

Team Swift Race Reports

July 2012

Race Reports for:

1. Little City Stage Race
2. Davis 4th of July Criterium
3. Cascade Cycling Classic
4. Tour de l'Abitibi Stage Race
5. Colavita Gran Prix
6. Menlo Park Grand Prix

July Top Results:

1 st Place	Cascade Cycling Classic, TT	Senior Category 2	Tyler Williams
1 st Place	Little City Stage Race, TT	Juniors 15-18	Tyler Williams
1 st Place	Little City Stage Race, Overall GC	Juniors 15-18	Tyler Williams
1 st Place	NCNCA Junior Point Series Overall	Juniors 15-16	Tommy Lucas
2 nd Place	Cascade Cycling Classic, Crit	Senior Category 2	Tyler Williams
2 nd Place	Little City Stage Race, RR	Juniors 15-18	Tyler Williams
2 nd Place	Davis Fourth of July Criterium	Juniors 15-16	Tommy Lucas
2 nd Place	Colavita Gran Prix	Sr. W. Category 4	Libby Caldwell
2 nd Place	NCNCA Junior Point Series Overall	Juniors 17-18	Remy CantoAdams
2 nd Place	Little City Stage Race, TT	Juniors 10-14	Zach McClendon
2 nd Place	Little City Stage Race, Crit	Juniors 10-14	Zach McClendon
2 nd Place	Little City Stage Race, RR	Juniors 10-14	Zach McClendon
2 nd Place	Little City Stage Race, Overall GC	Juniors 10-14	Zach McClendon
3 rd Place	Tour de l'Abitibi, Team GC	Junior UCI 2.1	Ian Moore
3 rd Place	Davis Fourth of July Criterium	Junior W. 17-18	Libby Caldwell
3 rd Place	Berkley Bike Club Criterium	Sr. W Category 4	Libby Caldwell
3 rd Place	NCNCA Junior Point Series Overall	Juniors 10-12	Gianni Lamperti
4 th Place	NCNCA Junior Point Series Overall	Juniors 10-12	Luke Lamperti
4 th Place	Cascade Cycling Classic, Overall GC	Senior Category 2	Tyler Williams
4 th Place	Little City Stage Race, Crit	Juniors 15-18	Tyler Williams
4 th Place	NCNCA Junior Point Series Overall	Juniors 13-14	Zach McClendon
5 th Place	Cascade Cycling Classic, Crit	Senior Category 3	Drew Gonzales
5 th Place	Menlo Park Grand Prix	Sr. W. Category 4	Libby Caldwell
5 th Place	Davis Fourth of July Criterium	Juniors 17-18	Remy CantoAdams
6 th Place	Little City Stage Race, RR	Juniors 15-18	Drew Gonzales
7 th Place	Davis Fourth of July Criterium	Juniors 13-14	Zach McClendon
8 th Place	NCNCA Junior Point Series Overall	Juniors 17-18	Drew Gonzales
8 th Place	Davis Fourth of July Criterium	Juniors 10-12	Elliot Frankel
9 th Place	Little City Stage Race, Crit	Juniors 15-18	Tommy Lucas
9 th Place	NCNCA Junior Point Series Overall	Juniors 15-16	Stanley Goto
9 th Place	NCNCA Junior Point Series Overall	Juniors 10-12	Isaiah Chase

10 th Place	Davis Fourth of July Criterium	Sr. W. Category 4	Libby Caldwell
10 th Place	Davis Fourth of July Criterium	Juniors 13-14	Ethan Frankel
11 th Place	Little City Stage Race, Overall GC	Juniors 15-18	Drew Gonzales
11 th Place	NCNCA Junior Point Series Overall	Juniors 13-14	Ethan Frankel
13 th Place	Little City Stage Race, Overall GC	Juniors 15-18	Tommy Lucas
13 th Place	NCNCA Junior Point Series Overall	Juniors 10-12	Elliot Frankel
14 th Place	Cascade Cycling Classic, RR	Senior Category 2	Tyler Williams
14 th Place	NCNCA Junior Point Series Overall	Juniors 10-12	Anthony Selivanoff
15 th Place	Little City Stage Race, TT	Juniors 15-18	Drew Gonzales
17 th Place	Tour de l'Abitibi, TT	Junior UCI 2.1	Ian Moore
17 th Place	NCNCA Junior Point Series Overall	Juniors 15-16	Ryan Clarke
18 th Place	Cascade Cycling Classic, RR	Senior Category 2	Tyler Williams
19 th Place	Little City Stage Race, RR	Juniors 15-18	Tommy Lucas
21 st Place	Tour de l'Abitibi, Overall GC	Junior UCI 2.1	Ian Moore
20 th Place	Little City Stage Race, TT	Juniors 15-18	Tommy Lucas
22 nd Place	NCNCA Junior Point Series Overall	Juniors 13-14	Calvin Hersey
24 th Place	NCNCA Junior Point Series Overall	Juniors 13-14	Alex Selivanoff
25 th Place	Little City Stage Race, TT	Juniors 15-18	Ryan Clarke
25 th Place	NCNCA Junior Point Series Overall	Juniors 10-12	Isaac Van Aelstyn

Rider Race Reports

1. Little City Stage Race

7/7-8/12

Minden, Nevada & Woodfords, CA

Tyler Williams

1 st Place	Little City Stage Race, Overall GC	Junior 15-18
1 st Place	Little City Stage Race, TT	Junior 15-18
2 nd Place	Little City Stage Race, RR	Junior 15-18
4 th Place	Little City Stage Race, Crit	Junior 15-18

Stage 1 Time Trial:

Little City Stage race is held about 40 miles outside of Reno, NV. This meant that the elevation we would be racing at was over 5000 ft. The location of the time trial was at 5700 ft. This definitely had an effect on everyone at the race. I was excited to get to race with my teammates Drew Gonzales, Tommy Lucas & Ryan Clarke at a stage race as I missed the opportunities to race with them at the beginning of the year. The Time Trial was 15km out and back with half down and half up. Pacing was going to be tough because the second half of the race would be difficult. Also because of the downhill being able to turn a high cadence would be important because of the junior gear restriction. I was able to do a good ride and pace it right over the whole distance. The altitude was definitely difficult and my lungs were burning the whole

time. I was able to come in with one of the fastest times of the whole day and 30 seconds faster than the second place rider in my category.

Stage 2 Criterium:

After a very hard effort in the TT the criterium was scheduled with very little recovery in between. Stage 2 was 50 minutes on a 6 turn course downtown around a park. It was a great course that would have been enjoyable had I not suffered the whole 50 minutes defending the leader's jersey. Because of the format of the race which was based on points and not overall time I had a lot less breathing room. I had to rely a lot on my team to help me defend the jersey. Drew spent a lot of time at the front trying to control and rode very selflessly. Tommy was also in the mix marking moves. They did a lot to help me control the race. We made one mistake and let two riders on with big teams get up the road. After this Drew began to tire and I had to mark about 10 attacks in the final 15 minutes of the race. Though we kept the break close we wouldn't get them back before the finish. But because of the structure of the race the finish was still very important. I had a great lead-out by my teammates but didn't have enough left in the tank to win the field sprint and settled for fourth on the stage. But we held the overall lead by a slim margin going into a more favorable road race.

Stage 3 Road Race:

The road race would be a very selective but short 44 miles. With 2 major climbs in the 11 mile lap it would be a brutal day. Ryan Clarke did a great job helping control on the first lap of the race. He was gaining a lot of confidence and it certainly showed. Drew and Tommy were both once again awesome help marking attacks. At the bottom of the climb a half a lap in however Alistar put in an attack. I let him go because he wasn't a GC threat. But a very strong kid who was up from Australia went to bridge across to him. I jumped on his wheel and held on for the ride as we bridged across the gap. As we crested the climb the three of us were out of sight of the rest of the field. We began working to open the gap. About 7k later two Specialized riders got across to us making the leading group 5. But the following lap Alistar attacked again and I was the only one able to follow him. With a lap and a half left we just hammered. We have often been in breaks together in the past so we knew each other's strengths. It worked out well with him not being close on GC and keeping Specialized out of the picture. The final two laps we averaged 42kph and suffered badly. As we approached the finish he knew that I just wanted the GC win so we rolled across the line together with him taking the win for all of his hard work and aggressive riding. I took the overall for my first stage race GC win. We had finished 5 minutes ahead of the Australian in 3rd and 10' to the main group. The stage was a total suffer fest but super fun. Team Swift rode awesome and I couldn't have done it without them.

-Tyler

Drew Gonzales

6th Place Little City Stage Race, RR

15th Place Little City Stage Race, TT
27th Place Little City Stage Race, Criterium

Stage 1 Time Trial:

The time trial is always the simplest of races, however it requires the most warm up compared with mass starts. Tyler Williams, Ryan Clarke and I arrived to the time trial venue to warm up together as a team. We rolled down our skin suits to our waists so that we could warm up without it in the way, and jumped on the trainers for our pyramids and zone 3 efforts. It's important to warm up for a time trial simply because it requires you to ride hard from the gun. While warming up on the trainers, I found out that start time had changed again. It's important to continuously check emails, and the start line for changing start times. The time trial course was basically downhill for 7 miles, then uphill for 7 miles. I saved my efforts for the second half knowing that I could make up time there. I can't tell you what happened during my time trial because all I could feel was the pain in my legs. After I crossed the line, I was so exhausted that I set my bike down and sat there until I could my breath.

Stage 2 Criterium:

For this race, I decided to use my Mavic Cosmic Carbone SLR's and my Lazer Aerohelmet cover. I chose to use all of my aero gear knowing that I would be on the front for a large portion of the race to help defend the yellow Jersey that Tyler had won earlier that morning in the time trail. In the crit, several little attacks were made to stick. However, the gap between the leading group and the field was insignificant because the stage race was an omnium, a stage race based on points. Eventually, two riders broke away. Scared it would win, I moved to the front of the race to pull it back. I spent two laps at a time trying to pull the break back, but after 45 minutes of chasing, the break would stay away. Coming to the last lap, team mate and sprinter, Tommy Lucas grabbed my wheel and said, "Drew, let's lead this stuff out." I grabbed my drops and pulled from the start line, to the 3 corner of 5. After pulling, Tommy pulled through to lead out Captian Tyler Williams. Tyler got 2nd in the field sprint and 4th in the crit.

Stage 3: Road Race:

The Road Race was a short course with two climb. The first climb was about 3 minutes, while the second one was 4 minutes. We would do four laps of the course, but I knew that a break would get away. Knowing this, I rested as much as possible during the race so that I would be able to make up through the climbs. We rode two laps of the course before anything interesting happened. On the third lap Alister Eekman attacked on the climb. His attack was so strong that in shattered the field. I was caught in a group behind the leaders. There was a group of five that was created from Alister's attack, including Tyler Williams, 3 specialized riders, and Alister himself. I knew that in a sprint, Tyler would crush the rest of the riders in the group, so while i was in the group, I rolled through, but didn't drive the group. I did this so that the other riders in the group didn't think that I was just sitting in. On the last lap before the finish, I positioned myself to with the group sprint. When one rider tried to attack at 500

meters, I jumped on his wheel, then jumped again for the line. I won the group sprint.
=Drew

Zach McClendon

2 nd Place	Little City Stage Race, Stage 1-TT	Juniors 10-14
2 nd Place	Little City Stage Race, Stage 2-Crit	Juniors 10-14
2 nd Place	Little City Stage Race, Stage 3-RR	Juniors 10-14
2 nd Place	Little City Stage Race, Overall GC	Juniors 10-14

Stage 1:

I started off really well. I pushed it as hard as I could. I passed someone within the first mile. I felt that I was doing well. I just kept pushing it. Then I passed another person and just kept going. I didn't feel tired so I kept pushing it and passed a third person. With about 1 mile till the turnaround, I passed a fourth person. As I was catching a fifth person, my chain got caught in my crank-arm. So I had to stop and fix it. I had lost too much time to win but I kept pushing it. I caught another person with about a mile till the finish. With about 200 meters till the finish, I dropped my chain. I was really angry at that moment. As soon as I got my chain back on I went as hard I could to the finish.

Stage 2:

I broke away when the race started. I was testing everyone's legs. Only two others chased me down but the rest of my category just dropped off. So the other two and I started a pace line and started to pick up speed. I tried to stay in the back of the pace line as much as possible. I let the other two do most of the work. I tried to break away but I couldn't get away. One of the others couldn't keep up with us so we kept trying to break away from him. We finally broke away from him and the other person tried to break away from me so I spent the next half-a-lap chasing him down. Me and the other two finally regrouped and rode together. With about two laps to go, I started to set myself up for the final sprint. I was really nervous. So when I was coming into the last corner, I had to slow down so wouldn't have crashed and lost in the final sprint.

Stage 3:

I started off really well. I was the first one to break away. I sprinted to the top of the first hill so I would have an advantage on the decent. I tried to open up the gap but couldn't get away. So I let someone else take a pull at the front. I just stayed in the middle of the group for the rest of the first lap. When we got to the end of the first lap someone tried to break away so I got his wheel and followed him up the hill. We had just dropped the rest of the group. But they were able to catch back up before the decent. So I just stayed in the middle of the group. So when we got to next set of hills someone tried to break away but I couldn't keep up with his pace so I dropped off. So I started to chase him down when I got over the hill. So when I got the top of the hill, someone yelled out the time gap so I used that to my advantage. So I pushed it as

hard as I could to catch up. I finally had him in sight. I just kept pushing it but couldn't catch him. So I got second but I was really happy.
-Zach

2. Davis 4th of July Criterium

7/4/12

Davis, CA

Libby Caldwell

3rd Place

Davis 4th of July Criterium

Junior Women 17-18

I was really excited coming into this crit because I had been attending the USA Cycling West Coast Development Camp all week leading up to the race and wanted to test out my new form. I was also excited because there were two other girls attending the camp and we all decided to work as a team in the junior race. The 17/18 girls would also race with 15/16's and when the whistle went off to start the race one of the younger girls sprinted off the line. The first 3-4 laps I was in the pain cave, paying for the hard work I had done the days before at camp. But I soon started to feel better and went out on the attack to have one particular 17/18 girl chase me down. I ended up attacking around 4-5 times but it was always one 15-16 girl doing the work to catch me. On the last lap my friend Page, who was marked by another girl attacked. I let her go hoping she could outsprint the other girl. I had done so much work for her throughout the race that I was pretty tired. Luckily I still had some sprint left at the finish where I gave a huge bike through to secure my 3rd place.

-Libby

Ethan Frankel

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

10th Place

Davis Fourth of July Criterium

Juniors 13-14

The field was a little larger than usual, close to twenty riders rather than the typical ten riders. The race started out very quickly, as I expected it to, the criterium only being about 12 laps. We, the main peloton, quickly dropped seven or eight riders within the first lap. Then, we kept up a pace line for the next seven laps. With five more laps, the strongest three or four riders split the pack into a few separate groups. I was left on my own. I tried chasing the group ahead of me, but it was simply too hard on my own. I kept up a steady pace and I had a feeling that I was going to be lapped quickly. Surprisingly, that didn't happen until the final two corners of the bell lap. Two groups passed me and the second was just seconds ahead of me at the finish. I knew by the end that I had pushed too hard in the beginning and the middle of the race. Lesson learned: pace yourself and find a group or solo rider that you can keep up with so you don't waste energy.

-Ethan

3. Cascade Cycling Classic Stage

7/20-22/12

Bend, OR

Tyler Williams

Senior Category 2

1 st Place	Cascade Cycling Classic, Stage 2 TT	Senior Category 2
2 nd Place	Cascade Cycling Classic, Stage 3 Crit	Senior Category 2
4 th Place	Cascade Cycling Classic, Overall GC	Senior Category 2
14 th Place	Cascade Cycling Classic, Stage 4 RR	Senior Category 2
17 th Place	Cascade Cycling Classic, Stage 1 RR	Senior Category 2

Stage 1: 17th Place

Cascade Cycling Stage Race is held in beautiful Bend, Oregon and is a three day four stage event. The first stage is a 71 mile road stage starting to top of MT Bachelor descending down into a valley and then climbing back up to the top again. It had beautiful roads and great scenery. The only downside was the cold temperatures that we had to deal with. Coming from sunny Southern California where I had been training in 90-100 degree temps, it was a shock to the system. The race was pretty much a mellow group ride until the bottom of the climb. It was a very fast lead into the bottom of the hill. I was able to position myself in the top 20 all day and not waste too much energy being up there. My legs were feeling a bit flat probably due to the temperature change that I had endured. As we hit the steepest part of the climb the pure climbers forced a group away I stayed near but just below my limit as I felt if I went with them I would not be able to hold that pace. I paced myself up the climb and finished 17th out of 120 starters and was 1:12 down on the winner. I was forced to focus on a stage result now and new that the road race Sunday was well suited for me.

Stage 2: 1st Place

Stage 2 was the 12 mile individual time trial. It had a somewhat technical start with 5 turns in the first mile but after that it went straight up a hill for 5 miles climbing over 1000 feet, then turned around and came back. I felt as though I had recovered well from the day before and had a good ride in me. I did a half hour warm up with some tempo and then a few efforts to get opened up. I started and used my cornering skills to hopefully gain some time. Then as I started climbing the hill I felt as though I found a very good rhythm and buried myself to the top of the hill. My 30 second man was quick so I had a good pacer to go off of. I had caught my 1.5 minute man just before the turn around. The way down was quick. Even though we aren't required to use Jr. Gearing at this race I still spun out a 52-12 all the way down hardly dropping below 60kph. When I finished I knew I had done a very good time but didn't know exactly how good. I found my dad and he told me I had the 3rd best time of the day

behind 2 35+ masters and had won my race by a slim 2 seconds. I had also moved into 4th overall on GC now just 38 seconds down on the leader.

Stage 3: 2nd Place

The Criterium was the next stage later that afternoon. It was a long course just over one km and just a normal 4 corner circuit. I didn't feel too tired from the TT but wanted to do a smart ride in this stage in order to maybe move myself onto the podium that I was now only 15 seconds out of. I sat in the top 20 the whole day but stayed out of the wind for a majority of the race. I wasn't worried about a move going as the speed stayed high the whole time and the winds weren't favorable for it. As it got down to the sprint I decided to take some risks and have a go. I fought my way through the carnage on the last lap and came out of the final turn 7th or 8th wheel. It was a cross head wind from the left for 350 meters to the finish. I jumped at 300 but a guy had gone at the same time from 3rd wheel. He got a big gap as I came around everyone on the right hand side. We drag raced to the line but I was unable to get to him and finished 2nd a bike length off. Still it topped off a great day and I gained a further 6 seconds putting myself 9 seconds off of the podium.

Stage 4: 14th Place

This stage was the old national's road race course from 2 years ago. It is pretty much half downhill and rolling then had two punchy hills before a mostly downhill run into the finish. We would do 4 laps of this course. My game plan going into the race was to gain those 9 seconds on the road and to make it as hard as possible on the yellow jersey. I waited till the 3rd lap before really starting to put in any big attacks. A break had gone up the road and at the time they had taken the top 5 places on GC. So I was fighting three battles, holding my current spot on GC, trying to move up, and winning the stage. I rode really aggressive for the whole second part of the race attacking countless times. I was able to get a gap for a few miles before getting nailed back in a flatter section just before the second climb on the lap. I got caught then attacked again and almost split the group but no one wanted to work with me. The only positive was it was bringing back the break. The last lap I put all my energy into attacking on the final two climbs and really went for it. However they were able to stay just close enough to me to bring me back at the top of the climbs. I marked a few attacks in the final few km's and we caught the break with 1.5 km left in the race. I was just empty for the sprint and couldn't get back into position enough to contest the stage win. Regardless I rode a strong race and was happy with the whole weekend. I flew to Europe the following morning and had a lot of confidence heading over.

-Tyler

4. Tour de l'Abitibi Junior UCI 2.1 7/17-22/12 Quebec, Canada

Ian Moore

3rd Place Tour de l'Abitibi, Team GC Junior UCI 2.1

17 th Place	Tour de l'Abitibi, TT	Junior UCI 2.1
21 st Place	Tour de l'Abitibi, Overall GC	Junior UCI 2.1

I was selected from the national l'Abitibi selection camp in Flagstaff to go to the race with the USA Cycling Select A team. After being sick at camp, then heading to nationals, and not having the results I wanted, I spent some time at my grandparent's house in Ohio to rest up, and train for l'Abitibi. After having lower power at nationals, I was happy to see that my power was going back up a lot as I got closer to l'Abitibi. I arrived in Rouyn-Noranda, Quebec, the main host city a few days early, and rode some of the courses. All the teams and staff stayed in college classrooms. The finish line for five of the seven stages was right outside the University. The day before the first stage there was the team presentation, and some 800m street sprints, where we cheered on our teammate Miguel Byron.

Stage 1:

Stage 1 was 117 km from Amos to Rouyn-Noranda, with three finishing circuits once we got into the town. Before the stage our mechanic, Craig, was checking my bike, and my front shifter broke, and was stuck in the little ring, Craig got it stuck in the big ring, which would be fine for the stage, because most of the time at l'Abitibi we would be spun out in our 52-14. There was 3k of neutral, which is usually a crazy scramble for position behind the commissar car. Attacks came right away, and Miguel and Justin Oien got into a break just hovering off the front; I was sitting in a couple chase groups that were pulled back, then they came back too. Then a break got up the road with three US national team members. The Canadian national team was initially chasing, but not really pulling any time back, and the break was actually gaining some time, and was now at about 1:40, which was super dangerous. TJ, Geoffrey, and Alexey, the three national team guys, were dropping everyone else in their breakaway. Justin or Chris went back to get bottles, and Mark Fasecki, our director told us to chase, so we did. Some riders from other teams did some work, but we did most of it, and really initiated the hard chase after the Canadians had been setting a tempo. The break came back. They had taken all of the KOM, and sprint points though. Then we made the right turn into the roar of fans and spectators and on to the 5.4 km rolling, twisting, and extremely bumpy circuit around town. Miguel sat on the national teams lead out train and won the field sprint. The rest of us finished in the front group except for Scott who got caught up in a crash early in the race, landing on his top tube, but he finished within the time cut. So we had all the jerseys, and a stage win, great first day at l'Abitibi. Tomorrow will be fun.

Stage 2:

A tough day was expected for us protecting the jersey with many people within reach. From the start we were chasing down breaks, and setting tempo at the front. After the first intermediate sprint I was in a breakaway for a few miles, and just sat on

as it got chased back. We worked hard controlling the race, without much help and the attacks from the national team, but a break got up the road towards the end of the race, and was able to stay away through the finishing circuits. We lost the jersey, but went down fighting.

Stage 3:

The 9.4 km TT was the first stage of the double day on a fun course mostly on a winding bike path around a lake in town. When I crossed the line I was in first, but I placed 17th, and Justin was less than 2 sec. ahead of me, for the top two of the team, moving us up on team and individual GC. I was happy with how I felt, and how my strength had improved since not felling well at Nationals.

Stage 4:

Later the same afternoon as the TT they bused us off to the second race of the day, a short 50km, two circuit race. The race was fast the whole time, so it was not a good time to get a flat 3k into the shortest fastest stage. Chris stopped and gave me his wheel, and then got one from the team car. I chased back up through the caravan back onto the pack that was averaging 30mph, but just when I got to the back of the group, there was a crash at the back. I went around in the gravel, caught back on again, and then looked down at my computer, and realized the race was halfway over. Chris and I spent the rest of the race trying to move up to the front of the group. We avoided a crash on the last turn, and then finished with the same time as the group, and Miguel finished 2nd.

Stage 5:

The second stage that started and ended away from Rouyn-Noranda. We went over some more rolling terrain than normal which I liked. But the finish was still pretty flat. It came down to a field sprint, and we won again with Miguel.

Stage 6:

It was pouring rain the morning before the stage, but let up before the start, and the wind picked up. The course was a big loop from Rouyn-Noranda with two long sections that we knew would be crosswind, making the potential for the peloton to split. I raced at the front the whole day, getting in some breaks, and being at the front end of all the splits, but none of them stayed. Miguel got second again in the field sprint after a Guatemalan national team member almost took out the whole sprint when he was getting pulled back from his break.

Stage 7:

In the last stage of the 44th edition of the longest junior stage race in the world it was not a parade to the finishing circuits like the Tour de France. There were a few KOMs which the Guatemalans set up a full lead out train for, and then onto the ten 5.4 km finishing circuits, instead of the 3 or 4 that we had done on other stages. We raced

well as a team again, as we had since the first day. Justin got in a break, which ended up getting 2 minutes on the pack, moving him up to 4th on GC. I was at the front near the end of the race, narrowly avoiding a crash moved me back in the pack a little with one km to go though. After the last day, we moved into 3rd on team GC. I ended up 21st on GC. There were 23 teams and 138 riders from 6 countries.

Our team will be splitting about \$1500.00 of cash prizes, but more importantly I was able to participate in what some have called the "Tour de France of Junior cycling". The event was run professionally in so many ways and it was a great experience to prepare me for the next level and next year. Thanks to our director-Mark, mechanic-Craig, selection camp director-Barney, Coach Laura for encouraging me to go to the selection camp, Team Swift sponsors, my amazing teammates, my chef mom and team massage therapist dad, and the many l'Abitibi staff members (most new this year at their new location) for this incredible opportunity.
-Ian

5. Colavita Grand Prix

7/15/12

Novato, CA

Libby Caldwell

2nd Place

Colavita Grand Prix

Senior Women Category 3,4

Colavita was my second race of the weekend after driving down to Watsonville with my friend Page and racing with Pro's like Pascale Schnieder at the Watsonville Criterium. Rolling up to the line I was a little overwhelmed seeing all 42 of my competitors standing beside me. When the race started I was mid-pack and realized this was NOT where I wanted to be. There were newer riders in the race who didn't know how to handle to their bikes. I made a little attack on the slight incline on the back of the course to move up but ended up gapping the field. Thinking it was a prime lap I started increasing the gap. After about a half lap on my own I decided to go back in the field. I stayed at the front on one particular wheel of a rider who seemed to want to pull the entire race. Going into the last corner I saw my friend on Tibco move up the side and I jumped on her wheel. I was sprinting at fast as my legs could go but the slight downhill made it difficult to get power. One girl came past me at the line. I was fifth overall in the 3-4 sprint but 2nd in the 4's.
-Libby

6. Menlo Park Grand Prix

7/22/12

Menlo Park, CA

Libby Caldwell

5th Place

Menlo Park Grand Prix

Senior Women Category 4

In between Colavita Criterium and Menlo Park Grand Prix I had a devastating loss; my race bike fell off the car on the freeway. It was dead. I frantically sent emails and text messages to any biker girl I knew asking if anyone had an extra 50cm frame. The night before Menlo a friend lent me her 48cm frame. I was nervous going into the race having never ridden the bike before. The race was a mixed field with masters 35+ women racing with the 4s. The race went by very quickly. I learned to stay at the front and be more aggressive at Colavita and that's exactly what I did at this race. There were a lot of attacks attempting to form break, some of which I had to pull back. Going into the final lap I tried to stay on this one girls wheel; she had won the race the year before. I was able to move up a few places into the chicane and was sitting beside her into the long finishing straight. When she jumped I tried to get onto her wheel but had trouble shifting into my biggest gear. I am used to Shimano shifting and this bike had campy. I made the best of the situation and passed a few girls as they began to tire at the line. I ended up 5th overall in the sprint. All the master's women were behind.
-Libby

7. Berkeley Bike Club Criterium

7/29/12

Berkeley, CA

Libby Caldwell

3rd Place

Berkley Bike Club Criterium

Senior Women Category 4

The race started pretty slowly. The corners were quite scary as some women wanted to go 5 across trying to move to the front. The 4's women were once again placed with the women's 35+ women which was to my benefit as one older Metromint lady pulled a great deal of the race. There was one mountain biker who wanted to always be second wheel but couldn't corner to save her life. I decided not to fight with her but just stay on her wheel and make sure she didn't take anyone out, especially me. Primes went by but no one had enough energy to try and counterattack. Going into the last corner the mountain biker was second wheel and attacked into the finishing straight. No one could pass her because no one wanted to. She started on one side of the road and zig-zagged to the line taking down anyone that came near her. I got pipped at the line for 2nd but was content with 3d given the fact that I narrowly missed being taken out by the mountain biker.

-Libby
