

Team Swift Race Reports

February 2012

Race Reports for:

1. Cherry Pie Criterium
2. Valley of the Sun Stage Race
3. Cantua Creek Road Race
4. Snelling Road Race
5. Moth Balls Criterium
6. Poor College Kids Road Race
7. Fremont Early Bird Criterium
8. TBF MTB Challenge

January/February Top Results:

1 st Place	Mothballs Criterium	Junior 17-18	Ian Moore
1 st Place	Poor College Road Race	Senior Category 3	Ian Moore
1 st Place	Snelling Road Race	Junior 17-18	Remy Canto Adams
1 st -Place	Snelling Road Race	Juniors 15-16	Tommy Lucas
1 st Place	Cherry Pie Criterium	Junior 10-12	Luke Lamperti
1 st Place	TBF MTB Challenge	Sport Class, HS	Griffin Wigert
2 nd Place	Valley of the Sun, Overall GC	Junior 17-18	Ian Moore
2 nd Place	Valley of the Sun, Stage 1 TT	Junior 17-18	Ian Moore
2 nd Place	Valley of the Sun, Stage 2, RR	Junior 17-18	Drew Gonzales
2 nd Place	Cherry Pie Criterium	Junior 17-18	Drew Gonzales
2 nd Place	Cherry Pie Criterium	Senior Category 5	Ryan Clarke
2 nd Place	Snelling Road Race	Junior 15-16	Stanley Goto
2 nd Place	Cherry Pie Criterium	W-Junior 15-16	Emily Abraham
2 nd Place	Cherry Pie Criterium	Junior 10-12	Gianni Lamperti
3 rd Place	Cherry Pie Criterium	W-Junior 17-18	Libby Caldwell
3 rd Place	Snelling Road Race	Juniors 15-16	Ryan Clarke
3 rd Place	Cherry Pie Criterium	W-Juniors 10-12	Alex Lange
3 rd Place	Cherry Pie Criterium	Junior 10-12	Isaiah Chass
4 th Place	Cherry Pie Criterium	Junior 15-16	Tommy Lucas
4 th Place	Cherry Pie Criterium	W-Juniors 10-12	Kate Petersen
5 th Place	Cherry Pie Criterium	Junior 17-18	Ian Moore
5 th Place	Cantua Creek Road Race	Senior Category 3	Joey Nygaard
5 th Place	Fremont Early Bird	Junior 10-18	Ryan Clarke
5 th Place	Cherry Pie Criterium	Junior 13-14	Alex Selivanoff
5 th Place	Cherry Pie Criterium	Junior 10-12	Anthony Selivanoff
5 th Place	Snelling Road Race	Junior 13-14	Zach McClendon

6 th Place	Valley of the Sun, Stage 3 Crit	Junior 17-18	Ian Moore
6 th Place	Cherry Pie Criterium	Junior 10-12	Isaac VanAelstyn
8 th Place	Cherry Pie Criterium	Junior 17-18	Remy Canto Adams
8 th Place	Cherry Pie Criterium	Junior 15-16	Stanley Goto
8 th Place	Snelling Road Race	Junior 13-14	Ethan Frankel
9 th Place	Snelling Road Race	Junior 13-14	Calvin Hersey
10 th Place	Cherry Pie Criterium	Junior 13-14	Luke Lamperti
11 th Place	Cherry Pie Criterium	Senior Category 3	Drew Gonzales
12 th Place	Cherry Pie Criterium	Junior 17-18	John Morehouse
12 th Place	Cherry Pie Criterium	Junior 15-16	Ryan Clarke
12 th Place	Cherry Pie Criterium	Junior 13-14	Gianni Lamperti
13 th Place	Cherry Pie Criterium	Junior 13-14	Zach McClendon
14 th Place	Cherry Pie Criterium	Junior 13-14	Ethan Frankel
15 th Place	Valley of the Sun, Stage 2 RR	Junior 17-18	Ian Moore
15 th Place	Cherry Pie Criterium	Junior 15-16	Griffin Wigert
5 th Place	Fremont Early Bird	Senior Category 5	Ryan Clarke
16 th Place	Cherry Pie Criterium	Junior 13-14	Calvin Hersey
17 th Place	Valley of the Sun, Stage 1 TT	Junior 17-18	Joey Nygaard
18 th Place	Cherry Pie Criterium	Junior 17-18	Joey Nygaard
18 th Place	Pine Flat Road Race	Senior Category 3	Joey Nygaard
18 th Place	Mothballs Criterium	Senior Pro, 1-3	Ian Moore
19 th Place	Cherry Pie Criterium	Junior 17-18	Sam McLaughlin
21 st Place	Valley of the Sun, Stage 2 RR	Junior 17-18	Joey Nygaard
22 nd Place	Cherry Pie Criterium	Junior 17-18	Brendan Borrall
23 rd Place	Cherry Pie Criterium	Junior 17-18	Emmett Mountjoy

Rider Race Reports

1. Cherry Pie Criterium 2/5/12 Napa, CA

Drew Gonzales

17 years old, Senior Category 3

2nd Place Cherry Pie Criterium Junior Category 17-18

11th Place Cherry Pie Criterium Senior Category 3

Cherry pie is always the most nerve racking race for me. At the start of the junior race, I could feel the fibers in my legs twitch. The race wasn't really eventful. I knew from the beginning that Garmin would ride off the front and try to leave the pack. It was my job to keep things together, but I made the mistake of letting them get away.

The rest of the race, the other Garmin rider kept trying to join the break, but I was able to stay at the front and keep the rest of the race together. At this point, I was too tired to put out a sprint strong enough to take a win. We came around on the last lap; I tried my best to rest from my time pulling the race. On the last lap I put what was left of me into my TIME bike. I didn't win, but I did come in second place.

Senior Category 3

After the Junior's race, I was upset with myself for missing the break. I really wanted to win the 3's to compensate for losing in the Juniors. For the entire race, I stayed amidst the pack to keep safe from the wind. I went for only one prime so I could walk away knowing I won something. I ended up winning a bottle of wine. Yay!

In the last lap before the sprint, Joey wanted me to get up to the front of the pack, but I waited too long and never moved up enough: a huge mistake. I placed eleventh in the sprint. I've learned since then that my biggest mistake in crits is my placement before the sprint. I just am never present. But I know I won't make it again, especially after racing in Arizona.

-Thanks, Drew

Ian Moore

17 years old, Senior Category 2

5th Place Cherry Pie Criterium Junior Category 17-18

Cherry Pie is always cool because lots of Swifties of all ages come out and race, and it gives a chance for everyone to meet each other. The race was only 30 minutes so I started at the front. Everyone took off fast off the line as usual. I got in a few breakaways, but none of them stuck. Two 15-16 year olds went off the front (Zeke Mostov, and Jack Maddox); I did not go with them, because the 15-16s are in a different race, so I felt that if didn't need to chase them down. They ended up staying away. On the last lap, Specialized sent two riders off the front, and I thought that would be the winning move for sure. I bridged across, but then the two Specialized riders sat up, and would not work. We stayed away until after the last corner, and right before the chicane we got swarmed by the pack. I tried to move up as everyone was ramping up for the sprint, and then moved up more during the sprint, finishing 5th. Drew Gonzales had a great sprint finishing 2nd. It was awesome to see so many Team Swift riders do so well in other categories too.

-Ian

Joey Nygaard

Junior 17-18, Cat 3

Cherry Pie Crit always marks the starting of a new season. It is always great to see who comes out and who has improved over the off-season. I went through the normal procedures of getting ready for the race as always and went to warm up on the road with my teammate Drew Gonzales. We only had time for a pyramid and a few sprints before it was time for rollout but we were feeling good and ready to race. Our plan was to go with moves and if we did not end up in a break, Drew, our sprinter, would finish it off.

The race started very fast since we only had half an hour to race. I had started at the back of the pack and so I missed the break that went on the first lap. I got to the front as soon as I could and immediately started covering breaks. None of them stuck but I kept trying. With about 3 laps to go I dug deep and attacked on the hill. I got a gap right away and was joined by Chris LeBerge. I had known him for a while and was confident that he would work with me so I drilled it down the hill and onto the flat. But when I flicked my arm for him to come around he just sat there. I was pretty confused because I could not think whom he would be working for; he was the sprinter in the group and His other teammate Marcus Smith was back in the pack sitting in. The group was close behind and I saw no point in pulling Chris all the way around if he was not going to work. They caught us soon after and I took a moment to catch my breath. The group entered the last lap and I saw that my teammate Drew was in a good position for the sprint. On the last lap I suddenly got a really bad cramp and dropped off the back a little ways. I was not about to get a good placing anyway so I was not too bummed out. Drew ended up in second place right behind Chris LeBerge.

Senior Category 3

The three's race went very similarly. I sat in for a while to get my lags warmed up again and launched a few attacks. None of these worked and once again the race came down to a sprint. I was not in a good position for the sprint but was making up a lot of ground as people died and fell back. The problem with this is that tons of riders are dying on the last climb and as they fell back I had to weave between them to get anywhere. I was getting closer to the top ten when two guys blocked me and boxed me in. I could not go anywhere and had to slow way down to get out of their way. On top of this, I had slowed so far down that I was way over geared. When I pulled up to get going again, my pedal unclipped and I slowed down once again. I finished a little annoyed but that's just how it goes sometimes. Team Swift had done very well, getting pies in almost every category. Another year had started and I had felt strong but not necessarily fit yet. I was okay with that and was excited for the rest of the year.

-Joey Nygaard

John Morehouse

12th Place Cherry Pie Criterium Junior 17-18
49th Place Cherry Pie Criterium Senior Category 4

This was it, the race to kick off my last year as a junior. After a long winter of training hard I was rearing to go. I arrived two hours early, and began the pre race rituals, and greeting the team. The 15-16 and 17-18 junior fields were combined, making the group fairly large. The race started at a rapid pace, with everyone overly excited to be racing again, we were moving. Instantly I felt a difference in my ability to race; I was comfortable in the pack. Coming from a strong mountain biking background I have never been particularly apt to riding in a group at a high pace. Today I felt confident in my ability to navigate through the corners and high speeds the race would put upon me. I held on and moved around in the fluctuating group, testing my newfound confidence to move around in the group. The last two laps the pace sped up considerably and I was in a lot of pain. My positioning was good though, and I was able to stay in and take 12th in the field sprint.

After the race I spun my legs out and refueled with a Clif Mojo bar. This great tasting, wholesome bar cured my hunger and gave me a boost I needed to race the cat 4 race in 30 minutes. After my small break I headed out to the start line again, this time to be going for 40 minutes. The race began and I was immediately noticed how the field was less agile through the corners. I felt great and wanted to move up but was having a lot of trouble. The race turned more into staying upright than putting myself at the front and I made it through unscathed with a pack finish Overall it was a great day!

-John M.

Sam McLaughlin

18 years old, Cat. 5

19th Place Cherry Pie Criterium Juniors 17-18

I was thrown off by the speed of the start and the pack's speed across the first flat. I slipped off of the back by the end of the first lap and found myself in a group with 2 to 4 other riders separated from the field. We traded pulls for a while. I was doing most of the pulling on the flat back side of the course, and the group would always break up on the climb. Eventually, we got passed by the main field, which was the only point in the race where I thought I might crash - they caught us right in the middle of a corner, and for a few seconds space was pretty tight. After the pack went by, I continued trading pulls with the other people in my group for another few laps. On our last time up the hill, two riders started sprinting on my right, and although I tried to hold onto their wheels I fell back behind them before the line. According to the preliminary results, I finished 19th out of 23 riders. It wasn't a particularly impressive

result, but I'm glad I managed to make it through my first race without crashing or cramping or any other problems.

-- Sam McLaughlin

Tommy Lucas

4th Place Cherry Pie Criterium Junior 15-16

This was my first race of the season so like any first race of the season, I was very nervous. As soon as the whistle was blown, the race was off with a bang. Faster than I had expected, but nothing I couldn't handle. The first few laps were fast and had many attacks coming from the Garmin boys. No attacks got away and I felt good sitting in the top ten or so in the field, trying to stay out of any trouble there might have been at the back of the pack.

About half way through the race, Zeke Mostov (Garmin) and Jack Maddux (Specialized) got away in a two-man break. The worst part of them attacking was I missed it and that was because I was too far back and on the inside of the corner to really catch them on the initial attack. The two got a pretty good gap on the field, about 20 seconds, at the most. No one was really working on the front, and instead, just attacking and gaining nothing on the field.

The race continued that way and the two-man break held all the way to the finish. When I knew they were going to stick I started to prepare for the sprint and knew almost instinctively that specialized was going to really contest for the sprint so I got on their best sprinter's wheel, which was in the 17/18 category, and wouldn't give it up for anything. This tactic proved successful and only one other man in my field beat me in the field sprint.

For a first race of the season, I was very proud to be back in the racing atmosphere and I want to congratulate all my teammates in my race and to all my teammates that were in all the other races as well. You guys did great, and I can't wait race with you guys again!

-Tommy

Stanley Goto

8th Place Cherry Pie Criterium Junior 15-16

32nd Place Cherry Pie Criterium Senior Category 4

It was nearing the start of school and the racing season was coming to a close. The beginning of the new school year also meant that it was time to exchange my cycling shoes for running shoes, my stretchy spandex for shorts, and the open road for trails and sidewalks; and then just as quickly as the offseason began, the early races

were sprouting from the hints of springtime, and some would consider the nor-cal racing season to unofficially start at the Cherry Pie Criterium in Napa.

Cherry Pie Criterium was the first race that I had ever entered in at the infantile age of 11. My dad and I had leisurely showed up to the race 30 minutes before start time and considered that to be more than an ample amount of time to yank my miniature road bike out of the car, sign up and line up for the start. When we arrived everyone was already set up on their trainers and ready to roll. I was in my pajamas, still half asleep. Now we fast-forward to 2012, we drove to the same "parking lot" that I had done for the past 5 years and parked in the same grassy ditch but we arrived a bit earlier than we had the first year. I signed up at the same table and joined my team to warm up for the 15-16/17-18 race. When I lined up for the start I was more nervous than usual, it was kind of weird. Since I had skipped some of the small races in January, I had not raced in 4 months. When the gun went off and the 15-18 year old field wisped through the first corner and the pace began to ramp up heavily. My pack riding definitely felt a bit rusty and I was falling toward the back of the pack as the pace ramped up. After a few laps of suffering near the back I got back into my groove and whittled my way up the pack. The pace was surprisingly fast; there was very little herky-jerky accelerating, which was nice. As I sat around 2/3 of the way up the pack I saw Joey, Drew and Ian doing a lot of work at the front and I was in the blob. Since the pace was pretty fast it took me awhile to get toward the front but I eventually did. When I got to the front I saw that 2 guys in my 15-16 age group were up the road quite a ways. There was a Specialized guy and a Garmin guy. Since half of the field was the Specialized team I knew bringing them back would be pretty tough. With my legs not accustomed to the high speeds that we were going at and I wasn't feeling that great and I really wasn't contributing. With 3 laps to go, it looked as if it was set in stone that that break would stay away and I prepped myself for a bunch sprint. On the final straight of the race I was not in great position, maybe 9 riders back, and as the bunch mobbed to the line I didn't have the kick to keep up. I ended up 8th which was not great but I found some reassurance that it was only the first race of the season and that there are many bigger and better races coming up.

It feels weird to be racing with the big guys and to have finally grown to a respectable height; I guess that means things are getting pretty serious.

Following the swift pace of the junior race, the Cat 4 race was a change of pace. As the Cat 4 race usually goes everyone is pretty much on their own and there are really no organized teams. Due to this, no one is given any breathing room to get away. Since I am not much of a sprinter this is what I was hoping for a break. Through-out the race as attacks were launched and caught instantly it was developing to become rather repetitive. It stayed this way and as the race neared its end I tried to position myself but I continued to be swamped. I finished 32nd in the bunch sprint.

-Stanley

Griffin Wigert

Age 16, Senior Category 4

15th Place Cherry Pie Criterium Junior 15-16

42nd Place Cherry Pie Criterium Senior Category 4

I woke up at 5:00 in the morning and drove with my parents to the race start. I set up my trainer next to the new team van and began to spin out my legs. My race started at 8:40, so I did a 1x1 pyramid and another shorter pyramid 25 minutes before. The race start went okay, but I got stuck at the back of the pack. I spent most of the race in the back third of the pack. When the pack went around a corner, I would advance to the middle of the pack, but when the peloton cleared the corner I was forced to sprint to keep up. The slinky affect forced me to waste a lot of energy that I would not have expended towards the front. With three laps to go, I sprinted up the hill and passed most of the pack, landing myself towards the front, but I soon lost this advantage as the race went on. I finished 15th place towards the back of the pack.

Senior Category 4

This race happened at 10 o'clock. After the first race, I settled back down on the trainer and ate some Clif Bloks. When this race started, I kept towards the front. On the second lap, I accelerated to take the lead up the climb and on the downhill. I soon lost this lead and went to the back/middle of the pack. This race was slower but less smooth than the junior race. Towards the end of the race I stayed near John Morehouse and tried to keep with him in the pack. I finished with the pack at 42nd place.

-Griffin

Isaiah Chass

3rd Place Cherry Pie Criterium Juniors 10-12

The race started off with a quick downhill sprint. I was in the lead going down the hill and my teammate Luke Lamperti quickly got on my wheel. We quickly started a pace line along with his brother Gianni Lamperti and a Sierra Nevada Rider. I was in second position by the end of the second lap. On The last lap Gianni, Luke, The Sierra Nevada rider, and me had a break-away. The Sierra Nevada rider pulled us the whole lap until she was left in the dust by three Swifties. First I pulled off with Luke in an all-out up-hill sprint finish. I was in second position behind Luke as Gianni came ripping by me. I was pulling too big of a gear and I bonked. Gianni and Luke raced as hard as they could to the finish line. Luke took the win with Gianni right behind him. I was about 15 feet behind Gianni for the 3rd place victory.

-Isaiah

Ethan Frankel

13 years old, Category 5/Jr. 13-14

14th Place Cherry Pie Criterium Juniors 13-14

As I stepped out of the warm car, I was blasted by the bitter cold. It was a perfectly sunny day without a cloud in sight, but still freezing cold. I hastily threw on my leg warmers and jacket. Then I made my way to the team van with my trainer. After half of an hour of warm-ups and a finished registration, I was rolling up to the starting line, anxious for the whistle to blow. I took off my jacket and saddlebag just before the race and rolled in next to the other teammates.

After a minute of waiting, the whistle blew and the 13-14 Jr. category was off. I futilely tried to clip in for the first thirty seconds going down the hill. Just after the first chicane, I finally got in. I was now a few seconds behind the main pack. I shook my head in frustration and hitched onto the back of the pack. I saw a few guys drifting off of the pack. After the next couple of chicanes, while we were nearing the hill, I fell off of the pace and lost a few seconds.

After the next laps, I tried painfully to catch up with the seven to eight riders in front of me by ten seconds. I was in a small pace-line with a few teammates and a few Davis Bike Club riders. We alternated pulling and during the second to last lap (the fourth lap) we started to break up a little. I was in the middle of the mini-pack and wasn't really caught in this break up. We struggled up the short but killer hill, saw the seven to eight guys going the opposite direction (on the other side of the course) and went around the 180-degree hairpin turn. With that the last lap had started and the bells went off.

We took the five turns afterwards very hard. The pavement was smooth for the first half of the lap, and then it turned bumpy and jarred my arms. The cold got to me and I was starting to feel the bite without a jacket. The last turn came very quickly and I fell into major concentration mode (not like I wasn't on it earlier) and focused on the sprint. I was directly behind a teammate and a couple of Davis racers.

The hill came up and I started to sprint. I turned the cranks in a fast tempo and switched to higher gears. I hammered on the pedals and found myself passing three racers. I pushed even harder and nearly threw up. The finish line appeared about ten meters in front of me. I was gaining on another teammate and a Davis guy. I gave it one last push, squeezing out all of my energy. I nearly beat those two, but came up a bike's length short.

I felt absolutely horrible after the final burst of energy came out of me. I was exhausted and felt like I needed to throw up. Luckily, I held it in. I watched the 15-16

and 17-18 Jr. races afterwards and checked the results a little later—14th place is what the results showed. I also noticed how big the field was in the criterium: 24 racers, a lot considering that it was only a 13-14 race.

I was happy with the result and put my finger on the names of two guys in front of me. (Don't worry! They weren't on Team Swift!) *Next time, those guys are going down*, I thought to myself.

-Ethan

2. Valley of the Sun Stage Race

2/10-12/12

Arizona

Ian Moore

17 years old, Senior Category 2

2 nd Place	Valley of the Sun Stage Race Overall GC	Junior Category 17-18
2 nd Place	Valley of the Sun Stage Race TT	Junior Category 17-18
6 th Place	Valley of the Sun Stage Race Criterium	Junior Category 17-18
15 th Place	Valley of the Sun Stage Race Road Race	Junior Category 17-18

Time Trial:

The day before the TT, when we were pre-riding the course and in warm-up I was feeling really good. I was happy to see our new kits came in just in time for the race; I think that gave me a little mental boost, wearing such an awesome looking, new, and comfortable kit. I got in a great warm-up, one of the best I have done for a TT, so when I was in the start house, I felt like I could give it my all the whole time. The race was later at about 2:45 pm, so eating the right things during the day were key, so as not to be too full, and spit up your lunch during the race, but also not be running on empty. I had the 14-mile course down; I had done the race the year before, so I had the course in my mind, and we also rode it twice the day before. It is pretty simple, just out, and back, but the wind can really play a factor in the times. I rolled down the start ramp, got up to speed, and then settled down in the familiar TT position, and went as hard as I could. It is slightly uphill on the way out, and is usually a head wind. I was hoping to break 17 minutes on the way out, and I did a 15:30. When I rounded the corner of the turn-around, and got out of the saddle to get up to speed again, I realized the winds were switched, and I would have a head wind on the way back, and that was why my time was so fast on the way out. I kept going harder and harder on the way back, continually pushing myself. I saw the telephone wires crossing the road ahead, and knew the finish was not far behind them. I crossed the line. I finished 2nd, with a time of 30:58. I was 23 seconds behind winner Greg Daniel (Slipstream Junior Development),

and 11 seconds ahead of 3rd place Michael Dessau (Slipstream). It was fantastic to be up there with such good company on the podium. I look forward to defending 2nd, and seeing what the team and I can do in the road race tomorrow.

Road Race

As I rode around a little before the race, my legs felt good. I was looking forward to the 60 plus mile race, and thought it would be good for me that it was longer than most junior races. As the race was lined up and getting ready to start, I heard a voice from one of the official's radios saying that there was a crash in the pro race, and medical was needed. A car had pulled out in front of the group, and then stopped in the middle of the road, making the pack plow into the back of the car. All races on the course were stopped, so everyone was sitting on the ground at the start area, leaning their bikes together, and having some peloton bonding time. Emergency helicopters came, and our race was delayed about an hour and a half. It sounds like all the racers who were injured are going to heal up; I hope they all get well soon. Our race was shortened a lap down to 46 miles. And the KOM was moved to the first lap. We knew it would be difficult to make up the 23 seconds to Greg, especially since Garmin had a big team of solid riders at the race. To ensure that I kept 2nd GC we had to obviously not let any dangerous riders up on GC get away, but we also had to not let Michael Dessau get enough time bonuses to make up the 11 seconds I had on him after the TT. The KOM had time bonuses of 3, 2, and 1 for first, second, and third, and the finish had bonuses of 10, 6, and 4. The first lap I felt a little funny, maybe from sitting on the pavement for an hour and a half before the race started. Greg Daniel attacked right after the neutral start, and Joey covered it, with everyone else getting on his wheel, making the group strung out single file right away. There were lots more attacks, Joey covered a lot. A break went off, but Garmin and other riders worked to bring it back. Garmin obviously wanted the time bonuses. I rode close to the front on the KOM. Dessau got the 3 seconds at the top. I was not worried though, it was only 3 seconds, and the finish was more important. I kept at the front right after the KOM, not letting a counter attack go from any of the GC guys, and then dropped back a little. It was awesome because Drew did such a great job asking me if I needed water, and shepherding me around the group, and Joey was always at the front covering breakaways. I was beginning to feel good, and was looking forward to the last part of the race, when I heard a rattling sound. I could not figure out what it was. I checked my water bottle cages to see if they were loose, nope not that. I thought maybe it was my bike number, but it was stiff, and not blowing in the wind. Then I felt my saddle sliding back and forth. I sat up out of the saddle to look at it, and it fell off. I was surprisingly calm, considering we had about 10 miles to go, and I had no saddle on my bike. Joey offered to switch bikes, but I thought if we stopped at the side of the road Garmin or other teams would drill it at the front, also we were closing in on the finish, and I thought the pace would rise making it

difficult to catch back on. So I stood out of the saddle, and then periodically rested on the point of the seat post. The flat part of road was the hardest; I was struggling. Right before the right turn to the final climb the pace got faster, and I slipped back in the pack. Joey helped me mentally, and physically, by encouraging me along, and keeping me out of the wind, as I suffered along out of the saddle, with no saddle, in the group. With 3k to go the race got faster again, and I barely came off the back; Joey looked back, waiting for me, and I suffered back on to the back. As the climb got steeper I actually began to feel a little better. The sprint started, and the group split apart. I had really already been sprinting out of the saddle for the last 10 miles, but I dug deeper. I closed the gap to a few riders at the front of the sprint, and finished right behind Michael Dessau. Drew finished second who was awesome, and I got the same time as the winner, and did not let Dessau get any more time. I am just happy that I have such awesome teammates who sacrificed like Joey did, to help me get to the line even though I was riding with no saddle. On to another stage.

Criterion:

To keep my second place GC we really just had to keep Michael Dessau from winning the race. And if he did win, I would have to get top 3 also. Dessau was now 8 seconds behind, and the crit had the same time bonuses at the finish, of 10, 6, and 4 seconds. Of course we always had to watch for other riders up in GC to go off the front too, but it was a crit, so not too much time could be gained. And it would be nice if riders down in GC went off the front to the finish, and took the time bonuses. We had gone and looked for my saddle after the road race, and we had found it in the bushes along the side the road, smashed flat from a car. I used a back up saddle we had brought, and bolts off of Laura's bike since mine had been lost when the saddle came off. I had to stay up late to put the saddle on, and get it in position, but I was able to get a little sleep before the early 7:40 AM start of the race. I think my legs, especially when standing, were a little more fatigued than normal because of standing the last part of the road race. The 30 minute race started off fast, and Garmin went hard at the front, which thinned the field out. The course had a lot of turns, so it felt like most of the race we were accelerating out of a corner. About 10 minutes into the race just after one of the corners, two riders right in front of me bumped into each other, the one on the left started to fall, and then looked like he was going to keep it up, he came backwards, as I braced myself. The rider hit my handlebars and me as he was trying to get in control, and then fell behind me and I heard a huge crash. I was in the mess and had to go to the pit; I thought something might have been wrong with my bike so I checked it, and got a free lap. Unfortunately Joey went down in the crash, so we did not have him to help chase things down, or get in a break. Drew and I were still in the small front group though. The race continued to be single file, and at one point I got in a small split with Greg Daniel and another rider, but then it came back together. With one lap to go

Garmin had their lead out train going and I was fighting for Michael Dessau's wheel. Greg Daniel went off the front, and took the win. I stayed with Dessau who finished 3rd in the sprint behind, while I was in the 3- way bike throw for 4th. I was glad that I didn't go with Greg when he went at the end because if we were caught, and then Dessau countered, then I could have lost 2nd GC. Great job to fellow Team Swift rider John Morehouse for finishing his first stage race. This year's VOS was fun, we worked as an awesome team, and I am thrilled that I was able to take home a VOS 2nd place license plate and LAJRS medal for Team Swift, thanks to Team Swift, Coach Laura, and the parents who worked so hard this weekend.

-Ian

Drew Gonzales

2 nd Place	Valley of the Sun Stage Race RR	Junior Category 17-18
11 th Place	Valley of the Sun Stage Race TT	Junior Category 17-18
11 th Place	Valley of the Sun Stage Race Crit	Junior Category 17-18

Time Trial:

For the Time trial, I used my TT bike, a disk and a Mavic Cosmic Carbone SL front wheel. I also had my new, Squadra skin suit and Lazer Tardiz. Despite my aero advantage, I expected myself to ride a 35 minute time trail based on my results from last year's Nationals. I was down four minutes from the winning time, so I expected to be around there for the Time Trial in Arizona. I woke up around 7:30 that morning, cleaned up my hotel room and left, as I would not be returning. I then had my pre race breakfast headed to the time trial course to register. I threw on the skin suit and threw my bike on the trainer with around 45 minutes before my start and did a 5 minute zone 3 then a pyramid. I took of my bottle, put on my aero booties and rolled to rollout.

"#956," the official called out to me. I stepped up to the ramp and clipped in. the official that started me said, "I'll give you a five second count." Although it seems dramatic, I closed my eyes and took a deep breath. When he counted one, I tightened my legs and rolled down the ramp. By the time I went into my tuck, I felt my lips dry out. I didn't have a bottle so I couldn't drink; my lips stayed chapped until I finished. The highlight of my time trial was watching Ian pass me. No joke. Warming up with Ian the day before was encouraging and I knew he would do great the next day. As he passed I yelled out, "Yeah Ian," but he was going too fast. Ian took second in the Time trial and put himself into 2nd for the GC

I finished, then looked straight to my computer and saw 33:46. Being optimistic, I told Coach that I probably finished around 33:30 as an estimation, but when I saw results, I had clocked in at 32:45. My time was actually shocking compared to my prediction of 35 minutes. I walked a little taller that day learning that my physiology can beat my

predisposition.

Road Race:

I knew that Joey and I would be working for Ian during the road race by moving him into position and keeping him safe from the wind. Coach Laura also said that I would get a shot at the finish line if the race stayed together, but my result was second to Ian's GC protection. Joey and I took turns riding next to Ian, keeping him protected and giving him water if necessary. While one of us rode with Ian, the other rode at the front of the race, covering moves and keeping the pack together to keep Ian's second place in GC. On the first time up the climb, I counter attacked a Garmin move just because. I had no intentions of winning the King of the mountain, but felt that I hadn't done anything during the race. While I was attacking, I realized that no one had come after me yet, so I just kept going until the pack caught me. I suffered just a little when they did; jumping on to the back wasn't easy, but I did it.

While we were riding 8 miles from the start, I saw a shoe fall and roll under my bike. Next thing I know, another rider tells me that it wasn't a shoe; it was Ian's saddle. Right after hearing that, I jumped up and moved to the front where Ian was to check if he was okay. I found him standing on the pedals with a seat post in the air. This was when I decided I couldn't let anyone but myself with the ten seconds in the stage. Ian had to ride without his saddle for the 7 remaining miles of the race.

On the last lap, I began to rest. I yelled out to Joey and told him I had a sprint left in me. Joey then took the burden of racing at the front. He covered moves and rode with Ian while I kept my legs ready. I poured bottles on my quads and my shoes to keep them cool in the desert heat. This proved helpful in the sprint. It was Tim Aikien who pulled me to the front before the hill. In one SWIFT move, he pulled me to the front of the pack, from where I would make my jump. On the way up the climb, Garmin attacked repeatedly, then the pace slowed after each; a sling shot of sorts was occurring. Through the chaos I found myself crossing my spokes with the skewer of a rider in front of me. I almost fell over and ended my race, but I held upright. I think if I'd had any other wheel, the spokes would have broken then and I would have been out of the race. However, the Mavic Ksyriums that I have are bombproof; nothing could break them. Right after that, I felt someone's bars crash into my hips, but I still remained upright.

Finally, I was sitting in around 10th place next to Garmin rider Imari Miller. He jumped for the sprint from next to me, but I responded and grabbed his wheel. He pulled me to the front of the pack, but when I realized he didn't have the power to win the sprint, I shifted up, grabbed my drops and jumped. I kept my head down and put all my power into my TIME bike. I always feel confident when I sprint with my TIME. It's simply the stiffest bike out there with its quickset, a unique headset specific to TIME bikes. It wasn't until I looked up that I saw I'd lost. A fantastic sprinter from Major

motion had me beat, but I still felt great knowing I put it all in my sprint. We also kept Ian's GC position.

I wouldn't have been able to take the sprint if Joey hadn't been riding with Ian. The three of us worked together flawlessly throughout the course of the race. Joey worked especially hard the last lap while I poured Clif bottles on my legs and waited for the sprint. One last thing; Coach Laura's confidence in my sprint was just as beneficial to my finish as everything else. If I'd gone into the race timid, I doubt that I would have finished like I did.

Criterion:

I warmed up for the crit sprinting around the course, checking where I would jump for the win. I had intentions to win this race, but I made a mistake. The crit was only 30 minutes long and on a technical course covered with manholes and uneven pavement. On the 5th lap, a nasty crash occurred in front of me, wiping Joey Nygaard out and causing Ian to take a free lap. However, I was able to avoid it by making a micro-adjustment to my line in the corner and continued to hold my position. Right after the crash, I looked for Ian. The only way he could lose his second place in GC would be if he crashed, or if third place won the race. In the final laps, I found it too difficult to move into sprinting position. I finished 11th.

-Drew

Joey Nygaard

17 th Place	Valley of the Sun Stage Race TT	Junior Category 17-18
21 st Place	Valley of the Sun Stage Race RR	Junior Category 17-18

The first stage of the three day long race was an out and back time trial and I was looking forward to racing my new TT bike. We got to the race in the afternoon and took our time getting ready. We got dressed in our new kits and skinsuits and we were soon finishing our pre race pyramids. I rolled up to the start line all dressed and ready to go. After doing rollout I lined up behind the guy I would be chasing. Up on the ramp, I took a deep breath right before the countdown was over and then took off. Right when I pushed down on the pedals coming off the ramp, my gears slipped and my chain came off. I had to use the momentum from the ramp to keep me going while I tried to get my chain back on and when I finally did, I had lost tons of valuable time. I knew that after that incident, I would not be able to make it near the top of the GC but I still gave it my best shot. I suffered all the way out to the turn around, saving a little for the way back. After I made the wide, gravelly turn towards the finish, I gave everything. I passed three people and got passed by a very fast Garmin rider. I finished as strong as I could and

tried to catch my breath. I had finished in 17th place and was a little disappointed but tried to remind myself that I would do much better in the Road Race the next day. My teammate Ian Moore had once again shown his Time Trialing skills and had finished second. Our job for the next few days would be to protect him as our overall team leader.

The next day was the road race and once again, it was late in the afternoon. We got all ready, warmed up and then lined up ready to roll on the start-line. However, right when it was getting about time to start, news of a crash in the field before us reached us. It was extremely bad and the road had to be closed for ambulances and a helicopter. We had to wait for almost 2 hours until they would start our race. There was a lot of confusion over when we would start and how many laps we would be doing but finally we got moving. No one was warmed up anymore because we had all been told not to leave the starting area in case they started the race while we were gone. I had started at the back and so when the attacks started I quickly got to the front and began chasing down Greg Daniels, the race leader and, surprisingly, the first person to launch an attack. A few other riders and I covered this move but it was immediately followed up by a counter attack by Michel Dessau. This was a more important move to follow because he was only 11 seconds behind Ian Moore. We could not let him get off the front or he could possibly jump ahead of Ian in the general classification. Since I had not been the first one to follow Daniels' attack, I had a better jump than the others and I got on to him right away. I continued to follow attacks for about half of a lap until I needed a break. I called up my teammate Drew Gonzales to help me with some of the attacks. We let a rider go here and there, making sure they were nowhere near the top of the GC. We were fine with them staying off the front because the first time past the finish line would be a sprint bonus. If they could stay away at least until the sprint bonus, they could take the time bonus away from Dessau who could potentially jump ahead of Ian in the GC. By the start of the climb, we had caught the stray riders off the front. I had slipped to the back on the crosswind section and a group with a few fast Garmin riders. It was a threatening break and we needed to have a rider up there. I jumped across the gap faster than I thought I would but the main field followed. The group came up to the sprint and unfortunately Dessau got the time bonus. He was now closer to Ian's GC position. We had to make sure Dessau did not finish anywhere in the top three at the end of the race. I continued to follow attack after attack of Garmin riders for the last two laps, trying to secure Ian's position in the GC. We decided that on the last lap, Drew would save himself for the final sprint and I would try to cover the attacks. Halfway through the last lap, Ian came to me and told me his seat had fallen off. This was very problematic because he would have to use tons of energy to stay standing the whole time during the race. I began to pace him and keep him protected in the tiresome crosswinds. Right when we turned onto the climb he almost fell off the back but I

encouraged him and he was able to get a wheel. I kept him out of the wind all the way up the climb and paced him into good positions. I could tell he was really struggling and as the attacks started he fell off the back. I waited for him because all he needed was to finish in the group, assuming Dessau didn't win, for him to keep his second place overall. I waited for him and as soon as he was on my wheel I started to gradually increase my speed so that he would be able to hang on. We finally got back to the group right when they slowed way down. This was a good chance for Ian to catch his breath and I tried to take advantage of this and nudge him further into the depths of the peloton so that he wouldn't fall off the back as easily if there was a change in pace. But luckily there were no attacks until the final jump for the line. At this point I could no longer help Ian and it was up to him to stay in contact. He did a great job and finished in the pack, saving his overall placing. I was a little disappointed that I had not been able to muscle it out with the guys up front. It was a good finish for me. But I was very proud of Ian and I knew what he had gone through. I was happy to help. On top of keeping Ian's overall place, Drew had managed to finish second in the sprint, an outstanding result!

My plan for the crit was to get in an early break but we still had to make sure that Ian kept his place overall. Garmin started hammering from the gun and I was not able to get in any breaks. There was a massive crash which took me down hard and I had to try and rejoin the group. I was able to do so for only a few laps when I got dropped and had to suffer the pain in my shoulder off the back for the last few laps. I found out after that Ian had kept his second overall which was the main goal. As far as personal results went it had been a tough weekend with a lot of bad luck. However, it had been a great weekend for the team as a whole. We had gotten second in the TT, Second in the Road Race, and of course, Ian's second overall. We had worked very well together in all aspects of the races and our elite team was looking good for the year to come.

-Joey

John Morehouse

Valley of the Sun stage race

2/10/--2/12/

Junior 17-18

Preface: This was to be my first stage race, my third mass start road race, and my first time trial. I happened to pick the hardest and biggest junior stage race in the country for a lot of firsts. My mission here was not a result, but to gain experience and learn about the logistics of high caliber racing. I also wanted to support elite team riders, Ian, Joey, and Drew as much as I could.

Stage 1: Time Trial.

This being my first time trial I could only guess at how it would go. I used my road bike with clip on TT bars, Mavic Cosmic Carbones, a Lazer aero helmet, and our new great looking skin suits! It was a hot day, around 80-85 degrees, but I was feeling good. After warming up in the shade provided by the Moore's van, I pulled up to the start. When I was off I immediately noticed what would hinder my result the most: pacing. I was terribly afraid I would blow out my legs and bonk before the finish so I was conservative the first half of the 14 mile out and back course. On my return during the second half I looked at my computer and saw that I only had 5 miles to go; I instantly picked up my pace trying to make up for the time I foolishly lost. I finished with a result to put me in 47th place, but to me the number didn't matter, all that mattered was I completed my first time trial and gained some experience. Spirits were high after results were posted and Ian Moore took second place. After the race Coach Laura guided us on the plan for the next day, and we started the recovery process with nutritious Clif recovery drink.

Stage 2: Road Race.

Today I was a little more confident. After a great team dinner the previous night and Ian's fantastic result the atmosphere of the team was exciting. I did a warm up after a pre race meeting with Coach Laura. The massive junior field pulled up to start, and with about 5 minutes till start, tragedy struck: a large crash due to poor coordination with a police officer and driver caused one of the senior men category to crash hard. A driver pulled in front of a field around a blind corner and supposedly only 20 of the 60 racers made it through the crash. The crash delayed our start by about 90 minutes, and we weren't allowed to leave the start because the official said there was no telling when the race would start. To me, this was difficult; I wasn't sure what to eat or how to hydrate. I followed directions from Coach Laura and eventually our race started but two changes were made. The first was it would be cut a lap, making it only 47 miles. The second was that the KOM lap was to be the first lap. We were off, and my legs felt a little stale from not moving but I was fine. The pace was fast, and the heat made it no easier. I felt fine until the field attacked on the KOM climb. I had only put my head down momentarily and looked up, and a gap had formed. I sprinted to catch up but it was too late, they were gone. I was able to hold on quite a bit longer than most others that had been dropped on the climb, so I was alone, struggling to catch back up. Eventually I worked with a group and was able to out climb who I was with and finish with a member of the SJBC, Andrew Biscardi. Here too I was happy with what I had learned, and even happier to hear Ian kept his 2cd GC despite losing his seat with 10 miles to go. It was also good to hear Drew Gonzalez took 2nd in the race!

Stage 3: Criterium.

There was absolutely no denying that by this point I was exhausted. We had to wake up at 5 AM to race at 7:30 for the 30 minute crit through Phoenix. At the start I had no idea what to expect, I just knew this was the final push before for the Team and myself. The race took off at a blistering pace and my fatigue caused me to not clip in right away. Already a gap had formed and I was chasing hard around the first corner. Personally I felt this to be a mistake I shouldn't have made and thus was disappointed when I was dropped. I was able to hop on for a few laps, but I wasn't mentally with it. I finished with a group, relieved to hear Ian kept second and that I would finally be able to rest.

Conclusion: I knew this was a high caliber race, and I knew it would be tough to complete, but I accomplished exactly what was expected of me and what felt needed. I finished the race, and learned so much about preparation, tactics, and recovery. Thank you Coach Laura and all of the team parents for including me in this fabulous event and believing in me despite my inexperience. I am so stoked for the team's hard work and dedication- it really paid off!

-John M

3. Cantua Creek Road Race 2/18/12 Coalinga, CA,

Joey Nygaard

5th Place Cantua Creek Road Race Senior Category 3

Cantua Creek Road Race was a good race for me. I had done well the last few times I had raced it and this year I was determined to try and win it. It was arguably one of the most boring races of the year, 27 mile out and back. It was dead flat except for about a mile long rolling climb at the end which made for a great finish. I knew I could finish really well at the end if I was in a group so I was hoping it would stay together. Because it was so straight and flat, I had never seen a break stay away on this course. So when an early break went, we all let it go. To our surprise it looked like it was going to stay away and going into the last lap they had about a 4 minute gap. I did not have any teammates and so I did very minimal work to bring them back. No one really wanted to work until the very end and by that time it was too late. They stayed away but I focused on my sprint. I got in a decent position at the bottom of the climb and as we went up, I slowly edged my way closer to the front. The hardest part of this finish for me was positioning. It was a very narrow road and we had to stay on our side of the yellow line at all times. The group was all bunched up and there was not much room to move but once an early jump went, gaps formed and I moved up. We were within 300 meters of the line when a rider jumped across the yellow line and attacked.

This was very against the rules but we could do nothing about it now. He got ahead of the group and soon another jump went. It was a little too early still but I got right on his wheel. I was now in 3rd position and the group was strung out. We were flying but I still had a good jump in my legs. As the rider in 2nd position right in front of me jumped around on the left, I jumped on the right. I passed him and crossed the finish line in 5th place, winning the field sprint. I was a little disappointed because if the break had been caught I would have had a very good chance of winning but 5th was still a good result.
-Joey

4. Snelling Road Race

2/25/12

Snelling, CA

Tommy Lucas

1st-Place

Snelling Road Race

Juniors 15-16

My mom and I had woken up at 4am prior to the race and drove down in the pitch black without any traffic. When we got to the race my mom and I sat in the car to stay warm and then I got dressed, passed rollout and went to the start line. There were only 9 people in the race and my mindset was to attack like no other. So as soon as the moto gave us the go ahead after about a 3-mile neutral start I gave a medium attack to test the legs of the others. After doing this several times I knew someone had to be tired.

You were either in a complete tail wind, cross wind, or head wind. This made things difficult but nothing I couldn't handle. On the backside of the course, Ryan and I got a gap but decided to wait for our teammate Stanley to bridge up. He came up with two others. The rest of the riders were dropped and could not catch up for the remainder of the race. So throughout the race we had a pretty good pace line going until the third and final lap, where Ryan threw in an attack and that got rid of one of the riders and then there were four of us left. We worked together for while in the headwind section part of the course to make sure the rider wouldn't catch up but as soon as we got into the crosswind, tail-wind section, we hit him with many attacks.

The kid bridged up to everyone and I knew we weren't going to drop him. On the very last hill before the long bumpy road section, Ryan attacks and gets a gap. Stanley and I then follow the kid as he bridges up quickly and instead of attacking I just sat on his wheel and let him pull Ryan, Stanley, and me to the sprint. He did so and I out sprinted him with Stanley coming in second, and Ryan in third. Overall, it was a great race and I was happy to be there with all my teammates!

-Tommy

Ryan Clarke

16 Years Old, Senior Category 4

3rd Place Snelling Road Race Junior 15-16

The night before the race I had an upset stomach and just didn't feel so good. I made sure I got a lot of sleep and when I arrived at the race the next day I felt a lot better. I got a good warm-up and joined Stanley and Tommy at the start. After our motor pulled off Stanley, Tommy and I really worked as a team and took turns attacking throughout the first 9 or so miles and thinned our field to about 6 riders.

There was a ton of wind which slowed us down, but we kept a good pace. Once we had the wind at our backs, Tommy and I both accidentally attacked at the same time and ended up putting a decent sized gap on the rest of the field that we held for a few miles. When we got caught we found out that someone had fallen off the back leaving five of us to work together. The remaining five of us took turns pulling and I ended up at the front a lot because nobody else wanted to face the wind. The second lap was a lot windier and I still found myself at the front a lot, but we were neutralized a few times due to other racers, so it gave me time to rest and eat. I attacked throughout the second lap with Tommy and Stanley, but nothing really stuck. Towards the end of the second lap one of the other two riders fell off the back leaving four of us work together. The third lap was quite uneventful until I sprinted over the top of a roller and got a decent sized gap that I held for a while, but I didn't have enough energy to go all the way to the finish so I let the others catch me. The four of us finished with a sprint where I took third place. I felt that Tommy, Stanley and I worked really well together and I'm looking forward to racing with them again.

-Ryan C

5. Poor College Kids Road Race

1/28/12

Los Olivos, CA

Ian Moore

17 years old, Senior Category 3

1st Place

Poor College Kids Road Race

Senior Category 3

The racing season has started! I was excited for Poor College Kids road race, and knew I could do well. It feels good to be back into the routine of racing. The course was changed from last year, and I think for the better. Instead of having a slightly downhill finish like before, the race had a short uphill to the finish. The race starts downhill, and then makes a right turn and goes steadily up before getting steeper for a couple miles,

and then turning down a few minute decent. The course is then slightly down, and rolling to the turn around, where you come back and over the climb, down, and to the short uphill finish. We did 2 laps of this 15 mile out and back course to make the race about 60 miles. I started right up near the front, because in the past this race has started off pretty fast, and then settled down, and I did not want to get caught behind anyone. The pace was mellow, until the climb got steeper on the first time out, where it picked up. After the turn around, part way back to the climb a rider (Evan Rudd) attacked up the left. I had joked with Evan and another rider before the start of getting in a breakaway together, and having a San Luis Obispo breakaway (Evan and the other rider are from SLO too). At the time Evan attacked I was boxed in the pack, and did not respond. It was early in the race, and I was not planning on going on a break that early anyway. Evan got sizeable gap pretty quickly, and we could only get a glimpse of him on longer straight-aways. I decided to attack to try and bridge up to Evan, maybe get a bigger break started, and see what the group would do. I attacked and got a gap, but I could tell the group picked up the pace behind me. I was caught. The group had just accelerated to catch me, and then settled back down. We went up the climb on the way back pretty fast, with some guys hitting it at the front, I just stayed near the front, as the group was single file. We went around the turn around at the start/finish line, and continued to go at a good pace with some teams pulling at the front. Evan was still off the front, which was impressive. Once we had reached the top of the climb, and descended the pace slowed a bit, but riders were still rotating at the front, and I pulled through a couple times. We were closing in on Evan quickly now; he was probably only 25 seconds off the front (he was 1:10 at the top of the climb). I thought at this point the race would probably come to a field sprint, which I was fine with because I was confident in my sprint. It just seemed like the teams would not want to let anyone get away after we caught Evan. Before the turn around, three riders road off the front, with not too much reaction from the group. I moved to the front, and pulled through once, wanting to be near the front for this final turn around, knowing that it could get crazy, and be a decisive place in the race. Just after the turn around a single racer rode off the front, and I decided to go with him; I did most of the work as we bridged up to the three riders in front. We reached the three racers, so now I was in a chase group with four other riders, chasing Evan, who we could see up the road at times. Evan seemed to gain more ground just before and after the turn around, and was probably at about 40 seconds now. I tried to motivate the other riders in the chase group to ride hard, because by now we had a gap of about 15 seconds. On a rolling hill, I dropped the other riders in the chase group. I considered waiting for them because it is normally faster to be with more riders, but I felt like I could go faster by myself. So I got in time trial mode, and focused on bridging up to Evan. Evan is a strong rider, and I knew that once I got to him we could work well together. He got closer and closer, and I caught him about half way back. I think he was happy to see me because he had been off the front

for most of the race. I knew he would be tired, but we shared the work pretty equally. Before the final time up the about 5 minute climb, I pulled off, letting Evan come through. Evan pulled for the first part of the climb, and then I pulled through. I knew that to stay away we would have to hit this climb really hard, so that's what I did. I could see the shadow of Evan under my arm, and he was fading. I considered letting up slightly, and letting him stay on my wheel, because I knew he could help me on the downhill, flat, and small rollers into the finish, but I decided to go for it. I left Evan, and continued to go hard over the top of the climb. I could not see the pack behind me, and I think at this point I had about a 40 second lead. Now it was time to shift into my 52-14 and pedal as fast as I could. With about 5 miles to go, I knew what I had to do. With the lead Moto behind me I spun as fast as I could downhill, and then continued to go hard on the flat and rolling. I was happy to see the left hand turn which meant 1 k to go. At this point I knew I had it. I continued to go hard that last km and then put my arm in the air as I crossed the line. It was a great way to start the season, and an awesome way to win, solo, off the front, with the pack 30 seconds behind. I feel like the race went pretty perfect tactically for me, I went off the front at the right time, and made all my moves at the right time. I have had breakaways and solo efforts that have not worked out, so this race was nice to have it come together. I think that it helped that I was relaxed, and I was confident that I could win in different situations depending on what the race came down to, even a field sprint. I did not try to force a breakaway; I just went by instinct, and raced smart. There can be many ups and downs in bike racing, I have certainly learned that, so I am happy that my very hard work, and dedication rebounding from the downs, and preparing for this season are paying off. I would like to thank Coach Laura, my parents, and the people that have helped, and are helping me along the way. Also thanks to TIME for getting me a new larger frame so quickly. I look forward to the races to come!

-Ian

6. Mothballs Criterium

1/29/12

Santa Barbara, CA

Ian Moore

17 years old, Senior Category 3

1st Place

Mothballs Criterium

Junior Category 17-18

The day after the Poor College Kids Road Race I headed down to Santa Barbara for the Mothballs Crit. About 30 guys lined up for the 17-18 race which is kind of the Cherry Pie Criterium of Southern California for the juniors. It's the opening crit of the

season and a lot of juniors usually show up. I got in a little warm up on the trainer because of how short the race was (30 min), and I knew we would probably start sprinting right from the whistle. The course is kind of a "D" shape, so it really only has 2x 90 degree turns. I stayed in the group, protected but near the front. We started with the 13-14 guys, and the 15-18 girls, so it was a little dangerous when we would lap some of them. There were attacks almost constantly, which was a typical junior race. Monster Media had a pretty big team and they were pulling back most everything, so I did not take any pulls on the front, but I was ready to go with a break. Part way through the race a couple Monster Media riders, and Michel Shein (Sho-Air), got off the front, and I decided to go with them I bridged up to them, but we were pulled back. Monster Media seemed to be pulling everything back, even if their own riders were in the move. They seemed to want to have one of their riders off the front, and if anyone else went with them they would pull the other rider back, which would eventually pull their own rider back. So basically Monster Media would attack, have a rider sitting out there, and then someone else would go and try to bridge; the race would then get single file as monster media pulled back the chasing rider, and a consequence pulled back their own rider. I got in a couple more splits and breaks, but the race came back together again. Inside of 1 lap to go I was about 5th wheel, around the last corner, which is still a little ways from the finish, because you have to go around a sweeping turn before the final straight; there were three riders in front of me. I think it was a Monster Media racer that started his sprint early and got a little gap over the group. I came around the two people in front of me, and started my sprint, I went past the rider who had started his sprint early, and kept going. In the final few meters I sat back down in the saddle, and powered across the line. I got the win!

Ian Moore

17 years old, Senior Category 3

18th Place Mothballs Criterium Senior Category P123
(1st Cat 3)

I ate lunch after the junior race, and then got ready to race in the 120 rider field of p123s. The race was 75 minutes. I sat in the group for a while, and with about 15 laps to go I moved to the front. At that point there were 2 riders off the front. I attacked, and bridged up to them. When I reached them, one rider attacked, I worked together with the other rider for a few laps, but then we were caught. After that I sat in, and stayed near the front part of the group. On the last corner, I saw the very front of the group

collapse and slide to the outside, I had to slow down, but was able to ride through the inside of the corner safely, and finish the sprint.

-Ian

7. Early Bird Reports 2/12/12 Fremont, CA

Ryan Clarke

5th Place Fremont Early Bird Junior 10-18

The race started with an attack straight off the start line by one of three members of the Tieni Duro team. They took turns going off the front while the others rested. I saw what they were doing and attacked right after one of their riders got caught to try and tire them out. This continued for the majority of the race until about 4 laps to go when everyone settled down. About 1K from the finish line on a sweeping turn, I just started going as hard as I could to try and catch everyone off guard. It almost worked except I didn't have enough energy to go all the way to the finish line and ended up finishing in 5th place.

15th Place Fremont Early Bird Senior Category 5

I started the race in the back and struggled to hang on to the back of the pack due to the amount of energy I'd used in the Junior's race. I managed to hang on and moved up towards the front of the pack as I regained some energy. I stayed near 25th place on the last lap and sprinted to 15th place.

-Ryan C

8. TBF MTB Challenge 2/19/12

Griffin Wigert

Age 16

1st Place TBF MTB Challenge Sport Class, High School

The race was 3 laps long, each lap 8 miles. The course was mostly flat; almost all single track except for 2 miles a lap with either flat double track or road. There were several rocky sections that were easy to clear as long as I rode fast over them. I started the race, and joined a group of 5 other riders who were the leaders. I took the early lead for the first two miles, but then gave it up to settle into second place. By the time the second lap had started, the group was whittled down to two other riders besides me.

One of the riders led the whole second lap. I had planned to attack on the double track towards the end of the third lap, but as I finished the second lap, I realized I could easily drop the other two riders. I rode as hard as I could the last 8 miles, and got a large lead on the second and third place riders, although I must have lost this lead as the second place rider finished just 10 seconds behind me.

-Griffin

John Morehouse

2/26/2012

30th Place

Granite Bay Challenge

Varsity Boys

My nerves were pretty high for this race; after a successful season last year I got bumped to varsity, which has a field of about 45 out of the entire near 400 boys in the league. I knew this race would be elite, long, and extremely painful. I was right. After a solid warm up I pulled up to the line at usual time but most everyone was already there and I was at the back. The gun shot, and the field was off at a blazing fast pace. After getting caught behind a pileup around the first corner, I was in dead last for a good few seconds. I sprinted to catch up, by the top of the first climb (about 2 miles into the lap) I had already fought my way up to around 25th. I was riding behind a few guys pacing, and we were trucking. I have done this race for 3 years now, and today I took lines that I didn't even imagine possible; I felt like I was flying. By the end of the lap I was sitting in perhaps the top 20. Unfortunately I could feel my cleat coming loose; and at the start of lap 2 it fell off. I worked as hard as I could for half a lap to keep up unclipped with my left foot but couldn't hold my place. Eventually a course Marshall had one (he had the same pedal as I did) and gave me the cleat; but on top of this I got a 5 minute penalty for outside assistance. The next two laps I did my best but was discouraged; I rolled in around 24th- and took 30th with a 5 minute penalty attached.

-John