

## Team Swift Race Reports

### June 2012

#### Race Reports for:

1. USA Junior National Championships (TT, Crit & RR)
2. Dunlap Time Trial (Junior TT District Championships)
3. SCNCA Stage TT & RR Championships
4. Leesville Gap Road Race
5. US Regional Camp—Arizona
6. Folsom Cyclebration Criterium
7. Apple Pie Criterium

#### June Top Results:

2 <sup>nd</sup> Place	Dunlap Time Trial	Juniors 10-12	Gianni Lamperti
3 <sup>rd</sup> Place	Dunlap Time Trial	Junior W. 17-18	Libby Caldwell
3 <sup>rd</sup> Place	Dunlap Time Trial	Juniors 10-12	Luke Lamperti
3 <sup>rd</sup> Place	Dunlap Time Trial	Juniors 13-14	Zach McClendon
3 <sup>rd</sup> Place	SCNCA RR Champs	Juniors 17-18	Ian Moore
3 <sup>rd</sup> Place	Folsom Criterium	Juniors 10-16	Zach McClendon
4 <sup>th</sup> Place	SCNCA TT Champs	Juniors 17-18	Ian Moore
6 <sup>th</sup> Place	Leesville Gap RR	Senior Category 4	Stanley Goto
7 <sup>th</sup> Place	US Jr National Crit	Juniors 15-16	Tommy Lucas
7 <sup>th</sup> Place	Apple Pie Criterium	Category 4 W.	Libby Caldwell
9 <sup>th</sup> Place	Dunlap Time Trial	Juniors 15-16	Tommy Lucas
9 <sup>th</sup> Place	Leesville Gap RR	Senior Category 4	Ryan Clarke
10 <sup>th</sup> Place	US Jr National Crit	Juniors 17-18	Tyler Williams
10 <sup>th</sup> Place	US Jr National RR	Juniors 17-18	Tyler Williams
11 <sup>th</sup> Place	Dunlap Time Trial	Juniors 15-16	Ryan Clarke
14 <sup>th</sup> Place	Dunlap Time Trial	Juniors 17-18	Remy CantoAdams
15 <sup>th</sup> Place	Dunlap Time Trial	Juniors 17-18	Drew Gonzales
17 <sup>th</sup> Place	US Jr National TT	Juniors 17-18	Tyler Williams
25 <sup>th</sup> Place	US Jr National TT	Juniors 17-18	Ian Moore
27 <sup>th</sup> Place	US Jr National Crit	Juniors 17-18	Drew Gonzales
32 <sup>nd</sup> Place	US Jr National RR	Juniors 15-16	Tommy Lucas
39 <sup>th</sup> Place	US Jr National RR	Juniors 17-18	Drew Gonzales

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### Rider Race Reports

**1. US Junior National Championships** 6/20-24/12 Augusta, GA

#### USA Junior National Time Trial Reports

**Tyler Williams**

17th

USA Nationals Time Trial

Junior 17-18

The National Championship Time Trial would be the longest TT I have ever done. It would be a 30km effort on a mostly straight rolling road. We were lucky enough to be able to race in the morning missing much of the winds and heat that would come later in the day. I went off fairly early on in the order. I would be chasing my 1.5 minute man because the two riders who were supposed to start in front of me did not start. This left a very empty road ahead. After settling into a good rhythm I was able to have him in sight 10k into the effort. I caught him just before the turn around at 15km. The way back to the finish was brutal. Such a long effort was hard to judge and most of the way back I was fighting off the urge to throw up. I was able to catch 4 more riders in the final 10k and come in with the best time so far. However the TT guys would come in later and move me down the rankings. I couldn't have gone much faster so I had no choice but to be satisfied with the effort.

-Tyler

**Ian Moore**25<sup>th</sup> Place

National Championships TT

Juniors 17-18

National Time Trial didn't go well. I thought I felt well, but I had a bad race. I had a well-iced full bottle because of the heat and it bounced out while going over a big hole as I started across the dam at the beginning so I was dehydrated during the race. All in all I was extremely disappointed with this race since my intention and my abilities should have put me on the podium. My power in January-March for this event distance and terrain would have placed me second in the TT. I will move on and look forward to other races. It just wasn't meant to be my day.

-Ian M

**USA Junior National Criterium Reports****Tyler Williams**10<sup>th</sup> Place

USA Nationals Criterium Championships

Juniors 17-18

We were less lucky with our start time for the Crit the following day. We started at 4:30PM in the hottest part of the day. The Crit is held downtown on a 6 corner course. Our race was probably more competitive trying to get a good starting spot than it was during the race. 140 riders were all trying to be in the first 20 to start. Luckily for me my dad was awesome and stood in line with my bike while I could stay back under the tent and keep cool. When the race started it was very controlled by Slipstream. I stayed in the front of the race the whole time out of the wind and out of trouble. After halfway through the race there was a 3 man break with some solid horsepower in it, and I knew that if a move would stay away that was it. I jumped just

before the last two turns and got a gap on the field. I used the tailwind down the finishing straight to open the gap to the field and bridge across on my own the group of three. We stayed away for two more laps but Slipstream had a lot of guys at the front and gave everything they had to pull us back. We were caught and Slipstream lost control of the race. I sat in for a bit and recovered. Then came a lot of attacks in the last few laps none of which I thought would stay away. In the last 3 laps of the race the crashes began happening. Two mass crashes that happened right behind me left the lead group with only 20 riders in it. I had to hit the brakes on the last lap and lost some positions which would cost me. Confusion in the final corner because of the riders still laying all over the ground caused the guy in front of me to hit his breaks and I lost a lot of spots. I was able to hang on for a top ten but was disappointed not to be on the podium.

-Tyler

### **Drew Gonzales**

27<sup>th</sup> Place      Nationals Criterium Championships      Juniors 17-18

The 17-18 National Criterium Championship race is the most aggressive race I've done by far. An hour before the start, there were racers already lining up in the staging area. Lucky for Team Swift, we had parents willing to stand with our bikes in the staging area to keep our place. Before the gates opened, Ian, Tyler and I simply walked through the 141 riders to get to our bikes. When the gates opened, the field sprinted to roll out our gears. Tyler made it to the first group to be rolled out, and I made the fourth. I was about four bike lengths behind Tyler and the Start of the Criterium. I expected the crit to be the hardest, most competitive race I'd ever do, so I judged my efforts so that I could finish with the leaders. However, 45 minutes into the race, I realized that I felt much stronger than I actually was. I moved through the field to Tyler, who was racing great position in the crit. On the second to last lap, there was a nasty crash on the last corner. I was caught in the crash, but didn't go down. I sprinted hard out of that corner to catch the leaders, but then another crash occurred up the road not 200 meters from the crash in the corner. I moved through the bodies and bikes and continued my effort to catch the group but failed. I rolled in across the line for 27th place.

-Drew

### **Ian Moore**

National Championships Criterium      Juniors 17-18

The Nationals crit did not go well for me either. I came off the main field with about 7 laps to go. Also my bottle bounced out from a hole (different bottle and cage than TT bike) and therefore dehydrated again because of the extreme heat and humidity; it is impossible do a race that long out of water. I was dizzy after I was pulled. Again I was disappointed since knowing how strong I am, and how strong I

have proved myself to be this season. I wish I could have helped my teammates too, but I was too messed up to do that too.

-Ian M

## **Tommy Lucas**

7<sup>th</sup> Place      Junior National Criterium Championships      Juniors 15-16

The race started off fast and just stayed fast and fast and fast. It was super fun staying in and feeling the flow of criterium. Attacks kept going and going but none would stay. After a few attacks that didn't make it I had a feeling that none were going to stay and I was correct. Starting with 3 to go it got sketchy and crashes were going left and right. The last corner of the last two laps had crashes and I was super happy that I wasn't involved in any of them. I was right next to both the crashes and I made it out, coming around on the last lap a crash went and split the field and I had to chase as hard as I could to get back up to the field but I did it before the next corner and things were getting fast. I just tried to move straight to the front because if you weren't in the front coming around the last two corners it was going to be hard to podium. I got pushed into the inside barrier and went from 2<sup>nd</sup> in the group to 9<sup>th</sup> in the group and I could only make up two places in the final sprint. Overall I'm very happy with the result considering I didn't crash and that I have another year in this category to try and win! I am already looking forward to Nationals next year in Madison, WI. MADISON MADISON MADISON!!!

-Tommy

### **USA Junior National Road Race Reports**

## **Tyler Williams**

10<sup>th</sup> Place      USA Nationals Road Race Championships      Juniors 17-18

The Road Race was my biggest goal of the week. We started early once again missing the heat but the humidity was a lot higher than it had been the previous days. The course was a 15 mile loop that we would do 4 times. The finish had a small hill right before 200 meters to go. Our race started off pretty fast but not as aggressive as the year before. The feed zone climb was the toughest obstacle of the day and that was where any moves would be launched from. The second time up this climb a lot of the national team guys attacked and this was the hardest part of the race, but thankfully though suffering I still felt comfortable. After that effort however the race relaxed significantly. I jumped away about halfway through the second lap just to see what would happen. No one came along but I just rode easy off the front able to drink and eat without being stressed in the field. I at one point had 50 seconds on the field before the chase started. My goal was to make it over the finishing climb and the feed climb ahead of the group so that I didn't have to make any acceleration and could just ride at my own pace. This worked out well as I was caught just over the top of the climb. The last 2 laps of the race weren't as hard as it needed to be to weed out the

weak in the race. Drew was always near the front for me which was nice and I could tell he was riding smart. The last time up the feed hill was hard but no attacks until the top when I tried to get away once again. I was able to get a gap with Marcus Smith and TJ Eisenhart which would have been a great group to stay away. But once again the other favorites chased us down quickly. After that attack the race completely sat up and for almost the whole rest of the race we just rode at 30kph just watching each other. Greg Daniel and I tried twice to break away but everyone was too fresh to allow a move to go off. The finish was nuts and I just got boxed in at 300 meters to go. I was able to make up a lot of ground at the end but only managed tenth. However I must thank Drew for being an awesome teammate and riding so well at the front he is coming along strong for the second half of the year.

-Tyler W

## **Drew Gonzales**

39<sup>th</sup> Place      Nationals Road Race Championships      Juniors 17-18

I prefer Road races because there is no chaos before the start. There is no dire need to warm up, or to get to the staging area because the race is so long. I casually rode around with teammate Ian Moore on our Rx Instincts to spin our legs out. After, we rode to roll out. The first lap was pretty slow. The front of the field was lined up across the road just rolling along. I sat back during the first half of the first lap, but moved up to help our captain Tyler at the front. Second time around, an attack by Greg Daniel shattered the field. The attack was so hard, that I went from the front of the field to the back in two seconds.

The next interesting thing to happen was Tyler's attack. Tyler told me that he and another national team member were going to launch a strong attack, but before they organized, Tyler rolled off the front and kept going. He eventually held a 50 second gap for a half a lap. During his time away, I rode at the front to discourage chasing. The field caught Tyler at the top of the feedzone.

On the last lap, I moved up to help Tyler in any way I could. I rode at the front with him until around 3k from the finish when a single rider attacked. I recognized the attacker because he wore the same kit as the Crit champion two days previous. When he rolled off the front, the field sat up and looked at each other. That was when Tyler ordered me to chase it down because no one else would. After catching the rider, I sat up for a minute to catch my breath. That was when two Garmin Riders attacked. Immediately, I chased it down. However, the effort was so hard, that after I chased it down, I couldn't hold my position and drifted to the back of the field. I then moved all the way to the front of the field because I knew I had the strength to lead out Tyler, so I swiftly moved through the field until I arrived at the front. When I got there, I found Tyler sitting third wheel behind 2 Ritte Riders. I jumped in front of Tyler to give him lead out. As we approached the finishing hill, riders began to attack, so I let Tyler go in front of me, as I was too tired to give him any more help. Tyler finished tenth and I finished 39th.

=Drew

## **Ian Moore**

National Championships Road Race Juniors 17-18

Before the Nationals road race I took a complete day off and slept most of the day to recover from heat exhaustion at the crit. At the race, I was feeling better than the past two days, and then I crashed in a big pile up 2k from the finish. After going over the handlebars and retrieving my bike and getting a new wheel I rolled across the line disappointed, but accepting since this is bike racing. Went to the ER and they said my wrist was for sure a bad sprain and suspected broken scaphoid. After a week it was confirmed in a follow-up x-ray that the wrist was not broken. Congrats to my teammates Tyler, Drew, and Tommy who had solid races and no mishaps or crashes throughout Nationals.

-Ian M

## **Tommy Lucas**

32<sup>nd</sup> Place Junior Nationals Road Race Championships Juniors 15-16

Like the criterium this race started off fast as well. My goal was to get in any break if one stuck at all. The first lap two guys got off the front but were brought back in. half way through the next lap I rolled off the front with 9 others and we didn't really get a big gap and I was under the impression that the field was going to chase us down and it would be over. We were about to get caught and attacks started going out of the break and another guy and I went back to the field and the field just sat up and let the break stay till the finish. I was mad about it and so I just sat in the field through the next lap and with about half a lap to go people were going off the front and the field wasn't chasing at all. I missed all of those too and it was making me mad so I just started chasing everything and got pretty tired for the final sprint. I ended up finishing with the field and my goal next year will be to give it all I got and hold nothing back because this was a huge learning point at how things work at a national's level.

-Tommy

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## **2. Dunlap Time Trial**

6/3/12

Winters, CA

## **Drew Gonzales**

18<sup>th</sup> Place Dunlap Time Trial Juniors 17-18

Four days before the Dunlap Time Trial, was struck by a car while riding my time trial bike. After getting hit, I was taken to the hospital in an ambulance, but after simple tests, doctors agreed I had no broken bones. My time trial bike had a dent in the top tube, but it was still rideable. Despite my road rash and contusions, I decided to do the Dunlap time trial. I arrived before my start time, signed in and began warming up on

my trainer with teammates Ryan Clarke and Libby Caldwell. Together, we talked about the course, body positions, and optimal drinking opportunities. I did my best to share with them what experience I had so they could benefit from it.

The night before the race, an email was sent out changing the times for the time trial. I missed my start time by two minutes because of this. When I got to the line, I was told to just go and the time would be added to mine. When I started the course, I made one left turn after 500 meters onto a long bending road. On the way out, I noticed a headwind. I decided to go harder in the headwind and take advantage of the wind when it was at my back. I finished the course, but two minutes were added to my time. If I'd checked my emails the night before, I would have been seventh.

-Drew

### **Tommy Lucas**

9<sup>th</sup> Place      Dunlap Time Trial      Juniors 15-16

Time trialing is hard and rough and is an art of cycling that I have not mastered yet. I went into this time trial with the thought of finishing all right. I started off hard and felt good but as I hit the head wind section I started to feel the pain and was passed by two riders, which added to my pain. From then on I just rode what I could ride and just couldn't wait till the finish. I ended up getting 9th which is all right but I plan on doing a lot better as a time trialist in the future.

-Tommy

### **Gianni Lamperti**

Age 11

2<sup>nd</sup> Place      Steve Dunlap Time Trial      Juniors 10-12

I thought this as a hard race. For the first 2k there was a bad crosswind. We turned left onto another long flat road which had a nasty headwind. I was trying hard as I could to keep my back flat. I thought the long straight was never going to end and then it finally did. I was pretty tired at this point and came up to the corner of the U-turn from the inside which probably made me loose at least 3 seconds. I ended up going right past the finish and started my sprint on the road where we started thinking this was the finish. I did not realize the finish was back about 1/2 mile until I saw my parents on the road and they stopped me. I was a little disappointed that I went right past the finish without realizing it because I would have sprinted and improved my time. I ended up 2nd place. It was fun, but I like the Crits better.

-Gianni

### **Luke Lamperti**

Age 9

3<sup>rd</sup> Place      Steve Dunlap Time Trial      Juniors 10-12

When the race started I rolled off the ramp and was feeling pretty good. I started forth. It was a 10K race and I felt good until about 8K. I then started not feeling so good so I started pushing harder. I was a little confused about where the finish was because I had my head down and was not paying attention. I think I could have done better because I would have sprinted harder to the finish had I known where it was. I ended up finishing up 1 second behind Gianni and 3rd place overall. This was the first TT I have ever raced. It was fun.

-Luke

### **Zach McClendon**

3<sup>rd</sup> Place      Steve Dunlap Time Trial      Juniors 13-14

I got to the race about an hour early, so I got registered and warmed up. With about 10 minutes until my start time, I went to roll out and went to the start line.

I started off really well and got into the tuck position and went as hard as I could. I passed someone right before the turn around and felt that I was doing well. I just kept pushing it until the finish. I gave it all I had and I got third.

-Zach

Libby Caldwell

3<sup>rd</sup> Place      Dunlap Memorial Time Trial      Junior Women 17/18

I had done only one time trial before at the Madera Stage race where I was suffering from illness so I didn't really know what to expect for this race. I had no idea what to do for the warm-up but luckily a Paralympic lady and her husband parked right next to us in the parking lot. She told me to ride in a rhythm with a constant comfortable cadence for about 30 minutes before our race and to only go half power the first two minutes into the time trial. I was feeling better about my race when I got to the start but was soon swayed in a new direction as many of the girls I would be racing with had time trial bikes, disc wheels, and aero helmets. I decided to ignore the girls and the nice equipment, stay focused and try to pick up as many minute men as I could. I felt like I was going my hardest in the headwind and was pushing a manageable gear. When I got to the U-turn to return back having the tail wind made me feel like I was going faster but I ended up not putting in as great of an effort. I also didn't realize that the there and back sections were not the same length so at the end I still had a lot of energy left. I know I could have come up with a faster time, but it was all a learning experience and I was happy to at least get third in the district.

-Libby

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**3. SCNCA Stage TT & RR Championships** 6/2/12      Bakersfield, CA

**Ian Moore**



3 <sup>rd</sup> Place	SCNCA State Road Race Championships	Juniors 17-18
4 <sup>th</sup> Place	SCNCA State TT Championships	Juniors 17-18

For the State championships TT I felt horrible, and had a really bad time. I had been studying for my college final exams and just had one of those bad days. Then at the State championships road race I spent the night in our family Sportsmobile as we often do at race starts. I didn't feel that great at the race, and got third in the sprint. There was a breakaway that lasted for part of the race. I had to help pull it back. Temp was 100 degrees. Didn't know at the time a head cold virus was brewing in me. I also did the 100-mile p12 race in 100-degree heat the next day.

-Ian M

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#### 4. Leesville Gap Road Race      6/30/12      Williams, CA

### **Stanley Goto**

6<sup>th</sup> Place      Leesville Gap Road Race      Junior 15-16

With it being summer, a time of excessive goofing off and sparse utilization of my brain, my writing may have suffered over the past few months, that being said, I hope you enjoy my first race report in a long time about the Leesville Gap Road Race. The morning at the Williams High School was clear and cool, and when we arrived I went through my normal pre-race procedure: Reg, bathroom, suit-up, warm-up. I lined up with 28 other guys and my teammate Ryan for 60 miles of road that I had never done before. The pace started fast and we were single file charging to the base of the main climb Leesville Grade (1500 feet). Luckily I was in a fantastic position and the road about 5 miles in abruptly transformed into a pothole infested, rough and tumble, brutal slab of crudely constricted pavement. This Paris-Roubaix like experience continued for several miles and the road occasionally switched to a dirt road, the scary part of the dirt road was that if you were not riding in the middle third of the road you would have to ride through fine gravel that would sometimes grab your front wheel and eat your speed. Luckily I was still sitting pretty at around 4th wheel and was able to pick and choose my line a bit more than the back of the pack. Once we hit the climb the road did not get better but since we were no longer bouncing at 20 some odd miles per hour it felt smoother. The climb was around a steady 5-8% grade from what I felt of it. Surprisingly I found myself at the front of the pack on the climb and I gave it the best pace I could but not running the risk of exploding before that climb ended. I estimate about halfway up I was at the lead of a group, which was now at about 10 riders, and then an attack went off the front with two guys. No one matched them and I decided to play it safe and stay within my limit and chase them down at my pace. In my decision I factored in that we still had about 45 miles left and that I didn't know the top of the climb and wouldn't want to blow up before that top and lose the leaders and the chase group. I guess around 85% up the climb another rider took the reins at the front and I hung on to the group for the rest of the way as the breakaway ascended out of sight. This could be written more eloquently but in short the descent was very

very very rough and draining. Along with dodging massive potholes, which claimed one of the riders tube, and a few sections of dirt and gravel, it felt cool to race on such an interesting course, but more than anything I begged for a bit of respite from the road. It finally came at about 25 miles in, it was smooth as butter and stayed that way, it was like heaven. Since it had been viscously rough until this point and required all of my concentration, I took down a fair amount of Clif product to fuel up for the remaining 35 miles. What I worried for was the feed zone nowhere in sight and I was out of water, but I survived until about mile 40 to pick up two large bottles from the neutral service. When I was having my bones rattled we were not performing an organized chase, once the road was smooth the group was about 5-8 guys and began some cooperation. Since Team Swift (Ryan and I) were one of the few that were not alone in the group we were obligated to chase, yet everyone else didn't seem desperately motivated to chase them down, we did our fair share of the duties but the gaps continued to be reported at about 3:30. On the back side of the course there was another climb, shorter than the first but still substantial. It was evident that some of the guys were not chasing particularly hard, they attacked and I was barely hanging in the back. With the rest of the course flat and not a determined chase, I started taking smaller turns on the front and making plans for the finish. With about 2k to go another rider in our group made an attack and I followed, I was determined to work with him because I knew that my sprint wasn't going to be a factor if we came to the line with 6 riders. The break did not stick and we were caught momentarily. With 500meters the pace revved up and I grabbed Ryan's wheel at about 4th wheel, and sprinted to 4th which put at 6th including the breakaway. Thanks Ryan. Although my noodlely upper body and sore back would not agree I thought the course was really fun and a nice twist to typical road races. Notes- Get a good warm-up cause the base of the climb comes quick, get in a good position before the rough, bring big bottles because the feed zone is far and will seem even farther if the weather is hot, run lower pressure than normal and maybe wider rubber.

-Stanley

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## **5. Regional Development Camp**      6/8-13/12      Flagstaff, AZ

### **Ian Moore**

Tour de l'Abitibi Selection Camp in Flagstaff, Arizona

Unfortunately I got sick right before camp. I didn't know if I would go to camp, because I potentially would not do well at camp, and it could have made me worse for Nationals which was coming up in a couple weeks. I went to camp, and was over the bad sore throat by the time I got there, but was still not feeling well and in the cough and head cold stages. The first day, we went for an easy ride out Lake Mary Road. The following day was the first field test on a short 1k hill, which we did three repeats of. Taking a couple days off before camp, and doing an easy ride on the first day, I was getting better. I did the three tests, and did not feel too great especially with my breathing, being sick. Going hard in those first tests seemed to make me a little worse,

but I took care of myself that night, and continued taking vitamins and herbs, and using a netty pot which helped a lot. In the morning I did not feel too bad. The test for the day was a 5k-hill time trial on the Snow Bowl, which I had ridden before, so I knew the road, which helped. I felt a little better, which was a good sign, because it meant even though I was going hard at camp, I was still getting better each day. My power was not as high as it has been, and my breathing still didn't feel good when I was going hard (which doesn't normally happen to me because of altitude). Each day we would do a time trial, or repeats in the morning, and then do about a 2 hour ride in the afternoon, and practice skills like riding in a caravan, taking bottles from the car, and on the last two days we had criterium races in the afternoon. Within the camp everyone was divided into teams of six to practice. In the practice crits my team would get a specific plan for the race from Mark, our director, which we would follow. The point of the practice crits was following the team plan, and working well as a team. After two flat repeats on Lake Mary Road in the morning, it was time for the first practice crit. As expected, there were attacks right from the start, and my teammates Justin Oien and Chris Calder covered those early attacks, and I stayed near the front as planned. Chris and Justin ended up getting into a break early on, and I responded to attacks from the field. With a few laps to go, I got into a break catching the front breakaway. With one lap to go we got very near to catching Justin and Chris's group; I sat on and didn't work. I could see Justin attack the break up the road, and then Chris left them too. Two riders in my break were on the same team, and took turns attacking me, each time I just sat on their wheel, or pulled through easy. We caught all but three of the first break. If the group was all together going in to the last 15 minutes of the race, then the plan was for me to decide if it was right for me to attack, and if I thought so, then I had to attack and stay away until the finish. But the group was not all together, and I was in a group behind two of my teammates, so I wasn't going to attack or pull hard. Justin and Chris took 1<sup>st</sup> and 2<sup>nd</sup>, and I won the sprint out of my breakaway for 4<sup>th</sup>. One of our riders also won the field sprint. So we executed the plan well. The last day of camp was the 17k TT, which I did not have as high as power as I have done, but I improved throughout the week, and moved higher up in placing too. Following the plan in the second practice crit, Justin, Chris, and I drilled it at the front from the beginning; no breaks got away. Then, my teammate Miguel got in a breakaway, and won. Justin and I lead out our teammate on the last lap, and we won the field sprint too. At the end of the camp, I was selected as one of the two "Coaches' Picks" for the A team for Abitibi for my overall performances at camp. I'm glad I went to camp even though I was not feeling well going into it, thanks to Coach Barney for establishing the 2012 inaugural Abitibi Selection camp, and I look forward to working with my teammates and Coach Mark in Canada.

-Ian M

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**6. Folsom Cyclebration Criterium**      6/9/12      Folsom, CA

**Zach McClendon**

3<sup>rd</sup> Place      Folsom Cyclebration Criterium      Juniors 10-16

I got to the race about an hour early, so I got registered and warmed up. With about 15 minutes until my race I went to roll out and went to the start line. When the race started I broke away to test everyone's legs. Only two others chased me so we just worked together. We started to get faster and lapped the group twice. With about two laps to go we stopped working together. I started my sprint with about 150 meters until the finish but got passed by the other two and came in third.

-Zach

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**7. Apple Pie Criterium**      6/23/12      Petaluma, CA

**Libby Caldwell**

7<sup>th</sup> Place      Apple Pie Criterium      Senior Women Category 3-4

I was really excited for this race because I would be able to race with a lot of my friends who are 3's and be in a safer group with more experienced riders. The race was relatively eventless with the occasional attack and catch. Nothing really made it up the road for more than a few minutes. Metromint, Rio Strada, Tibco and Red Peleton continued to make the pace constant since all of their teams had at least five riders. I tried to stay in the top third of the group and stay out of trouble the entire race. I moved up into the top 5 with one lap to go but with all the big teams bringing up their leadouts I started to get timid and move backwards. Into the last corner I had a lot of time to make up in the sprint. It was a very long sprint and many girls stopped their sprint too short at the lap cards which was about 10 feet in front of the finish line. I was able to catch maybe five people in the finishing straight, but unfortunately not make it into the top 5 where I would have been rewarded upgrade points.

-Libby