

Team Swift Race Reports

February 2013

Race Reports for:

1. Cherry Pie Criterium
2. Valley of the Sun
3. Snelling Road Race
4. Merced Criterium
5. Knights Ferry Road Race
6. NHSMTB Race #1 Granite Bay
7. Cal Aggie Criterium

February Top Results:

1 st Place	Cherry Pie Criterium	Juniors 10-12	Luke Lamperti
1 st Place	Snelling Road Race	Juniors 10-12	Luke Lamperti
2 nd Place	Snelling Road Race	Junior girls 15-16	Emily Abraham
3 rd Place	Cherry Pie Criterium	Junior Girls 15-18	Emily Abraham
3 rd Place	Cherry Pie Criterium	Juniors 13-14	Ben Cook
3 rd Place	Cherry Pie Criterium	Juniors 10-12	Gianni Lamperti
3 rd Place	Snelling Road Race	Juniors 10-12	Gianni Lamperti
4 th Place	Cherry Pie Criterium	Juniors 17-18	Ryan Clarke
4 th Place	Cal Aggie Criterium	Senior Category 4	Stanley Goto
4 th Place	Original Merced Criterium	Senior Women 4	Emily Abraham
5 th Place	Cherry Pie Criterium	Juniors 13-14	Nils Waterfield
6 th Place	Cherry Pie Criterium	Juniors 17-18	Drew Gonzales
6 th Place	Snelling Road Race	Juniors 15-16	Miles Daly
7 th Place	Cherry Pie Criterium	Juniors 13-14	Luke Lamperti
8 th Place	Cherry Pie Criterium	Juniors 10-12	Elliot Frankel
9 th Place	Cherry Pie Criterium	Juniors 13-14	Gianni Lamperti
10 th Place	Valley of the Sun, Crit	Juniors 17-18	Ryan Clarke
10 th Place	Cherry Pie Criterium	Juniors 15-16	Miles Daly
10 th Place	Snelling Road Race	Junior 15-16	Ethan Frankel
10 th Place	Cherry Pie Criterium	Juniors 13-14	Isaiah Chass
10 th Place	Cherry Pie Criterium	Juniors 13-14	Isaiah Chass
11 th Place	Valley of the Sun, G.C.	Juniors 17-18	Ryan Clarke
11 th Place	Cherry Pie Criterium	Juniors 17-18	Griffin Wigert
12 th Place	Valley of the Sun, TT	Juniors 17-18	Drew Gonzales
12 th Place	Valley of the Sun, RR	Juniors 17-18	Ryan Clarke
12 th Place	Cherry Pie Criterium	Juniors 15-16	Eli Kranefuss
14 th Place	Cherry Pie Criterium	Juniors 17-18	Stanley Goto
14 th Place	Cal Aggie Criterium	Senior Women 4	Emily Abraham
15 th Place	Knights Ferry Road Race	Senior Category 4	Ryan Clarke
15 th Place	NHSMTB Race #1	Varsity D1 Male	Griffin Wigert

16 th Place	Valley of the Sun, TT	Juniors 17-18	Ryan Clarke
18 th Place	Valley of the Sun, Crit	Juniors 17-18	Drew Gonzales
18 th Place	Cherry Pie Criterium	Juniors 15-16	Ethan Frankel
19 th Place	Cherry Pie Criterium	Senior Category 5	Ben Cook
20 th Place	Cherry Pie Criterium	Senior Category 4	Ryan Clarke
22 nd Place	Snelling Road Race	Senior Category 4	Ryan Clarke
24 th Place	Cherry Pie Criterium	Senior Category 4	Griffin Wiggert
24 th place	Cherry Pie Criterium	Senior Category 5	Karan Desai
25 th Place	Cherry Pie Criterium	Senior Category 4	Stanley Goto
26 th place	Cherry Pie Criterium	Juniors 17-18	Karan Desai
28 th Place	Valley of the Sun, RR	Juniors 17-18	Drew Gonzales
30 th Place	Snelling Road Race	Senior Category 4	Stanley Goto

Rider Race Reports

1. Cherry Pie Criterium

2/10/13

Napa

Drew Gonzales

6th Place Cherry Pie Criterium Juniors 17-18

Cherry Pie is always the first race of the season; I was ready, but still nervous for the start because it had been so long since I'd been put in a race situation. I needed to bring back my racing self. I showed up for the start line along with every other junior ages 15 to 18 and couldn't have been more surprised by the turn out. It was shocking to me how many more kids were at the start line, but nonetheless they were the competition.

The race started with a short downhill. When we entered the first corner, I felt nervous because I didn't trust the less experienced riders. I quickly moved to the front of the race after that corner and held that position. It is important to stay near the front, but not on the front to avoid crashes, observe potential break-aways, and control the race.

From the front of the race, I began to hear shifting gears and realized that a move was going to be made. I jumped with the Specialized rider to make the first break of the new season. Jack Maddux and I were now off the front. It wasn't much longer before two other riders joined us; however I knew right away that this wouldn't be the move to stay. I rolled through but didn't drive the pace to save my energy. We were caught after three laps

Now that I was in the field, tired from the break, I rested. I saw a minute later, that Ryan had joined the next move of seven. He and the others in the break had made the winning move. I was proud that my teammate was in the break that now had thirty seconds. Now I refocused for the field finish and won the sprint placing sixth in the race.

-Drew

Drew Gonzales

Cherry Pie Cat 3

The entire race I sat in the field. It wasn't until 5 to go that I realized I had not raced my bike. I decided it was time to jump from the field, take a leap of faith, and try my hand a breakaway. I jumped from the field on the hill, looked back and saw only one rider. We came back down the hill at forty miles an hour and pushed our pedals round and round. We suffered together for three laps before we were caught less than a half a lap from the finish. After the pack caught us, I dropped back to the back of the field, exhausted from the effort, but glad I gave it a try.

-Drew

Ryan Clarke

4 th Place	Cherry Pie Criterium	Juniors 17-18
20 th Place	Cherry Pie Criterium	Senior Category 4

This year I was really excited for Cherry Pie. I had my usual breakfast, oatmeal, and arrived a little earlier than usual to make sure I had an ample amount of time to warm up. After getting my bike set up, I spun on the trainer for 10 minutes or so and started my intervals about 20 minutes before I had to get to the start line for rollout. I really focused on my intervals because the Juniors race was going to be fast from the start and I didn't want to miss an opportunity because I wasn't warmed up. After completing them, I got rolled out and situated myself at the start line near my teammates Stanley, Griffin and Drew. The race started and everyone flew down the hill into the first corner. Both Stanley and I got a good position and we started covering the flurry of attacks the commenced. Drew moved up too and soon he made a break, but it was caught a lap after. The next attack came from Specialized and I covered it. Moments later two other riders caught up and we had a sizeable gap on the field, so we quickly got organized and started working together. A few laps later two more guys from Specialized bridged up to us making half the guys in the break on the same team. I noticed that I kept pulling up the hill each lap and realized that I was working too hard, so I just pulled on the flats. We kept the pace high and on the last lap a kid from Specialized attacked. The Tieni Duro kid refused to try and close the gap and pulled off leaving me at the front at the base of the hill. At that point I was at max exertion and there was no way I would recover in half a lap, so I decided that best choice at that point was to just go as hard as I could to the line and I did just that. After crossing the line I threw up before I could even get off my bike and realized that I gave it everything I had.

Ryan Clarke

Cherry Pie Cat 4 20th Place

The Cat 4 race was 40 minutes after the Juniors race, so I didn't have much time to rest. I spun around to clear out my legs a bit and ate as much as my stomach could handle without heaving it back up. I put no pressure on myself for this race; I had already pushed my body to the limit and didn't want to overdo it. I just sat in for the first few laps and the bell rang for a prime, so I decided I'd try and go for it. I realized 200m to the line that I had nothing in me and floated back to the middle of the pack where I stayed until four or so laps to go. I worked my way towards the front using my momentum to pass people through corners and on the flats until I found myself sitting in the top ten riders. We made the final corner and I started sprinting, but I wasn't going to place so I continued onwards to the line as fast as I could manage to prevent causing a crash.

-Ryan

Stanley Goto

14th Place Cherry Pie Criterium Junior 17-18

Cherry pies taste good, too bad I did not win one, I am heart broken. There's a haiku about my race now here's the actual report. Ahh yes Cherry Pie Crit, 4 corners, and one that's a full 180 degrees with a short hill that leads up to it. The race started out really fast and stayed really fast. Team Specialized launched an attack before you could say "Double espresso Clif Shots are awesome" and I chased it then they launched another one and someone else chased it. Attacks were coming thick and fast predominantly from and after few lung busting laps a group began to form containing Drew. I was pretty relieved that this happened; I really was not feeling it at the time and in no condition to chase. Drew's group containing about 4 guys stayed away for a few laps and then eventually got brought back into the fold while I was sitting mid pack, we did not stay together long before another barrage of attacking came to rip my legs. Finally a group for riders formed off the front containing Ryan, it looked very promising and they had a fair lead on the main field. I was pretty tired from all of the attacking that went on and wasn't near the front to catch another attack the ended up bridging to Ryan's group. His group ended up being 6 guys, half of them being Specialized guys. After I was able to recover I began to start moving up. With 2 to go we were creeping very close to Ryan's group and that would have been a good time to try to bridge to maybe give Ryan a hand, I did not have the legs. With one to go Ryan's group was still off the front and the main field was preparing to line up for the finish. I finished 14th. This race it made it clear that I have some fitness catching up to do and that I need to be up towards the front if I mean business.

-Stanley

Stanley Goto

25th Place Cherry Pie Criterium Senior Category 4

This race had quite a few more riders than the junior field, 60 some odd guys. I did my best to keep a good position and the first few laps I was near the very front. As the race wore on with, primes, moving up, bridging, etc I was feeling all right but not like superman or some other muscely supercharged superhero. With 2 laps to go going up the short hill to the finish line a buddy of mine attacked pretty hard and I followed, right then I thought that I would put all my eggs in this basket and not worry about a field sprint. At the u-turn we had about a few second gap, and then we spun out our junior gears and dove into turn 1. I dug deep, pulled off, drafted, and then pulled through only to see a big crowd of dudes not very far behind us. After a lap of suffering we had little progress and got eaten up on the climb back up to the finish line I was pretty gassed at this point and hung out mid pack and crossed the line 25th.

-Stanley

Griffin Wigert

11 th Place	Cherry Pie Criterium	Juniors 17-18
24 th Place	Cherry Pie Criterium	Senior Category 4

I woke up in the morning at around 5:30 and drove to the race with my dad and my mom. When I got there, I registered and then got on the trainer. With 30 minutes until my race start, I completed two 1-minute pyramids. I then went down to roll out and then lined up. The race started out fairly well, and I was placed in the middle of the pack. A break started after a few laps, which my teammate Drew was in. A chase group formed, which I joined so as to cover it, but fortunately it did not make it up to the break. The break was later pulled in. After a few more laps, another break went with my teammate Ryan in it. At this point I struggled to stay at the front, and was only there intermittently. A Tieni Duro rider tried to attack a few times, but he was pulled back. I ended up getting 11th. The thing I learned most from this race was the importance of staying on the front in order to cover moves, so my teammates are not isolated.

In the next race, I stayed in the mid-pack for most of the race. The Cat 4 riders were rather skittish, and would freak out over little slowdowns. I was able to get into one break, when I tried to make my way to the front. When I got there, a few riders were splitting off and I got on their wheel. I stayed in the break for about half a lap, but then it was caught by the pack. Most of the Cat 4 riders are not on teams, so they have no reason to let a break go or work in a break when they are in one. I was not very well placed going into the sprint, but I was able to move up and get a good pack finish.

-Griffin

Karan Desai

Racing age 17, Senior Category 5

24 th place	Cherry Pie Criterium	Senior Category 5
26 th place	Cherry Pie Criterium	Juniors 17-18

Senior Category 5:

Cherry Pie would be my first race of the 2013 cycling season. After following Coach Laura's training program quite diligently, I felt very confident about my fitness levels. My goal for this race was to get as much learning experience as I could. I wanted to practice drafting and cornering in a big group. Before the race, I did the Pre-race pyramids in order to warm up for the Men's Senior Category 5 race. As I lined up for the first race, I was anxious and nervous, as I didn't know what was going to happen. The beginning of the race was quite hectic, constant accelerations and constant fights for positions. As the pace started to settle down, I moved myself about 20 riders from the front. As I saw my teammate Ben, I told him, "Keep up the good work!" Every time the pack went over the little climb, I lost a little bit more of energy but I kept the right determined mindset to stay in the group. Before the final climb on the last lap, there were a few people leaning on each other and therefore, one guy went down hard. I luckily avoided the crash and sprinted up the hill for a 24th place. Overall, I was very happy with my performance in this race, it gave me a lot of confidence for my next race, the Juniors 17-18.

-Karan

Juniors 17-18

Shortly after the Senior Category 5 race, I got my new race number pinned and rode around the area for a little bit, in order to keep my legs nice and loose. As I lined up for the Juniors 17-18 race, my legs felt achy and heavy. I knew that I would get dropped in this race; I just wanted to last as long as I could. As the whistle went off, the group accelerated at a fast rate on the downhill. I was able to stay with the group for about 2 or so laps until I got dropped with a few of the other riders. After getting dropped, a few other riders and myself decided to work together to catch the main group, we were unsuccessful in our attempt. With about 5 laps to go, the group I was in got pulled out of the race. Although I was disappointed that I was unable to finish the race, I learned important valuable lessons that would help me in the future. It was a great morning of racing with my 24th place in the Senior Category 5 and my 26th place in the Junior 17-18 category. I had a great time cheering on my teammates in their categories. I can't wait for my next race!

-Karan

Emily Abraham

16 years old, Women's Category 4

3rd Place Cherry Pie Criterium Junior Girls 15-18

I had been looking forward to the Cherry Pie Criterium for over a month. It's so exciting since this race kicks off the racing season. I really wanted to start the year on a good note, so I was determined to really push myself and work hard at Cherry Pie. I spent a good thirty minutes, before the start of my race, warming up and doing pyramids. I was feeling nice and warmed up when I went to do roll-out and line up at

the start. Since there are so few women, my race included Senior Women 4 and Junior girls 15-18. As the women started to gather at the line, I looked around at my competition. It's hard to tell exactly who is in my race since sometimes the juniors can look like they are in the women's category. As we got closer to the start of the race, more and more women were showing up. By the time we started the race, it was by far the largest field I've ever been in which made me even more nervous. When the race began, I was feeling good, I kept up with the pack, after about three or so laps I was at the back of the field. I had a chance to move up and get towards the front of the pack, but I was nervous and only focusing on beating the girls in my category. I should have taken the opportunity to move up and tried to win the overall race. Staying at the back of the pack was a huge mistake that I learned a lot from, it's so hard to hold on and stay with everyone from the back. Although I managed to stay with them, I burned myself out and lost a lot of energy from constantly having to bridge a small gap. At the final sprint, I used all the energy I had left and just pushed myself. I ended up getting third in junior girls 15-18.

-Emily

Eli Kranefuss

12th Place Cherry Pie Criterium Juniors 15-16

Due to knee problems, I had taken a month very easy and a few weeks off in December and January. I had been going to the gym so I knew I had power, but having not ridden a lot, I was nervous for Cherry Pie. After registration I got onto my trainer and started doing pyramids. It was fun to be with the team for one of the first races for the season and I was feeling strong and well rested. I rode down to the start and passed rollout. I grabbed a spot near the front of the pack and waited for the start. When it started, I rolled down the first hill and hit the first right hand turn mid pack. As the race progressed, I started to get tired because I had not been doing a lot of high cadence and sprint work before. I ended up placing in the top 50% and I thought this was pretty good for my first race of the season.

-Eli

Miles Daly

10th Place Cherry Pie Criterium Juniors 15-16

I was very nervous for this race since it was my first race of this season, also since I am now in the 15-16 category. I got to the race at 7AM so I had a lot of time but the registration wasn't opened until 8AM so there was a very long line. To my surprise the 15-16 and the 17-18 kids raced together so I knew it would be a fast pace race. I got to the start line after my warm ups feeling calm and ready. The race went off just a couple minutes late, right out off the line the pace was very high and I was able to get into the main group of 17-18 year olds and 9 of the 15-16 year olds. The rest of the 15-16 field was far behind us. Coming down the hill to make a right turn someone cut me off and I had to slam on the brakes therefore slowing me down drastically. I fell off the back of the field and was pushing to get back up, but as I come

up through the finish line the official whistled at me and pointed saying, "you're done." I was very confused by this so I stopped then everyone was screaming keep going so I began again so now I was very far off the back and was called off the next lap. I think they thought I was lapped so I was frustrated with the officials. I managed to come in 10th and was happy about that place for my first race in the 15-16 category.

-Miles

Ethan Frankel

14 years old, Category 4/Junior 15-16

18th Place Cherry Pie Criterium Juniors 15-16

The day before Cherry Pie, I had done a pre-race ride with some friends. We rode in Marin County, but I bonked at the beginning. An hour passed of moderate-paced riding and then I felt good and strong. I analyzed the ride afterwards, and found that I needed a big warm-up to warm up my slower-twitch muscles. I also found that I needed to take more risks and work on my cornering.

The day of (February 10th, 2013) I felt ready to have an hour warm-up. I did my pre-race pyramids and rode hard to warm up. At the starting line, I felt a little nervous about the race, but told myself not to worry. My muscles were just starting to cool down when we started. The pace was fast, as usual. I struggled to hang on the back of the peloton as we rounded the first corners, and then the chicane. I didn't realize it until my last lap that I had take risks and not brake around the corners, so not to lose speed.

I was barely hanging on to the back as we finished the first lap. Around the first corner, I dropped back, along with another teammate (Karan) and two other SJBC riders. We had a pace line going for two laps. We were feeling pretty strong, so we agreed to catch another dropped group about a quarter of a lap ahead. As I took the 180-degree turn, I realized my cornering was off, so I focused on that for the last lap, and catching the group ahead. I picked perfect lines to get the most speed, and started to drop the other riders, partially because I was also feeling strong. I told myself that I needed more pain, but I stopped pulling and sat back, focusing on the corners.

For the straightaway to the 180-degree turn, I got out of my saddle to get over the hill. I was still feeling strong and was feeling that I could pass the guys in front, but I didn't want to work on my own. About 50 meters in front of the finish the whistle blew to pull us out of the race because we were about to get lapped. I grimaced and sprinted ahead to the finish. I still felt strong at the end, so I was really disappointed.

I would have had more speed and maybe another lap if I had cornered well, which may have led to another place up in the results.

-Ethan

Ben Cook

13, Jr.13-14, Category 5

3rd Place Cherry Pie Criterium Juniors 13-14

I raced Cherry Pie in Jr. 13-14 with my teammate and friend Nils Waterfield. I also raced with the help of a school friend named Zach, who races for Mellow Motors. The race started off fairly slow, as Nils and I quickly pulled to the front... the very front. Nils took the first pull, followed by me, and then Zach. I noticed something interesting as Zach pulled off. A few kids from Davis were behind us, and when Zach motioned for one of them to pull forward, he sat there awkwardly. The guy didn't know what to do with himself and would not help lift the pace. So Nils did the right thing and shot around to the front with me on his wheel, and as the first lap went, Zach followed. We weren't going to get beat by a sprinter if they couldn't keep up in a fast peline, so we made our attempt at lifting the pace, and for the rest of the race, only us three pulled.

Then, on the last lap, a cat 3 rider from Team Specialized attacked, and being a cat 3, dropped us like flies. Zach chased him down hard, and pulled off to let me pull forward and start our own peline, which was the right thing to do. But I was having none of it, didn't know this guy was a cat 3, and time trialed on after him. Dumping Zach back to the pack where he once again drove the pace with Nils for the last lap.

I looked over my shoulder, energy gone, to see 4 Davis kids at the front. Now, of all times, they start to work in a peline. I try to stay away, but am caught by their sprinter, who beats me to the line and takes 2nd place. Zach follows with Nils by his side.

I learned that sometimes you have to let the guy go, like when Team Specialized attacked, that guy was gone. I would have had a better chance of staying away if I had stayed with Zach and then went for the sprint.

I had a fun time at the race, and learned a lot. Although I was disappointed by tactics, I still learned a lot and brought home a cherry pie!

-Ben

Ben Cook

Jr. 13-14. Cat 5.

19th Place Cherry Pie Criterium Senior Category 5

I raced Cherry Pie with the Elite 5's. The race was only 10 laps and was sure to be fast. I raced with another teammate and friend of mine, Karan Desai. We were called to the start line as Karan and I quickly moved to the front as the course was being described to us. After some warm up laps we already somewhat knew the course. The race started fast as we predicted. Karan and I made a few attempts to move up, but we were stuck halfway through the field.

Right at the beginning of the second lap, an attack was made. There were a few chasers, but no one could hang on to the attacker's wheel. As I discovered it is fairly easy to stay away on this course, as the sharp corners slow down the field, and are easier and faster to get around alone. The attacker stayed about 10-15 seconds ahead of the rest of us for the remainder of the race. Every time I looked through a corner I

got a glimpse of his face, he had the same excruciating grimace on every time. He was strong enough to stay away, but attacked strangely soon. "Good job Ben!" I hear from the left of me, and look over to see Karan cheering me on. "You too, let's figure out a way to move up soon." Karan nods his head and starts to carefully switch lines to the outside edges of the pack. I follow his wheel. Soon he slides outside and moves up next to the rest of the field, we look for a place jump in, but can't find one. The riders are hugging tight and we go somewhere farther back and find a place to jump in.

At this point it's the second to last lap, the attacker still away, and I'm still in the middle of the field. So as we routinely split apart at the base of the hill, I make an attack. Launching myself past isolated groups of riders, I fly to the front, take the corner wide, and sprint down the back side of the hill. At this point in time I didn't yet know about the way the course was designed, and thought the attacker from the second lap was just extremely strong. So I rounded the first corner, and looked back to see the pack a few seconds behind me. I drop back and a rider soon catches my wheel. It's a sprint for second place now. I lead the race steadily and hesitantly. We have about half a lap to go and I try to pull off, but am quickly surrounded by riders moving up on all sides. There are no wheels to grab, my attack was worthless and here I sit in the middle of the field with half a minute left. I look back to see Karan, ready to jump for the sprint. He's a strong rider and could probably make the top 10 if he went for it, and I was ready to go again too. Coming around the last "S" curve to the sprint, a rider cuts in front of me, "Hold your line" I yell as he starts to move across. But he's already across, and has caused me and the riders next to me to brake. He's gone from the outside to the inside by slicing straight through a corner. The rider looks back at us, loses control and bumps into the rider to his right, who was overlapping wheels at the time, and ended up going down. I look at the rider next to me and ask if he's ok, we stare at each other at the shock of how close that was to us.

It's now 200 meters from the line, and we sit there as the front of the pack start to sprint. Karan pulls up next to me as we finish with the pack. We pull in, still startled by the crash, and bummed it took out our sprint, and congratulate each other on a good race together. The results are posted, Karan got 24th and was pretty happy about that, but we were happier about the race itself and how fun it was.

At the race I learned about how the pack moves in lines, and I also found out what happens when you don't hold your line! I found out afterward about why Karan and I couldn't fit in, when the pack moves in tight lines there will be no open space. So I left the race with some good knowledge for next time. Overall I had a great time in the Elite 5 cherry Pie race, and learned a lot.

-Ben

Nils Waterfield

4th Place Cherry Pie Criterium Juniors 13-14

There were about 40 riders in age group including me. It was my first race I ever did. I learned to try to stay with a team mate until the end and attack with them to the finish line.

-Nils

Isaiah Chass

10th Place Cherry Pie Criterium Juniors 13-14

This race was my first race after moving up into the 13-14 category. When I raced in the 10-12 category there were maybe 4 to 5 riders and everyone was about the same speed. At the Cherry Pie Juniors 13-14 Criterium there were some big, strong riders that were very fast. At the start of the race everyone sprinted down the hill and then slowed down a lot on the flat section. Everyone stayed pretty close together until the end of the 1st lap. The lead group started to pick up the pace at that point and the pack started to spread out. My teammates Gianni and Luke and some other riders (not on Team Swift) were not far ahead of me and I think I could've caught them. Since I didn't try as hard as I could to bridge the gap I had to ride the rest of the race solo. I ended up finishing in 10th place out of 19 riders. One of the things I definitely learned is that if there are riders not far ahead try to bridge that gap as hard as you can because in the long run it will be an easier race than riding by yourself. As Coach Laura says 'Go hardest on the hard parts'. I am looking forward to my next races where I will use what I learned in this race to help me get better results in the future races.

-Isaiah

Luke Lamperti

1st Place Cherry Pie Criterium Juniors 10-12

The whistle went off and the Cherry Pie was underway. I jumped in the pace line. I was following a 13-14 girl down the hill and I had Grover on my wheel. I pulled through and then let Grover pull through. I knew the race was going to be good because I had a teammate (my brother Gianni) so I could work with him to help beat Grover. On the first lap everything stayed good with no attacks. We were on the 2nd lap, and half way through the race when Grover tried to attack but it did not stick. We pulled it right back. Finally on the third lap we kept a routine until near the line. Nobody wanted to pull so the girl caught us and that picked up the speed. We came roaring up the hill for the sprint and I got 1st in the sprint for a first place finish.

-Luke

Gianni Lamperti

3rd Place Cherry Pie Criterium Juniors 10-12

The morning of the race it was freezing cold. We did roll out, and then got lined up. When we started we sprinted down the first hill, then we slowed way down. Nobody would pull, so it made the first lap slow. On the second lap I attacked, but they caught me by the pit area. On the third lap we were probably averaging 7 mph. When we got to the pit area I was starting my attack for the line when a rider from Team Davis went by us. The rider in front of me, Grover Rozek pulled out and happened to pull in front of

me so I had to slam on my brakes and restart my attack. I ended up getting third in the sprint. It was a great race!

-Gianni

Elliot Frankel

8th Place Cherry Pie Criterium Juniors 10-12

This was my first race with an annual license. I started okay. Even though I started okay, I fell behind after the first turn. It stayed like that for the rest of the race. Near the middle of the race, I talked to a kid from the Davis Bike Club. After the race, my hands felt frozen. They hurt so much because I didn't have long gloves. I think I have lots of room to improve.

Elliot

2. Valley of the Sun Stage Race

2/15-17/13 Phoenix, AZ

Drew Gonzales

12th Place Valley of the Sun, TT Juniors 17-18

18th Place Valley of the Sun, Crit Juniors 17-18

28th Place Valley of the Sun, Crit Juniors 17-18

Stage 1: Valley of the Sun Time Trial

Valley of the Sun is one of my favorite stage races and always consists of the strongest junior riders around the country. I knew, like I did last year, that this race was composed of the fastest kids and it all started with the Time Trial. I warmed up with Ryan next to the start line the same way I did last year. I threw on my shoe covers, put some music in, and entered zone 3 for 8 minutes. After three repetitions, I rolled to the start ramp, allowed the official to check my gears, and adjusted my helmet. I waited nervously with anticipation of the pain I would soon experience, but showed my experience with my composure. I took the three steps up to the ramp and handed the official my bike so that he may hold it. I threw my leg over and stepped into my Time pedals, then took three deep breathes. The official held up five, then four, then three, then two, and finally one finger and I started.

Stage 2: Valley of the Sun Road Race

The road race started slow, but like the time trial, I was equally anticipatory. I raced the first lap without discomfort and began to believe that the rest of the race would be just as easy. However when the wind began to strengthen, I noticed the pace quicken. I could feel my legs burn before the hill. The crosswind blew me from wheel to wheel searching desperately for a draft, but my legs couldn't carry me. I was dropped from the field and forced to ride the rest of the race alone.

Stage 3: Valley of the Sun Criterium

The morning of the criterium, I was discouraged from the previous road race, but Coach Laura helped motivate me to warm up, and focus on the task at hand. There was no chance that I would fall behind the criterium, so I began to psych myself into my regular mindset. I warmed up on the trainer next to Ryan, who also helped me pick myself up. Ryan and I rolled around to see the criterium course and rolled to sign in. I don't regularly remember crits because they happen so fast, but I remember that in the beginning of the race, I still wasn't in my sprinters mindset; I changed this instantly. I grabbed my drops and began moving through the pack, arms flexed legs prepared. I saw Ryan on the way to the front of the field, tapped him to follow me and kept moving. The very same lap Ryan and I moved to the front, a crash happened in the field. If I had been in the position I was, I would have ended my Valley of the Sun Race bandaged and bruised. I am glad that during the race, I was able to pull myself out of the gutter and race my bike.

-Drew

Ryan Clarke

10 th Place	Valley of the Sun, Crit	Juniors 17-18
11 th Place	Valley of the Sun, Overall G.C.	Juniors 17-18
12 th Place	Valley of the Sun, RR	Juniors 17-18
16 th Place	Valley of the Sun, TT	Juniors 17-18

Stage 1: Time Trial

The TT was a simple out and back course. It had a head wind and a slight uphill going out and a tail wind and a gentle descent coming back. I had a really good warm-up and my legs were feeling good. I really didn't have any expectations going into the TT except for just giving it my best. I was a little late to the start area (I still had plenty of time, the officials were just a little antsy) and rolled out then waited in line for my start. I rolled down the platform and quickly found a decent pace. Looking back it probably could have been a little harder, but this TT was more for experience. I kept a good pace to the turn around and pretty much was spun out the rest of the way back. I finished with way too much energy and definitely could have done better.

Stage 2: Road Race

The road race was really windy. It had a super strong head wind section, a brutal cross wind section, a strong tail wind with a climb, and a "descent" which was really just a fast downgrade that went straight. The first lap was really slow compared to the next three. Nothing really happened, a few attacks here and there, but everyone was too fresh to let anything get away. I had good position and stayed sheltered. The second lap was faster into the headwind and the cross wind part strung out the field setting up for a KOM. I got caught a little bit too much in the wind, so once the pace lifted I had a hard time getting past people keeping the front in sight. I ended up getting dropped and I worked really hard to chase back on. The third lap was pretty much the same. Because half the field got dropped on the second lap shelter was hard

to come by and I couldn't hold a good spot up front, I got shelled in the crosswinds again. A break of a few guys went up the road, but I was too tired to do anything about it, so I sat in. Later I was dropped on the climb. Again, I chased back a third of the way through the fourth and final lap and was surprised to see the break that had gone away earlier coming back. In the crosswinds, Tieni Duro and Hot Tubes attacked, so I jumped on it seeing that it was probably my only chance to get away. A MRI kid bridged up to us and messed up the first few rotations of our break, but we finally got things going. About 30 seconds later, I was done and barely rolling through. There was no way I could keep the pace going, so the second we hit the tailwind and hill I just tried to hang with them. I looked back a few moments later and saw the field charging at us while we were still 3k and a hill to the finish and realized my hopes of staying away were gone. I tried to recover slightly before rejoining the field, but my previous efforts had drained me and I was swallowed and spit out in a matter of seconds. Then I kept going up the rest of the hill to the finish.

Stage 3: Criterium

I didn't have a lot of pressure on me in the criterium. Just try not to let anything go away without either me or my teammate Drew in it. Nothing really happened. Yes there were a lot of attacks, but everything until around 8 laps to go were short lived. Two guys attacked and were kind of just floating around off the front, so I assumed someone else would bring them back as before. This time I was mistaken and after a few more laps I realized that they were going to have a good shot at staying away, so I stupidly tried to bridge up to them solo or pull the rest of the field with me. This was a really bad idea because I knew the odds of me pulling that off were pretty much non-existent. After half a lap the field caught me and I was left pulling the race for a lap. Some good did come out of this though, because while I was at the front with Drew sitting behind me a bunch of guys mid-field went down, so we stayed out of it. With 3 to go I decided to attempt my first real field sprint and ended up with a combo of being too far back and going too early, but the experience was good to have for the future.
-Ryan

3. Snelling Road Race

2/23/13

Snelling

Ryan Clarke

Racing Age 17, Sr Cat 4

22nd Place

Snelling Road Race

Senior Category 4

Snelling is always a popular race, so the field was maxed out at 100 people. The race was really sketchy with people crossing wheels and bumping all over the place. My main goal was to sit in and try to find a promising break. Unfortunately this never occurred and I knew it was going to be a sprint. Coach Laura talked to us about where to be positioned for the finish, so I tried my best to be there in the last few kilometers.

I found a promising spot 9 wheels back with 3 k to go knowing that people would pull off as we got closer. With 1.5 k to the finish everyone swarmed up to get better positions and I was trapped. I wasn't really following anyone and with two crashes happening climbing rollers, I knew that I didn't want to be this far back. I tried my best to move up, but I didn't have enough energy to fight my way all the way up. I was lucky enough to be far enough up to avoid a last minute crash, but I had no energy to hold my ground to the line. As I mentioned before people were being really sketchy and not paying attention and just by luck as I was slowly riding away off to the side of the road from the finish someone crashed into me hitting their shifter on my butt. I handled it and stayed up and he somehow managed to stay on his feet leaving me wondering how on earth he didn't see me. Luckily everything turned out okay and I left knowing I could handle my bike better than I'd thought.

-Ryan

Stanley Goto

30th Place Snelling Road Race Senior Category 4

Snelling is usually cold and very windy; on the day of the race it was neither of those two things. It was pleasantly warm and just a very small breeze. This meant that my 100-rider field would not get obliterated by cross winds like I hoped it would. Even though my race was 64 miles I warmed up on the training for about 20 minutes; I feel like it gets my body in to bike riding mode so I won't need to relieve myself 10 minutes into the race. I lined up with 99 other riders, but I forgot that roll out was at registration and not the staging area, so I lost my spot and ended it beginning the neutral start at the very back. After the first initial acceleration the group strung out a bit and I was able to move up on the side, I chatted with my teammate Ryan a bit while trying to stay in good position. It was tough to stay well positioned. On the first lap of four a small group of 4 formed off the front. I was at the front so I bridged only to figure out that it was a rotten find and we were soon swallowed by the big pack. By the 2nd lap the wind began to pick up a small amount so I positioned myself accordingly. Since the race was long I made sure I was always topped up with energy from Clif products. On the 3rd lap I had planned to take a feed bottle from my weekend soigner Greg Goto, he also makes a pretty good Dad during the week. I was not positioned very well and I could see that he was on the right side in the distance so I sprinted up the side of the group so I could get to the right side. What I did was kind of dodgy; I did not get quite far enough ahead of the front row of guys in the group, I might have shaved very closely in front of them to get to my bottle. They were displeased and they made it clear to me through colorful language. In one sense one could say that they should not have been hugging the feed area if they are not taking a feed, but I also I should have gotten farther ahead of them earlier and on the left side. Sorry about that. The wind started to pick up a little more but not enough to split the field, I felt that attacking would be fruitless considering that the course was not selective enough and the pace was fast yet consistent so it would be easy for the group to latch on. On the last lap going over the sharp rollers about 7k away from the finish

the group started to breakup, I was within the first 20 guys so I was feeling pretty good about myself. We took the left turn onto the bumpy flat section before the rights turn to the finish and there must have been about 40 guys left. Bumping and jockeying for position was ever present. With 1k to go the bumping led to a crash right in front of me. It always happens in slow motion as you watch the riders lose control heading towards their immanent collision between body and pavement and then your instincts take over on how to avoid also paying a close visit with the tarmac. I slammed my brakes and squeezed past on the right as I heard the distinct sounds of grinding bicycles. I laughed a bit. Not because of the other racers demise, that's just messed up, but because it was funny how instantly the next thought for me was to chase back onto the group. I caught back on right before the final corner about 200 meters from the finish; I was toasted and finished up in 30th
-Stanley

Emily Abraham

16 years old, Women's Category 4
2nd Place Snelling Road Race Junior girls 15-16

Last year Snelling RR was my first ever road race, and it didn't go very well. I rode so much more over the past year and I felt really confident for this year's race. The junior girls were placed in with the Women 4's so I knew it was going to be a pretty big field. When we all lined up on the start line, I began planning a strategy in my head. I just told myself, "don't lose the pack", because I knew if I lost them I would be stuck out there struggling in the wind. The race doesn't officially start until about 4 miles from the start line so it's neutral for a little while. I tried to place myself in a good spot that way when the race officially started I wouldn't be at the back. When the race did begin, I was in a good place, not too close to the back but not in the front. I probably could have moved up but I didn't want to waste too much energy since we had to ride 3 laps and it was only the start of the first. Towards the end of the first lap I was at the back of the pack. When I started to lose them I pushed myself to grab on again, this happened multiple times. At the start of the second lap I was barely holding on at the back of the field, I made the mistake of not forcing myself up towards the front. I watched the pack start to slowly move away from me and suddenly there was a large gap. I was struggling and worried that I would be stuck riding the rest of the race on my own, but I told myself I couldn't let that happen since there was over 20 miles left in the race. I used all the energy I had left to bridge that gap and amazingly caught up to the field. I stayed with them for the rest of the 2nd lap but when we started the 3rd, I was beyond tired and just couldn't keep up any longer. Overall it was a great race and I learned a lot for the next road race.

-Emily

Ethan Frankel

14 years old, Category 4/Jr. 15-16

10th Place Snelling Road Race Junior Boys 15-16

It was a chilly, windy morning in Snelling, and there were even some showers in neighboring towns. The registration and warm-up went quickly enough, although I think I could have had about ten more minutes of warm-up to suit my needs.

The race started with an easy promenade of about four miles. There were a couple rolling hills to the start, and a few of the riders started to drop back on the hills. I took note of who they were to remember that they were weaker riders.

At the start was a hill and we all sprinted to gauge how good the field was. Again on the hill about six riders dropped back. As we descended, the field regrouped and then there were five or six quick attacks to test the riders. One of the riders broke and kept going, but we all knew to stay together and not chase. In a mile, there was a chicane with a couple patches of sand, so we took it slowly around the bends. But the leader attacked and only about half of the group could keep up. Seven riders including myself were in the chase group.

The seven of us then just kept up a pace line for another one-and-a-half laps until the start of the last lap. During that time, I just kept conserving as much energy as possible for the end. I took note of the body positions of my fellow racers and found spots where attacks were likely to happen. I especially concentrated on the movement of the wind. Going east/north-east from the start had the most headwind, so that was where I tried to hang back and draft as much as possible. On the smooth straightaway, I led the most.

At the very beginning of the last lap, our chase group caught the lead. Then we all rode together at a moderate pace with a couple of small attacks. With one mile left to go, there was a big attack on the last hill before the finish. I got dropped near the top of it and couldn't keep up for the last mile. I rode hard through the rough pavement, but to no avail. I couldn't catch the leaders. I finally crossed the finish line in much pain and finished about two minutes behind the winner.

-Ethan

Luke Lamperti

1st Place Snelling Road Race Juniors 10-12

The motor bike started as we followed behind it for the neutral three miles out. After the neutral the race began with an attack by Grover. He got a gap on the field but after a little bit of time I was back with him. Gianni was still behind but, he finally caught us. Then we worked together and Gianni made a big attack. I let Grover pull me back up to Gianni. I felt good at the moment so I thought I had a chance at the sprint. Gianni made one more attack. I had heard there was a hill to the finish. Then at last I saw a 1k sign to go. That is when Gianni made a final attack and Grover pulled him back with me on his wheel. We had a final sprint to the finish and I took first place.

-Luke

Gianni Lamperti

3rd Place Snelling Road Race Juniors 10-12

We rode neutrally for 3 miles to the start line. There were only 4 of us in the race. A Sierra Nevada kid named Grover attacked right away when we passed the start line and my brother Luke jumped on his wheel and I fell back a bit. I finally caught them. I rested for about two minutes then attacked so that when they caught me Luke would be rested from getting pulled back up to me and I was hoping he would counter attack, but he didn't. There was one section where there was a really strong crosswind, so I attacked again. I was in a solo break for about 1 minute then they caught me. (I should have kept pedaling, instead of slowing way down!) We cruised till there was 1k to go and I attacked really hard. They caught me on the last hill. I ended up third. I am looking forward to next year!

-Gianni

4. Original Merced Criterium 2/24/13 Merced

Emily Abraham

16 years old, Women Category 4

4th Place Original Merced Criterium Senior Women 4

The Merced Criterium was the day after Snelling Road Race. I was a little worried my legs would be tired from the race on Saturday and since I had never done two races in one weekend I didn't really know what to expect. Luckily, it turned out to be just fine. My legs were tired during the criterium but they also felt really good. There weren't a lot of people in the women's race, just six of us. I was feeling pretty confident since it was a small field, when the race started everyone was taking it really slow. We stayed at a pretty good pace for a few laps, and then when we made a right hand turn suddenly everyone had slowed down and I was in front. I was a little confused, we were all riding in a pack then the next thing I know everyone's behind me. So I just went with it and started pulling. I realize now that I could have pushed myself more and probably gotten away from them but I wasn't thinking about that during the race. After pulling for about 3 laps I was getting pretty tired, I kept looking back to see if anyone would jump to the front and come help me out but they all stayed right behind me. Finally someone came in front after I slowed down quite a bit. At the sprint for the finish it was a close race and I probably could of been 3rd if I had positioned myself better. I could have done a lot better in this race if I had a better strategy ahead of time.

-Emily

5. Knights Ferry Road Race 2/2/13 Oakdale

Ryan Clarke

Racing Age 17, Sr. Cat 4

15th Place Knights Ferry Road Race Senior Category 4

This was my first race of the season, so I wasn't sure how it was going to play out. I hadn't seen how the field was riding, so I couldn't judge how to race. I sat in most of the race. I tried bridging up to a break, but the course was two laps on an out and back with a head wind and a tail wind making it hard for anything to get away and stay away so I just did the chasing for everyone else. I started to get a little sore and tired towards the finish and ended up being too far forward going up the hill to the finish, so I had no energy left. I tried to stay with the field and finish in the top ten, but I was cut off and almost had my front wheel taken out by a careless rider sprinting for 10th place or something and I had to slow down to avoid crashing. It wasn't a great way to finish the first race of the season, but it really got my head in the game for the races to come.

-Ryan

6. NHSMTB Race #1-Granite Bay 2/24/13

Griffin Wigert

15th Place NHSMTB Race #1 Granite Bay Varsity D1 Male

I got to the race start to help my team set up at around 9 am. My race started at 1:10, so I began to warm up at around 12 with some fast laps and pyramids around a nearby parking lot. The course was 6 miles long (I do 4 laps) and is pretty flat with some short hills. There were also some rocky sections. The start was very twisty and took place in a giant sandpit next to the lake. I started out in the 3rd row back, around 11th-15th place. When the gun went off, I tried to clip in my pedal, but my foot slipped off. I was still able to get one pedal stroke in, but because of the sand and the riders behind me I quickly went down. I got back up, in last place, and caught on to the last riders of the pack. I spent the entire race trying to catch up to this pack, which as I found out later had disintegrated on the first lap. I caught on to a group of about 3 riders. We would pass other groups and some would catch up to us. I took a Clif Shot every lap. By the fourth lap, I was with only one other rider, who I let pull me and then attacked hard. I dropped him and almost caught up with 14th place at the end. I was 2 minutes off of top 10.

The thing I learned in this race is to have a good start, but also it is much better for morale to start slow and pass people. Normally I start fast and get passed, and then get demoralized, but that did not happen in this race.

-Griffin

7. Cal Aggie Criterium 1/26/13 Davis

Stanley Goto

4th Place Cal Aggie Criterium Senior Category 4

First race of the season for me. The team officially has our first race at Cherry Pie but I really didn't want to wait that long to get my feet wet into the 2013 racing season. My dad was over yonder that day and was unavailable to drive, so I thought, "Well the Department of Motor Vehicles has recently found that I am fit to drive a car (which isn't saying much) why don't I drive!" Father would not permit; luckily the Abraham's were going down to the race, so they let me bum a ride, thank you! Once we got to the race it did my thing: registration, quick bit to eat, bathroom, warm-up and final prep, I hadn't done my routine in a while so it felt rather odd at first while jogging my memory on what bike racers do but it all eventually came around. The course is a fun one, about 6 corners one that is 45 degrees, and wide roads. My field had about 70 starters, a healthy sized field for a January criterium. I guess many people shared my feelings to experience some racing again. On the first lap after the gun a guy took off to start our 40 minute escapade, he went into the 45 degree turn too hot and hit the deck in front of the all 70 of us; thankfully it was a solo blunder that had a solo consequence. That act could be given plethora of names, many which could be negative or inappropriate, but I am going to call it "testing the waters of the corner" it certainly worked because for the rest of the race that corner was taken very gingerly. The beginning of the race was pretty quick and a nice jolt to my system, it felt nice to corner, draft and maneuver in a pack again. I lurked around the front and kept a watchful eye for moves. About 6 laps in the race I thought it would be cool to take a dig, so a few corners before the finishing strait I took some extra momentum into a corner and launched off, in half a lap I was joined by 2 others and in a lap we were back into the fold. We worked together fine, but no one likes to let things get away in the 4s race because there are no teams to allow that to happen. The rest of the race was rather uneventful for me personally, I continued to patrol around the front, and moved up when I needed to and chased and bridged. With 3 to go is normally when I would say that I have to be near the front or at least trying if I want to be competitive but I was already there. With 1 to go I was in good position, about 6 guys back. With 2 corners to go I was about 4th wheel but then a fair sized group surged past mine on the left. I abandoned my draft and latched on to the accelerating group, at about 9th wheel. I came around the last corner and waited, since the finishing strait was a bit long and then jumped and ended up with 4th. I was pleasantly surprised and got some points in the bag. I would call it a nice way to start the season.

-Stanley

Emily Abraham

16 years old, Women's Category 4

14th Place Cal Aggie Criterium Senior Women 4

The Cal Aggie Criterium was my first race of the season. I was really excited and nervous to do this race since it had been months since I last raced. I rode a lap before the race began so I could check out the course; there were two pretty sharp turns which made me a lot more nervous. Taking sharp left and right turns is something that I still struggle with in races so I was worried about having to take the turns in pack. Luckily, the other women in the race were also nervous about the turns, so we all slowed down quite a bit and communicated by telling each other when we were slowing. For the about the first six laps I just hung towards the back of the field, we weren't going extremely fast so I didn't have any difficulties staying with them. Two Davis women pulled off the front and got away pretty quickly so the rest of us were trying to bridge the gap. When there were five laps to go, I was feeling really good, I decided to move up and take a turn at pulling. I probably should have waited until about 2 or 3 laps to go but I just decided to go for it anyways. I pulled for a good two laps and I felt great, I moved back after a bit so I wouldn't waste all of my energy. I should have moved closer to the front before the finish, but instead I just stayed toward the center of the pack. There were a lot of us for the final sprint, and we all spread out. I'm not exactly sure what happened but we were sprinting and the next thing I know, I see one of the women hit the pavement and the other women in front of me runs over her. It happened super fast and I immediately swerved so that I wouldn't run over her too. This was the first time I had ever been in a race where there was a crash, It definitely shocked me and I wasn't able to finish with a strong sprint but I feel like I learned a lot from this race.

-Emily