

Team Swift Race Reports

August 2012

Race Reports for:

1. NCNCA Junior Championships/San Ardo Road Race (AUG 18)
2. Petaluma Cypress Criterium (AUG 4)
3. Patterson Pass Road Race (AUG 5)
4. Fast & Furious Festival Criterium (AUG 5)
5. Dunnigan Hills Road Race (AUG 11) Yolo, CA
6. Petaluma Wine Country Criterium (AUG 18)
7. 2 Wheel/Early Bird Criterium (AUG 19)
8. Winters Road Race (AUG 25)
9. MTB XC Nationals (July 20-22)
10. Europe Race Results

August Top Results:

1 st Place	Kermesse Kortijk	Juniors	Tyler Williams
1 st Place	Kermesse Beveren	Juniors	Tyler Williams
1 st Place	Kermesse Kooigem, KOM	Juniors	Tyler Williams
1 st Place	San Ardo Road Race	Juniors 17-18	Ian Moore
1 st Place	Petaluma Cypress Criterium	W. Category 4	Libby Caldwell
1 st Place	2 Wheel/Early Bird Criterium	Juniors 10-12	Luke Lamperti
2 nd Place	Kermesse Bizegem	Juniors	Tyler Williams
2 nd Place	Fast & Furious Festival Criterium	W. Category 4	Libby Caldwell
2 nd Place	Dunnigan Hills Road Race	Juniors 15-16	Ryan Clarke
2 nd Place	San Ardo/District RR Champs	Juniors 10-12	Isaiah Chass
2 nd Place	2 Wheel/Early Bird Criterium	Juniors 10-12	Gianni Lamperti
2 nd Place	MTB XC Nationals	10 under boys	Luke Lamperti
3 rd Place	Kermesse Kooigem	Juniors	Tyler Williams
3 rd Place	Kermesse Denderwindeke	Juniors	Tyler Williams
3 rd Place	San Ardo/District RR Champs	Juniors 17-18	Drew Gonzales
3 rd Place	2 Wheel/Early Bird Criterium	W. Category 4	Libby Caldwell
3 rd Place	2 Wheel/Early Bird Criterium	Juniors 10-12	Isaiah Chass
4 th Place	Kermesse Izegem	Juniors	Tyler Williams
4 th Place	Winters Road Race	Senior Category 4	Ryan Clarke
5 th Place	Winters Road Race	W. Category 4	Libby Caldwell
5 th Place	Petaluma Criterium	W. Category 4	Emily Abraham
8 th Place	Dunnigan Hills Road Race	W. Category 4	Libby Caldwell
6 th Place	San Ardo/District RR Champs	Juniors 13-14	Calvin Hersey
7 th Place	San Ardo/District RR Champs	Juniors 13-14	Ben Cook
7 th Place	Patterson Pass Road Race	W. Category 4	Emily Abraham
9 th Place	MTB XC Nationals	11-12 boys	Gianni Lamperti
12 th Place	San Ardo/District RR Champs	Juniors 13-14	Miles Daly

Rider Race Reports

1. San Ardo Road Race

8/18/12

San Ardo, CA

Ian Moore

1st Place

San Ardo Road Race/NCNCA State Championships

Juniors 17-18

This was the Northern California and Nevada State Championships, and I live in the Southern California and Nevada region, so it was not my state championships, and I was not allowed to get the jersey. So I went in to the race solely working for my teammate Drew Gonzales. Right away on the first hill of the three 25-mile laps attacks went, I would either chase down, or go with every attack of more than one person, so Drew could sit in, because a break was most likely not going to go. I got in a few breaks on the first couple of laps that stuck for a little while; sometimes I would rotate through in the break, not driving it really hard though, which would make teams that were not in the break work hard back in the pack, while Drew could just sit in. After one of the breaks I was in got pulled back, Alistair attacked again solo, and got up to a minute 15 seconds with about 2 laps still to go. I was not worried about this because I knew there was no way he would stay away solo with that long left to go. Drew rested, and I rotated through easy on the front sometimes to keep the group going, and we caught Alistair on the long straight wide open stretch before coming into the town of San Ardo. Near the end of the second lap, three racers went off the front: A Ritte, Tieni Duro, and Alistair (Hammer Nutrition). After they went, I went too, thinking that everyone would get on my wheel, and I would end up pulling everyone up to them, but no one did, and I bridged up alone. After a little while, another Ritte rider, and Tieni Duro bridged up to us, and I was looking for Drew. I just sat on the back of this break, because there was no way I was going to work with two Tieni Duros and two Rittes when Drew is back in the pack. So it was a pretty easy ride for me for another lap, just sitting on the break. We got up to a minute and a half on the main group, then Matt, one of the guys in my break got a flat, but got a quick wheel change, and got back up to the break. I guess the Tieni Duros in the group were showing good sportsmanship, because they didn't drill it when Matt got the flat. It was kind of funny the two Ritte guys were just giving me a free ride in the break, while Drew was resting up back in the pack. They had maybe five guys in the race, and with two in the break, I would have expected them to be attacking me like crazy on the last lap. The time gap was now 30 seconds with under half a lap to go. With a few miles to go a couple more riders bridged up to the break, still no Drew, but then Drew arrived. Drew stayed on my wheel for the remaining miles. As we came in to San Ardo, a San Jose ride attacked and dangled out in front of the pack solo. I sat second wheel with Drew on my wheel. Then as we got onto the last hill, Alistair came around and rode at the front, as I sat on his wheel, at around the under pass, which is a few hundred meters from the line, I jumped hard up the hill with Drew on my wheel. I rounded the sandy left hand bend,

passed the solo rider, and crossed the finish line first. I was hoping that I would get Drew a gap on everyone else, and then he would come around me for the win. Even though he didn't come around me, then I was hoping that he would hold my wheel for second, and that would still mean he would get to wear the state champ jersey. Unfortunately he was passed by a rider in the end, and no one else passed the San Jose rider except me, so Drew ended up forth, but still third in the state championships. So we didn't get Drew the win as planned, but I did get the win on my mom's birthday in what will probably be my last junior race ever, and Drew got on the state championship podium.

-Ian

Drew Gonzales

4th Place Overall/3rd Place NCNCA State Championships Juniors 17-18

San Ardo was a bumpy road, full of cracks, weeds and rocks. These conditions made the field as a whole have to watch for bumps to avoid crossing the wheel of others. This race, being district championships, would be my last race; it would summarize my entire seasons work, my results for the year, and the experience I gained, but leave me unsatisfied.

The first two laps, like any junior race, can be described as a flurry of attacks from different riders, but were all failing moves. The quick accelerations, bumpy roads, and slight crosswind made the moves hard to follow and taxing to all the riders. Eventually, there was a split in the group; I was caught in the second group while Ian was in the front group. Half a lap before the finish, I tried to cross the gap on my own but, I was followed by two Ritte riders, unwilling to work. I pulled them half way across the gap, looked back to find them talking, then heard, "Drew, I can pull through in a minute. Keep riding tempo." Less than 15 seconds later, the two jumped me and crossed the gap [nice].

I crossed the rest of the gap, but at a toll- the effort had drained much of my remaining energy. At this point, I was frustrated and there was not a chance that I would surrender any wheel to any rider. This mentality and mindset is important in winning field sprints because being confident- not hubris- is the first step to winning. When it became time for final attacks, one rider went off the front for a long shot, but the rest of the field remained uninterested. He stayed away until the line. 750 meters before the finish, Ian attacked while I was a few wheels back. After Ian went I jumped too, but another kid who was in front of me jumped first. The three of us were too far from each other to benefit from the draft, but were not moving relative to each other. Ian was able to catch the first rider who attacked from out long, however the rider who chased Ian from the bunch didn't. I rolled in fourth disappointed, but excited to end my race and move on.

=Drew

Calvin Hersey

6th Place District RR Championships Juniors 13-14

After picking up teammate, Ben Cook, we drove down to San Ardo the day before the race. The weather was nice and we made it to San Ardo with time to review the course and finish line. This would later prove to be very important. That night we stayed at a campground in King City about 25 minutes from the start of the race.

The next morning we woke up early, had a good breakfast, and headed to the start with plenty of time to warm up before the race. After warming up, with just a few minutes before the race was supposed to start, I noticed I had several thorns in both of my tires. My Dad was prepared with extra tubes so he quickly repaired my flats. I then carried my bike to the start and lined up next to Ben. Right then we noticed that Ben also had thorns in his tire so my Dad changed his tube as well.

The race started off fast and my goal was to stay with the front group. Attacks kept going and I was finally caught off guard on the hill and a group of about 10 riders got away. I didn't want to be left out so I kept my head down and tried to bridge the gap. I was now alone and had left a small group behind. I managed to pick off several riders before forming a small group with Ben and a Davis rider. The three of us worked together and were able to pick off several more racers before we caught another Davis rider.

The four of us, two Team Swift and two Davis riders worked hard together but were unable to make up any ground on the lead group, which now consisted of only five riders. My teammate, Ben, was taking very long pulls and he was certainly the strongest one in our group. The speed was too much for one of the Davis riders and our group was down to the original three again.

Having previewed the course the day before, Ben and I knew as we rode through San Ardo that we were getting close to the finish line. The pace started picking up as we headed across the bridge towards the final climb. The pace accelerated even more as we reached the hill and finally Ben attacked.

When Ben attacked I thought for sure he had made the winning move and as he started to ride away I began to slow and he had a good gap of a couple seconds. The Davis rider was on my wheel and soon attacked. Somehow, I was able to stay on his wheel and he soon brought us back up to Ben before the end of the hill. As soon as we reached Ben I attacked and much to my surprise was able to ride away from both Ben and the Davis rider gaining several seconds on them before the finish line! Ben was also able to shake the Davis rider before the finish. Overall, I'm very happy with the result considering I didn't flat and hung in to finish the fastest in the second group on the road.

-Calvin

Ben Cook

13, junior 13-14, cat 5

7th Place San Ardo Road Race Juniors 13-14

I had a lot of fun at San Ardo, I raced with Calvin Hersey, Miles Daly, and Zachariah McClendon, and so it felt good to have a pretty strong team to race with. We

started off pretty slow, but then Miles attacked, and a guy named Garrett Marking from the Chico Race team responded with an attack of his own, and formed a 6 man break, Zachariah was part of them. Calvin, myself, and Curtis Trueblood from Davis formed a chase group, although it would be risky to have 3 Swifties in one break, we still tried to catch them. Calvin looks over to the side of the road, and that's when I see Zachariah with a flat, and as if on cue, Curtis jumps, I catch his wheel but Calvin couldn't hang on.

"That leaves two of us." I say.

Curtis looks over his shoulder and says "Yea."

Calvin somehow caught up, and we rode in a paceline for a while. I guess Curtis got impatient, because he attacked, dropping Calvin. I attacked back, but when I realized Curtis was right on my wheel, I slowed down enough for Calvin to catch up. We caught up to one of Curtis' teammates who was dropped from the break named Kyle, and he attacks almost immediately, I attack back, and both Kyle and Calvin are gone.

I catch Curtis looking at me, and he says "That leaves two of us."

I look back. "Yea."

Kyle is gone, but once again Calvin managed to make it back, and we agree on taking shorter pulls as we fly into town. We're just a kilometer away from the finish, when Curtis jumps once again, I grab his wheel, and I jump back. Then that's when I see Calvin break free, and we know there is no way to catch him.

About 300 meters from the line Curtis and I fight for position on the feed hill, and we make a sharp left to the finishing straight. I start to sprint as I see Calvin cross the line, and I beat Curtis by less than a meter.

After I cross the line, I head over to what was the break away, now their standing and talking. I catch that two of them crashed, and the rest waited for them to get back up, which for a race, I found that to be pretty nice of them. Garrett Marking won, he's won both the races I've seen him at, and so I'm guessing he's someone to watch out for.

Overall, I had a lot of fun at the San Ardo Road Race, and I am hoping to compete in it again.

-Ben

Isaiah Chass

2nd Place San Ardo Road Race Juniors 10-12

The race started off with a neutral start for about a 1/2 mile. When the race referee blew the whistle to start the race, everyone picked up the pace right away. We rode for about another 1/4 mile until a rider from Sierra Nevada attacked for a breakaway. I followed him and we got a gap. We kept taking turns pulling as the gap got bigger and bigger from the main group. When we were about half way done with the race, the Sierra Nevada rider attacked me and at the moment I wasn't strong enough to get on his wheel. The rest of the race I was trying to catch him. Unfortunately I couldn't catch back up. When I came up the final hill I took a left turn to the finish line, I sprinted to the finish line to get a 2nd place finish

-Isaiah

2. Petaluma Cypress Criterium

8/4/12

Petaluma, CA

Libby Caldwell

1st Place

Petaluma Cypress Criterium

W. Category 4

Going into this race I didn't know what to expect; there had only been 4 girls pre-registered for the race the night before. Luckily around 12 Category 4's and 8 Category 3's showed up. The race started out slow only speeding up for the beer prime. When the third prime lap bell began I saw an early bird girl attack into the first corner. I followed and caught onto her wheel. She pulled on the back section with the tailwind and I was forced to pull into the windy finishing straight. But I was going hard enough so that she couldn't pass me to get the prime prize. Thinking this attack was only for the prime I sat up, but noticed we had a substantial gap from the field. Soon after our second lap in the break three other girls bridged up to us, giving us a smoother, easier race. We had around an 8 second gap from the field and with all major teams represented in the break no one was keen to pull us back. I thought we had a lot longer to go but after around 5 laps in the break I saw that we only had two more laps to go. It was then that I also realized I was the only four in the break. If we stayed away I would automatically win. With one lap to go I could see two red peloton ladies start to pull on the front of the main pack. It was surprising because their strongest teammate was in the break with us. Going into the second to last corner I could see the peloton coming for us no more than 4 seconds back. I attacked into the last corner to preserve my first place. I got second overall in the sprint only to be beaten by a breakaway companion, but took my first win in the fours.

Libby

3. Patterson Pass Road Race

8/5/12

Paterson, CA

Emily Abraham

7th Place

Patterson Pass Road Race

Women Category 4

My decision to do the Patterson Pass Road Race was very last minute. I looked up what category I would be racing in and what time the race would start, but that was all I really looked at. On Saturday, the day before the race, I did a pretty hard ride with my Mom and Dad. It definitely wasn't a smart idea to do that ride the day before a race. On race day, I did a good warm up, on the trainer and rode around a bit. Before we got to the race I didn't even think about how windy it would be, there was a crazy head wind when the race started. I was the youngest one in my category and I was worried they would drop me in the first 5 minutes. But the head wind was bad and they

took it easy when we started out. I was able to stay with the pack for a while, at least until the first real climbing started. On the first climb, I was really struggling. When I made it to the top and saw that there was another huge climb in front of me, I considered turning around. But I didn't want to give up, so I headed up. The whole way up I was thinking about how I would have to climb this again on the second lap. I was feeling pretty good after the climb, although I was out on my own. There were a lot of rollers on the course, until near the end there was a fast downhill with a nice tail wind. Some girls from my category that were dropped before me, caught up to me and I stayed with them for a while. On the second lap, the climbing was really hard, but I was able to do it. Patterson Pass was definitely the hardest race I did this year, but I'm happy I was able to complete it.

-Emily

4. Fast & Furious Criterium

8/5/12

Pleasanton, CA

Libby Caldwell

2nd Place Fast and Furious Downtown Criterium W. Category 3-4

This race was the opposite of the Petaluma race the day before. With a field size of around 50 riders this race was fast and sketchy. I have never worked so hard to preserve such an unsatisfactory position. The course was technical; with a chicane and two corners polluted with bot-dots. In the fourth lap I had moved myself up to a good position behind my friend Page. Going into the last corner of the course the girl right in front of Page took the corner too hot and crashed. We were forced to roll over her seat post and try and catch up with the front of the race. Throughout the race I tried to stay by familiar people I knew would be safe. I've never thought about abandoning a race because I thought it was unsafe, but throughout the duration of this race I can't deny the thought went through my head a few times. Going into the last corner of the race, the girl ahead of me applied her brakes and I was forced to do so as well causing me to lose my prime position. But the finishing straight was long and so I was able to catch up to many of the women who passed me. I finished 9th overall in the race and got 2nd in the fours.

-Libby

5. Dunnigan Hills Road Race

8/11/12

Yolo, CA

Ryan Clarke

Racing Age 16 Senior Cat 4

2nd Place Dunnigan Hills Road Race Juniors 15-16

When I got to the parking lot I knew it was going to be hot like the weather page said. The Junior race ended up having a support car that could hand out food and bottles, so I put a couple in the car just in case. I made sure I was drinking a lot of water because it was hot, but I over-drunk and made my stomach too heavy therefore making the rest of my body slow and unresponsive. We were starting to get towards the end when we hit an overpass and two riders attacked one after the other. I thought we had another 5 miles to go, so I wasn't too worried. Little did I know we had 2k to the finish. I went to the front to take my turn then saw the 1k sign and slowed down to make the other guys pass me. They refused to go by so I slowed almost to a complete stop so they would pass me. Finally they did. One of them took off and I was sitting last wheel out of our three man group. The kid sitting second was letting a gap form so I tried to pass him and he swerved and almost took me out. I tried again and finally got around, but there wasn't enough road to catch first place.
-Ryan

6. Petaluma Wine Country Criterium

8/18/12

Petaluma, CA

Emily Abraham

5th Place

Petaluma Wine Country Criterium

Women Category 4

At the Petaluma criterium, they put Women's Cat 3 and 4 together. It was a 40 minute race on a flat course. I was feeling really good on race day. I did a fairly easy warm-up then headed to the start line. A lot of women that race on Tuesday nights were there, so it felt almost like a Tuesday Night Twilight. The first couple laps were easy, everyone stayed together and we weren't going too fast. After a few laps, two women in Cat 3 broke off the front. They got way ahead of the pack and stayed in front the entire race. We tried to catch up to them, but never did. I stayed in the middle of the pack for quite a few laps; I was feeling great so I sprinted towards the front to see if I could pull. Unfortunately, that was a really bad idea. I ended up wasting almost all my energy and when I tried to get back in the middle of the pack, there were three women from the same team helping one-another that wouldn't let me back in. So I held on to a wheel at the back. On the last lap, they started sprinting and they lost me. I've learned multiple times that I need to save my energy for the sprint at the end.
-Emily

7. 2 Wheel/Early Bird Criterium

8/19/12

Rohnert Park, CA

Libby Caldwell

3rd Place

2 Wheel/ Early Bird Criterium

W. Category 4

Overall this race was pretty slow; the field was small and no one wanted to pull, including myself. I ended up pulling a few times just to speed up the pace and make the pack smaller and therefore safer. I had crashed my mountain bike the Friday before this race which inhibited me from attending district champs in San Ardo and I was still not feeling that great. The stem of my mountain bike had bashed into the side of my knee, into a very useful muscle for racing bikes. Accelerating would hurt my leg so I told myself that I would only go for one prime and attack at the end of the race in the sprint. I was able to get second place in a two place prime halfway through the race. And so with half a lap to go I had recovered from the prime sprint and was able to follow an attack from team early bird. I sat on her wheel and almost passed her at the line. The finish line being halfway down a gradual hill I ran out of gears and was passed by the eventual winner.

-Libby

Luke Lamperti

1st Place 2 Wheel/Early Bird Criterium Juniors 10-12

When the race started we made the first turn and a kid from the Davis team made an attack and I jumped on his wheel. He and I kept taking turns pulling, and then we got caught from the main field. We kept going and a few laps latter I attacked for a prime. After a lap I got caught by the main field and then on the last lap we were all together. It was the final straight and I went for the sprint and got first place.

-Luke

Isaiah Chass

3rd Place 2 Wheel/Early Bird Criterium Juniors 10-12

When I got out of the car to go get my race number, I could feel the cold air on my fingers. I started to warm up right away. The race started with an attack right way from a Davis 13/14 rider. (I was racing with 10/12, 10/12 girls, and 13/14). Nobody followed him. Then Luke Lamperti attacked to catch up with him. The next lap there was a prime which nobody knew about until then. Gianni Lamperti and I were behind in the main group so we couldn't go for the prime. The rest of the race Gianni and I worked together to catch back up. We finally caught up on the last lap. On the final kilometer to go I pulled through to pull. Instead I just started to sprint. Luke and Gianni came up on me in the final sprint. Luke won, Gianni got second, and I got third.

-Isaiah

8. Winters Road Race

8/25/12

Winters, CA

Libby Caldwell

5th Place Winters Road Race W. Category 4

Having done terribly at this race last year I was worried about getting dropped again on the first climb. But luckily I had carpoled to the race with two women who I knew would finish first and second in my race. At the base of the first climb I sat beside my carpool companion setting the tempo. It was seconds later that we heard the terrible crashing of carbon and saw multiple women behind us on the ground. We just kept setting a high tempo and found ourselves alone at the top of the little climb. We decided to wait for a few more stragglers at the bottom of the hill so we wouldn't have to pull the other 35 miles of the race by ourselves. In no less than three minutes we had a 7 person breakaway powering on the flats. The pace was very fast on the flats and I felt myself burning matches to keep up with the pace. When we hit the climb for a second time I was in the wrong position and was forced to try and catch back up. It was then that my injured muscle from when I crashed my mountain bike started to cramp. The cramp got worse and worse and I started to fall further and further behind. I knew I could catch up to the second group on the descent. I was going way faster the second time down the hill but was soon caught behind a studio velo van. The van wouldn't let me pass and I could see the two girls ahead of me increase their lead. I was forced to ride the last nine miles to the finish alone, just 20-30 seconds behind third and fourth place. I was bummed that I was dropped on the climb and couldn't catch up on the descent but I was still happy I held off 6th and 7th place for my best performance in a road race to date.

-Libby

Ryan Clarke

Racing Age 16 Senior Cat 4

4th Place Winters Road Race Senior Category 4

The race started with a neutral start like most races until we got out of town. I put myself in the middle of the pack so I'd be protected from the wind. I stayed that way until a mile before the climb when I moved up close to the front to make sure I wouldn't get stuck behind slower riders on the climb. I did this on the second lap as well. Once we hit the climb on the third and final lap, I went to the front and pushed the pace. I kept pushing the pace until about halfway up the hill then eased off to conserve energy for what I knew would be a sprint finish. People kept attacking over the last 5 or so miles and I did a good job of letting other people chase them down. With a mile to go I fought someone for third wheel. We bumped a bit then I took the wheel behind him. By 1k to go was second wheel. We passed the 500m sign and I was half a second away from launching my sprint and I got cut off by another rider passing me. I went around to the right and went hard to the line.

-Ryan

9. MTB XC Nationals

7/20-22/12 Sun Valley, ID

Luke Lamperti

2nd Place MTB XC Nationals 10 under boys

When we got to the start line I knew it was going to be hard. So when the race started I was in 4th and then got up to 2nd before the single track and was following a kid from Yackel Brothers Racing. When the hill started I kept behind him and then he attacked but he got a little bit of a gap. I got caught behind lapers on the single track who would not let me by so I had to push them out of the way on the last lap. So I came in second place and was stoked.

-Luke

Gianni Lamperti

9th Place MTB XC Nationals 11-12 boys

The Nationals are a fun and exciting race. At the staging line I ended up in the 5th row out of 7 rows. When they let me go through I went way to the right of the field and made my way to the 3rd row. When they called us up to the start, I sprinted to the way right of the 2nd row. My plan was to stay on Jake Yackle's wheel from Yackle Brothers Racing, and try to blow him up on the climb on the last lap where I'm strongest. When we started a kid fell in front of me and everybody was passing me on the left, so I was boxed in. When I got out Jake Yackle had a gap on the field already. So I started to pick off guys one by one. When we got to the climb I started passing more and more guys. I got to somewhere around 15th. I stuck where I was for the descent and flats and got to around 10th for the climb. For the next two laps I was dicing with a guy. On the last lap I dropped him and caught the kid in 8th. I finished about 3 seconds behind him. Overall it was a good and hard race.

-Gianni

10. Europe Race Results by Tyler Williams

Results from Europe trip:

1 st Place	Kermesse Kortijk	August 9, 2012
1 st Place	Kermesse Beveren	August 15, 2012
1 st Place	Kermesse Kooigem, KOM Classification	August 1, 2012
2 nd Place	Kermesse Bizegem	July 25, 2012
3 rd Place	Kermesse Kooigem	August 1, 2012
3 rd Place	Kermesse Denderwindeke	August 4, 2012
4 th Place	Kermesse Izegem	August 7, 2012

*Reports to follow separately