The last lap was very aggressive with the two Echelon riders attacking and countering each other. I was able to mark both and got on their sprinters wheel with 500 meters to go as they led it out. Coming around the last turn their lead out man pulled off and I jumped to the right side with 200 meters left. The rider drove me straight towards the barriers but I was not going to back off and was able to come around and beat him on the line by nearly a wheel. I was very happy to get the win for myself but also my team who really deserved it for their dedication to the day. The break also moved me up into 4th overall which was a bonus but Joey got bumped to 7th which I was sad about. But the day in total was terrific and I was very happy to get the win for the Team.

All in all it was a solid weekend with All Sport-Team Swift with a stage win and a top 5 on GC and 2 more top 5 finishes on the other stages. I was honored to race with such great Teammates and friends. They worked selflessly and hard and I was able to thank them with my stage win on Sunday. I can't say enough how much I appreciated everyone's support and help all weekend and all year.

-Tyler

Joey Nygaard

5 th Place	San Dimas Time Trial, Stage 1	Juniors 17-18
6 th Place	San Dimas Criterium, Stage 3	Juniors 17-18
7 th Place	San Dimas Stage Race, Overall G.C.	Juniors 17-18

Stage one: Uphill Time Trial—5th Place

The team came into the first stage with only one goal: we were all out to race as hard as we could. We would talk tactics once we had the results at the end of the day. When we woke up, we looked outside and saw that it was raining. Because of the rain we decided to drive the van over so we would not get to the race totally soaked. Once

we got there the weather had cleared off a bit and some sun was showing through. We got on our trainers and proceeded to do an intense warm up.

Once we had finished our warm up we got our race wheels on and rode over to the start. I did a few jumps on the hill before the start, ate a Clif Shot, did role out and then lined up behind my 30 second man, Cory Williams. In front of him was my teammate Tyler Williams. I was very confident I could catch Cory, as he was a sprinter, but even though Tyler was also a sprinter, he could climb very fast. When I finally got to the line after Cory had gone, I took a few deep breaths before the whistle and started my clock when the official said "10 seconds." After the countdown, I sprinted out of the gate and up the false flat before the real start of the climb. As I made the first switch back which signified the start to the climb, I began to ramp up the pace a little bit. I could barely see Cory Williams around the corner. I kept up a steady but very hard tempo until he was actually in view. Once I had him in my sights, the gap came back very quickly. I caught him after only 4 minutes of climbing. As I passed him he casually asked me how much further the top was and all I could do was grunt at him that I didn't know. I looked down and I was in the 190 bpm zone. I was able to keep up this tempo until about .75 miles left when I sped up. I was almost going full out from this point until the last few turns when I was practically sprinting around them. I had really paid attention during our ride of the course the day before and made a note of when I could go all out. Right when I crossed the line I looked down at the time on my computer and in my daze I was able to see that I had around 15 minutes and somewhere in the 40 second range. I crossed the finish line and fell off my bike, sprawling on the pavement next to my teammate, Tyler who had finished right before me and done the same. After a few minutes of laying there I was able to get up. After talking to Tyler we came to the conclusion that we had very similar times and we were interested to see what they were and where they put us on GC. A few minutes later, our teammate Ian came up and after he had caught his breath we rode down the hill, cheering on our teammates, Chris Flanagan, and Brentley Campbell as they were making their way up.

I ended up with the time of 15:37, 6 seconds ahead of Tyler. Ian was a little further back with Chris and Brentley right behind them. This time was good enough to land me in 5th place on the stage and on the GC. I was now the GC guy for the team. However, Tyler was not far behind in 7th place so we had some options. I was only ahead of 6th place by about half a second so we had a lot of things to think about in our team meeting.

Stage Two: Road Race

The plan for the day was for me or Tyler to try to get in a break and gain some time on our GC rivals. If this failed however, Tyler would go into sprint mode on the last lap and would try to beat the other sprinters in the final few hundred meters.

We rode over to the race, doing a few sprints on the way. Once we had gotten there we did a few more and then began to line up in the staging area. The whistle blew and we rolled away. The pack rolled around the first part of the course pretty slowly until we got to the first climb. The guy who was right behind me in GC, Taylor Clements started to move up around the outside and I followed him. He sped up and attacked with me right on his wheel. When we got to the top of the climb he looked back and saw that I was right on his wheel and sat up. After the sprint, the next lap was pretty similar to the first one except there were more attacks. As we came to the climb I was not in the best position and had to work hard to ride past people who were falling back. The same thing happened on the next lap and I realized I had to do something about it. I noticed that Ian was always up near the front on the climbs and so I asked him if he would help me right before the climb to just help me get up to the front. I felt good on the climbs but was just having to make up too much ground on everyone else. He obliged and the next time up the climb I was safely up in the front. During the next sprint for time bonuses I stayed close on the people who were sprinting. I was not trying to get points; I was hoping to use them as a slingshot to get me off the front. It worked, I stayed on them and as they sat up I steadily sped up my tempo so that people would not see it coming. I went flying by the sprinters who were completely out of breath. I dove into the corner and continued to hammer. I looked back and I had about a 10 second gap over the rest of the field. I kept up my pace but I was getting tired. If nobody joined me soon I would have to drop back. Sure enough, one of the riders who had been riding strong bridged up to me and we started working together. Not long after, we were joined by three more riders, my teammate Tyler, Alistar Eckman, who was sitting second place, and another kid I didn't recognize. I knew that if Alistar Eckman was off the front with us, the break wouldn't last long. And sure enough we were caught almost immediately after we were joined. The next few laps there were lots of attacks on the hill and on some of the rollers leading up to the hill. When it came down to the last lap it was clear that nothing was going to stay away. On the last hill I was near the front but once we actually started climbing I realized I was not as close to the front as I would have liked. I looked around for Taylor Clements to make sure that I at least did not lose any time to him. He was right behind me. There were a number of people who had moved to the front before and were now falling back. I got boxed in by these people and Clements was able to ride around them. I had to stop pedaling for a few seconds which seems like nothing but it was actually equivalent of getting me tailed off of Clements. He was only about 10 feet in front of me but it was very far in my mind. If he was even one second ahead of me in the finish he would jump ahead of me. I sprinted all out over the top of the climb to catch up with him and I barely got on the back of him. On the descent, one of them let his wheel go and I was not able to get around them until the road flattened out. Even though I was totally exhausted from the climb, I came around them and tried to get every single ounce of strength out of my

legs. I was able to barely get on the back of the leading pack. When we straightened up for the finish line, I looked around and was not sure that we were actually finishing. Everyone was had their head down and was hammering, small gaps were forming here and there but everyone seemed totally dead. It was a very slow finish but I could tell that just like me, everyone could hardly even get out of the saddle. I finished right on the back of the group of twelve, the last person to be included in the same time as the group. It had been quite a mental battle towards the end but in the end I had kept my lead over Taylor. In all of the confusion I had not been paying attention to where my other teammate Tyler was but he had managed to pull off a 3rd place! He was now only six seconds behind me in GC after taking the time bonus.

Stage Three: Criterium

For the final stage of the Stage Race we were mainly focusing on getting a stage win for Tyler who was our sprinter. However, If Ian or I had the chance to win in a breakaway that would be great as well. We were also going to try and keep one of us on the podium. Since it was a wet criterium, we decided to split the field right away. When the whistle blew, Ian sprinted off the line and hammered all out for the first lap. This made it so that all the stragglers who would eventually get dropped would get out of the picture immediately. It worked, the group split with all the contenders in the front, and the rest of the riders in the back. Luckily, all five of us Swifties had made the cut. After a few laps of attacks, Tyler was able to get a reasonable gap off the front with one other rider. We were sitting in and blocking for him at the moment. Soon it was getting brought back. When it was very close to being brought back, I was about midway back in the pack. I saw Taylor Clements attack and bridge up to them with a few other riders. I was very determined to get up to them so as soon as I was not boxed in anymore, I jumped away from the group with one other rider. At that point we were only about 10 or 15 seconds behind the group ahead of us. I looked back after a few corners and we surprisingly had a very reasonable sized gap over the rest of the field. I was chasing almost all out but was barely getting any help from my companion. Every time I would try and get him to come around and take a pull he would go to the front and the pace would drop about 5 mph. He would pull off almost immediately after so I decided to just go for it. The gap wasn't coming down however. I hoped that my teammate in the front, Tyler Williams would notice that I was chasing and would not work. Or that he would notice that he was pulling the guy who was threatening my podium position along with him. I was slowly losing ground on the group. However, I decided to try and gain as much time over the field behind me anyway even if I couldn't catch the group. I pulled him all the way around the last two laps and then in the final sprint he came by me to claim 5th place on the day. I was not aware that we were sprinting for 5th place. If I had known this I might have slacked off a little bit on the final lap and saved a little bit for the sprint. When I rolled around, Tyler told me that he had pulled off the

victory! It was great news. He had also claimed a spot on the overall podium. After the breakaway, I had slipped down to 7th place in the GC. I was pretty disappointed about this but I was very happy we had gotten the stage win and at least one person on our team had made the overall podium.

Over all, it had been a great race! I had done better than I thought I was going to and so had the team. We were by far the strongest team as a whole in the whole Junior field. I am looking forward to returning next year.

-Joey

Brentley Campbell

21st Place San Dimas Stage Race, Overall G.C. Juniors 17-18

Stage 1: Uphill TT

We had ridden the course the day before to get used to the hill. I wasn't really looking forward to lugging my 205 pound body up a hill as fast as I could, but I gave it everything. I kept a good pace out of the start gate and I ended up with 25th place on the day. As a team, we had Joey and Tyler both in the top ten so Chris and I would work as hard as we could for them in the Road Race the next day. We recovered at the hotel and pre-rode the road race course. It had a .6 mile hill and we were supposed to do seven laps. I needed to recover a lot to prepare for a day of hard work.

Stage 2: Road Race

The road race was fast from the start. I wasn't all that comfortable riding with all of the juniors and they were pretty sketchy. After about 5 minutes, the 15-16 yellow jersey crashed for no reason with one of his teammates. Then on the descent right before the climb, a 17-18 track district champ (wearing his jersey in a road race which is a no-no) crashed for no reason and came within 6 inches of taking me out. I was dropped on the climb the first lap, but I managed to catch back up on the descent pretty easily before the finish line. The second lap was about the same and I was dropped and caught back on. After fighting to get back on, through a corner some kid completely changed his line and moved at least three feet from left the right taking out my front wheel. I still don't know how I avoided crashing. Somehow I unclipped, stopped and was able to fight to catch on yet again. I continued to get dropped every climb, and I continued to catch back up. They shortened our race to 6 laps for some reason and I was able to get the front on the last lap to block while Joey was up the road on an attack. I was dropped on the climb and was able to finish easily within the time cut (only 5% !!). I could race another day.

Stage 3: Criterium

The first lap of the criterium was pretty fast, which was intentional on our team's part with Ian Moore setting the pace/ attacking on the front to drop some guys and make it safer. Unfortunately for me, I was closer to the back after the first lap when 3 guys went down. I avoided crashing but I was unable to catch back up with the pack. I ended up forming a chase group of 10-15 and I tried to get a paceline going. One kid kept messing up the rotations and attacked after not working so we told him to go to the back. After doing much of the work, I helped us catch the main field with 4 laps to go. I immediately went to the front and helped my teammates Ian and Chris to block because we had both Joey and Tyler up the road. It was great; Tyler won the stage and made it on to the podium! Yet another great weekend of stage racing!

-Brentley

Ian Moore

16 years old, Senior Category 3

10 th Place	San Dimas Stage Race, Overall	Juniors 17-18
10 th Place	San Dimas Time Trial, Stage 1	Juniors 17-18
12 th Place	San Dimas Criterium, Stage 3	Juniors 17-18
15 th Place	San Dimas Road Race, Stage 2	Juniors 17-18

Stage 1: Time Trial

This race I just went as hard as I could. I did the normal time trial warm up to be ready in the race. I didn't know how I would feel really because I had crashed and gotten stitches just a few weeks earlier at the Snelling Road Race. I hammered out of the start house then tried to go as hard as I could without blowing up. Then I accelerated around the first switch back, and continued until I collapsed over my bike at the top. I was not that happy with my time (about 16 minutes); I was hoping to at least do 30 seconds faster than that based on what time I did last year, and other factors. So I'm still coming back from the crash but I am not too far off- it just shows in a TT like San Dimas. Looking forward to helping the team in the road race tomorrow.

Stage 2: Road Race

The road race is a 7-mile loop that we were supposed to do 7 times. There is a short KOM hill, and other than that it is a rolling course with a descent coming into the flat finish. On the first lap there was a crash and the 15-16 yellow jersey went down. I stayed a few riders back from the front, ready to go with any attacks from the top GC guys. Before the KOM there is a dam the racers cross, and then a downhill where there is a sprint for position into the right turn which starts the KOM hill. I made sure I was at

the front or second wheel when riders were four across the dam, so I could sprint to and be position for the hill. On the later laps Joey would stay on my wheel during this part some he could have a good position, but not have to work as hard. People attacked on the climb like Taylor Clements who was less than a second behind Joey in GC and I followed. On the 4th lap the pace slowed on the climb, and no one was going, so I attacked over it, and got it strung out again. No breaks really lasted from the climb, but we dropped people, and split the field on one lap. On this same lap Joey got in a breakaway after the finish line, on a flat part, but Specialized pulled it back. If Specialized was in that break it might have stuck. During the race they shortened the race to six laps. At the bottom of the climb on the last lap I came off Chris's wheel, who was at the front, and attacked hard hoping to help Tyler by making Major Motion or Specialized pull me back that way the race would be hard but steady up the climb; I was caught before the top and was pretty tired from the hard effort up the hill, so I just fought to stay on the group to the finish. Tyler got third in the sprint; maybe if I would have not attacked, and been in the group for Tyler until the finish, we would have done better. More learning from this race. Joey also did great keeping his top five GC.

Stage 3: Criterium

The criterium course was wet when we arrived so I was supposed to keep the pace really hard the first two laps; to drop people and make it safer. The plan was for me to lead out Tyler on the uphill and around into the downhill before the last turn, and the finish line. I got into my pedal fast, and sprinted off the start line. One other rider had the same plan as me, so we worked at the front for two laps. At the end of the second lap Tyler got in a break with two other riders. This break was beginning to be brought back, when 2 more people went and bridged up with Tyler, and Joey went chasing after them with another rider because Taylor Clements, who was right behind Joey in GC, was up the road. Chris and I sat up at the front when Joey attacked and through the finish line I rode at the front easily. Chris and I continued to do this the rest of the race, and go with people who attacked. Tyler won, and moved into 4th GC, so successful race for All Sport-Team Swift. Brentley did awesome all weekend staying with the group in a hard road race and crit. And overall All Sport-Team Swift raced well together.

-Ian

6. NorCal MTB League Race #2

3/27/11

Monterey

John Morehouse

4th Place NorCal MTB League Race #2 JV Boys D1

I went into today's race feeling well rested and fed. I hadn't gotten much riding in the week prior because I was touring a lot of colleges but none-the-less the rides I did end up doing were solid. I had 3 rides in that week and each one I felt fantastic on. The race started pretty easy, as we had a mutual start for about the first 100 yards. Off the bat I got myself into a paceline and I sat about seventh. Halfway through the lap, Lucas Newcomb attacked hard causing our group of 10 or so to start suffering. Due to the fast nature of the course attacks were frequent. It wasn't technical in the slightest and only a 4 mile lap so our times were around 17 minutes each of the 4 laps. I got caught in a small group that fell behind the attack and I wanted to get up to that top 3 that broke off. I felt great and was able to bridge up to the break alone not expending excessive energy. Once the second lap began I was with Lucas and Johnny, both whole athlete riders, and another Drake kid, Miles. Lucas and Johnny were on a mission to beat me, and Miles wasn't willing to work with me as I would be much faster on the flats and him faster on the descents. I attacked the group hard, but they all stuck with me. With a lap and a half to go, Lucas and Johnny were able to make a huge acceleration. I couldn't match so they pulled off the front. Miles attacked, and it took me an entire lap to get back up to him. He pulled away though on a final descent leading to a finish and I ended up having to sprint out another Drake rider that bridged up to us, Daniel. I took fourth by about a wheel length. It was extremely close. Overall an awesome result, much improved from the last high school race. Hopefully I'll make it into the top 3 next time!

-John

Griffin Wigert

Age 14, Junior Varsity

7th Place NorCal MTB Race #2 League, JV Div. 1

The race venue was located at Fort Ord, in Monterey. It was about 5 miles, no major hills, and was sandy. I would do 4 laps. I warmed up on the single track but was a little late for the start and ended up with a starting position of about 40th place. The start went okay, and I passed about 5 people going up the feed zone. At the top was single track, and I was behind many slow riders, so I just chilled. Same as last race my second lap was the fastest, me trying to catch the leaders. The same Drake kid was there, and we constantly attacked and counterattacked each other. We also passed several other riders and another one caught us, so we were battling for 9th, 10th, and 11th, place. Every lap I ate a Clif Shot and 3/4ths of a bottle of All Sport. By the third lap the other rider dropped off, so it was just me and Drake. I attacked him with a mile to go

and stayed away to finish 7th. I had a good race, I refueled a lot, and I secured a place as 9th in points, guarantying a call up for next race.

-Griffin

Alumni Updates

Ryan Eastman

Trek-LIVESTRONG

- <http://www.treklivestrongu23.com/>
- http://velonews.competitor.com/2011/04/news/american-outpost-in-the-european-storm-usa-cycling's-belgian-house-offers-portal-into-euro-racing-for-young-riders_167453
- <http://www.cyclingnews.com/races/16th-le-triptyque-des-monts-et-chateaux-2-2>

Wes Holloway

1 st Place	Madera Stage Race, Overall G.C.	Senior Category 3
2 nd Place	Madera Time Trial, Stage 1	Senior Category 3
3 rd Place	Madera Road Race, Stage 3	Senior Category 3
7 th Place	Madera Criterium, Stage 2	Senior Category 3

Stage 1: Time Trial-2nd Place

Madera Stage Race was my first stage of the season. My main purpose of this race was to see where my fitness was in preparation for San Dimas, and also to gain stage race experience in general.

The first stage was the ITT. It was basically a 10 mile flat loop. I unfortunately did not have a TT bike, but I was thankful enough to get clip on bars, and borrow an 808 and helmet from my Echelon teammate, Alex Brookhouse. For the first half of the TT, I kept my cadence high and went at a comfortable pace. When I got to the 3rd stretch with 5 miles to go, I went beyond my limits especially into the final kilo. I ended up 2nd, 2.8 seconds behind the leader.

Stage 2: Criterium-7th Place

That afternoon was the criterium. It was a typical 4 corner flat crit. I had to protect my GC position. Since my Echelon teammates are in the Pro 1/2 field I was obviously a one man show. So before the start, I went over to the All Sport-Team Swift (*which was my team last year*) van to basically beg for their help to protect my GC

position and possibly take a time bonus for the overall. Lucky for me, All Sport-Team Swift being some of the most generous people in the peloton, offered to do whatever they could to help me. During the criterium, Tyler Williams did an awesome lead out for me for the first prime (*5 second time bonus*). Due to the fact that I can't sprint to save my life, a rider was able to come around our lead out to take the prime. But it was ok because he didn't have GC contentions. For the second prime Tyler wasn't able to lead me out, but Joey Nygaard got me into position behind a team that had intentions of getting the second prime. Once again I was out sprinted to take 2nd. After that I drifted to the back to recover for the final sprint. The top 3 would get time bonuses (*20,10,5*). The last 5 laps were chaos as crits usually are in the end. I found that position was a little harder to get in this crit than others. Going into the final turn I knew I wasn't going to be able to get a time bonus, but I didn't see anyone in the top 5 on GC going for the sprint so nothing had changed on GC for the top 7 riders.

Stage 3: Road Race-3rd Place

The third and final stage was the road race. It was also my last opportunity to take the overall. It was a mainly flat 18 mile loop. The Category 3's were doing 4 laps, so 68 miles. When I got to the start rumors were being bounced around that the GC leader dropped out of the race. I drifted my eyes around the peloton and confirmed the rumor. That meant I was first overall. So it meant if a break was going to go former teammates Tyler Williams and Joey Nygaard would be helping me bring back a break. The first lap was filled with little attacks that didn't go anywhere. It wasn't until the second lap that a break was able to form and create a reasonable gap of a little over a minute. Joey was able to do a ton of work to help bring the break back before flatting out. It was down to me and Tyler to chase. We both were putting in massive efforts to bring it back and we did just that. The break was caught towards the beginning of the final lap. There were a few minor attacks on the last lap but no one wanted another break to go, so it was going down to the sprint. My goal for the day was to at least get 3rd place to take a time bonus to confirm my lead. Going into the sprint I was positioned behind the rider who was 2 seconds behind me. He opened up the sprint way too early and blew himself up in the wind. I had no problem coming around him to take 3rd to get my 5 second time bonus and WIN the yellow jersey for the 25th Annual Madera Stage Race, Cat 3's. Tyler and Joey were amazing, and I couldn't have kept my GC without them.

Going into the race I thought I would be alone, but I ended up getting everything I could have asked for from All Sport-Team Swift. Thanks for reading.

-Wes

Lauren Catlin

4 th Place	Madera Criterium, Stage 1	Senior Women Category 3
7 th Place	Madera Road Race, Stage 3	Senior Women Category 3
9 th Place	Madera Stage Race, Overall G.C.	Senior Women Category 3
11 th Place	Madera Time Trial, Stage 2	Senior Women Category 3

Stage 1: Criterium-4th Place

After a long season of base riding in below-freezing temperatures at Fort Lewis in CO, I was ready for the weather to warm up and for races to begin. A week before the Madera stage race, I flew from Durango back to my house in Marin for spring break. I was able to enjoy some riding in much more pleasant temperatures before heading down to Madera with Coach Laura and the Swifties.

The first stage for me was the crit. I raced in the 3s and, to my surprise, found out that we would not be combined with the 1-2's. This changed my entire plan for the race which was, originally, to survive in the pack. We had a respectable field of around 25 riders. The race started off at a reasonable pace, with people really only attacking for the primes. My former junior racing friend threw out an attack and I countered her. I played around at the front of the field for a while, but was pretty sure that this race would end up in a pack finish. I wanted one of the primes, and was in good position coming up to it but was nipped at the line. Now that I had the opportunity to check out the speed of the other riders, I was confident that I could get a top placing in the crit. I made sure to move up throughout the last lap, and snuck into fifth wheel or so by the final corner. Although I'm not the best sprinter out there, I was at least able to move up one spot and hold that to the line. I was happy with the 4th place, but didn't receive any time bonus for the GC.

Stage 2: Time Trial-11th Place

Roughly 3 hrs later was my TT. I was lucky to get a ride over to the course from PB&co/Twenty12's Olivia Dillon. She warned me about the bees and the headwind that would make this TT interesting. I got in a good warm-up and made sure to be early in line for the TT starts- I've missed one before and definitely did not want that to happen again! About 5 minutes into my TT I was passed by a Metromint woman. I tried to forget about it and focus on myself and catching the rider ahead of me. I was feeling great, but had to be realistic about pacing because this was the tailwind section. I was gradually catching my 30 second rider, and two beestings later, was able to pass her. I hit the headwind pretty hard and was losing speed but just focused on the counting cards on the side of the road. The rider I passed caught up to me and passed me with 1k to go. I made sure she didn't regain her 30 seconds by the end. I felt like I had put in a good effort and ended up 11th. I know I still have a lot to learn about TTs but I was

satisfied that I had at least beaten out over half the field. Also- special thanks to Ryan Grant for letting me borrow his TT bars!

Stage 3: Road Race-7th Place

Day two and stage three was the road race. The cat 3 ladies would be doing 4 laps- 68 miles. This was the longest road race I'd ever done, but I was confident that my endurance was up to par and was not worried with the distance. Our first lap was mild, a few surges here and there but no one was serious about making moves. On lap two, 2 riders were off the front for the bumpy- cross windy section, but I and a few Metromint ladies chased them down on the rollers. On lap 3, I gave it a go on the turn into the rollers. No one came with me and I did not think I had it in me for a brave solo effort on the final lap. I slowed down to be reabsorbed into the field on the rollers, and a few moments later we were neutralized for the men's 3 field. Seeing that we were neutralized right after, I guess that it would have been the perfect time to go for the solo effort. Nevertheless, the opportunity had passed and I figured I would just have to give it my best in the field sprint. We came onto the rollers pretty hot on the last lap and I was getting squeezed into the middle of the pack. I moved up to the front at the top of the roller and led the pack down the hill to the final ascent. I backed off a bit to see if I could grab a wheel to ride to the line. This worked until she slowed down and we were passed by 4 or so riders. I ended up finishing 7th. I was a little disappointed in the end result and a long and uneventful race, but can't deny that it was great training and a chance to learn. This was a fun weekend and I'm super pumped to finally be racing again. It was great to see all the Swifties killing it in their races and working well as a team. You all put up some impressive numbers at Madera!

Good luck to all and I look forward to seeing everyone at the races this summer,

-Lauren Catlin