

# Team Swift Race Reports

March 2012

## Race Reports for:

1. Merco Criterium
2. Merco Foothills Road Race
3. Madera Stage Race
4. Land Park Criterium
5. San Dimas Stage Race
6. Ward's Ferry Road Race
7. Topsport Stage Race

## March Top Results:

1 <sup>st</sup> Place	San Dimas Stage Race, Overall GC	Junior 17-18	Ian Moore
1 <sup>st</sup> Place	San Dimas Stage Race, Stage 1 TT	Junior 17-18	Ian Moore
1 <sup>st</sup> Place	San Dimas Stage Race, Stage 3 Crit	Junior 17-18	Ian Moore
1 <sup>st</sup> Place	San Dimas Stage Race, Points Jersey	Junior 17-18	Ian Moore
3 <sup>rd</sup> Place	Land Park Criterium	Junior 13-14	Zack McClendon
4 <sup>th</sup> Place	Merco Road Race	Sr Category 3	Drew Gonzales
4 <sup>th</sup> Place	Madera Stage Race, Overall GG	Sr Category 4	Stanley Goto
4 <sup>th</sup> Place	Ward's Ferry Road Race	Sr Category 4	Ryan Clarke
5 <sup>th</sup> Place	Merco Criterium	Sr Category 3	Drew Gonzales
5 <sup>th</sup> Place	San Dimas Stage Race, Stage 2 RR	Junior 17-18	Ian Moore
5 <sup>th</sup> Place	Land Park Criterium	Junior 17-18	Remy CantoAdams
6 <sup>th</sup> Place	Topsport Stage Race, Overall GC	Category Pro 1-2	Tyler Williams
7 <sup>th</sup> Place	Topsport Stage Race, Stage 1 RR	Category Pro 1-2	Tyler Williams
7 <sup>th</sup> Place	San Dimas Stage Race, Stage 3 Crit	Juniors 17-18	Drew Gonzales
7 <sup>th</sup> Place	Madera Stage Race, Stage 3 RR	Category 4	Stanley Goto
7 <sup>th</sup> Place	Land Park Criterium	Junior 13-14	Ethan Frankel
9 <sup>th</sup> Place	Topsport, Stage 2 Time Trial	Category Pro 1-2	Tyler Williams
9 <sup>th</sup> Place	San Dimas Stage Race, Stage 1 TT	Juniors 15-16	Tommy Lucas
9 <sup>th</sup> Place	San Dimas Stage Race, Stage 2 RR	Juniors 15-16	Stanley Goto
12 <sup>th</sup> Place	San Dimas Stage Race, Overall GC	Juniors 15-16	Stanley Goto
12 <sup>th</sup> Place	San Dimas Stage Race, Stage 3 Crit	Juniors 15-16	Stanley Goto
13 <sup>th</sup> Place	San Dimas Stage Race, Overall G.C.	Juniors 15-16	Tommy Lucas
14 <sup>th</sup> Place	San Dimas Stage Race, Stage 1 TT	Juniors 17-18	Drew Gonzales
14 <sup>th</sup> Place	Madera Stage Race, Stage 2 TT	Sr Category 4	Stanley Goto
14 <sup>th</sup> Place	Madera County, Overall GC	Sr Category 3	Tommy Lucas
15 <sup>th</sup> Place	San Dimas Stage Race, Stage 2 RR	Juniors 15-16	Ryan Clarke
15 <sup>th</sup> Place	San Dimas Stage Race, Stage 3 Crit	Juniors 15-16	Ryan Clarke
17 <sup>th</sup> Place	San Dimas Stage Race, Stage 1 TT	Juniors 15-16	Ryan Clarke
17 <sup>th</sup> Place	Madera Stage Race, Stage 3 RR	Sr Category 3	Tommy Lucas
23 <sup>rd</sup> Place	San Dimas Stage Race, Stage 1 TT	Juniors 15-16	Stanley Goto

---

## Rider Race Reports

**1. Merco Criterium**

3/3/12

Merced, CA

## **Drew Gonzales**

17 years old, Senior Category 3

5<sup>th</sup> Place Merco Criterium Senior Category 3

The Merco Crit was an hour long loop through downtown Merced, full of narrow downtown streets and one rough S bend. The race started normally, just as any other would. I took one Clif shot and chased it with some water. The first twenty minutes of the race were normal. The pack stayed together, until one rider went off of the front. I felt good during the race, so I decided to join him off the front. I knew that the break I was in wouldn't stick, but I hate sitting in the pack all race. I prefer to be an "at the front" kind of rider, always picking up the tempo, or making moves. After we were caught by the field, another rider attacked. I wasn't tired yet, so I chose to go again. This time I only stayed away for a lap.

On the last lap, I was in around tenth, moving up through the field. I only remember the last lap being really crazy. The entire field was taking many more risks than during the earlier part of the race. I handled the last corners in around tenth and then moved up again. The first three people to cross the line were too far away for me to catch, as they had left the pack by going through the corner in a different line. I was able to sprint into fourth, but couldn't do any better because I wasn't in winning position during the last lap.

-Drew

---

## **2. Merco Road Race**

3/4/12

Merced, CA

## **Drew Gonzales**

Merco Road Race

4<sup>th</sup> Place Merco Road Race Senior Category 3

I mostly sat in for the Road Race. I was sure that a break wouldn't stay. I assumed that the people, who raced in the crit on Saturday, were also racing in the Road Race on Sunday. From the Crit, I learned that there would be no breaks. On the second lap of the race, Joey Nygaard, Reese Levine and I tried to start a break. We put all we had into one move, on the backside of the course, but couldn't get a break. We tried again right before the feed zone, but failed.

The rest of the race, I sat in and waited for the sprint. The remaining 3 kilometers were very aggressive; a number of people were pushed off the road, but I managed to stay upright for the finish. One rider went off the front for the finish line, and then three others went after him, including

myself. I jumped into second place, then jumped again for the line, but was caught by Travis Lyons, Chris Laberge and another rider. I lost the race by less than a bike length.

-Drew

---

### 3. Madera Stage Race

3/10-11/12

Madera, CA

#### **Stanley Goto**

Junior 15-16

Senior Category 4

4 <sup>th</sup> Place	Madera Stage Race, Overall GG	Category 4
7 <sup>th</sup> Place	Madera Stage Race, Stage 3 RR	Category 4
14 <sup>th</sup> Place	Madera Stage Race, Stage 2 TT	Category 4

#### Stage 1: Criterium

32<sup>nd</sup> Place

The Cat 4 Crit was first thing in the morning at 7:30. It was cold. For breakfast we trudged to Denny's but they were closed, so much for open all the time. Instead, we went back to the hotel and gnawed on some half cooked oatmeal which did not sit well. At the beginning of the Criterium the pace was mellow and Ryan and I decided that if the opportunity came we would attempt for the intermediate sprints. When the time came for the sprint I was complacent and did not put myself in a position to sprint for them. With 4 laps to go there was crash mid pack and I was behind it but I chased back without too much energy used. On the bell lap I was about 10 wheels back, on the left side before turn one there was a line of cones. Some riders farther up clipped some of them and the cones when bouncing through the pack, the rider in front of me hit one and crashed. I had little time to react but I slammed on my brakes and braced for impact. After crashing I came out in good shape. A nice gash in my elbow but my bike was in working condition without any significant damage. I picked up my bike and made my way around the rest of the lap and confirmed with the race official of the crash so I would receive the same time of the pack. I was not too disappointed because I was ok from the crash and I was still in fine shape for the TT. I warmed down on the trainer for a bit and took down liberal amounts of fluids and food for the afternoon TT.

#### Stage 2: Time Trial

14<sup>th</sup> Place

I was getting pretty psyched for the Time trial. I had not really tested myself for an all out 10 mile effort and it would be nice to see how my time

stood up against the entire rest of the racers at Madera, I was also going to put my sweet time trial machine to the test. For my warm up I felt pretty good and got my legs nice and cooked before I rolled over to the start with my aero helmet, and disc rear wheel. I didn't bring a water bottle because the time trial was only going to be around 25 minutes-ish. I also removed my bottle cage to make me THAT much more aero. The wind was almost not existent which gave me confidence that I would not have a problem handling the disc wheel. As the official counted me down for the final 5 seconds to start I felt good and was ready to roll. In the first minute of my TT I was keeping the pace pretty close to tempo, and then after that I went down to business. Before the first turn which was at mile two I felt strong in my tucked position and I could see my 30 second man getting closer. At this point was not hurting quite yet. I knew that by keeping my pace around 25mph I would put out a pretty good time but the road up to turn 1 was slightly up hill. After turn 1 the pain was seeping into my legs, I kept my reps high and the pace around 25 which felt good. About half way through the TT I had passed my 30 second man but someone had passed me. The guy that passed me was going at a pretty good clip and I did not draft him but I used him as a carrot and it greatly helped for a while but gradually he moved far ahead enough to where I could not see him from my scrunched position on my bike. The rest of the TT was just hammering as fast as I could. After the finish I figure out my time was 25:15 and in 14<sup>th</sup> place, not too bad.

### Stage 3: Road Race

#### 7<sup>th</sup> Place

I was getting adapt to waking up at 4:45 after consecutive weeks of racing. Denny's was open this time and I had some bacon, eggs and toast, which sat very well. Before the start I had a quick spin and took care of duties and we were off. Prior to the race I was debating with myself whether I should wear knee warmers or not. I glad to have taken them. The wind was very chilly and the sun still had yet to sneak it's warmth through the morning air. The course: 17 mile loop mostly flat, one rough stretch and on rolling section. I was thinking the race would stay mostly together like it had the previous year but I could not have been more wrong. On the rough stretch on the first lap the pace was very brisk and guy where getting popped in rapid succession. I started the rough far up in the pack but as the pack drilled through the pave I was bouncing off every bump. Even with my tires at 105psi it did not make much of a difference. At the end of the rough came the sharp rollers I was already struggling at the back of the slimming field. Gaps between the front group and me started to form. At that point I wished I had had I stronger warm up. Through the end of the rollers and the turn on to our second a small chase group of 5 of us clawed our way back to a very slender field. Once I got back, hanging on was not

easy. The cross winds where coming in hard from the right and everyone was toeing the center line in single file. Then we made the turn on to the rough section for the 2<sup>nd</sup> time. I thought it was even harder than the 1<sup>st</sup> time; I was bouncing and jarring all over. Once again we hit the stinging rollers and I was toasted. I found myself again in a desperate struggle to chase back with a few other desperate guys that where really big and provided excellent drafts. It was almost an identical repeat of the 1<sup>st</sup> Get jarred, rollers, chase, then continue the suffering in the crosswinds. On lap 3 things changed, the group was down to about 20 and I was still recovering from the first 2 laps and trying the scarf down as much food as I could. On laps 3 and 4 I was feeling significantly better than the first two and the group was thinning out more and more which I thought would be better for me to have the sprint with less riders. On the rough leading to the final rollers was able to hang on and come out of it in a good position for the short rollers before the finish. On the first few rollers the group was down to about 8 and then a sharp downhill led us to the final sprint. At the bottom the group bunched and then we attacked the hill. I came across 7<sup>th</sup> which was not a great sprint but I didn't realize what a gap was between us and the rest of the racers. Not until I got back to the parking lot did I notice that I was in a great spot on GC. After protest period was over I received my winnings: 5 dollars and a T-shirt!

-Stanley

## **Tommy Lucas**

14<sup>th</sup> Place Madera County Stage Race, Overall GC Senior Category 3

17<sup>th</sup> Place Madera County Stage Race, Stage 3 RR Senior Category 3

I really enjoy this race for some reason. It could be the people, the atmosphere, or the course but for some reason this is one of my favorite races. I was especially happy to do it this year because my dad was racing the masters. Driving down with four different bikes wasn't the easiest but it was worth it.

The first stage of the stage race for me was the TT at 9:53:00. My goal for this TT was to get under 25 minutes. Not only did I get under 25 minutes but I was racing with a disk and front 404 that was super fast. I'm not the most experienced at time trialing but I tried my best and improved from last year. I finished with a time of 24:45 and that had me at 43<sup>rd</sup> place overall.

Since my TT wasn't the best, I decided that I could place well in the crit and maybe get a time bonus. The race started out fast with many attacks, but none stuck and I knew it was going to end in a field sprint so I tried my best to stay in the front. However, with two laps to go I flatted and was given the same time as everyone else. I was very disappointed with that as I was getting excited to test my field sprint with the cat 3 field.

The next day was the road race and my category was to do 4 laps of 68 miles total. My goal was to make any lead breakaway if there were any and to not get dropped. I met my goal and I did make the winning break of about 20 riders from a field of more than 70. The wind was weird as it was a cross wind on the downhill section and a slight tail wind on one of the most rough sections of road I have ever ridden, let alone rode on. The break went away on the first lap and it was hard to bridge up but wasn't so hard that I couldn't do it. I was able to take pulls on the front and participate in the break. I hung on all the way until the third roller from the finish where I slowly came off the back and rode it in for 17<sup>th</sup> on the day.

Overall I went from low 40's to 14<sup>th</sup> overall because of how many people were dropped and pulled out of the race. I was surprised at how many places I moved up and very proud! I am also proud of how well my other teammates did in their categories as well!

-Tommy

---

#### **4. San Dimas Stage Race**

3/16-18/12 San Dimas, CA

#### **Ian Moore**

17 years old, Senior Category 2

1 <sup>st</sup> Place	San Dimas Stage Race, Overall GC	Junior 17-18
1 <sup>st</sup> Place	San Dimas Stage Race, Time Trial	Junior 17-18
1 <sup>st</sup> Place	San Dimas Stage Race, Criterium	Junior 17-18
5 <sup>th</sup> Place	San Dimas Stage Race, Road Race	Junior 17-18

#### Stage 1: Time Trial

It was great having so many Swifties at SDSR this year. We had a nice pre-ride of the TT course the day before. I got in a good warm up before the race, and then went as hard as I could on the 3.8 mile uphill course. The first mile was the fastest part, because there is a flatter part at the beginning. The second mile was the steepest so it took a little longer than the rest. The added portion at the end was much steeper than previous years. I went harder and harder, and crossed the line with a time of 15:16. I won by a little less than a second.

#### Stage 2: Road Race

It was so awesome wearing the yellow jersey and leader's socks for the road race that the rain did not bother me too much. The race was about 50 miles. In the beginning, there were a few attacks, but not from anyone really dangerous in GC. On the second lap, going onto the dam before the KOM, Jack Maddox crashed right in front of me, I ran into him, went over

the handle bars, and did a summersault. I jumped up right away, to find Stanley and Joey standing right by me ready to help me get back into the race. I checked my bike as I was getting back on and riding. Joey pulled me and then I hammered back to the group, catching back on toward the bottom of the KOM hill. I worked my way up to the front on the hill. Then I noticed that my rear brake was rubbing, I used my hand to move it back, but it took a little while. On the second corner after the finish line (the left turn) I was second wheel, right behind the guy who was 3<sup>rd</sup> (and 6 sec behind me) on GC. He slid out in the corner, and I crashed into him. I jumped up right away again, and road hard to catch the group. This time Drew was with me, and pulled me pretty much all the way back to the group, which was nice. I got to the front again, and prepared for the hot spot sprint on lap three, which contained vital seconds for the first three places. My bottles had fallen out when I crashed, and Tommy and Drew gave me theirs. It was also great to hear that Ryan pulled Joey after Joey had stopped for me in the first crash. I knew that the racer second to me in GC had some good sprinting history. I came around him, and won the first hot spot, which got me 3 seconds, but Gera Medina (who was in third GC) got second in the sprint, so I only gained one second on him. Medina won the second sprint. On the second to last KOM hill the group split up a lot. And there were only about 8 of us in the front group, and the rider who was 1 sec. behind me in GC was not in the group. Marcus Smith attacked with about 5 miles to go; I could let him go a little bit because he was 37 seconds behind in GC, and he could take the time bonuses at the finish away from people higher up in GC. I got 5<sup>th</sup> in the stage, but Medina got second and he moved into the yellow by 1 second.

### Stage 3: Criterium

In the Criterium, I had to make up 1 second to Gera Medina. There was a 3, 2, and 1 second hot spot time bonus, and 10, 6, and 4 seconds for first, second, and third place at the finish. The race was short so we started off fast. The hot spot came quickly, and Drew got me near the front. I followed wheels from there, was second wheel into the last corner and came around the next guy in the final straight taking the sprint. Medina got 3<sup>rd</sup> in the sprint, so I was now virtually ahead in GC by 1 sec. It was not much longer before the last lap. Going down the downhill stretch before the last corner Drew was at the front, and I was on his wheel. Medina and another rider started to come around us, and I yelled, "Go Drew". I moved off Drew's wheel, and around him. Medina was to my left approaching the last corner with another rider right in front of us. I took the inside, and came out of the corner in second wheel. I came around the rider in front of me to win the crit, the yellow jersey, and the green jersey. It was great to be able to reward my teammates who worked so hard and Team Swift and take back the lead. Awesome race for Team Swift!

-Ian

## **Drew Gonzales**

7 <sup>th</sup> Place	San Dimas, Stage 3 Criterium	Juniors 17-18
14 <sup>th</sup> Place	San Dimas, Stage 1 Time Trial	Juniors 17-18

### Stage 1: Time Trial

For the San Dimas Time trail, I had a hard time choosing between which wheel set I wanted to use. Eventually I just chose my Mavic Carbone SLr's. The San Dimas time trail was a 3.8 mile climb with a gradient of 5 to 8 percent. It took the winner, Ian Moore, around fifteen minutes. The course is set at the bottom of the climb, so the team van was parked around the base. I set up the trainer near the van and began my classic warm up. I did a five minute zone three and a two minute pyramid. After my warm up, I went to the start with my Lazer Tardiz and prepared myself. I got in line and waited my turn to leave. Before my start, I took a deep breath to open up my lungs. I rode up the climb as fast as I could and kept my pace all the way. I felt like with the gradient of the climb, keeping a good rhythm wouldn't be hard and I was right. I kept a good steady effort all the way up.

### Stage 2: Road Race

Rain like you wouldn't believe poured down at the road race. We didn't do a total warm up, but kept warm and dry instead. Also, we didn't use leg warmers even though there was rain. Laura mixed Bengay, Baby Oil and Vaseline and had my dad rubbed it all over our legs. It was really funny at the time, but during the race I was seriously thinking about how well it works. The mixture kept the heat in our legs and keeps the water from being absorbed by our skin. All of our legs looked so smooth, it was abnormal.

During the race, I just did my best to hang in and support Ian during the race. When the first sprint point came up, I positioned myself to take it, but when I rode to the front, I found Ian ready to sprint. I let him take the sprint so he could gain some time. On the second sprint, I rode to the front ready to go, but didn't see Ian. I figured that he wasn't planning to take it, so I jumped really early from the field and kept going. I came in second for the second sprint point.

Right after the sprint point, Ian joined me at the front of the pack. Coming around the second corner, one Major Motion rider rode to the front. Ian grabbed his wheel, but when we went around the sprint, the Major Motion rider slipped and crashed out Ian. I pulled over and waited for Ian to get up. His brake and rear wheels weren't straight anymore from the crash. It took me three or four minutes, but I was able to pull Ian all the way back to the pack. As soon as I closed the gap, the pack accelerated up the climb to a pace I could not sustain. I fell off the back and rode the rest of the last lap alone.



### Stage 3: Criterium

In the San Dimas Crit, Ian was down by one second in the overall GC. It would take a sprint point win, or the crit win. The plan was for me to lead out Ian for the win. We woke that morning at five thirty and slowly put our kits on. Joey and I got dressed, and then I relaxed back in bed because I was still sore from the day before. Eventually the room became packed with Team Swift because Ryan Clarke and Stanley Goto decided to join us. We bonded in the four minutes we all hung out in my room, until Coach told us to head over to the crit course.

During the crit, I moved up to the front to take a prime because I knew that I wouldn't be winning the crit. At the last corner, I was on the third wheel, ready to sprint. After the corner, I jumped and won a Garmin Edge 200. On the last lap, I heard "One to go, one to go!" I was half way through the pack, when the announcer yelled the lap count. I moved to the front swiftly and saw Ian on the way. He jumped on my wheel as I pulled him to the front, then help the pace for the remainder of the lap. I pulled Ian around the last corner, and then he came around me and sprinted. I picked my head up and saw Ian sprinting like a mad man for the finish. When Ian through his arms up, I mimicked him in excitement and threw my arms up in celebration. =

-Drew

### **Tommy Lucas**

9 <sup>th</sup> Place	San Dimas Stage Race, Stage 1 TT	Juniors 15-16
13 <sup>th</sup> Place	San Dimas Stage Race, Overall G.C.	Juniors 15-16

### Stage 1: Time Trial

My next race after Madera was to be the San Dimas Stage Race and I was very excited to race it because of how well known it was. I went into this race looking for the experience and also to do well. I knew it was an uphill time trial, so I was kind of nervous having never done one before. Before the race I did a zone 3 and pyramid to warm up. As I came up to my start I was ready to go hard. It was hard, yet really fun. I ended up doing the 3.8 time trial in 16:35 which was good for 9<sup>th</sup> place. I was happy but looking forward to the road race the next day.

### Stage 2: Road Race

The next day the rain decided to come in and go crazy across San Dimas which made for horrible conditions and lots of crashes. The race started off fast and furious. It was a mixed field with 15/16's and 17/18's racing together. The first few laps were fine and I was able to stay up near the front but the as the laps counted down I would always find myself behind people that were opening up gaps on the KOM climb and it was hard

to come around and catch back up. So each time it became harder and harder until with 2 laps to go I just couldn't do it anymore and was dropped. That was not good because there was a cross wind and the gap just kept opening and opening. So I was left soloing the last lap all by myself and it was the loneliest the thing I have ever done. So I tried to ride it in as fast as I could and I made it safely in without coming in outside the time cut.

### Stage 3: Criterium

The next day was the crit and I really wanted to redeem myself from the day before with a nice finish. The race was only 25 minutes and my goal was to stay in the front and out of trouble. So as the last lap card showed 1 to go I got excited to finally unleash my sprint as I haven't been able to do that in a while. All seemed to be going well until the field came around the second turn and another rider bumped into me and the wheels just went right from under me and I found myself sliding across the slick road. Boy was I disappointed watching the field ride away from me. I was pumped and in the zone, and right out of it I came. I was sitting top 5 coming into the corner and found myself dead last. I tried to get up as fast as I could, but I had to center my handle bars and my saddle was all out of whack and I ended up coming in around three minutes behind the field.

Overall, it wasn't a dream weekend but I was glad to be a part of it and watch my teammate Ian Moore fight hard for the leader's jersey and win it!! I was also happy to just be there and be a part of the team. It was a very good learning and training experience and I can't wait for the races to come and to come back and do better at this race next year.

-Tommy

## **Ryan Clarke**

16 Years Old, Senior Category 4

15th San Dimas Stage Race Road Race Junior Category 15-16

15th San Dimas Stage Race Criterium Junior Category 15-16

17th San Dimas Stage Race Time Trial Junior Category 15-16

### Stage 1: Time Trial

The day before the TT while pre-riding the course, my legs felt a little sluggish and dead. After doing some efforts they felt a little better, but I was concerned about my performance the next day. I made sure I got to the course a little bit early and I got a good warm-up. When I rolled up to the start area my legs felt a little better than the day before. I found my rhythm and took off. I finished and instantly knew I had not gone hard enough, but I kept a good pace and finished 17th.

### Stage 2: Road Race

When I woke up the morning of the Road Race, it was raining as the forecast said. I warmed up on my trainer under a canopy to block the rain. After I warmed up, I took off my leg warmers and put on a heat rub to replace my leg warmers. It was raining pretty hard and it was supposed to get worse. At start line, I remembered that I forgot to put on my gloves, so I reached into my pocket and had one glove on when the official blew the whistle to start the race. I knew that if I tried to put my gloves on I would get dropped for sure, so I stuck my gloves under my jersey and got a better position in the pack. On the second lap, our GC rider, Ian Moore, crashed, so I stopped along with my teammates, Joey and Stanley to make sure Ian was okay. He was fine, so he caught back up to the pack. I didn't accelerate as fast as Ian, so I found myself with a few others who had crashed as well as Joey and Stanley. We found ourselves chasing the pack for three laps when I ran out of energy because I had forgotten to eat. I fell off the back of the chase group on the sixth lap and finished 15th.

### Stage 3: Criterium

When I woke up, I was sore and tired from the Road Race the day before. I rode from my hotel to the course with the rest of the team and did a few laps on the course for a warm-up. I knew I wouldn't be able to keep up with the pack, but I decided to hang on as long as I could and just finish the race. The start was extremely fast and I held on to the back of the pack, but people kept going off the front and the pack kept speeding up with them, so about halfway through the race, I fell off the back. I found myself with another rider who had also fallen off, so we worked together to finish the race.

-Ryan C

### **Stanley Goto**

9 <sup>th</sup> Place	San Dimas, Stage 2 Road Race	Juniors 15-16
12 <sup>th</sup> Place	San Dimas, Overall GC	Juniors 15-16
12 <sup>th</sup> Place	San Dimas, Stage 3 Criterium	Juniors 15-16
23 <sup>rd</sup> Place	San Dimas, Stage 1 Time Trial	Juniors 15-16

### Stage 1: Time Trial

The first stage was up this beautiful climb just outside of San Dimas. While pre-riding it the day before I was marveling the view down the valley that met the cities edge, I also knew that there would be little time to sight see when I was doing the climb during the race. My start time on Friday was around noon, I didn't want to be sitting around all morning and letting myself compound anxiety waiting for the race so I went on a short spin. When we arrived at the venue I got in a lengthy warm-up for the 3.8 mile blitz up the climb. The conditions were cool and were perfect for a skin-suit. After arriving at the start and getting counted off I spun up my legs quick on the 150-meter stretch before the real climb began. I hit the incline and wasn't feeling too great and my legs did not feel the snap. I struggled up and came across the line knowing my time was going to be poor. It wasn't a good start to the stage race but the weather forecast called for a savage rainstorm for the road race the next day which sounded awesome.

Ian grabbed the 17-18 yellow jersey by less than a second and the night before the race Coach Laura and the team had a meeting for the strategy to grab bonus points and keep the rest of the teams at bay. I always watched the pro's on TV execute and compile strategies, it felt cool to be part of a combined effort like what the pro's do in stage races.

### Stage 2: Road Race

I woke at 4:45 and went to Denny's for some bacon and eggs. On the walk to and from the hotel to the restaurant it was a steadily raining, by time I had suited up it was raining a bit harder and when I arrived at the race it was pouring. I was not dreading the conditions and was actually a bit

excited; I remember while warming up and our make shift tent was getting pelted by the rain; Ian, in yellow, said it was going to be "Epic". Before the race I experienced something new and interesting, At Coach Laura's orders Drew's dad, Andy went out and made a mixture of Tiger Balm and Vaseline. Since it was raining and wearing wet leg warmers from beginning to end would be worse than no warmers, the paste would keep our legs warm and repel the moisture. In the end I would say it worked great and made the day out in the storm easier. From the beginning of the 49 mile race the pace was swift. I was about mid pack when we were climbing the feed zone climb and entering the gates to Bonelli Park. On the section with the open gate there was a small island. I barely scraped by it with a last second reaction and instantly after I heard the crunching of a cyclist. The conditions continued to deteriorate and the descents with the pack were completely insane when you have 40+ kids speeding down a hill, in torrential rain. On the second lap I was well positioned in the pack and the group was thinning a bit. On the gradual chicane before the dam that leads to the KOM climb I was behind Ian and the rider in front of him slid out. I was able to slip and slide to a stop but Ian tumbled over. Ryan, Joey and I were there and Ian remounted his bike and looked to be fine. Ian took up the chasing; Joey Ryan and I were left behind. For the rest of the race we chased hard with a few other riders just a minute behind the pack. During these soaked miles I never felt cold and the warm effects of the tiger balm felt great. Coming around to start our last lap, we were going to be well within the time limit and the race official pulled us. We talked to the official and she said that it was likely that we would be able to race the next day, although we would have been assured a start if we would have been able to race the last lap. We eventually got it sorted out and by then I was losing my body heat and freezing. Soon I was shuttled back to the hotel and took the best warm shower of my life, munched some food and fell asleep.

I was a little bummed that I didn't get the opportunity to see how I would match up with the rest of the pack and instead was chasing my butt off, but the team had great day and Ian was only a second off yellow now. It was an "Epic" race.

### Stage 3: Criterium

The morning of the crit it was not raining, YAY! The pavement was wet but not too bad. Our crit was only 25 minutes long and was quick from the gun. I got myself stuck in the back and never was able to work myself up the pack and clung on for dear life for the rest for the race. Ian laid down the law and won the time bonus, won the crit and won the whole thing. Sick!

San Dimas was overall fun stuff. I got to hang-out with the team and experienced my first stage race with them; after all it would only be half as fun without them. Awesome weekend!

-Stanley

---

## **5. Land Park Criterium** 3/17/12

Sacramento, CA

### **Ethan Frankel**

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

7<sup>th</sup> Place    Land Park Criterium    Juniors

I arrived at Land Park in the early afternoon on a chilly and cloudy day. I quickly set up my trainer to get started on warm-ups and pyramids with my arm/leg warmers and a windbreaker. I watched the Cat. 3 racers right before me, trying to get a little strategy worked out. All I had worked out was to sprint for the primes and make a breakaway on the last half-lap.

I went through rollouts quickly enough, and a minute later the whistle blew and the race was on. It was a quick start around some chicanes. There was a near-180 degree turn that I didn't expect so I had to take it slowly. By the end of the first lap, the elite riders (14-18 year olds) were starting to pull ahead of a few Davis guys and me. I hung back with them and we started a six-man pace-line. The prime came on the fifth lap. I was in the middle of the pace-line, so I tried to "escape" the pace-line. It didn't happen and a Davis rider got it.

On the last lap, I waited for an opportunity to attack and beat the other riders. I got it right after the near-180 degree turn. On the next chicane, the Davis riders started to argue about who would get to make the sprint. "I want to do the sprint." "No. I will do it. I'm the better sprinter anyways." "But I think I can make the sprint very good, you guys." I got pretty tired and annoyed of their bickering. Right after the chicane, I blasted in front of them, going on my highest gear and going all-out. I kept pedaling and pedaling on the highest gear. I kept up a rhythm in my head to just keep my cadence steady. I kept coming and coming and I risked a glance behind me. The Davis guys were almost upon me. I saw the finish line ahead and tried to use my last reserve of energy. I couldn't do it and one guy caught me and beat me by a wheel's length.

I was very disappointed that I'd lost the sprint, but secretly very happy that I took command of the finishing sprint!

-Ethan F.

---

## **6. Ward's Ferry Road Race**

3/24/12

Sonoma, CA

### **Ryan Clarke**

16 Years Old      Senior Category 4

4th Place              Ward's Ferry Road Race                      Category 4

I arrived at the parking lot around 7:00. I put my bike on the trainer and started spinning a little bit. I had done a really hard ride four days before and it left me feeling great, so I knew I'd have a good race. It was really cold out and I decided to keep on my leg warmers so my muscles didn't get cold and tight. The race started nice and slow, but once I hit the first climb I knew I hadn't warmed up enough because I was struggling to keep up on the climb. Once we got to the top of the climb and started descending the field really spread out; the descent was very bumpy and people were flying downhill. I caught up to the lead 15 riders near the bottom then rode off the front to warm-up my legs some more so I wouldn't get dropped on the next lap. The remaining three laps thinned our group from 15 to 8 on the last lap. On the last roller before the finish, someone leapt off the front and I decided I had enough energy to go with them, but I made my decision too late, so I was stuck leading the rest of the group into the finish where I sprinted the last 200 meters to the finish.

-Ryan C

---

## **7. Topsport Stage Race**      3/31-4/1/12      Knights Ferry, CA

### **Tyler Williams**

6<sup>th</sup> Place      Topsport Stage Race, Overall GC              Category Pro 1-2

7<sup>th</sup> Place      Topsport Stage Race, Stage 1 Road Race      Category Pro 1-2

9<sup>th</sup> Place      Topsport Stage Race, Stage 2 Time Trial      Category Pro 1-2

#### Stage 1: Road Race

Going into my first race in over 7 months was a big relief. After such a dramatic off season with sickness and a crash I was just thankful to be able to race again. The first road stage was 77 miles and primarily flat. But what made the day interesting was the high winds and rain that was scheduled for later in the day. I had no expectations going into the day except to try and finish and just get the miles in my legs. But with the winds I knew it would be best to stay in the front of the race. As the race got underway I soon realized that my pack abilities were sharp as ever and my legs weren't as bad as I thought. It took about a half lap before the race was in the gutter and splits were forming and I was in the front group each time. After completing one lap we turned into an uphill head cross wind. This was where the move went. After numerous attacks I forced a group of 12 away with three Mark Pro Strava riders. Being that they had the most guys in the

race I knew that they would not chase our group down. We held our gap all the way but our group dropped 5 guys bringing it down to just 7 of us with one lap to go. The rain started dumping at about this time and I was beginning to pay for my aggression early in the race. Our group splintered with 10k left but I was able to hold off the field and finish 7<sup>th</sup>. Though I think my excitement got to me while in the move which compromised a higher placing I was thrilled with my ride and happy to be back.

### Stage 2: Time Trial

The second stage of the event was a 10.5 mile rolling TT on rough paving. I once again didn't have any expectations on the day especially with the big effort I had put out the day before. However when warming up I found my legs to not be terrible, and I ended up having a decent time trial ending up 9<sup>th</sup> which was a solid result.

### Stage 3: Circuit Race

Stage 3 was a 90 minute circuit race on a rolling course with once again fierce winds. I had learned that I was second out of the Cat 2 guys so I was wanting to be aggressive and not let any moves get away in order to hold my overall spot on GC. The race turned out to be very aggressive and I did my best to always be near the front and in the moves. I felt surprisingly strong during the race and could pretty much get across any gap I wanted or get away from the group. Though the finish ended up in a field sprint and I just rode in safely with the pack I was pleased with my strength on the day. All in all it was a very assuring return to bike racing and I am looking forward to my goals later in the season.

-Tyler