

Team Swift Race Reports

April 2013

Race Reports for:

1. Sea Otter Classic
2. Wente Road Race
3. Town Center Criterium
4. MTB Reports
5. Tantalus Time Trial

April Top Results:

| | | | |
|------------------------|---------------------------|--------------------|------------------|
| 1 st place | Sea Otter Classic; XC MTB | Junior 15-16 Cat 3 | Eli Kranefuss |
| 1 st Place | Tantalus Time Trial | Juniors 10-18 | Miles Daly |
| 1 st Place | Wente Road Race | Juniors 15-16 | Ben Cook |
| 1 st Place | Wente Road Race | Juniors w.15-16 | Emily Abraham |
| 1 st Place | Town Center Criterium | Juniors w. 15-16 | Emily Abraham |
| 1 st Place | Town Center Criterium | Juniors w. 10-12 | Isabella Brunner |
| 2 nd Place | Norcal Race #4 | Sophomore Boy D2 | Eli Kranefuss |
| 3 rd Place | Wente Road Race | Juniors 15-16 | Miles Daly |
| 3 rd Place | Town Center Criterium | Juniors 15-16 | Miles Daly |
| 3 rd place | Norcal MTB Champs | Sophomore Boy D2 | Eli Kranefuss |
| 4 th Place | Town Center Criterium | Juniors 15-16 | Ben Cook |
| 4 th Place | Norcal League, Overall | Sophomore Boy D2 | Eli Kranefuss |
| 6 th Place | Town Center Criterium | Senior Category 5 | Ben Cook |
| 7 th Place | Wente Road Race | Juniors 15-16 | Emmet Pfau |
| 7 th Place | Norcal League, Overall | Varsity Boys | Griffin Wigert |
| 8 th Place | Sea Otter Classic, XC MTB | Juniors 13-14 | Gianni Lamperti |
| 9 th Place | Norcal MTB Race #5 | Varsity Boys | Griffin Wigert |
| 13 th Place | Sea Otter Circuit Race | Juniors w.15-16 | Emily Abraham |
| 15 th Place | Norcal Race #5 | Varsity Boys | Griffin Wigert |
| 20 th Place | Sea Otter Circuit Race | Juniors 17-18 | Ryan Clarke |
| 25 th place | Red Kite Criterium | Senior Category 5 | Karan Desai |
| 27 th Place | Sea Otter Road Race | Juniors 17-18 | Stanley Goto |
| 28 th Place | Sea Otter Road Race | Juniors 17-18 | Griffin Wigert |
| 30 th Place | Sea Otter Road Race | Juniors 17-18 | Ryan Clarke |
| 30 th Place | Sea Otter Road Race | Juniors 15-16 | Eli Kranefuss |
| 32 nd Place | Sea Otter Circuit Race | Juniors 15-16 | Eli Kranefuss |
| 35 th place | Town Center Criterium | Senior Category 5 | Karan Desai |
| 37 th Place | Sea Otter Road Race | Juniors 15-16 | Ethan Frankel |

Rider Race Reports

1. Sea Otter Classic (road and mtb)

4/18-21/13

Monterey

Circuit Race Reports

Emily Abraham

13th place Sea Otter Circuit Race Women Junior 15-18

I was stoked for the Sea Otter Classic in April, I had never been there, but I heard about how awesome it is. I signed up for the Circuit Race which is located on the Laguna Seca race track. When I pre-registered for the race, I noticed that about five girls all from the same team in Boulder, Colorado were signed up. This made me a bit worried since they all on the same team traveling all the way to California. I figured they must be good. My mom and I headed down to Monterey Thursday night so we would be there early for my race the next afternoon. As soon as we arrived I got out my trainer so I could spin just for a few minutes. I was especially excited for this race because it was my first time racing on my new TIME frame. The next morning, we got up early to head over to the event. My race wasn't until later but I was able to learn about the course by watching other races. Coach Laura, former team-mate Libby, and I went out on a good warm-up ride just before the race. We were all racing at the same time but in different categories. The race started off quickly, the officials started the Junior girls at the same time as the Women 35+. All the girls immediately grabbed on the older women's wheels. The first lap was extremely difficult and I barely hung on at the very back of the pack. When we turned the corner for our second time up the hill I could no longer hang on. I was dropped with two other girls in my category. After the descent the other girls and I began working together. On the next lap, another girl caught up to us and the four of us took turns pulling so we could try and catch up to the peloton. Unfortunately the race wasn't organized well and the official's began pulling people off the course if they were three minutes behind the person in the lead even though the person in the lead wasn't part of our category. It was very confusing and frustrating that we were taken out of the race, but I was still able to enjoy the experience of racing in the Sea Otter Classic. Next year I hope to be a lot stronger and have a better strategy for the race!

-Emily

Ryan Clarke

20th Place Sea Otter Classic Circuit Race Juniors 17-18

This year was my first time at Sea Otter and I was really excited to go and have the opportunity to see all of the bike companies and race my bike all in the same spot. I was nervous before the start because I had no idea what the race dynamic would be like. My legs felt ok. Not the best, but certainly not the worst. Our start was delayed for some reason and to keep the rest of the day on schedule, the officials decided to race the Cat 3's with the juniors. I wasn't at all pleased with this, but I realized that it could

be beneficial because of the extra shelter from the wind. We all rolled out together and headed up the hill. As the race went on I kept drifting back going up the hill and moving up on the flat and descent. Finally, after an hour of racing, I slid off the back once and for all. I chased hard to get back, but it wasn't meant to be. I was caught by a chase group of Cat 3's and I joined them for a bit before the officials pulled us all off the course for our safety and the other racers. They placed me off of where I would have finished had we stayed out which I thought wasn't too fair because I could have moved up if our group had caught someone, but I'll just make sure I stay up there next year so it isn't a problem. On the brighter side of things, I got to hang out with all of our sponsors after and I have to say, it was really fun. We got some really cool socks from Sockguy and overall it was a great experience even though my race didn't go super well.

-Ryan

Eli Kranefuss

32th place Sea Otter Classic Circuit Race Juniors 15-16

After eating lunch and visiting some sponsor's tents as a team, I hopped on the trainer to start my warm-up. After the trainer, I rode over to the start to clear rollout. Then, with some extra time remaining, I rode around the course to get a feel for it, especially for the main climb right after the start. After the start I was sitting in the pack and I made it up the first climb with them. Starting the third lap on the racetrack, I was sitting on the outside of the pack. Rounding the corner before the climb, I got pushed into the wind and passed by a few riders. At the same time, someone decided to sprint off the front. With my bad location, I missed the split and tried to catch up to the pack the rest of that lap. When I rounded the final turn in the lap, I could see the pack, and I thought that I might be able to catch up. But then I passed the start line, and the official pulled me. I learned that where you are seated in the pack can make a huge difference, so it wasn't a completely bad race.

-Eli

Road Race Reports

Ryan Clarke

30th Place Sea Otter Classic Road Race

The road race was bright and early the day after the circuit race starting around 7am. Or so I thought. A crash at the start of the GranFondo delayed us for almost 20 minutes. I tried to spin to keep my legs warm, but as we rolled out and down during the neutral start my legs froze. We got to the first hill and my legs couldn't react to the effort. I crested the hill and caught a chase group where I found my teammate Griffin. I rested for a bit and then started helping out with the chase. I was really giving it my all and right before the feed zone I could see the main field, but right when I pulled off, everyone sat up apparently not wanting to make it back. I kept going hard thinking we might get there, but they were long gone. I knew I wasn't going to last much long after

working at my limit and right after the feed zone on the third lap and I slid off the back of the chase group. I wasn't the only one though and I rode the last lap to the finish with a really nice kid named Wyatt. Once again, I wish I had been able to stay with the front group, but I ended up making a new friend and an ally which is the next best thing.

-Ryan

Griffin Wigert

29th Place Sea Otter Road Race Juniors 17-18

For this race, the start was at 7am. I warmed up on the trainer and on the race course. I lined up to start with the team, but we had to go and warm-up again because the start was held up by an ambulance. The neutral start was okay, but it was kind of sketchy going down the descent with everyone on their brakes. The course was rolling with some sketchy turns. When the motorcycle pulled off, several moves went, but I was stuck in a group that was a little off the back of the pack. The group I was in was caught by some riders from behind, while it would also catch other riders coming off of the main pack. I stayed in this group the entire race, until the end when I dropped off of it in the last 500 meters.

-Griffin

Eli Kranefuss

29th place Sea Otter Classic Road Race Juniors 15-16

With a race start at 7am I had to wake up at 5am, I ate a quick breakfast, and started driving to the venue. After getting past the Gran Fondo riders, we finally parked. Knowing that it was a long race, I did a short warm-up on the racetrack. I knew that it would be a fast race, so my goal was to stick with the pack as long as I could. After the neutral start, the race sped up a lot. I stuck with the pack on the first few climbs, and I was feeling pretty solid. Then, after a long descent, there was a sharp left-hander into a hill. I started to shift, but I started too late, and with the pressure on the pedals, the chain wouldn't drop into the small chain ring. In this split second, the pack got away from me. I spent the rest of the race mostly alone and came into the finish feeling a little dehydrated. It wasn't my best race, but I stuck with the pack for as long as I could, so at least I made my goal.

-Eli

Ethan Frankel

36th Place Sea Otter Classic Road Race Juniors 15-16

The race started in the cool, early morning at 7:00. There was a crash in the Gran Fondo, so we started ten minutes late, giving us more time to warm up. The race

started with a neutral 7 miles of fluctuating elevation. The first lap started with a grueling uphill for almost a kilometer. The pace was fast. A few other riders and I could hardly stick onto the back of the pack, and were close to being dropped. And that's when everything blew apart. I rapidly switched to a harder gear to give me more power and my chain dropped. I was the last in the pack and no one really noticed. This was right near the top of the climb. I took the couple of seconds to fix my chain and then hopped back onto the bike. I could barely get rolling on the hill. I saw about five riders get dropped as I crested the hill and then started the lonely ride. That first lap was pretty slow and took over 30 minutes for 8 miles, and I averaged about 15.5 miles per hour. I was completely alone in the wind and couldn't catch the chase group. There were a few rolling hills with slow pavement, so there was hardly any time to rest. There were small hills with small descents and a longer descent near the end of each lap. As the second lap started, the 15-18 girls passed me. That pumped me up a little and I went at about 16 miles per hour, pushing more on the hills. When the third lap started, the 17-18 boys caught up with me. That pushed me yet further and I had a 25-minute lap. During that lap, and the second big climb, I passed some of my fellow racers. The field also lapped me, so I had one less lap. The last five kilometers were slow with a lot of climbing. I pushed hard up the last hills and finished sprinting on the climb. I was pretty spent by the end.

-Ethan

Miles Daly

DNF Sea Otter Road Race Juniors 15-16

This year sea otter was not on my calendar until the 3 days before the race, I planned on racing another race the same day but it was canceled so I decided to race Sea Otter. Coming into the race I wasn't feeling that well but I was just going to use it as a learning experience. The race started off fast and stayed that way until about 12 miles when I dropped my chain and then coming through the feed zone at mile 17 I flatted. I was very disappointed about these mechanicals but I was happy that I had my started with a large and very strong field of juniors.

-Miles

Mountain Bike XC Reports

Eli Kranefuss

1st Place Sea Otter Classic; XC MTB Junior 15-16 Cat 3

After two races before, I was feeling a little tired and dehydrated, so I decided to just do my best, and not really focus about the results for this race. After a short warm-up, I went to the line for staging about 15 minutes before the start. At this point, everyone had already staged, and I was in the last row. Luckily for me, the race started out with half a lap on the racecourse. Because of the circuit race, I knew what to

expect so I had a slight advantage. From the start I powered ahead, and passed most of the pack. Then when the double-apex turn came, I took a nice line and passed the rest of the pack putting me into the top 10 entering the single track. After a long descent on a fire road, I got stuck behind a woman from the race before us. The 5 minutes behind her felt so long, that I thought the race was over for me. When I finally passed her, I powered on passing many more women trying to catch the 7 riders ahead of me. About $\frac{3}{4}$ of the way into the race, I finally caught up to the stragglers of that group. After passing them on a long fire road, I found myself in 5th place drafting off the final straggler about 25 feet behind the top 3. At the end of the climb, the top 3 riders took a wrong turn, and I passed the racer in 4th place. The top 3 racers quickly turned around after being yelled at. From here, it was just a long uphill fire road. I worked to strengthen my gap between them, and me so I kept pedaling. After passing many adults who left before me, I could see the finish line. I sprinted and finished first with a 1 minute lead. This was the biggest race I had ever won, so I was super stoked.

-Eli

Griffin Wigert

21st Place Sea Otter XC Senior Cat.1 Juniors 17-18

For Sea Otter, I drove down to my grandma's house who lives in Morgan Hill on Thursday and spent the night. My race was at 1:40pm, so I got to the venue at around 9am and registered and warmed up. The course was about 18 miles and was only one lap. I lined up, and then the race started. The start was pretty fast, and was on the racecar track. I was about in 20th position when we hit the dirt. The start of the dirt was really fast up and down these rollers. I lost both water bottles in the first ten minutes. I was in a little pack of about 4 riders, who I stayed with about half the race. At one point, there was a very rutty descent, where a rider had gone down in a rut and paramedics were attending to him. Unfortunately, I was caught in the rut and almost ran him down. I was forced to dismount to avoid hitting him. I crashed a few yards down in a sandpit. Later, I picked another rider's bottle off the ground, but there was little liquid in it. At the midway point, my dad had found my bottles and was able to give them to me at the feed zone. By this time, I had dropped the group I was with, but a few of the riders had come back. One was a Norcal rider who I knew, and the other I did not. The Norcal rider and I worked together towards the finish. I lead him into the final few switchbacks, but had to dismount after blowing an off-camber turn. I got 21st.

-Griffin

Gianni Lamperti

8th Place Sea Otter Classic, XC MTB Juniors 13-14

Sea Otter is one of my all time favorites. When I lined up on the asphalt I was fighting for a start position in the front line so I would not get caught up in a crash. I think my heart rate was already maxed out when there was five seconds to the start.

Then everybody was sprinting before I could even get clipped in. I was around 15th wheel so I started to move up when someone launched an attack. I found myself second wheel on the second group. I saw a kid going by me to bridge the gap so I jumped on his wheel and about halfway to the first group I pulled around and sprinted to the first group. We were gaining on the main group and had about 7 seconds. Then all of the sudden the people on the front sat up and we all regrouped. I moved up to 6th wheel to get ready to turn onto the dirt. Once we were on the dirt things strung out. It was hard getting past people in other classes on the single track. When I reached the last fire road I started going as hard as I knew I could manage for 20 minutes. When I was climbing the last steep pitch I saw a kid in my class about 100 ft in front of me. I picked up the pace. When I was within 10 ft of him I started sprinting to pass him. Right when I stood up he looked back and saw me coming. So when I caught him, he matched my speed and started sprinting. I stuck to his wheel. On the last single track I got separated from him by a rider in a different class. I was on his wheel once more before we got separated on the final corner that led to the finish line. He out sprinted me by 3 yards. I was super excited about my result. I am looking forward to Sea Otter 2014!

-Gianni

2. Wente Road Race

4/27/13

Livermore

Emily Abraham

1st Place Wente Road Race Junior Women 15-18

I had no idea what the outcome of this race would be. It was my first time doing the course but I heard a lot of people say there's a large difficult climb. This worried me a bit because one of the girls in my race, Cynthia Wang, is a very good climber and she usually gets first in the Junior Point Series road races. I decided not to stress about it too much and instead just race as best as I could. There were only three other girls in the Junior Women's category but as usual we started out with the Women's 4 group. For the beginning of the race the pace was a nice easy spin where everyone was able to stay together. We stayed like that for about three miles until the right hand turn which begins the climb. The top of the climb is also where the finish is located. Once we made it to the top and the nice downhill began, I was very surprised. The climb was a little hard but not at all as difficult as I was expecting. The downhill really began splitting up the group. I stayed near the middle and kept my eye on the two girls I knew were in my category. We made a left hand turn where another short climb began. The lead group of women took off and I caught up to Cynthia. She and I rode together with two other women 4. As we passed the start line, another group of women from the women's 4 category come rolling up from behind us. I noticed that Kristen Wolfe, another junior woman, was in that group. We all stayed together until the main climb began. I started up the climb at a normal race pace and when I made it

to the top I noticed that Cynthia was a ways behind me and I couldn't even see Kristen. So I continued on by myself down the hill and I passed some women 4. Then when I made that left turn to the short climb again, Cynthia was suddenly right behind me again. She came out of nowhere! We continued along and I tried my best to stay behind her, because I didn't want her to make me pull her all the way to the finish just so she could beat me. A group of about six women caught up to us, so Cynthia and I grabbed on to their wheels so they could pull us to the start of the climb. Just a few meters before the right hand turn to start the climb, I came around the group we were drafting off so I could get a head start on Cynthia. But she recognized what I was doing and immediately jumped on my wheel. I tried to take my time on the first part of the climb so I could sprint for the finish but Cynthia was starting to drop me. I used all my energy to get up next to her and we raced alongside each other for a few more meters. Then when the finish came more into view I used all I had to sprint past her and take the win. It was awesome and I felt so accomplished afterward.

-Emily

Ryan Clarke

37th Place Wente Road Race Senior Category 3

Wente was my first road race as a Cat 3. I wasn't too worried about my placing, but more about getting the feel of things. We rolled out and took it easy up the climb just cruising along. Two breaks went away, but both came back by without any real chasing with the exception of going up the climb on the third lap. That started to hurt. After the fourth time up the hill, I slid off the back like at Sea Otter, but after a few miles of chasing, I made it back right before the descent. I took advantage of my good descending skills and moved from the back of the field up to about 5th wheel. I sat in and knew I wasn't going to be a contender for a hilltop finish. My plan was to try to attack at the base of the hill and see if I could stay away, but I was swamped right before I wanted to make my move and I got stuck. Not wanting to get stuck near the back of the field for a semi sprint finish, I sat up about 1km from the finish and rode across the line. It wasn't the finish I had hoped for, but now I know what to expect in a category 3 road race.

-Ryan

Ben Cook

14 years old, Senior Cat 5

1st Place Wente Road Race Juniors 15-16

I raced at Wente with my teammates Miles and Emmett. This would be my 2nd time racing up a category in the 15-16's, and I felt pretty good about it. We lined up at the start, and there were only nine of us. The three of them from Sierra Nevada were Jonathan, Conner, and Jasper, who we raced Copperopolis and Land Park with. Since we all knew each other pretty well, we started the race off with chatting and talks

between us. After all, there was only nine of us, so no breaks could be formed that well.

Right on the first climb, Emmett, a kid without a team, and one other kid from Tiene Duro were dropped. After the climb we resumed conversation for most of the two laps. We were all surprised that the race was only two laps, or 35 miles, instead of three laps and 50 miles. Besides that, we "raced" pretty casually, until the attacks started coming.

Miles and my plan was to keep it together until the final climb, but apparently Sierra Nevada had different plans. John made an attack from the left, and got far enough to make us bridge, Miles was up front. "Watch out, he's gonna go again." I warn Miles, he doesn't seem too happy about this. I was right, only this time it was Connor, whose attack was strong, but he couldn't hold off in the wind. I pull to the front and carefully close the gap. Jasper comes from the left, and Miles decides to take this, I was cautious not to use too much energy, as my legs had just come back to me, and were feeling ready.

At this point it was the five of us, and their plan was obvious. To waste our energy bridging, and once we were dead, get one of them away. Well John pulled one last attack from the left, and I flew around Miles after him, leaving the "pack". Miles had done a good job bridging and saved my energy for me, as I was now of the front with John. "Alright Ben, let's stay away here." I nod in agreement. So we start to take pulls as we hit the false flat. John tells me that he sees Connor bridging, and we should wait and not waste our energy. I tell him to "have fun waiting", and attack, he catches on, but looks like he is in pain. I pull off the front and let him do the pacemaking; we are now on the steepest section of the climb, and he pulls up to the front to bring the pace up. We are both in pain, and the road is at about 9-10%, which I am a fan of. I stand up, and shift up a gear as I start to come around him, then one more, then one more, and painfully pull away from him. One kilometer from the line and I'm away, I just kept hammering, checking for John behind me every now and then. I come to the line first and point to the Team Swift logo on my jersey, then slump over the bars. John comes in after me for second place, with Miles just behind for third.

It was a fun race, and I used what I learned about timing attacks at Land Park to get me the win here. It was short and slow, except for the last five or so miles of attacks, but a lot of fun. And I thank Miles for doing the bridging for me and allowing me the energy to chase down John that one last time. I'm hoping to compete at Wente again next year.

-Ben

Miles Daly

3rd Place Wente Road Race Juniors 15-16

This race was a race I was looking forward to for a while now and I prepared very well leading up to the race. I was also very happy to have a strong teammate that I knew could help me and that we had a good chance of winning the race. Once we got to the race I saw we had a small field of 11 or so kids and all kids that I have raced

with multiple times. On the start line I was joking around with everyone and I said "let's just have a nice group ride" and this is what happened. For the first 30 miles we were very slow and chatted and no one attacked. With 5 miles to go, one by one three Sierra Nevada kids attacked, I brought Ben up to each attack. Finally Ben and one kid went and I stayed back with 3 others and I attacked and no one came with me. I just powered to the line. I was very happy that Ben won and that teamwork helped.
-Miles

Emmet Pfau

10th Place Wente Road Race juniors 15-16

Wente road race was my second race and this time I did not miss online registration. I was nervous about this race, because it was a long race and I was pretty sure I would get dropped which did happen when I tried to move from the left side of the peloton to the right side then slipped into a gravelly turn out and had to ride through gravel as the group attacked. After that I just focused in finishing the race, it was really hot out and I think I used at least one water bottle to cool down. I caught up to another guy who got dropped after I was dropped and then we just rode to the finish line. I had a lot of fun racing Wente and I'm glad I did it.
-Emmet

3. Town Center Criterium

4/28/13

El Dorado Hills

Emily Abraham

1st place Town Center Criterium Junior Women 15-18

I was the only one in my category for this race, so no matter what I was going to get first and get the points for the Junior Point Series. I raced with the Women 4's but there were only about six or seven of them, so it was a really small field. I kind of just sat in the group, the course was very technical so I didn't want to cause any crashes. I stayed with women the whole race and I think two others got dropped. One of the women was able to make a break just before the finish so she won with a small gap. I sprinted at the end and think I got fourth in the women's group but I wasn't really racing against them.
-Emily

Karan Desai

Racing Age: 17, Senior Category 5

35th place Town Center Criterium Senior Category 5

Town Center Criterium would be my last race as a Cat 5; I was going to try to apply all of my racing knowledge in this race. I had the previous week off so I managed to get some good interval training in; I was feeling ready and good. My father decided that it would be best to stay the night in Sacramento so we did just that.

The morning of the race, I woke up and had a tub of yogurt accompanied with some strawberries. I was feeling ready for the race. I got dressed and headed to El Dorado Hills. When we got to the course, I got outside and noticed how warm it was for 7 am! I took off my leg warmers and went to get registered. After getting registered and such, I rode the course before the 4's race. It was a very technical race with about 13 turns. I knew that I had to be at the front in order to get a good placing. After the 4's race, Ben and I lined up after the junior rollout. The field went out for a neutral lap. After getting back, we stopped for a few minutes to listen to the referee to give last minute instructions. The whistle went off and we were gone. There was a lot of fighting for positions but I positioned myself behind Ben. I hit a rock and thought it was fine. I stayed behind Ben for a few laps, he was doing an amazing job; he was applying his racing knowledge/tactics very well. I thought that this race was going to be the one in which I would do well in! Well, you know that rock I hit in the first lap? It turned out to have punctured my tube and I didn't even know it! I was completely out of air with 4 laps to go! Bummer! I made my way to the SRAM neutral service tent but it was too late. The juniors were about to go off. I talked to the organizers and told them about my unfortunate flat tire and they said that it was fine and that they would place me. I was relieved that I was going to be placed but I was a bit sad that I wasn't able to technically finish. In the end, I got 35th place. Not a result to be happy about but I learned from my experience and I will build on it. Also, congratulations for Ben getting in the top 10! He is looking very well! Also, congratulations to Miles and Ben for a 3rd and 4th place finish! I'm very fortunate that I have the opportunity to ride and race with them! A big thank to Mavic as well! Town Center Crit was my first race on the new Mavic Cosmic Carbone SLE, they were amazing! I was so bummed that I wasn't able to see what they could do on the final sprint!

-Karan

Ben Cook

6th Place Town Center Criterium Senior Category 5

I raced Town Center cat 5's with Karan, and was excited going into the race, as this would be my last cat 5's race. We started with a neutral lap to examine the slaughter of crashes and corners we were about to enter.

We started off the race moderately fast, while the rest of the guys were focused on moving up and killing it on the first lap, I found myself a rear facing video camera to wave at, and entertained myself in 3rd or 4th place for the first few laps. We stayed single file, and most of the guys would make freak attacks, or stay on the front too long (I thank Coach Laura for my knowledge of NOT doing that).

Karan sadly flatted, even though the pace never really picked up for me, I got some cornering and field practice. We came around the final corner, and I was cut off

by a 6ft tall dude, and I came in around 6th. That cut off was something I could have prevented, but I still need some work in that area. I did a cool down lap and lined up for juniors. I had a lot of fun, and learned about cornering, and holding your position. I was eventually emailed that video of the race, and not only did I get to review my own form from the video, but I got to see all the funny faces I made at the camera as well :)

-Ben

Miles Daly

3rd Place Town Center Criterium Juniors 15-16

Coming from Saturday with a 3rd place finish I was feeling very good about this criterium. I arrived early with Ben and I saw the course and thought that it would be fun, I was also very nervous about the course. I knew that the Sierra Nevada kids live up by the course and they would know it very well. But I knew if we didn't let an attack go I could get them on the uphill sprint. Well, that plan failed within the first 2 seconds of the race. Gabe Multer went off right away, I thought nothing of it but then 2 Sierra Nevada kids bridged up and they were gone. I chose that I was going to sit in the pack and not burn out by trying to get the break back and win the sprint. This was a gamble but I felt confident that I could sprint with Ben to lead me out. On the last turn up to the finish line I clipped my pedal and almost went down. Ben thought that I was on his wheel so he sprinted and I was not even close to his wheel, I looked back and I had Robert Terra on my wheel who is a great sprinter. I started my sprint thinking that I would get 5th but I powered up the hill and caught Ben and Robert couldn't pull past me. I was very pleased with my finish and pleased with my teammate for trying to help me.

-Miles

Ben Cook

4th Place Town Center Criterium Juniors 15-16

I raced Town Center with Miles, and soon realized that they started the juniors 10-18 all together. Therefore, if I had known this and registered for 13-14's (My real age group) and I would have won the race, but I was unaware of this fact, and signed up for 15-16's.

So the second we started, yes, the FIRST second... and attack was made by the one 17-18 there, Gabe Multer, who is friends with John, Connor, and Jasper, all in the race, all from Sierra Nevada. So Connor and Jasper got off the front with him, and John eventually caught on. So with Gabe charging the break, it was a race for 3rd. Miles and I got into a group with Garrett Marking, our friend who races for Chico Corsa, and also with two Sierra Nevada guys. Garrett spent a lot of time at the front in an effort to catch Gabe, but they were too far ahead. We were half a lap to go, and I popped an attack to finish off Garrett, who was a main threat in the sprint. I stuck on the front for the downhill, and told Miles I'd lead him out for the sprint. So we got in

position at the front as I powered until the last 100m when started to slow down and pull off for Miles to come around, he got 3rd right at the line.

So besides Gabe's attack, we had a pretty good race, Gabe flatted out, so Connor won the overall, with John in second, and Jasper was dropped to the field. I was very happy with my leadout and the how Miles and my plan went perfectly. I ended up just behind Miles in fourth overall, and he got podium. I learned about leadout tactics and some more on attacks, overall a great race.

-Ben

4. Norcal MTB Race Reports

April 2013

Griffin Wigert

Age 17, Varsity Boys

9th Place Norcal Race #4 Varsity Boys

On Saturday I drove down to Laguna Seca Raceway where the race was being held. My dad and I and the rest of the Casa bike team camped on a campground that is part of the Mazda Speedway. In the morning, we packed up camp and left for the other side of the raceway, where the race was being held. The course was about 5 miles long, with a climb at the beginning that was pretty wide for the first part, followed by a long descent with a few rollers. Then there was the long climb back up, with a steep pitch known as "Hurl Hill" in the middle. I would do 5 laps. I warmed up on the road nearby. I was able to obtain a good starting position, in about 15th place. When the start went off, I sprinted up the hill as fast as I could go, and retained my position. I slowly passed individual riders until the start of the hill, where I was able to pass groups of two or three. I was able to race over Hurl Hill, having a hill much like it in Petaluma. I took 3 feeds, a Clif Shot on the 2nd lap, then a bottle, and then a shot on the 3rd. By the 5th lap I was all alone, and kept my position in 9th place to get my first top 10 on varsity.

-Griffin

Eli Kranefuss

2nd Place NorCal Race #4; Ride at the Raceway, Sophomore Boy D2

After placing well at the last race, I finally got a call-up. Having a reserved spot on the starting line, I warmed up for longer than my last race. I did two pyramids and then ate a Clif bar. Having a longer warm-up than last time helped a lot, and I was able to keep my lead going into the first climb. Entering the single track, I was sitting comfortably in second place behind the race leader. As we approached the downhill, I stuck on his wheel, with two people directly behind me. On the descent, I stuck with the leader, and we managed to drop the two people who were on my wheel. For the next few laps, we drafted each other, and made a substantial gap from the racer in

third. On our last lap, the pace picked up as the leader tried to drop me. I stuck with him, but then on the last steep climb "Hurl Hill" he got away from me. On the fire road, I tried to catch up, but I couldn't close the gap. He ended up finishing directly in front of me with a lead of about five minutes from the third place racer.

-Eli

Griffin Wigert

15th Place Norcal Race #5 Varsity Boys

I drove up to Boggs with my dad the night before and camped with the Casa bike team. In the morning, I woke up at 8:30 and did my math homework. Then at noon I warmed up on a nearby fire road. For the start, I was in 10th place in the League, so I got called up to the front. The course started out on fire road, and from there it turned into a single-track descent. This descent turned into rollers, which then led to a fire road climb with some single-track at the top. Then there was a single-track descent into the finish. I would do 4 laps. My start went well on the fire road, and I was in 15th position on the single-track. I overshot a turn, and my chain derailed, which set my back 10 places. Then I was caught behind slower riders and gaps began to open, which I couldn't fill. By the 2nd lap, I was in 23rd place. I was with one other rider, but I dropped him. I caught a group on the climb, and by the 3rd lap I was in 19th place. One of those riders kept up with me, but by a far distance. Coming into the 4th lap, I was in 16th place, with two riders just ahead of me. I caught one of them, and was almost caught by the rider behind me. I dropped them both on the final descent and rode into 15th place. I missed the podium to go home, and it turns out I got 7th place overall in the League and got a medal too.

-Griffin

Eli Kranefuss

3rd place NorCal MTB Race #5; NorCal Championships, Sophomore Boy D2

After two pyramids, I rode down to staging. Once again, I got a call up, so I started in the first row. After a fast start, I sat in at 3rd place and hoped to stay there until the end. I wasn't feeling very good and I got dropped quickly into the first lap. I started drinking more, but I was already dehydrated. I was never caught by the group behind me, so I was alone for the rest of the race. Well into the third and final lap, I saw the racer in second place, I tried to catch up to him, but I just couldn't bridge the gap. I ended up finishing the race well, with a 3rd place finish, but due to poor preparation, I started the race dehydrated. I ended up finishing the season with a 4th place overall (due to missing one race because I was sick) and am looking forward to the State Championships in three weeks. I now know that I must make sure to hydrate a few days before the race to make sure that I feel prepared.

-Eli

5. Tantalus Time Trial

4/7/13

Honolulu, HI

Miles Daly

1st Place

Tantalus Time Trial

Juniors 10-18

Once I found out that I was going to Oahu for spring break the first thing I did was look if there was any races on the island during my stay. I was surprised to find a 4.5 mile 1500' hill climb time trial, I decided to ship by Bike over. I arrived on the 5th of April and only rode 7 miles on the 6th. Therefore I did not feel so prepared for this race, I arrive on Sunday with 2 hours before my start and did some leg openers and my legs were feeling good. I showed up to the start lines very nervous because I did not pre ride the course before or even ride past the start and this was the locals "Sunday ride route". Right out of the start I had a nice pace, I was number 88 and after the 2nd or 3rd turn I passed 87 and before I knew it I was passing number 78 as I had .5 miles to go. I crossed the line with a time of 21:58 and the course record was 19:27 I hope I can return next year to try to break that time.

-Miles
