

All Sport - Team Swift Race Reports May 2011

Race Reports for:

1. Memorial Day Criterium (Junior NCNCA State Championships)
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May Top Results:

1 st Place	Memorial Day Criterium	Juniors 17-18	John Piasta
1 st Place	Memorial Day Criterium	Senior Category 3	Tyler Williams
1 st Place	Cat's Hill Criterium	Juniors 15-16	Drew Gonzales
1 st Place	Cat's Hill Criterium	Kids 4-9	Isabella Brunner
1 st Place	Memorial Day Criterium	Kids 10 & Under	Isabella Brunner
2 nd Place	Panoche Valley Road Race	Juniors 17-18	John Piasta
2 nd Place	Wenté Criterium	Juniors 17-18	Chris Flanagan
2 nd Place	Cat's Hill Criterium	Juniors 17-18	Tyler Williams
2 nd Place	Folsom Criterium	Senior Category 3	Tyler Williams
2 nd Place	Cat's Hill Criterium	Senior Category 4	Drew Gonzales
2 nd Place	Wenté Criterium	Juniors 15-16	Drew Gonzales
2 nd Place	Cat's Hill Criterium	Juniors 13-14	Tommy Lucas
3 rd Place	Berkeley Hills Road Race	Senior Category 3	Joey Nygaard
3 rd Place	Mt Hamilton Road Race	Senior Category 3	Tyler Williams
3 rd Place	Wenté Criterium	Juniors 15-16	Stanley Goto
3 rd Place	Panoche Valley Road Race	Juniors 15-16	Drew Gonzales
3 rd Place	Panoche Valley Road Race	Juniors 13-14	Tommy Lucas
4 th Place	Tour of the Gila, Stage 2	Senior Category 3	Ian Moore
4 th Place	Panoche Valley Road Race	Juniors 17-18 Girls	Libby Caldwell
4 th Place	Memorial Day Criterium	Juniors 15-16	Drew Gonzales
4 th Place	Cat's Hill Criterium	Juniors 10-12	Isaac vanAelstyn

4 th Place	Panoche Valley Road Race Juniors 10-12	Isaac vanAelstyn
6 th Place	Memorial Day Criterium Senior Category 3	Drew Gonzales
6 th Place	Panoche Valley Road Race Juniors 15-16	Stanley Goto
7 th Place	Wente Criterium Juniors 15-16	Zach McClendon
8 th Place	Cat's Hill Criterium Juniors 17-18	Joey Nygaard
8 th Place	Cat's Hill Criterium Senior Category 3	Tyler Williams
8 th Place	Panoche Valley Road Race Juniors 15-16	Griffin Wigert
8 th Place	Memorial Day Criterium Juniors 15-16	Stanley Goto
8 th Place	Cat's Hill Criterium Juniors 15-16	Stanley Goto
8 th Place	Norcal HSMTB # 5 JV Div.1	Griffin Wigert
9 th Place	Cat's Hill Criterium Juniors 17-18	John Piasta
9 th Place	Wente Criterium Juniors 15-16	Phillip Kinney
9 th Place	Cat's Hill Criterium Juniors 13-14	Eli Kranefuss
9 th Place	Norcal HSMTB Champs JV Div.1	John Morehouse
10 th Place	Panoche Valley Road Race Juniors 17-18	Joey Nygaard
10 th Place	Cat's Hill Criterium Senior Category 4	Stanley Goto
10 th Place	Cat's Hill Criterium Juniors 13-14	Zach McClendon
10 th Place	Panoche Valley Road Race Juniors 13-14	Zach McClendon
11 th Place	Memorial Day Criterium Juniors 17-18	Remy Canto-Adams
11 th Place	Cat's Hill Criterium Senior Category 4	Tommy Lucas
11 th Place	Memorial Day Criterium Juniors 13-14	Zach McClendon
12 th Place	Panoche Valley Road Race Juniors 17-18	Chris Flanagan
13 th Place	Memorial Day Criterium Juniors 17-18	Chris Flanagan
13 th Place	Berkeley Hills Road Race Senior Category 4	Stanley Goto
13 th Place	Cat's Hill Criterium Juniors 13-14	Ethan Frankel
15 th Place	Cat's Hill Criterium Juniors 17-18	Remy Canto-Adams
16 th Place	Cat's Hill Criterium Juniors 17-18	Brentley Campbell
17 th Place	Cat's Hill Criterium Juniors 15-16	Phillip Kinney

Rider Race Reports

1. Memorial Day Criterium

(Junior NCNCA State Criterium Championships)

5/30/11

Morgan Hill, CA

John Piasta

1st Place Memorial Day Criterium-Criterium Champs Juniors 17-18

It has been four years since I was first exposed to the world of cycling in 8th grade and now I have finally graduated. The night before the race was grad night and Laura

told me to enjoy it since I only graduate once and race in the morning if I feel up to it since they rescheduled the race last minute.

After being bucked off a mechanical bull, spending quality time on jumpy jumps, becoming ping pong champion of the world and staying up till 5 am I got as much sleep as I could and woke up with the thought lets go bike racing. My parents and siblings really were not for the idea since I got less than 4 hours of sleep. I told them it was just a crit and soon enough we were in Morgan Hill.

I got to the start and thought, "Okay maybe my parents were right", as I yawned. Chris and I talked and with 6 Specialized at the start we had our work cut out for us. Furthermore at the start they announced 13 primes and 250 dollars worth of money as primes. In addition there would be primes on the first 2 laps. So I was going to leave with cash or a good result. The race started and I sat in as people went frantic for the first primes before getting dropped. On lap 2 I attacked and was marked very closely. I relaxed and drifted back to the field. A break of 7 went up the road with 1 Specialized rider and 6 others. I was taunted that I just lost the race by people who wanted me to do the work, my silent response got teammates chasing teammates and the field pulled it back just as I knew they would. There was a counter attack, Chris did a great job covering and David Benkoski put in an attack with me on his wheel and the winning break was established.

I did minimal work pulling through easy very aware I could be attacked by 3 Specialized riders. That started happening and I covered Benkoski and made sure Torrey didn't get far up the road because he is good at winning solo. Benkoski attacked with 3 to go and I told him earlier I would work only if I was alone with him. We stayed away for a lap but were caught. I knew it would be a sprint and I was really trying to figure out a finishing plan. Time was running out. Specialized started their lead out and I remembered the 100 dollar prime I sprinted for and no positions changed in the finishing straight. With that knowledge I picked out my attacking point, the yellow fire hydrant. Wait, wait, I had to keep telling myself, I was getting antsy, impatient and fighting with myself to be patient and not do something stupid. If I didn't time it perfectly I would lose. Yellow fire hydrant 50 meters before the final corner, I go, Benkoski comes around his lead out man and we are clashing bars to the final corner I come out of it first and stare at the green finishing booth hearing my name being yelled over the loud speakers not looking back I cross the line. I was the new State Criterium Champion!

Looking back on it I really had a mistake free race tactically which felt great especially given what I did the night before. I made teammates chase back teammates and timed the sprint perfect. All of these things team swift has taught me over the last 4 years and with the guidance of Coach Laura and from analyzing my mistakes, I have learned how to race even when overwhelmingly out numbered. We really do have an awesome team!

-John P

Tyler Williams

1st Memorial Day Criterium Senior Category 3

Memorial Day Criterium was my third and final day of racing Memorial weekend. It was also what should be my last crit as a Cat 3. What made it even better was that it was the first Cat 3 race for teammate Drew Gonzales. It was great to at least get to race with him before I moved up. The weather was freezing cold but dry. It was a pretty large lap for a crit a little over a mile. The race was pretty aggressive from the start. It was great to have a teammate in there with me to help in bridging and being represented in breaks. A great experience in this race was getting to lead out Drew to win a prime. I remembered when I had just moved up and what winning a prime did for my confidence. He was able to win it very easily. Drew was incredible throughout the entire race helping pull back moves and bridge up to groups. On the last few laps he got in a great position to help lead me out for the final sprint. He did a great job of moving me up at the right times and keeping me from getting boxed in. Inside the final kilometer of the race a big lead-out came from team Above Category. Drew had left enough room so that when they came by on the inside I was able to get right onto their sprinters wheel. Going into the final turn one rider came around all of us in a full sprint. I jumped onto his wheel quickly and dove into the final turn in second wheel. From the turn it was 300 meters. I jumped as I came out of the turn and was able to easily win by over a bike. It was a great feeling to finally get a win after so many close seconds and thirds. I couldn't be happier for Drew who ended up getting 6th! He did an amazing job in his first 3's race and a big part of this win was because of him. It ended up being a great day for All Sport-Team Swift with Drew getting 4th in the 15-16 norcal state champ crit and big John Piasta winning the 17-18 state camp race. I was super happy to be part of such a great day for the team!

-Tyler W

Drew Gonzales

6th Place Memorial Day Criterium Senior Category 3

From the beginning of the race, I knew that I would be working for Tyler Williams. On the first few laps, I remained calm in the pack and chased a few groups that tried to get away, but it was pretty calm on the front of the race. After 2 laps, I heard the announcer call out from a prime lap. Then I asked Tyler for permission to take it and he replied with an offer to lead me out. On the final turn before the finish line, I sat on Tyler's wheel, and then around the corner I came around Tyler and took

the prime.

Later in the race, a group of two went off the front. After talking to Tyler, I chased it down, however when I came close to the group, I was a little tired and decided that the extra effort to close the gap wasn't worth it. I waited until I had more energy to chase again. I ended up waiting a lap before trying to chase it again, which I did. As I arrived in the group, one of the older men asked me to take a pull, but I explained to him that I didn't want to. This reply really angered him and discouraged the group so they gave up and went back to the pack, making my mission a success.

With one lap to go, I led Tyler out. He sat on my wheel until I landed on the 5th then I moved into a draft and left a lane open for him should he could decide when to sprint. Coming around the last corner, I saw that Tyler had moved up to 2nd without hesitation. Just after the corner, Tyler began to sprint for the line and won the race.

Drew Gonzales

4th Place Memorial Day Criterium Juniors 15-16

This was one of the worst races I've ever done. After the first corner, Henry took off again, and everyone knew that we would catch him easily, however no one pulled. The entire race was, full of little attacks, but no one wanted to pull the entire race to get Henry. Any single rider could have pulled him back, but no one was willing to work. Even San Jose, who had 3 riders in the race wasn't willing to pull back Henry. Normally, I would have asked Stanley to pull him back, however he was just recovering from a cold. On the last corner, Reese Levine led out Dylan Drummond. In retaliation, Zeke and I jumped on Dylan's wheel. Around the corner, Dylan began to sprint and I just couldn't spin my legs faster. Dylan won the field sprint, then Zeke came in, then I did. I am really happy that Henry won because he has been working on that type of move all year without success. It just goes to show that continuous effort does have a reward. =Drew

2. Berkeley Hills Road Race

5/8/11

Berkeley

Joey Nygaard

3rd Place Berkeley Hills Road Race Senior Category 3

I had been looking forward to Berkeley Hills Road Race for a while because it suited me very well with lots of reasonably steep climbing. After we arrived at the start, I walked over to get registered and then returned to our car to get ready. After riding around for a bit I got lined up with all the other Cat 3's. Soon we rolled out of the starting area and on to the main road. The first 2 laps were very uneventful. There were

a few attacks but none that were in anyway threatening. It would take a large group of strong guys to stay away for 3 laps on this course. The first times up the climb were easy enough but it was hard to judge how fast the pace would be up the final climb of Papa Bear because the first two times up it we were neutralized. On the third lap a reasonable sized group started to go off the front. I bridged up and sat on just in case it looked like it might go somewhere. It didn't and we got caught after a few minutes. It was a good chance to stretch my legs and see how I was feeling. I felt pretty good. However, I started to feel even better as the rest of the race went on. On the last lap, there was a lot of confusion of groups passing one another and a few people got off the front without anyone really noticing. There was a group of 4 off the front coming into the final time up Mama Bear. I was still feeling really good so I went to the front to try and pull them back. I took a good hard pull and then looked back. I had ridden away from the whole field and had about 15 seconds on them. I decided to keep going since I still had a lot of gas left. I caught two of the riders ahead who had been split from the rest of their group, but we were caught on the descent from Mama Bear. I was pretty winded from this but still felt very fresh, I was super confident that I could ride a good finishing climb and pull off a top five or possibly the win. The few of us who were left and were still strong worked hard on the small but hard rollers in between Mama Bear and Papa Bear in order to catch the rest of the break. By the beginning of Papa Bear they were in sight but still very far away. The group started up the climb at a hard pace while I sat comfortably in 3rd wheel. A few riders tried to move up around the outside but I just jumped on their wheels and held my position. About halfway up, the first jump went. It was a hard move and although most people had to struggle to follow it, I was having no trouble. A second after the attack went I realized I was stronger than everyone in this field so I went all in with a counter attack. This caught everyone off guard because they were already struggling to cover the first attack. My move was twice as fast as the first one and I quickly got a huge gap over the rest of the field. However, I realized that I still had a long way to go till the finish. I suddenly grew afraid that I had jumped too early. I still had about half of the climb to cover and as my legs cried out in pain I looked back. My gap had stayed the same. I continued to go all out, looking back every once and a while to make sure my gap was holding. Once I got within 200 meters of the line I was confident that I would keep my lead. I crossed the line in 3rd place. I was very happy with this but wished I could have won. I had felt extremely good all day and had a hunch that I could have ridden away from the two other guys who where in front of me if they had started the climb in that group. It had been a fun race all around and I got lots of good prizes to give to my mom to repay her for getting up early and letting me race on Mother's Day.

-Joey

http://www.annehamersky.com/gallery/Cats_Hill_2011/

Tyler Williams

8th Place Cats Hill Criterium Senior Category 3

This was my first race back from Europe so I was excited at getting used to racing here again. The course was very awesome with the 23% climb in the middle and the crazy road surface. We were lucky to have great weather for the race and not the rain that had originally been scheduled for that day. The race started out and it was Joey Nygaard and I in the race for All Sport-Team Swift. We were in the middle of the pack for most of the race. Joey was able to hop in a break for a bit but it got brought back quickly. I then began to prepare for the sprint. I felt that it was a tough sprint to position for with a downhill into a 90 degree right hander into the final 200 meters. I went up the final climb in about 8th wheel and was 5th wheel starting the descent. Unfortunately I got jostled to the outside and got swarmed into the final turn I ended up only being able to manage 8th which was disappointing but I was still looking forward to the Junior race right after.

2nd Place Cats Hill Criterium Juniors 17-18

The junior race was the big priority for the day. The lineup for All Sport-Team Swift in the 17-18 category was John Piasta, Joey Nygaard, Brentley Campbell, and I. We were the second biggest team next to Specialized who had around 7 or 8. The race was only 8 laps around the course so we knew it would be very very fast! John was good at taking care of marking the attacks on the first lap while I found my legs we then began to switch off marking the numerous attacks per lap. John finally took the initiative to attack the other teams and got off the front with a Specialized rider. They were together off the front till lap 3 when unfortunately John got jumped on the climb and the rider was able to get solo. John was caught by our group the next lap then I countered for the next 2 laps and was able to get away with another specialized rider with 2 laps left. I was obviously forced to do all of the work being that he had a teammate up the road. The last time up the climb he attacked me but I was able to stay on his wheel and got him to lead me into the final turn. I was able to out kick him to the finish and manage a second place. Though we didn't win we all rode a great race and I had a lot of fun with my team mates!

-Tyler

John Piasta

9th Place Mikes Bikes Cats Hill Classic Juniors 17-18

Cats Hill, a race I have never finished due to crazy mechanicals or “uphill” crashes. I went there with not only the goal of finishing but getting in the right break and winning.

Laura, Brentley and I drove down early so that we could watch all the younger riders’ races. Tommy started off the day with 2nd, Drew wins and now it was time for the 17/18s. The race started and it was my job to cover the early moves while Joey and Tyler were recovering from their previous race. I covered 3 attacks before Brentley covered one attack on the start finish and I countered into turn 2. It was a perfect attack, Torrey Phillip (the person I dreamed of getting in a 2 man break with) bridged and we were gone. My excitement drove me to do too much work and with 4 to go he attacked on the climb and was able to drop me. I just lost the team the race.

After 2 laps solo I sat up to help out Tyler because I knew I would get caught. We were in a chase group of 2 Specialized and 2 of us. We took turns covering moves and when we were caught Tyler was able to get off the front with Marcus. Last time up the hill a Specialized rider who was playing “sweeper” saw me on his wheel and sat up on the false flat. I ended up 9th and was happy to hear that Tyler at least got 2nd.

Pro 1,2 Report:

I remember my first Cat’s Hill. My first team trip where I occupied the role of the annoying little kid. But more than that I remembered Tyler Brandt racing the P12s and I thought how cool it was he kept up in his first P12 race, especially one like Cats Hill. Something about starting it felt kinda special especially when some big names are there and it being such an epic race. My goal was to keep up.

That goal ended up being easier than I expected as I focused on just riding in a good position in the field. However learning my lesson from the first race I did not want to do anything stupid to get me dropped, so I continued to sit in. I finished with the leaders and had a blast.

Overall I am happy with Cats Hill, by no means do I mean my performance in the Juniors race but I finished and was able to discover how awesome of a race Cats Hill really is.

-John P

Drew Gonzales

2nd Place Cat’s Hill Criterium Senior Category 4

I was more than nervous for Cat's Hill. I arrived really early to help set up the tent and take a lap on the course and see the hill. Cat's Hill was not as bad as I thought. The entire team, including the little ones, took a lap around the course. During the lap, I

noticed that the descent was fast and bumpy, but really fast. We finished our lap and went back to the All Sport Tent to begin getting our bikes in tune. I pumped up my Ksryruims and threw my bike on the trainer. Next I threw on my new Smith glasses and Lazer Helmet just to see how it fit before my race. I went back on the trainer to finish my warm ups. On the trainer I played with my new glasses because they felt way better than the ones I was previously using. With the Smith's, the glasses wouldn't fall down my face, which is a huge thing for me as a sprinter. I've always noticed that the top my glasses frame would interrupt my vision and keep me from going all out, but the Smith's didn't slip down.

I rolled over to the staging area before the 4's race and felt good. Then we rolled up to the start line and started. The climb really wasn't as bad as it sounds if you shifted all the way down and spun on the way up. On the left hand turn right before the climb, I was able to shift down in the corner and spin out of the saddle and around 90 rpm, which felt really good compared to grinding it out. On one of the laps, I noticed a San Jose rider go off the front so I chased him, just because I was feeling good. We stayed away for the prime lap, and then I pulled the descent and sprinted for the finish line. I won the prime in a bike throw. After the prime, I went back to the back of the pack, where I stayed for the rest of the race.

On the last lap, I asked Tommy to pull me up, then after the climb, Tommy and Stanley gave a strong pull. When one rider began to pass Tommy, I decided to sprint after the leader. I wasn't able to catch him and placed in second. Without Tommy's pull I wouldn't have placed how I did, so I am very thankful for a team that is willing to sacrifice position like the way Tommy did.

Drew

Drew Gonzales

1st Place Cat's Hill Criterium Juniors 15-16

The Juniors race was pretty simple. On the Second lap, I noticed Jack Maddux of team Specialized begin to break away, so I chased after him. We stayed away for the entire race, which was only 4 miles long. It wasn't difficult to stay on his wheel, but I offered to work by taking a few pulls, however he didn't pull off. I stayed on his wheel for the entire time, then after the last climb of Cats Hill, the lead Moto told us we were on our bell lap. I expected Jack to slow down and wait for an attack, but he just kept on going, so I remained calm and waited for a sprint finish. Coming around the last corner, I was in Jack's draft then noticed him start to put in more power from the saddle. That was when I started my sprint around on the inside. I went hard for about 5 seconds coming in first.

=Drew

Tommy Lucas

2nd Place Cats Hill Classic Juniors 13-14
11th Place Cats Hill Classic Senior Category 4

People have been telling me that the hill in this course hurts and I hadn't really believed them until I actually did it. The junior race totally blew up when a SJBC guy and I broke away on the first time up the hill. We stayed away the rest of the race and never saw the field again. After taking several pulls and working with the other guy I tried to attack on the hill and couldn't quite get away and then he countered me and I just couldn't quite hold on. I ended up riding solo to the finish placing second. My race was only 4 laps so it wasn't the longest I have ever done but really fun and a great first time.

I had just finished my junior race and I was planning to help Drew in the Category 4 race. Stanley, Drew and I, pretty much just sat in the pack the whole race until the very last time up the hill. Attacks had gone the whole race but none stayed. The final time up the hill a Mike's Bikes rider attacked and went and I just got to the front of the pack and just drilled it as hard as I could with Drew on my wheel. I was on the front chasing down the rider that had gone the whole back side of the course. Right before the final corner I knew Drew would have to go early because I could feel guys were getting ready so I made one last effort and he came out of that corner to take second. Even though we didn't catch the rider in first we still got a podium which felt great considering we did it as a team.

-Tommy

Ethan Frankel

Age 12, Jrs 13-14
13th Place Cat's Hill Classic Juniors 13-14

I was already strategizing nights before, in the car, and at school. I went over the plan a few times, thinking about the towering, 23% climb, while I was on the trainer. It was still two hours before my race, so I helped set up the tent and chairs and stuff. Then Coach told me that I might want a new LAZER helmet. I took the offer and after I (actually my dad) had paid I hopped back onto the trainer to warm up some more. After another half-hour, teammates were starting to flood in and also got on their trainers to warm up.

Another hour passed and I was totally warmed up. I'd done pyramids and sprints. Then Coach called in all of us to take a one-lapper around the course. We took an easy lap to get the steepness of the hill and the general course. Then came the race. Everyone was rolled out and now going to the finish line. Then we were off on the 4-lap

journey.

My second Cat's Hill started off pretty well, and I did okay on the first couple laps--considering my size and ability. But as we finished the second lap, I was already starting to be dropped. As I rounded the first corner after the line, I saw the small group turning up to the Hill. As I rounded the corner to the hill, I got onto my easy gear and powered up the hill. Then another racer came up right next to me. He wasn't on my team and he hadn't lapped me. I nodded to him and then tried to shake him. No use. I was ahead of him the whole two laps until the last 50 meters. He beat me on the sprint by about three meters.

Overall, it was a fun experience and I will continue to have fun, but get more serious as my whole body develops more.

-Ethan F.

Zach McClendon

10th Place Cat's Hill Criterium Juniors 13-14

I had a good warm-up and started off the race ok. I stayed with the group for about two laps. I didn't listen to my coach about shifting gears to spin up the hill and my foot came out on the hill and the rest of the race I chased the lead group. Later I didn't learn from my mistake and my foot came out again and about three people passed me. Then I finished the race.

-Zach

4. NorCal MTB Race #5 5/1/11 Cobb Mountain

Griffin Wigert

Age 15 JV

8th Place Norcal HSMTB # 5 JV Div.1

This race was up at Boggs Mountain, my favorite venue and home to many high quality trails. The course was 6 miles long; it had a flat fire road start that ended in a long singletrack descent. Halfway through the course was the start of a major climb, followed by another mile long descent to the finish. I was to do 3 laps. I started in front position but I couldn't quite keep up the pace and hit the single track in about 15th position. I quickly passed many people until I was in a group with a Cowboys rider and a Drake rider. We stayed together throughout the entire race, with them getting a small lead on the downhill, me attacking and them chasing on the climb, and them recatching me on the last descent. On the last lap the leaders from the Division II JV race caught us. The Cowboys rider passed me on the descent, but I kept the Drake rider

at bay right up to the line, where I beat him in the sprint. I finished 8th place and placed 6th overall in the series.

-Griffin

John Morehouse

9th Place California High school State Championships JV 1

Venue: Los Olivos, California

This was it. This was the season finale for the high school league and by far the hardest race of the season. I picked up teammate Drew Gonzales in Los Gatos, with raised spirits after his fantastic win in the Juniors race at Cat's Hill and a second in the 4's. Fired up and ready to move we cruised down to southern California and arrived at our hotel around 5. After eating a great dinner, we went to bed early and woke up at seven on race morning. It drizzled a bit the night before and the course was in good shape- though it wasn't my favorite of all of them. With a lot of ruts and rocks on the last descent it was a rough 6.5 mile lap. The start was rough- and a break formed within the first 3 miles and stuck. I was so focused on bridging that I didn't drink much which hurt me later. For the first lap, I was in about 17th working with my teammate Griffin Wigert. He would pull off the front of our paceline of about 5 occasionally but did not implement a successful attack. It was nice having him to work with. Not much changed on the second lap, I held onto about 16th place working with Griffin. I suffered quite a bit and was cramping from not drinking on lap 1. The third and final lap came, and I was sitting in 16th going into it. I drank as much as I could, had two Clif Shots, and felt fantastic. I attacked 2 miles into the last lap and went hard, catching people and dropping them with every mile. By the time I reached the finish I had a little more gas in me and felt like I could have caught the top 5 if I went earlier (5th was just about within eyesight, which wasn't too far off). Nonetheless I was extremely happy to have broken the top 10 and am now qualified for category 1 mtb nationals! I'll be packing my bags for Idaho this July!

-John

5. Panoche Valley Road Race

(Junior NCNCA State Road Race Championship)

5/22/11

Panoche, CA

John Piasta

2nd Place Panoche Road Race—NCNCA Championships

Juniors 17-18

Panoche is my favorite northern California race of the season. I love the flat start, gradual but brutal climbs and miles of "pack-shattering" crosswinds. Every year I have done well there and every year I have been incredibly outnumbered by Specialized.

This year I wanted to be aggressive unlike the other years where I was just watching the show trying to learn.

Nothing would go early I knew that as we started but Specialized had their out of district riders set the tempo. As we were riding the tail wind the pace was actually difficult to sit in on and the field was single file. I told Joey before the race to help cover moves but just sit on, no pulling, we were too outnumbered. After the climbing we went down a very fun descent and as we hit the flat section Specialized started the attacks. One of their riders was off the front but I knew if they stopped working he could potentially solo it. I waited, waited, Chris attacked and the gap was too overwhelming for him to cover, everyone sat up and I attacked through a tight gap between Chris and another rider probably cutting it close enough to bridge solo to the sound of a frantic pack behind. A Counter went and Joey was perfect and covered but he was with 2 Specialized and I knew they would start attacking him. So as soon as they tried to drop Joey I attacked and bridged solo. The pack was together but very tired and we hit one of the hardest sections of the course, but my favorite, the crosswind.

One, 2, 3, 4, 5, 6, 7 Specialized riders organize at the front as we take the left turn into the cross wind. Echelon, I think to myself YIKES...gaps start opening up I have to jump to close it. Soon enough I am the only rider who survived and in alone in break with 7 Specialized riders who are trying to gutter me. I could tell they were suffering but there was nobody within 30 seconds of us and eventually once the break was established they would ease up and start attacking me. I knew I had to go while it was hard and take out some of them. The pace becomes slower and slower as they fatigue, I attack on the left quickly move to the right so no one can sit on, they were shocked and James Laberge tried to chase, I kept the gas on he couldn't bridge, I wanted to draw out Torey, the rider they were working for and soon enough he was forced to bridge. I sat up and we worked together. This was good and bad. Good because I knew my attack dropped many of the other riders but I was not confident I could stay with Torey on the climbs that were to come, he is phenomenal uphill.

Eventually I was dropped and kept the pace high but wasn't going to dig too deep because I knew 6 guys would organize themselves to chase me. Marcus bridged with a teammate and Allister bridged on a climb. At least I wasn't 2x1 and had a friend in the chase group. I started attacking so that I would not get attacked. I was controlling the break away. Allister and I got up the road and that lasted for a few miles. Then me and Marcus got up the road, which lasted until he stopped working. Willy and I got up the road and that lasted until I started attacking him to get solo.

After we were back together I accidentally dropped Allister which meant I was now 2x1. So every Specialized attack I countered to a point they couldn't keep attacking. It was finally 1k to go. I sat 2nd wheel and was confident for the sprint. I knew with a right to left crosswind the sprint would start on the left, but I knew the sprint and that the right would be sheltered by the trees. Allister had just bridged and

attacked on the left with Marcus on his wheel. Willy tried to come around and with 150 meters I started my sprint on the right with no one on my wheel. It was a perfect sprint.
-John P

Drew Gonzales

3rd Place Panoche Valley Road Race Juniors 15-16

The start of Panoche was pretty normal with the tailwind. We knew from the beginning that one of the riders would be unable to take the championship or place in the race, so Stanley, Griffin and I raced accordingly. On the start of the race, Henry Nelson of Tieni Duro rode off the front and eventually made a 4 minute gap, however we all knew he would get caught on the other half of the course and the race pace stayed slow. Griffin and Stanley had kept the pace on the front just a little fast so that we could ensure the catch.

Right before the climb, I noticed Dylan Drummond fall off the back of the pack, then I heard Zeke's wheel start to fail. With these two contenders out of the race, I would be sure to take a sprint for the finish, so Stanley, Griffin, Diego and Matt Valencia worked together to create a large gap between us and the group of Zeke and Dylan. The five of us were making hard pulls to create a gap so that Zeke and Dylan couldn't win the Championship, but with a quarter of the race left, Zeke and Dylan were able to bridge the gap with the help of the neutral support, at which point Team Specialized and All Sport stopped working together.

With over 1k to go, Henry Nelson attacked, then, noticing that no one chased, I went after him. After turning around, I saw that still, no one had chased. Off the front with Henry, I attacked and began to work towards the line, but with 5 meters left, Dylan and Matt caught me in the sprint. I took 3rd place.

-Drew

Tommy Lucas

3rd Place Panoche Valley Road Race Juniors 13-14

I was very excited for this race and I felt really good. As soon as the race started a rider was on the front setting the pace and I just followed. About 7 miles in three other guys and I got a break and we never saw the pack again. After about 4 miles two riders broke away and it was just me and one other rider. We couldn't bring the 2 man break back so we had to work together to maintain our gap over the rest of the field. When the two of us came to the hill I just unleashed a huge attack and dropped the other rider but when I turned around and started my descent I knew it probably wasn't the smartest thing to solo the rest of the race by myself so I waited for the other rider. I got a few sips of water and the rider caught up and we started working together until 2km when all of a sudden he wouldn't pull through and I knew the race for 3rd was on. We played an

intense game of cat n' mouse until the last km when I got him in front of me and attacked and caught him by surprise. He caught on and I immediately sat up and he went and I just sat on until 200 meters to go and I just came around him at the perfect time just to get him right at the line. Overall I am happy with my performance and the whole team did great as well!!

-Tommy

Isaac vanAelstyn

4th Place Panoche Valley Road Race Juniors 10-12

The Boys 10-12 championship race was fun and hard. I got up at 4:30 in the morning to drive down with my dad. While we were getting ready, I saw the three riders that had finished ahead of me the week before at the Los Gatos Cat's Hill Criterium -- two from the San Jose Bike Club and one from Tieni Duro. They were warming up on rollers. I've never even been on rollers. I remembered the Los Gatos race and how I stayed close to them most of the race. If I hadn't miss-gear'd the first climb up Cat's Hill I think I might have been able to stay with them.

My dad and I rode out on the course for a bit to warm up. It's pretty there. The course was 12 miles of flat and rolling countryside, an out and back race.

There were five of us in the race -- the three I mentioned, me and another boy from ICC. We headed out and soon got into a pace line. The ICC rider got dropped on the first hill, and the four of us continued on, each taking a turn at the front. (My dad said later that my pulls at the front were longer than the others and that the speed increased a bit when I went to the front. He said something about learning to be selectively lazy. I mentioned that to him later when he asked me about changing the cat's litter box, but he didn't think it was very funny. Grownups.)

As the hills started to get a bit bigger, I yo-yoed a little off the back but always got back on and did my turns at the front. Then on the first hill after the turn-around, I wasn't able to get back on. For most of the way back it was me solo chasing the trio. I kept them in sight the whole way, hoping they might play cat and mouse and enable me to catch back on. They didn't increase the gap but try as I might I wasn't able to bridge it either. I gave it my all though. After the race I rode straight to the car and rested for a good 20 minutes. I was tired! It was fun and I want to race it again. Next year!

-Isaac

Ian Moore

5th Place SCNCA State Time Trial Championships Juniors 17-18

The adventure started with getting my cast off (from breaking my arm at Gila) the day before the race. On the way down to Lake LA where the race was we stopped at a gas station and got out of the car to find my bike had fallen over on the rack and the fork was broken. Right away we thought we would have to go home but we found a bike shop in Lancaster who happened to have a time trial fork; they were able to cut it and we put it on and were on our way. Even with that unplanned diversion I was still able to get in a ride on the 17-mile course. The course starts out with about a 5 min. stretch with crosswinds heavily coming from the right side. You then make a right hand turn and go for about 6 miles into a headwind; this stretch also includes a short uphill. You then make another right turn into another crosswind which was particularly hard on this stretch because there were houses and it would gust between houses. This crosswind straight was not very long and the course soon made another right turn into the last 6 mile stretch which had a screaming fast tailwind. With 1 mile to go there is a short uphill and once you are at the top of that it is only downhill for a few hundred meters into the finish.

I warmed up on the trainer as usual doing pre race pyramids to be ready to go all out from the start. Since the course was a square I split the race up into four segments, focusing on just one straightaway at a time. The first crosswind stretch was very short and I soon turned into the head wind. The headwinds slowed me down a little but I kept in my aero position and up the hill I went harder knowing that this would be a spot that time is gained. After the long headwind stretch I turned into the next crosswind and which gusted sideways if you times but not nearly as bad as the time trial at Tour of the Gila. Just then I had a big surprise as two dogs came running out from a house in front of me in the road. I came out of my aero bars ready to slow down and moved to the left; luckily they moved out of the way. I knew that on the tailwind part I would be spun out and it would be harder to put as much power into the pedals so on this last crosswind stretch I went hard. Just as expected the tailwind was super fast and I was spun out the whole way reaching 40 miles an hour. It was flat. I could see after a little while the hill in the distance that meant 1 mile to go. I kept going harder and harder. With 1 mile to go I picked it up more and I went as hard as I could to the top of the hill and then crested the hill and just tried to go a little bit harder down to the finish. I was excited for this race because it was the first time back from my crash and I felt really good. I got 5th and had a good time just 4 seconds from fourth and 17 seconds from third. I was also the second fastest 17 year old so I am looking forward to Nationals.

-Ian

7. Folsom Criterium

5/28/11

Folsom, CA

Tyler Williams2nd Place

Folsom Criterium

Senior Category 3

The Folsom Criterium was not a planned race for me. But when the NorCal junior crit champs got cancelled and moved to Monday it was an easy alternate. I was glad I got to race such a nice and well organized race. The course was a D which I feel makes for safer racing in a Crit. Weather was great as we barely missed the rain. After getting all registered we hung out and watched some of the other races. Once our race got started it was full gas. I was attacking and bridging to moves the whole race. I had a great time testing out my legs and it was a super fun aggressive race. About halfway through I found myself in a two man move with a good 20 seconds on the field. I had slight hope that it may stay away. But once my break companion started struggling and I heard that a group was coming across the gap (which ended up being the whole field) I soon began to plan out how to do a good bunch finish. We were finally brought back with 8 laps to go. I recovered and with 2 laps to go began to get in a good position. On the last lap there was a very fast lead out. I was able to get a good wheel on the back side of the course. However going into the final corner we got pinched on the inside; this allowed a few riders to get a solid jump out of the turn with 300 meters left. I jumped as hard as I could out of the turn and was able to get around the guys who jumped. But in the final meters one guy was able to come off of my wheel and snag the win by less than a wheel. I was really disappointed with losing out on a great chance at a win but happy with the way I was feeling on the bike all race.

-Tyler W

8. Mt Hamilton Road Race

5/29/11

Livermore, CA

Tyler Williams3rd Place

Mount Hamilton Road Race

Senior Category 3

I had expected Hamilton to be very hard and testing for me. And it was every bit of that. The race starts out with a long 20 mile climb followed by a grueling descent before rolling for the final 30 or so miles. I had been told that the race does not start out to fast so I was confident that I would be comfortable on the climb. But the race was fast from the gun. The 50 man field began splintering within the first 5 miles of the climb. I held a good position right in the top ten for a majority of the climb. With about 7 miles till the top the attacks came. This shattered the field from about 40 to less than 20

or so. I was able to hold my position pretty well. But in the final couple of miles I was slowly dropped off the back of the lead chase group. I rode within myself trying to stay close and banking on my descending skills to catch on later. I was able to get to the top within a minute of the 2nd group. I started down the descent taking as many risks as I felt rational. I dropped everyone in the group I had been in and slowly starting going by stragglers out of the lead chase. By then end of the downhill I could see the group 30 seconds up the road. Within no time I was able to bridge the gap solo and make contact. The group however was not interested in going for the win as no one would help in the pursuit of the two leaders. A few attacks on one of the final climbs of the day whittled the group down to about seven. We cruised towards the finish with no chase what so ever. It was frustrating but I couldn't do much about it. I just began planning how to win the sprint. Coming into the final few kilometers it was downhill but very windy. I began to drift to the back of the group in order to be able to mark any late attacks. Coming into the final few hundred meters I was picking wheels. When the sprint opened up all I had to do was follow the wheels into the final 200 meters where the road pitched up and I jumped and was able to win the bunch finish. Though it was a bummer I was not able to win the race for All Sport-Team Swift it was a solid result for myself and continued to build my fitness. I still had one more shot to get a win the next day as well.

Tyler

9. Tour of California Report

5/15-5/22/11

Tour of California Stage 4 by the vanAelstyn's: Sierra Road

Isaac and I joined hundreds of others riding their bikes up to the top of Sierra Road to watch the finish of Stage 4. It is one tough climb! 3 miles long, climbing just under 2000' for an average gradient of 9.3%. Isaac was the only kid that we saw up there that had ridden up, and he got a lot of positive comments at the top. He had no problem on the climb. We rode in our All Sport-Team Swift kit and brought the team banner too. Several folks recognized Team Swift and chatted with us. We hung the banner just outside the 100 m to go mark but unfortunately it did not make the TV coverage. As we waited with the growing crowd we were interviewed by someone with a TV camera who asked us who we were rooting for. Isaac said "Brent Bookwalter of BMC!" Don't know if that footage made it onto any coverage.

The race was really exciting. We saw Chris Horner come by with that funny half-smile on his face, and then we waited -- and waited! We were there when Andy Schleck attacked the chase group to take second, which was cool. We capped-off the

fun by riding back down the climb along with everyone else -- including the racers! So we now can say that we rode with the pros!

-Isaac vanAelstyn and his family

Stage 6 Individual Time Trial by Ian Moore: Solvang

It's Tour of California time again! This year my family and I watched the finish of stage 5 in Paso Robles, and then went down the next day for the famous individual time trial in the small town of Solvang. We made "Go BMC", "Go Brent Bookwalter", and "From Team Swift" signs to hold up. When we arrived at the festivities at Solvang we made our way over to the BMC compound where they had their myriad of bikes, cars, motor homes, and trailers. Taylor Phinney's US champ painted BMC TT bike was really cool to see, and I can at least say that my TT bike is the same as his #1 back up one on the car. I talked with Soren Krebs of BMC who is super good at matching everything on his bikes, and who let us in the "taped off area" to watch Taylor warm up. Although Scott Nydam was pretty busy running around putting SRM computers on bikes, and getting everything perfect for the day, I was also able to say hi to Scott and chat a little. Leading up to Brent Bookwalter's grand exit of the motor home I talked with his high school nutrition teacher who travels around to watch Brent race. When he came out to warm up I held up my "go Brent" sign and he came over to talk with me and have his teacher/family friend take our picture. We then watched Connie Carpenter (Taylor Phinney's mom) introduce him on the start line and then we left the start/finish area to drive over to the twisty climb up Ballard Canyon to see the last (top GC) riders to start up the climb. We timed it on the way there to see Brent as he made his way around a fast corner and then cheer him at the bottom of the hill too. I walked up through the name painted switchbacks, cheered on BMC rider Steve Morabito, and having previous experience on this course positioned myself perfectly on one of the turns to get myself close to the riders and even get my Team Swift shirt on TV. This year's TOC was fun as always, cheering on the best cyclists in the world right here on roads I know, and it gave me a little more inspiration towards my goal of becoming a professional cyclist.

<http://www.youtube.com/watch?v=g27ibGyGrMs>

-Ian

10. Tour of the Gila

4/27-5/1/11

Silver City, NM

Ian Moore

17 th Place	Tour of the Gila, Stage 1	Senior Category 3
4 th Place	Tour of the Gila, Stage 2	Senior Category 3
23 rd Place	Tour of the Gila, Stage 3	Senior Category 3

<http://www.youtube.com/watch?v=8Trg6mH2nyw>

Stage 1:

Going to Tour of the Gila I was very excited coming off having a good Sea Otter Classic and knowing how much climbing and how hard the five days was going to be at Gila. We arrived in Silver City, New Mexico a couple days before the start to find very windy conditions. The day before the race I turned 17 years old. The first stage was a 73-mile road race with a 6.7 mile climb at the end up to the finish. The race started in Silver City and paraded neutral out of town and up a short climb before the real race started. It was downhill and slightly downhill for quite a while and the race was pretty mellow with a couple people going off the front. We soon came up on a right hand turn that everyone knew we were supposed to take; all of a sudden our lead vehicle pulled to the side of the road and directed us to go straight almost making the whole pack crash as some people turned some people went straight we all ended up going straight as our lead vehicle said but soon found out that we were indeed supposed to turn right. Two people off the front had turned right onto that extension loop which added a few miles so we had to be neutralized to wait for them to do the extension and to come back in and catch up with our pack. The race then got extremely slow for quite some time as we got neutralized and there was lots of stopping for pee breaks. When they had us not turn right we missed our feed zone and we did not have another feed till almost the finishing. My mom who was on a scooter talked to the race official and they told her that the racers needed water so the race officials handed her bottles and food and my mom ran up on her scooter to the pack handing out things to everyone. Once we were un-neutralized and everyone had caught back up and all the pee breaks were done and everyone was well fed and watered, the race started to begin again. We entered a heavy cross headwind section which lasted for a long time and was very rolling terrain people would go off the front and dangle out there for a little while and then come back and I just made sure that I was towards the front because there were a lot of sketchy things going on with people touching wheels. I just tried to save energy for the climbing at the end. The roads got hillier and hillier and the rolling climbs got longer. We got to the feed zone climb of about 5 min. in length and I started to move up after this because we were getting very close to the right turn which signified the start of the last 6.7 mile climb. Going into the climb I was in the top five riders as someone was setting the pace at the front and everyone was strung out single file on the road. When the road got steep a Garmin junior rider attacked and someone else responded to it and I got on his wheel; we got a gap on the group and things started to split up behind. I was off the front with the three riders but then a small group caught up with us and passed us. I was tired from responding to the Garmin junior but I tried to stay as close as I could to the front group as the road was still steep. I got with a small group as we went over the top of the first climb of this 6.7 miles. After this the road levels off on a mesa for a short

distance; I worked the most of my small group behind the front group to catch up. As we came off of the Mesa and the road kicked up again for the last about 3 miles of steep climbing I was right at the back of the front group that I was trying to chase up to, but just then that group that I was at the back of exploded and people started going backwards really fast; from there it was just individual TT. I was passing people very fast and I felt better throughout the climb and treated it like a time trial for the last few miles. I ended up getting 17th and being 3 min. behind the leader. I was not too concerned because I knew that I still had four hard days of racing and the last stage, which is the hardest, and people in front of me were going to blow-up.

Stage 2:

Stage II of the tour of the Gila started at and finished at Fort Bayard just outside of Silver City. It was a 78-mile race with 5854 feet of climbing; although there was so much climbing, today's race had a flat finish. As soon as the race started with the 65 or so people there were attacks the first few miles. The first few miles were windy and rolling. We then turned right and had our first bonus sprint in not too much time, the road then rolled upward and there was about a 3 mile climb which was not too steep to the first KOM at Pinos Altos. Then there was a technical descent followed by short climbs and then about the 5 mile climb that was once again not too steep. Towards the top of the climb there was the first feed zone; I got water here and then moved up to third position in the single file group as we went over the top so I could be safe on the descent to come. There was a twisty descent and then we went over some long rollers. Then we went down a very long technical descent which I still stayed in the top 10 for. The descent was very fun for me; it had a lot of switchbacks and tight turns. A couple riders in front of me as we were single file I saw a Garmin Junior go straight instead of taking the switch back and head right into the trees off the road. Another time a different rider tried to pass me on a tight turn on the outside and went sliding off the road. People seemed to be crashing and getting dropped on the downhill because the group was getting smaller. I was continually eating because of how hard it was with so many climbs. After the long descent the group was pretty mellow and a few people got off the front. We started pulling them back and I rotated through a few times but did not work too hard. We then started to climb up slightly and then we had a short climb up to the Continental divide and then a short descent before a slight downhill. We brought the small group back finally and the race mellowed down a little bit again until a bonus sprint where a rider soloed off the front for about a mile to take it. Most of the group took a pee break after this. The road then got flat and windy and there were attacks from a lot of riders. One solo rider did get off the front. I saved my energy for the next long climb closer to the finish. The solo rider got a large gap of about 2 1/2 min. The leader of the race tried to start getting a chase together. I thought for sure that we would catch the rider off the front on the climb or after that on the downhill in the

rolling very windy part into the head wind. On the climb the race started to pick up and I stayed towards the front. Riders attacked but it just made the whole group go faster and we dropped a lot of people to dwindle down to about 20 riders. In the race bible it almost said that no one stays away in the headwind section after the last climb so I thought that we would catch that rider for sure. The climbing wasn't over yet as there were still some long rollers into the finish. It started getting more and windier and I just tried to stay out of the wind. As we realized that we were not going to catch the solo rider off the front there were some attempts at attacks in the last 5 miles. From there on it was just a fight for position at the front as the race started to pick up and go faster and faster. We made the right turn into Fort Bayard and I was surprised as the race slowed and everyone spread out across the road, which made it hard to get in a good position. A rider attacked and I thought that was good so he is leading out the sprint. But we made another turn and the race was still not totally single file. When I scouted out the race and talked to Coach Laura beforehand I knew that I had to be second wheel into the last corner before the long finish straight. The pack not being single file like this made it a bit harder but I still fought for position and tried to stay at the front. As the sprint started I was not second or third wheel though, I sprinted in past a couple people that were in front of me but I just could not pass the last two people. I finished third in the field sprint of about 20 riders and fourth on the day since the guy that was off the front solo stayed away. I moved up to 15 on GC.

Stage 3:

The third stage of Tour of the Gila was a 16 mile time trial. It started out slightly uphill and slowly got steeper and had a 3 mile climb to the top of the first hill. You then descended a steep climb and had a few rollers out to the turnaround. After the turn around the rollers repeated and then climbed back up for about 2 km and then the long descent back to the finish. Before the race the hardest decision was picking what wheels to use because of the 50 mile an hour cross wind gusts and constant crosswinds. I ended up not using a disc and just going with a Cosmic in the back and a Ksyrium in the front. In previous races that day people had been blown off their bikes. One of the pro women was taken out by a delineator that blew over in front of her. I went out as hard as I could to the top of the first climb knowing that I would get a break on the downhill. On the downhill going out towards the bottom there were huge cross wind gusts. Many times I had to come out of my aero bars and just hold on for dear life until the wind let up a little. On the long climb on the way back I went all out to the top because I knew I would be spun out on the downhill all the way to the finish. On the downhill I was way spun out and the crosswinds were very fierce once again. I would pedal as fast I could, then stop peddling and just stay aero. Going into the finish spinning as fast as I could once again I had to come out of my aero bars because of the huge gust of crosswinds at the finish line. I finished 23rd and many of the places right in front of me were split by

one second or less. I moved up to 13th in GC because many of the guys who beat me were bigger guys further down in the GC. And I knew that if I had a good day on the last day I could definitely move up into the top 10 if not further because of the difficulty of the last day.

Stage 4:

Today in the criterium I mostly just wanted to conserve energy and stay safe for the next day. The criterium was held in downtown Silver City. It had a slightly uphill start into the first left hand corner, which continued slightly uphill getting steeper until you make a left into the steepest part of the hill. After a short hill and downhill there is a left hand turn into a fast downhill, which takes you flying into the final left hand corner and the slightly uphill finish straight away. I moved around in the pack easily and tried to stay towards the front. I knew that the last corner was the sketchiest because you had so much speed going into it and it was the last corner. I thought on last lap that there would probably be a crash there so I was going to move up to the very front before that. With three laps to go we came down the downhill into the last corner, which was lined with tires on outside. As I was just coming out of the corner but still slightly leaning over from it I saw a wall of riders in front of me as the crash happened. My immediate reaction was to sit up and go straight as I was still leaning over from the corner so I could apply my brakes fully and try to stop before I hit the rider in front of me who had already slammed into another rider who slammed into the tire barriers. As I slammed on both my brakes my back wheel skidded around and I thought I might be able to slow down enough. I was able to slow down slightly but I slammed into the rider in front of me and flipped up on top of him and on to the tire barriers that he was on; following that other riders crashed into me and landed on top of me. As everyone started to get up I thought I was okay. I did not have any road rash and I did not feel too bad, just a little frustrated that people had crashed. I got up and was directed over to a medical tent positioned at that corner. As I sat under the tent most of my body seemed to be feeling better and better except for my right arm, which had an aching pain in it that was worsening. The medical staff said it might be broken and wrapped it in some ice. My parents took me to get x-rays and I was stunned to hear the results of the x-ray; I have a broken Radius and my Ulna is chipped. It sounds crazy to want to race knowing I have a broken arm but it did not hurt that bad at the time and as the x-rays showed the radius was not broken all the way. At the ER I talked with the race doctor though and he said that I absolutely could not race. I realized the next day that I could not have raced; it hurt a lot more and I definitely could not put any pressure on it. At the time I was in 13th GC and looking forward to the last day and hardest day of racing. Well time to get on the trainer.

-Ian

11. Wente Criterium

5/1/11

Livermore

Zach McClendon

7th Place Wente Criterium Juniors 15-16

I got to the race about 40 minutes early and got signed in. I started to warm-up and prepare for the race. So I warmed up for about 20 minutes and went to roll out. I waited for the official to say go and started the race. As soon as the race started, I went to the back of everyone. I followed every one for about three laps and then someone went for a break away. I chased that person down and followed him. We were caught in less than a lap. So I went to the back of everyone and stayed there for about three laps. I fell off of the pack but I was able to catch up in about two laps stayed there almost the rest of the race. I fell off again because I was too tired to stay with the group but I finished about thirty seconds back.

-Zach

12. Folsom South Canal Time Trial

Folsom, CA

Zach McClendon

20th Place 25.46

I got to the race early, so I rode onto the track and started to look around. I was working on my form so I was in a good position. I was riding in an easy gear to warm-up my legs. I rode the whole course and I was ready. I saw that the registration was only signing your name and the race was free. They told you your number and you had to yell it out at the end. They told me that my number and it was 16. I looked around and saw that everyone else was an adult, but I was still confident. I got up to the line and looked out onto the track. A man stood behind me and held my bike. A woman stood next to him and counted down. "Three","Two","One", and "Go!" I started off real strong and rode as hard as I could for about a 100 yards. I kept going as hard as I could. I caught the person in front of me within a mile then caught the next person in front of me within the five mile marker .I got passed by about three people before the turn around, but I caught another person in front of me and kept going. I was coming around the last corner and knew it was about 200 yards to the finish line. So I started my sprint from there. I finished the race as strong as I had started with a time of 25 minutes and 46 seconds.

-Zach

Alumni Reports

Lindsay Myers – From Chico Corsa to Czech Republic

June 2nd, 2011 By: Hellyer

Lindsay Myers has moved quickly through the cycling world. She started out her pro career with Webcor last year but an early season injury set back her ambitions. Going into 2011 she refocused her efforts and had a fantastic early season in Europe. She's one of our NorCal picks to light up the Philly Women's Liberty Classic and Nature Valley Grand Prix the next two weeks. Tell us about how last year unfolded – you were picked up by a great team (Webcor), got injured, and then the team folded at the end of the year. That is a lot to handle as a first year pro!

Going into 2010, I was so excited to be on Webcor. I was psyched to be working with such accomplished and professional women. I crashed at Redlands on the first lap of the first stage, maybe 5k after I made a stupid attack—pretty bad start with my first professional team. I was able to start riding the trainer pretty soon after and made it back for Joe Martin. I wasn't really fit enough again to really help the team until Nationals and Cascade—the last race on the calendar and when we were told that the team was going to fold at the end of the year.

I went back to school in the Fall, took 20 credits each quarter, and applied to Physical Therapy school for the following year.

What were the advantages of joining a major women's program like Webcor?

What I really appreciated about Webcor last year were the women I was able to learn from. I spent a lot of time training with Katheryn Mattis and having her as a mentor that year was huge. At Nature Valley I shared a host house with Amber Neben and really grew to admire and respect her more than I already had as a World Champion.

How is your year shaping up now?

I am on a new team from the East Coast this year, Danbury Audi. We had a good run at Redlands and we're focusing mostly on some of the big races on the East Coast, Philly and Nature Valley.

In NorCal, the club from my hometown, Chico Corsa, was generous enough to help me out with regional races. They're a great group of extremely supportive people and it's awesome to be a part of that still.

And your breakout ride at Redlands got you some extra attention...

Early in the year, I was invited to race a stage race in the Czech Republic with the National Team. After Redlands, there were some roster changes and they needed another rider for the whole Spring block. So I headed over earlier to do a stage race in Holland and several one days.

I've got a pretty sweet gig going.

And one of those "one days" just happened to be La Fleche!

Whoa! Fleche was so awesome. The women's race is held at the same time as the men's, so the crowds are huge. Attrition was the name of the game for that race as there were quite a few climbs before we actually got to the Huy. We went up the Huy twice, the second time was the finish. I didn't notice it too much at the time, but it was SO loud going up the Huy with people cheering. I remember trying to yell at a girl moving backwards to move over and not even being able to hear myself yell.

The first time up the Huy pretty much made the selection, it was only about 30k from there with one short climb. We were working that day for Kristin McGrath, who pulled off 10th.

It was such a great experience, definitely one of the greatest I've had in cycling.

Following your one day races you pulled out the biggest result yet at Gracia-Orlova winning the Best Young Rider competition.

Gracia was awesome. I didn't know I had that in me. Chilling in the gutter for 3 hours every day in Holland I think paid off. The race definitely catered to me more with the first stage finishing up an 8k climb and the second stage finishing on a steep, cobbled kicker after four pretty serious climbs. I was trying not to be too negative, but I was fully anticipating moving down in GC going into the 26k flat and windy TT. I went the hardest I've ever gone in a TT and moved up three spots in GC and got young

rider. The last stage was cold, wet and pretty uneventful. My teammates did an awesome job of covering moves and giving me a wheel to follow.

The Czech Republic was interesting. I don't think I'll ever go back there for tourism.

When you say the Czech Republic is interesting do you mean interesting like the Mona Lisa or interesting like Euro pro hair gel?

Interesting like stage one starting on what we were pretty sure was a nuclear power plant on the border of Poland and Czech Republic, like the absence of fresh produce, like getting stare downs from the passengers of any car that passed us while training. We had just come from cycling enthusiastic countries like Holland and Belgium, I don't think Czech knew what to do with us.

Like a lot of elite women you came into the sport relatively late, when did cycling enter the picture?

My Dad was awesome in that he introduced me to the more non competitive outdoor sports like backcountry skiing, backpacking, running, cycling and mountain biking. I didn't really run with cycling until my freshman year of college when I got hooked up with Team Swift and Laura Charameda.

I swam a little when I was younger and was a pretty serious flag football player in high school. I actually got a small college scholarship for flag football.

I had know idea there was even flag football scholarships! Did you play old school grid iron style?

Yea! I was the defense captain one year. I didn't take it nearly as seriously as some of the girls, it was a lot of fun. I wasn't that good, my best friend's Dad was the coach, so maybe it was just nepotism...

Laura Charameda is a an old school pro! That must have come in handy as you have progressed through the ranks and moved up to racing in Europe.

One of the things that Laura really emphasized and has always stuck with me is doing *something* to be part of the race, not just pack fodder. She mentored the first crit I did a couple years ago at Merco. After the race she said we had nothing to talk about because I didn't do anything. Laura taught me how to be a bike racer—I'm really fortunate she has taken time take me under her wing the last couple years.

It feels like you have packed a lot into a short amount of time this year, what have you got left on your agenda?

I'm still trying to swing both school and racing. For the rest of this season I want to help my team (Danbury Audi) get some good finishes at the races coming up that are typically sprint finishes, then focus on U23 Nationals and Cascade.

2012 is a long ways away. I want to be racing for a strong team and be continuing towards Physical Therapy school. I also want to come home to NorCal sometime soon and let my parents know that I love them.

Time to think on your feat! Who is funnier Hernando or Beth Newell?

Definitely a duo that require each other.

WRONG! – It's Beth unless Hernando's underwear is too tight

IF THEY WERE SESAME STREET CHARACTERS WHO WOULD THEY BE?

I never watched Sesame Street much when I was younger, so I had to consult Wikipedia for a list of characters.