

Team Swift Race Reports

May 2012

Race Reports for:

1. Europe Race Reports—Tyler Williams
2. Team Swift Crit/NCNCA Junior State Critérium Championships
3. Mt Hamilton Road Race
4. Memorial Day Critérium
5. Cat's Hill Classic
6. Norcal MTB races

May Top Results:

1 st Place	Tour du Pays de Vaud, Points Class.	Aigle, Switzerland	Tyler Williams
1 st Place	Team Swift Crit/NCNCA Champs	Juniors 10-12	Luke Lamperti
1 st Place	Memorial Day Critérium	Juniors 15-16	Tommy Lucas
1 st Place	Memorial Day Critérium	Junior w. 15-16	Emily Abraham
2 nd Place	Team Swift Crit/NCNCA Champs	Juniors 15-16	Tommy Lucas
3 rd Place	Kermesse Rekkem	Belgium	Tyler Williams
3 rd Place	Team Swift Crit/NCNCA Champs	Junior w. 15-16	Emily Abraham
3 rd Place	Team Swift Crit/NCNCA Champs	Juniors 10-12	Gianni Lamperti
4 th Place	Team Swift Crit/NCNCA Champs	Juniors 17-18	Drew Gonzales
4 th Place	Team Swift Crit/NCNCA Champs	Juniors 17-18	Libby Caldwell
4 th Place	Team Swift Crit/NCNCA Champs	Juniors 10-12	Isaiah Chass
4 th Place	Team Swift Crit/NCNCA Champs	Junior w. 10-12	Isabella Brunner
5 th Place	Team Swift Crit/NCNCA Champs	Juniors 13-14	Ben Cook
5 th Place	Team Swift Crit/NCNCA Champs	Juniors 10-12	John Fortman
5 th Place	Memorial Day Critérium	Juniors 10-12	Eliot Frankel
6 th Place	Memorial Day Critérium	Juniors 17-18	Remy CantoAdams
6 th Place	Memorial Day Critérium	Juniors 13-14	Ethan Frankel
6 th Place	Norcal MTB State Champs	Varsity Girls	Libby Caldwell
7 th Place	Team Swift Crit/NCNCA Champs	Senior Cat 2/3	Tommy Lucas
7 th Place	Team Swift Crit/NCNCA Champs	Juniors 17-18	Remy CantoAdams
7 th Place	Team Swift Crit/NCNCA Champs	Juniors 10-12	Henry Fortman
8 th Place	Norcal MTB Race #5	Junior Div. 1	Griffin Wigert
9 th Place	Team Swift Crit/NCNCA Champs	Juniors 13-14	Ethan Frankel
10 th Place	Norcal MTB State Champs	Junior Div. 1	Griffin Wigert
11 th Place	Team Swift Crit/NCNCA Champs	Juniors 15-16	Griffen Wigert
11 th Place	Team Swift Crit/NCNCA Champs	Juniors 13-14	Miles Daly
11 th Place	Memorial Day Critérium	Juniors 13-14	Zach McClendon
12 th Place	Team Swift Crit/NCNCA Champs	Juniors 15-16	Stanley Goto
12 th Place	Team Swift Crit/NCNCA Champs	Juniors 13-14	Calvin Hersey
15 th Place	Team Swift Crit/NCNCA Champs	Juniors 13-14	Isaac VanAelstyn

Rider Race Reports

1. Europe Race Reports -Tyler Williams

Germany, Belgium & Switzerland

Tyler's schedule in Europe:

17-20 May Trofeo Karlsberg (UCI 2.NCup GER)

20-23 May UCI training center (SUI) road training

24-27 May Tour du Pays de Vaud (UCI 2.14 SUI)

27-30 May UCI training center (SUI) road training

2 June Rekkem kermesse (BEL)

3 June Schellebelle kermesse (BEL)

Result highlights:

1 st Place	Tour du Pays de Vaud, Points Classification	Aigle, Switzerland
3 rd Place	Kermesse Rekkem	Belgium

Trofeo Karlsburg: UCI Junior Nations Cup

Stage 1:

Trofeo Karlsburg was my first European Nations Cup. It is a 4 day 5 stage event near the Black Forest in Germany. The area where the race is run is very nice with lots of trees and green rolling hills. The first stage was 115km with two steep hills. The KOM hill was 1.5km at over 10% and the second hill was 8% for 1k. We would do each 5 times on the circuit. The competition at this race was similar to what the caliber would be at the World Championships. The first stage was fairly chaotic with a lot of crashes all day long. I was in a break early in the race just trying to open up my legs. I could definitely feel the lack of racing in my legs the first day. After getting 3rd in an intermediate sprint and on a KOM sprint my legs were starting to come off. Our whole team was experiencing a shock to the system this first day. The 2000ft of climbing in the stage that averaged 40kph was very tough having just come over from the US. In the end of the day we finished with 4 guys in the main group. I was dropped on the final climb 7k from the finish. I knew that my form would come around as the race went on but it was still disappointing.

Stage 2:

The second stage was similar to the first day but only 90 km. Once again it featured two punchy climbs. The climb to the finish was 3km at around 8% with max of 12 and the KOM hill was 1500 meters at 7%. The race was again held on circuits and we would be doing 5 laps. It was another really fast day. I again slipped into an early break and was able to win a KOM sprint moving me into third in the classification behind Mathieu Van Der Poel who is the Junior Cyclocross World Champion. The rest of the stage I focused on helping out our guys in GC. Alex Darville and Greg Daniel both

were not feeling good on the day but we still had two other guys in the main group. The last hour of the race was in rain which made the roads a bit slick. Most of the Japanese team crashed on a downhill on the last lap. At the finish 2 riders jumped away with 5km left and a Swedish rider won. Colin Joyce was 5th on the stage and 5 of us finished in the lead group. I could tell my legs were progressing every day.

Stage 3a:

The first stage of the double day was a 9km Individual Time Trial. It was a rolling TT with lots of technical turns. I went fairly early that morning. The effort was tough to gauge but I took some risks in the turns and was able to finish 27th which I was pleased with. Our tt guys did well with TJ Eisenhart getting 4th and moving into 3rd overall and Greg Daniel and Colin Joyce 20th and 22nd. This also moved us high up on Team GC as well. The road stage started 3 hours after the tt so it was a busy day.

Stage 3b:

The second stage of the day was 80 km. It contained a 4km climb and lots of wind. It was a great circuit but a very dangerous run in to the finish. We would do the climb 5 times that day. I was able to hold myself back in the early part of the race to help TJ out near the end. I set tempo up the climb for two laps. The last two laps over the climb the group would shatter in a cross wind section right after the top but each time it would come back together on the downhill. I was pleased however to make it into the front group on each occasion. On the last lap it was up to me and Alex to do the sprint. We were both up in the front going into one km but as it started getting twisty I had to touch the breaks and I was out of the sprint at that point. I rode in safely in the top 40. It was a chaotic sprint with lots of crashes. Alex was 4th on the stage.

Stage 4:

The final stage was a very hilly 100km stage with two big climbs one of them being on cobblestones. We had two guys in the top ten on GC so our goal was to protect TJ's podium and Collin's top 10 in order to gain valuable Nations Cup points for worlds. After the second lap of 5 Collin got caught in a crash but I was there with him and pulled him back onto the group before the cobble climb. I rode the front for the longest climb setting a hard tempo to make the race hard and discourage any attacks. We were riding like a pro team which was a lot of fun. Alex and I drilled the front for a lap and on the 4th lap on the climb the race blew up finally. However Collin was in the back and missed the split on the climb. I did a prologue tt effort and rode him across to the lead group of thirty on my own. However it was in the same spot in which the crash had happened early in the race so as I got to the lead group I blew up and couldn't hold on up the climb. On the downhill I chased back through the caravan into the second group with Greg. We rode in together for top 50 placing. Collin was able to pull off a second on the stage and 7th overall and TJ was 3rd overall. Not only were these results good for the confidence of our team but our teamwork had turned

the heads of many people and gave us not only a huge boost in our confidence in our riding but also in our abilities to work as a tight knit team.

Tour du Pays de Vaud: UCI 2.14 stage race

After our race in Germany we stayed in Aigle, Switzerland. This area was the most beautiful place I have ever been located at the base of the Swiss Alps. It was a great area to train during our off days between the two races. The stage race was a very hilly race with the second stage finishing on a 15km climb. We had a lot of confidence in TJ and Greg who are both extraordinary climbers. My legs had been feeling good but I was suffering from terrible allergies which I did not know how that would affect my performance over the next few days.

Prologue:

The prologue on the first day was a 3km course on very small technical turns. It included a 500m climb at 15% and another 300m hill at 8%. Then a fast downhill that was very tricky and dangerous. I was having trouble breathing that day which was not fun. The effort was one of the most painful efforts of my life. I was so deep in the red after the climbs I had trouble holding myself up on the bike on the downhill. In the end I finished 35th but TJ was 3rd and would be wearing the green jersey on the first road stage.

Stage 1:

Stage 1 was 100km with three 3km climbs in it. It started on Lake Geneva and headed in towards the valley into the hills and mountains. I got in the early break again but we had 7 guys and 3 from the same German team. We worked well for quite a while. I was able to win the first sprint point of the day which was a good reward for my efforts. Then as we got to the base of the first KOM which was 5km with the last 3 of 8% Greg and TJ bridged across to my group with a group of 10 more. All of a sudden we had 3 guys in a dangerous move off the front of the race. When TJ got to me went straight to the front on the climb and drilled it dropping everyone. I was in a second group on the road after him with the winner from last year. We went over the top of the climb 15 seconds behind him. We were then in a group of 6 chasing TJ. The next group on the road had Greg, Alex and Collin. We caught TJ at 40km from the finish. Once we caught him I drove our break as hard as I could into the final two climbs with 20k left. I was able to win the other sprint point on the day before giving everything I had into the bottom of the second to last climb. TJ and the defending winner from Denmark broke away on the second to last climb and I was caught with the remnants of the peloton with 15km left. I made it over the last climb with them but it had been raining and I crashed on the downhill with 3km left. I jumped back on the finish 25th on the stage. More importantly though TJ won the stage solo and took both yellow jersey and the KOM jersey. I was also stoked to find out that I was leading the point classification and would be in green.

Stage 2:

The second stage was a tough day with two KOM climbs before the final 15km up to Leysin. My goal for the day was to defend my jersey then to help defend TJ's. I went in the early break to grab sprint points. I had to attack our break though because no one would work with me. I ended up riding 5km solo to win the first sprint. I then rode the front for 10km into the base of the first climb to catch a big move that slipped off. After catching my breath in the middle part of the race, Alex Darville and I set tempo over the second half of the second climb and led the descent. There was one rider off the front with a minute and we were holding him right at that gap. Alex gave me a great lead out to the second sprint which I won out of the group and got second place points which nearly locked up the jersey for me. After the sprint I was in a group of four going off the front to the final climb. As we turned onto the road that we would go up I realized we had ridden half of the climb during training. I realized it was going to be a long day. I sat up at the bottom of the climb and got caught by the peloton. I then rode tempo hard on the front. We did a full lead out on the climb between Alex and me then Greg took over with 10k left before TJ attacked. I just rode into the finish while TJ won again and Greg was 5th. It was another amazing team effort and was great to be part of.

Stage 2b:

The second stage of the double day was an 11km ITT. It was a very technical Time Trial on small farm roads. Our director told me to take it easy in the tt because I was going to have a tough day on the final stage. I was pretty shattered from the early stage so I wasn't going to complain. During the tt I found a good rhythm and finished 2:30 behind the leaders. Our director Billy was following during the effort and was talking to me about random things the whole time which helped me keep from going too hard. The highlight of it was the green point leader's skin suit that I got to wear.

Stage 3:

The final stage was going to be a tough day. We had to defend the leader's jersey on a hilly tough 115km stage. We were down a guy from the start because Collin was suffering from heat exhaustion. Though he started he was not close to 100%. Alex and I made the call early in the stage to just control every aspect of the race. We let a break go to get the sprint points that were available early in the stage. Colin was able to help early on but for a majority of the stage it was Alex and me on the front. Alex and I eventually pulled back the move with 50km left. We had Greg and TJ for the finish so Alex and I just had to get them into the final KOM. I did a few really hard pulls on the climbs keeping it together and going into the final climb there were only 50 riders left. I was able to sprint to pick up maximum points on the final sprint of the race and lock up my jersey. Darville and I did a team time trial into the final climb. I did a full sprint up the first 150 meters of the hill before pulling off and letting Greg and TJ do their thing up the climb to the finish. Alex and I rode in to the finish together. I was stoked to be able to stand on the final podium with a jersey. All

in all we did an amazing race winning two stages and 3 of the 4 jerseys. It was the most fun I have ever had bike racing.

Rekkem Kermesse:

After staying in Switzerland for a few days after the race we came back to the house in Belgium to do a kermesse before heading home. Our race was a 6.5km circuit for a total of 95km. It was a nice course up and down with a fair amount of wind and a 300 meter uphill finish. I sat in patiently for the first 20km before starting to mark moves. I was able to find a couple of promising moves winning a prime lap but each was caught. Then with 3 to go I bridged up to a three man group including Alex. We worked well together and the other guys were all getting really tired. With 2 laps left 4 more guys came across to us and the gap got big back to the field. Darville and I both felt good and we both had good sprints so we were confident we would have a good shot at winning. On the final lap a rider attacked on the finishing climb and Alex went with him. I sat and marked the other riders occasionally rolling through the pace line but not driving. With 300 meters to go we made the right hander up to the climb and I knew Alex would win. In my group I had third wheel. I waited for the Avia rider to launch his sprint from second wheel before starting mine with 150m left. I was able to win the group sprint and get third. It was another good day with two of us on the podium. I was happy with my riding and also happy for Alex who really deserved the win that day.

-Tyler W

2. Team Swift Criterium

5/12/12

Santa Rosa, CA

Drew Gonzales

4th Place Team Swift Criterium Juniors 17-18

In the Team Swift Crit, Joey and I were out-numbered by the new Ritte Development Team. The 5 of them were strong enough as a team to make the race a fast paced one. During the crit, several little moves were made by solo riders, but nothing stuck because the race was moving too fast. I was racing on my Mavic Carbone SLR's, so I was confident that if I were in a break that it would stick. During the race, Joey and I took turns trying to make breaks. We took turns because if one of us were to get away, the other could block. However, if both Joey and I were gone, then the field would chase us down immediately.

The last five laps were the most interesting. The entire Ritte Team had started a massive leadout. Their five riders pulled the race until the last lap. During their train, I held on to the back, waiting for the sprint. On the last corner, the sprint began. I grabbed my drops, jumped out of the saddle and started pumping. I crossed the line in fourth place. =Drew

Tommy Lucas

2nd Place Team Swift Criterium Juniors 15-16

I was super excited for this race because it was in my hometown, which meant I could warm up from my house to the race. The crit race started off fast and team specialized brought their whole team to the race so I knew they were going to determine what happens. Stanley and Griffin put in some good attacks which helped set me up to follow moves at the end, way to go teammates! No other attacks ended up staying up the road. With 1 lap to go Team Specialized had a full on lead out train and I wasn't in the right position to contest the sprint coming around with one lap to go. I had to make up some ground but by the time the final lap rolled around I had just made it up to the Team Specialized sprinter but their sprinter had already launched so I couldn't come around in time. It was disappointing but it was a learning lesson of where I need to be and how important the right position is.

Also great job to Luke on his state championship win!!

-Tommy

Griffin Wigert

11th Place NCNCA State Criterium Championships Juniors 15-16

28th Place Team Swift Criterium Senior Category 3-4

The NCNCA State Champs Crit was put on by Team Swift in Santa Rosa, so it was nice and close. I got to the race venue and began to warm up on my trainer. I started the first race at 10 o'clock. I sat in the pack for the first few laps, until the announcer called out that there was a prime for an electric toothbrush. I attacked the pack, and was able to claim the prime lap. Unfortunately, while I was off the front, I hit a dip in the rode and my saddle became loose. For the rest of the race I had to scoot back and forth on the saddle to keep it balanced. I stayed away for another lap and a half. After I was caught, my teammate Stanley attacked several times for primes. With one lap to go, Team Specialized rode to the front and began a lead out train, which my other teammate Tommy was able to join in on. He claimed 2nd in the sprint while I finished 11th.

-Griffin

Libby Caldwell

4th Place Team Swift NCNCA Junior Criterium Championships Junior Women 17-18

I was really excited to have Team Swift host junior criterium championships. I really wanted to win this race and I knew the two girls who would be my biggest competition and I knew their strengths and weakness'. What I wasn't expecting was having two girls I race mountain bikes with to be at the race as well. I had a good

warm up with my teammates and was excited about the course. When the whistle blew to start the race the two mountain bikers immediately went at the front to pull. It was weird, they wouldn't let anyone else pull but they weren't driving a hard enough pace to counter all the attacks. This one girl in the age group below me kept trying to attack and be overly aggressive in the turns but nothing happened. I started to get bored so I attacked into a prime lap and picked up some cash but was easily brought back. I was fighting for wheels the entire race because one of the 15-16 girls wanted to be third wheel even though she wasn't racing with us. Things started to heat up into the final lap when one of the mountain bikers pulled off and Fiona Winder immediately grabbed second wheel. The mountain biker wanted back in but we were all in a tight formation and she started to shove the girl in front of me for position. Going into the last corner I was sure I would have enough time to gear up for the sprint since I was positive no one would try and sprint the distance from the corner to the green finishing banner. I was also not in the best position since I was fourth wheel and the mountain biker was still riding beside the person in front of me. Right after the corner Fiona Winder kicked and started her sprint buzzing past the first girl. The second mountain biker cut both the girl in front of me and myself off so we had no slipstream to sprint in. I was at a disadvantage even more since it never occurred to me to gear up into the corner. I lost the wheel in front of me and had to take the corner really wide. With 50 meters to go I was gaining on the leaders but knew there was no way I could catch them. I finished a mere bike length behind the girl in front of me. But no one passed me either. Although I wanted to win this race I was happy I was able to make the best of the situation out of the cards I was dealt.

-Libby

Emily Abraham

3rd Place Team Swift Criterium Junior Women 15-16

I was feeling really pumped and excited before the Team Swift Junior Championship. I did a nice 45 minute warm-up on the trainer, which really helped and made me realize I should warm up for that long before every race. The race was just Juniors 17-18 and 15-16, so there were no Women's 4 like a lot of the races. When we got up to the start line, the field was split up into each category so we could see who we were competing against. But both categories raced together. When the race started it was a pretty fast pace, but I was still able to keep up. I kept my eye on the two girls who I was racing against. I sort of stayed toward the back of the pack and just drafted off one of the girls. I realized I should have tried to get up farther in the group. Towards the end of the race I started to lose energy and fall off the back. I saw the pack slowly moving away from me, which is obviously never a good feeling. But the race was a lot of fun and I learned some new things about racing.

-Emily

Ethan Frankel

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

9th Place Team Swift Criterium Juniors 13-14

I was very excited for the start of my race in the first ever Team Swift Criterium. The weather held for this special event—it was sunny without a cloud in sight. The first thing I did when I got there was warm-up by taking a few laps around the course. I got a good feel of the loop before the first race started. I then quickly set up my trainer and started spinning. After an hour, it was my turn.

All of the racers came up to the line, and then we heard the whistle. The pace started out high, then rapidly slowed. The whole group started a pace-line. We were still going a pretty easy pace after the first three laps. After we rounded one of the chicanes, the speed picked up. Some of the faster racers broke away and I was in the chase group. The lead group was accelerating suddenly and then slowing down again, I could see them just around the corner. Every time they slowed, we caught, but they kept accelerating and after three more laps, we were a little more of a corner behind. One of the guys in the lead group also got dropped and stuck with us.

We, the chasers, were in a pace-line the whole time, and every time it was my turn, I tried to push the pace a bit to try and catch the leaders. On the last lap, everyone stayed eerily quiet and we could only hear the whirring of the wheels. As we rounded the second to last corner, I went into the fourth slot in the pace-line. Suddenly the two guys in front attacked. The racer in front of me barely noticed. I had a split-second delay before I passed him and tried to jump onto a wheel of the two guys ahead. I came close, but was too far away to catch them. As the finish came into view, they were under a second ahead of me. I sprinted and was a wheel behind the guy in front as I crossed the finish, so I came in third in the chase group and ninth overall. Next time, it will be me who attacks.

-Ethan F.

Luke Lamperti

Age 9

1st Place Team Swift Criterium Juniors 10-12

The Team Swift Criterium was exciting but I was nervous! I warmed up on my trainer and did sprints before the race. After the girls finished, we did roll out and then the race started. We all stayed together for the first 2 corners and then there was a breakaway made by Isaiah. A rider from Sierra Nevada jumped on Isaiah and then I jumped on him with Gianni on my wheel. We worked together taking turns pulling for most of the race. Only during the Primes did we sprint, but then we all got back together to continue taking turns pulling. It was not until the last lap that everyone starting attacking. At the last corner before the finish line, I pulled ahead and began my sprint. It was a long sprint, but I was able to sprint my way to the finish with a first place win. I was very excited!

-Luke

Gianni Lamperti

3rd Place Team Swift Criterium Juniors 10-12

The Team Swift State Championship Criterium 10-12 was a 30 minute race around Administration Drive. After roll out we started the race. All of us were together for the first corner. Somewhere in between the first and second corner 3 people dropped off. A Sierra Nevada rider made an attack. Luke, Isaiah, and I worked together to catch him. Then it was Luke Lamperti, Isaiah Chass, and I. At one point Luke made an attack, and I was so anxious that I attacked after Luke and pulled the Sierra Nevada rider back up Luke. (That is a mistake I won't make again!) When it came to the last lap Luke, Isaiah, and I took one last drink and then chucked our water bottles. On the last straight I pulled out to give Luke the lead out from behind the Sierra Nevada rider with Luke on my wheel. Now we could see the finish line and Luke pulled out from behind me sprinting. It was an all out sprint, with Luke finishing 1st, the Sierra Nevada rider 2nd, me 3rd and Isaiah 4th. It was fun day!

-Gianni

Tommy Lucas

7th Place Team Swift Criterium Senior Category 2-3

This race was stacked with 54 riders and my dad and I were just two of them. The race was fast and I just sat in while many attacks went before a break of 5 riders got away and built up to a minute gap. It was fun sitting in with these guys because it was my first time riding with cat 2s as well. Not much happened after the break got away and I knew I wanted to win the pack sprint. Coming around for the last lap I stayed up front and my dad gave me a fast lead-out which launched me to a 7th place overall and second in the pack sprint.

-Tommy

Griffin Wigert

28th Place Team Swift Criterium Senior Category 3-4

The Category 3-4 race was at 12 o'clock. Three Rabobank riders here for the Tour of California showed up at the back of the pack right before the race start. I stayed in the pack the entire race, always trying to move up. I stayed mid-pack to the top 1/3. Going into the final turn, riders in front and to the left side of me hit the curb, and many riders began to fall. I swerved right and finished 28th.

-Griffin

3. Mt. Hamilton Road Race

5/27/12

San Jose, CA

Tommy Lucas

42nd Place Mt. Hamilton Classic Senior Category 3

I knew this race was going to be hard and my plan was to just get a great workout. The race started off with a tempo pace up the first 10 miles of the climb. It started to get hard at about 5km to the top and I popped off the back with about 3km to go to the top when attacks started going and the climbers came out of their caves. I made it over the top and soloed the downhill, which is not an easy downhill at all. I lost some time on the downhill but as soon as I descended the terrain went up again and I joined up with another junior from Tieni Duri. We rode for a while up the hill until we met up with another rider and then we caught up with more and more. It wasn't an easy race but as soon as we got a group of about 5 of us it got a little easier. The 5 of us then rode into the finish.

-Tommy

4. Memorial Day Criterium

5/28/12

San Jose, CA

Tommy Lucas

1st Place Memorial Day Criterium Juniors 15-16

I was still tired from Mt Hamilton the day before and had no idea what to expect. They put the 15-16s with the 17-18s, which made things harder. I was tired and it was really windy. I just sat in and made sure nobody from my category got away. Coming around for the last lap ritte had a lead out train and it was fast. I just sat on and coming around the last corner I sprinted as hard as I could and won.

-Tommy

Emily Abraham

15 years old, Junior category 15-16

1st Place Memorial Day Criterium Junior Women 15-16

On May 28th, I did the Memorial Day Crit. I had to get up around 5:00 a.m. to get to my race on time. I didn't really sleep very well, so when we arrived I felt like I had no energy. After checking in, I put my bike on the trainer to do a warm up. I still felt a bit tired, so I just did some spinning before having to head down to the start line. While riding down to the line, I started to get worried because I didn't do much of a warm-up at all. There were three categories racing at one time: Women 4; Juniors 17-18; and Juniors 15-16. I don't always like racing with the women, because sometimes they go a lot faster than the juniors and it's a lot harder to keep up. Before the race

started, we were told to kind of take it easy on the first lap to get a look at the course. In my head I thought, "Yah right, everyone's just going to take off when the whistle blows." Surprisingly I was wrong, the race started out at a really nice easy pace that kept everyone together. I even remember the mentor telling us to speed it up at the end of the first lap. A few laps in, I felt really good. I was no longer tired and I had a lot of energy, I was determined to win. I scanned the pack for any girls I recognized that might be in Juniors 15-16. I spotted two girls who I knew I was racing against. Every time the pack picked up the pace, I looked for those two girls. I made sure they wouldn't get too far ahead of me, so I could sprint for the finish. On the last lap, I was neck and neck with one of the girls. She would get just a little ahead then I would go faster and get ahead of her. When the pack came around the last corner, everyone spread out for the sprint. I gave it all I got and sprinted for the end. After crossing the finish line, I looked back and saw the two girls just crossing the line. The overall race was a lot of fun, and it felt really good to be able to keep up with the pack.

-Emily

Ethan Frankel

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

7th Place Memorial Day Criterium Juniors 13-14

It was a perfect day was racing day in San Jose. I arrived a half-hour after noon to start my first Memorial Day Criterium. I quickly warmed up by doing repeats on a street by the course, pyramids and all. I watched the end of my brother's first race (10-12's) and then it was my race. We did a quick rollout and then a quick start. The race was only six laps, so the pace was set even before the start—fast, very fast. The usual lead group started pulling ahead of the usual chase group after only a lap and a half. As we completed the second lap, we saw the leaders a block ahead. After half of the lap, it was my turn to pull. I started it out at a very high pace and kept it up through another half lap, so I finished a little after the start/finish line. After I pulled, I saw that we were already starting to gain on the leaders. I tried encouraging the current chase group puller to go faster, but to no avail. I didn't want to break away, in fear of losing energy. I had already spent some energy with my big pull. As we finished the fifth lap, the leaders were well ahead of us. We couldn't catch them in half of a lap. I took a few sips of water to keep some fuel in the tank, and got ready to attack. As we rounded the second to last corner, I tried to pull ahead with a very hard pace. Only two of the guys stayed with me, but I didn't really take much notice of that. I led them out into the final sprint and gave a last breakaway attempt. But I had spent too much energy in the long sprint. The two guys passed me twenty meters before the line and I again came in third in the case group and seventh overall.

The new lesson of the day: don't start the sprint too early, or you shall lose a lot of energy.

-Ethan F.

Elliot Frankel

Age 9

5th Place Memorial Day Criterium Juniors 10-12

This was my first race and I'm definitely going to be doing more. Technically I'm racing age 10 but my birthday is November 30 so I'm almost 3 years younger than the oldest racers. Also I'm really short so there are lots of disadvantages. But in my first race I still finished 5th out of 7 and won a T-shirt. I was in the Memorial Day parade in the morning but only got to walk 5 minutes because we had to get down to San Jose. We got there early and I had plenty of time to warm up. The Crit was 4 laps. I wasn't really ready when the whistle sounded so I got a late start. There was a breakaway group of three 12 year old girls from Davis. I tried to keep up with them in the first part of the lap but I got tired and started to lead the chase group. I led for the next lap. Three other boys broke away, and I stayed with the chase group. In the 3rd lap the chase group tried to pass me and they did for a little bit. I got back into the group. By the last lap I was leading again but someone passed me in the sprint so I ended up second in the chase group and 5th overall. It was a very good first race but I could have drafted more instead of leading. So I learned a lot from this first race. I can't wait till the next one.

Elliot

5. Cat's Hill Classic 5/5/12 Los Gatos, CA

Tommy Lucas

Cats Hill Classic Juniors 15-16

The race started out with a 30-minute delay. This race was set to go quick from the start, being that it isn't a very long race. With about 3 laps into the race a rider crashed and the officials stopped it neutral for about 20 minutes. We then started with 5 to go, again going fast. The next few laps I was chasing down a solo rider off the front and I came around a corner, my inside foot was down and I clipped a pedal on the ground and crashed. Mental note to self, when coming in hot to the corner keep that pedal up!

-Tommy

6. Norcal HS MTB Race #5 5/6/12 Stafford Lake, CA

Griffin Wigert

16 Years Old, Junior Varsity Division I

8th Place Norcal High School MTB Race #5 (Stafford Lake)

The high school race this time was very close to home, only 13 miles from my front door. It was at Lake Stafford, a park usually closed to bikes but open to them for only this race. Since the park wasn't built for bikes, new trails had been built especially for the race. There was not much singletrack, and the new trail was super bumpy.

The course was about 5 miles long, with two climbs, adding up to over 400 feet of climbing per lap. I was racing JV, so I would do 4 laps. The rest of the course was super bumpy flat sections of newly dug trail. I started in the front row of the race, but soon lost that position and settled in at 15th place. I began to pass people on the flats leading up to the first climb, so when I hit it I was in about 11th place, with one group of 4 five seconds in front of me and another group of 7 about 10 seconds in front of me. I latched on to the back of the first group, but it split up on the descent, leaving me in 7th place, trailing a Salinas rider. Fourth and fifth place had a 10 second lead on us, and the top 3 another 10 seconds. I worked with the Salinas rider and almost closed the gap with 5th place. I dropped him on the descent on the second lap but also lost time to the 5th place rider. I remained alone for the rest of the second lap and most of the 3rd lap. On my third lap, after descending the second hill, I was passed by another rider who soon dropped me, putting me in 7th place. The Salinas rider that I had dropped also began to catch up, and was about 25 seconds behind me. He caught and passed me on the last lap, and I finished the 21 mile race in 1:36, finishing in 8th place, and earning 7th overall in the series.

-Griffin

Libby Caldwell

6th Place Norcal High School MTB Championships (Stafford Lake)

Varsity Girls

4 laps, 24 miles

As usual I was feeling quite pessimistic before this race. I had ridden the pre-ride on my trek 6700 hardtail and was not excited to ride four laps of the bumpy course. I was really worried that my bike would shut down as it did 3 weeks prior at Boggs with a nasty case of phantom-shifting. But I tried to put all my negative feelings behind me when I got to the pit the morning of the race. I set up my bike and was pleasantly surprised when the wonderful Joe breeze offered his cloud 9 Breezer for me to race on. I started to feel better about my race and just told myself to do the best that I could. But I didn't want to do badly, I knew my friends were going to come and see me race (for the first time) and I wanted to show them why I can't hang out after school, why we always have to eat places within my dietary restrictions, and why I can't come to concerts or parties on the weekend, because I am a bike racer. I wanted to show them what I can do.

When I got to the start people were riding around the field because the league didn't want to stage racers yet. But I stayed relatively near and when the NORCAL women announced varsity staging I was the first person there. Because of this I was second line back at the start, behind Mackenzie (a great place to be). When the countdown ended and we started off down the race course the crazy attacks and

carnage I imagined never happened. Kate and Josie were at the front driving a reasonable pace around the windy, bumpy course. I was in the lead group until Sofia Gomez attacked on the fire road climb. I was not about to bury myself on the first lap so I went my own pace. At the top of the climb I was surprised to pass Julie Barton from placer foothill composite who had been consistently beating me since sophomore year. With the cloud nine I was able to get a small gap on the rest of the girls down the descent and through the flat fire road. When I started up the windy single-track climb I could see Kate and Josie leading the pack ahead of me. I started to close the gap as I saw some girls struggle up the rock. Although jumping off my bike and running was time effective it ruined my rhythm and my heart rate started to spike and my asthma started to return. I started to calm down through the switchbacks and it was reassuring to see two former drake coaches, Patchen and Nikole at the top of the climb cheering me on.

The quick single-track descent caused the girls behind me to catch up but when we hit the bumpy grass sections the cloud 9 did its magic and basically rolled over everything. When we got to the "there and back" flat section I could see Cara Woods of TL and Sofia Gomez on the other side. The gap was increasing but all I really cared about was keeping the chase group of 5 riders behind me. I drank water consistently on the flat parts and after the grassy U-turn took a Clif Shot.

After the first lap I was feeling really fatigued. The climbs were relatively short and easy but the flat grass sections really sucked the energy straight out of me. I was positive I was going to be caught by the people behind me. But apparently they were getting tired too! The second lap was not exiting. When I started my third lap I started to see the light at the end of the tunnel, I was almost done. My gap on the chase group behind me was staying the same and when I went up the technical rock section Dave Curtis of San Rafael told me I was currently in 6th place. Shayna had broken her derailleur and had to borrow her dad's bike. The motivation of being in sixth place got me up and down the last parts of the lap. I still had hope that if I went fast enough maybe I could catch the Cara Woods group of 2 ahead of me. This dream was quickly shut down as at the end of my 3d lap, in the grassy U-turn under the tree. I came in with too much speed and my front wheel washed out. But no one should worry about the bike because my face took most of the impact. I was initially pretty freaked out worrying that girls behind me were gaining. I attacked the last time up the fire road climb finding motivation in my last lap. I was pleasantly surprised to see no one descending down the hill as I made my way on the flats to the last climb. I kept my focus on maintaining my speed and keeping upright as another stupid crash could cost me a lot of time. When I rolled onto the finishing straight I couldn't help but do a little Alec Kassin fist pumping in disbelief that I cracked the top 10 of Varsity for the first time and was one place away from podium.

-Libby

Griffin Wigert

HS MTB State Championships (Los Olivos)

JV Div.1, 10th Place

State Championships was in Los Olivos, in Southern California. The venue was in a cow pasture surrounded by hills. The course was 5 miles long, and I was supposed to do 4 laps. Because of the heat and lack of shade, the race organizers shortened the JV race to only 2 laps. The course consisted of two climbs, each followed by downhills. I had a good start, and was in 6th place for the first lap. I was passed by riders occasionally on the second lap, due to my fatigue with it being so hot and my chain guard falling into my derailleur. I came into the Start/Finish alone in 10th Place.
-Griffin
