

Team Swift Race Reports July 2013

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Rider Race Reports

1. USA Junior National Championships 7/3-7/13

Madison, WI

TIME TRIAL REPORTS

Luke Lamperti

1st Place USA Junior National Championships Time Trial Juniors 10-12

I knew it was going to be a long day before I started my TT at 5:19PM. But finally it came time to leave the hotel and get to the race. When I got there it was time to warm up and get ready. First I got on the trainer and spun for 15 minutes then I did 5 minutes zone 3. After that, I had to do the grueling 2 minute pyramids. I then took my bike off the trainer had a Cliff Shot followed by water. Now it was time to go get in staging. As I was waiting to get called up I had a Shot Blok. When I started, it was a slight up hill and then a right turn. On the way out, I pushed the pedals as hard as I could and kept saying push push push. When I got to the turn-around I went wide and came in tight on the corner, and sprinted out. On the way back I did the same and kept pushing hard. When I made the final left hand corner, I started my sprint. It was really hard to sprint, but I powered through it. After I crossed the line, I sat up and heard that I was in first. After everybody finished, I heard I was still in first. I was so happy to hear I got first in the Time Trial and be the TT 10-12 National Champion!
-Luke

Gianni Lamperti

4th Place USA Junior National Championship Time Trial Juniors 10-12

I was on the ramp and the holder let go then I was racing. I sprinted about 250m then I took the right hand corner. I went hard and passed about 3 people before the turn around. As I was coming into the turn-around I caught another person I went wide to pass then a person jumped out in my line a pointed inside. To go inside I would have to hit my brakes and go behind the other rider. It took what felt like forever to get around the turn. When I got out I sprinted past the rider to get up to speed. Then I went hard all the way back. I came around the corner at a good pace. As soon as I came out of the corner I sprinted all the way to the line. I was hoping for a better finish, and was a little disappointed that I was not able to get a better result.
-Gianni

Isabella Brunner

9th Place USA Junior National Championship Time Trial Junior Wm. 10-12

There was a field of seventeen girls. The pre-race warm up with the Team Swift teammates on the wind trainer was the most beneficial thing because I did not pre-ride the course. A big thanks to Stanley and Drew "keep pedaling, Isabella!!!" as I pedaled on the trainer. Before I knew it, I was charging off the start into the boiling heat of the Wisconsin farmland. I was able to pass one contender and before I knew it, I was charging uphill to the finish. Then we were off to the ceremonies for the podium finishers----congrats to Luke and Gianni! With all of the racing just to get to this event, I slept very well that night.
-Isabella

Ben Cook

11th Place USA Junior National Championship Time Trial Juniors 13-14

I got to the parking lot 2 hours early, with my number already pinned and skin suit already on. My dad and I met Coach Laura and the Lamperti's there, and set up a trainer for me. I began my 15 minutes of spinning, and soon Ryan showed up. I got to my pyramid with Ryan yelling at me to go harder (thanks, it helped) and once I was done, I finished the warm-up and threw on my gear, then did my final jump on the way down to the start.

I joined the herd of shaking, nervous riders. I looked at them, scared, like I was. The only thing that came to mind was the line "So this is Nationals, who's nervous?" I was talking to my friend Kyle Fiori from Davis, when Coach Laura stopped by to give me some advice. "So while you're out there--" "Number 160! Ben Cook! Number 160 to the stand!" Too late. I hopped up onto the start ramp. I watched the other riders take off, and soon I was clipped in with the road ahead. "Three... So this in Nationals, Two... who's nervous? One!" I repeated one last time as the timer buzzed, and I launched out of the start ramp.

In a few seconds I was up to speed, and took the first corner, low and in my drops :) I sprinted out, and flew up the first hill, but too soon I was maxing my heart rate. It took me a second to recover, but I kept pushing. The next hill came, and I sprinted up it with my teeth gritted. I once again had to recover after the hill. I did this until the turn around and had a hard time finding a rhythm. After the turn around the hills weren't as steep and I found my cadence and flew on home. I noticed Jules Gilliam from Team Specialized, climbing up the first hill on his hoods, with his mouth open, turning the cranks in a perfect rhythm. I thought of how he did the first section better than I did, so I had to make it up. I gritted my teeth one last time and flew over the last hill and around the corner. There was the sprint, I had seen other riders settling back down into the saddle after the last corner, and often losing a second or so. I wasn't going to let that be me, so I stood up and shifted up to my final cog, this was going to have to count. I came up to speed and began my sprint. I sprinted like I had practiced. Low to the bike and extremely painful and kept bringing my cadence up.

The hill kicked up, and I shifted down a cog, but soon realized I wasn't going to get anywhere by doing that. So I shifted back up to the 14 and flew through the last 100 meters as fast and hard as I had ever ridden before. I threw my bike over the line and spun out; I soon realized I didn't even have the energy to lift my head up.

I was greeted by Sam Hill, Kyle's teammate and a friend of mine. We tried to fist bump but missed a few times, so I we got off our bikes and said hello. He had finished just before I had, and we were both too tired to speak. It was nice to see him and Kyle there; they are fun to race with. We were both called over by our coaches and parents, so we said goodbye and spun over.

"Nice job Ben! You're currently in 3rd." I was very happy with this, and gave everything I could to smile. We spun back to the car, and talked about what to do tonight and tomorrow. The results kept coming and soon my placing was going down.

Once I was off the podium I was not happy. I remember Coach Laura telling me that the thing to do was channel the frustration and dish out the pain on Saturday. So that's what I did. Even worse was when I realized I was out of top 10 by 2 seconds. On the drive to podium my dad reassured me that for my second TT ever, 11th isn't all that bad. I soon learned to be happy about my placing, and went out for dinner that night with Emily and her parents. Hearing her talk about how much fun she had and not caring about her placing gave me a different way to look at things. So in the end, I had a VERY good first day of nationals and learned that I need to keep a steady rhythm during time trials. And even though I saw Jules on the course and he scared me about the competition I was up against, I still beat him by a second.

It was nice to go out and meet everybody, Jules and I talked about the race, and I met his teammate, Sean McElroy, the eventual triple champion. Both Jules and Sean were nice and friendly to me. Between meeting new friends and having a good placing, I was very happy with the way the day turned out.

-Ben C

Emily Abraham

26th Place USA National Championships Time Trial Junior Wm. 15-16

Words are unable to describe how excited I was to race at Junior Nationals this year. Unfortunately I had a bit of an accident on a training ride the week before the races, and after five hours spent in the emergency room I was extremely worried I wouldn't be able to race at Nationals. I healed quickly and sure enough our trip to Madison was still happening. The Junior woman's road race was one of the first races at Nationals, Coach and I decided I wasn't ready to race in the road race. I was disappointed, but still pumped to do the time trial. We went out and rode the time trial course the day before the race so we knew what to expect. I was surprised by the amount of uphill on the course. Time Trials are not one of my strong points in racing, so I wasn't expecting to go out and win. I was out there to have a good time and learn more for Nationals next year. My start time for the time trial wasn't until the middle of the afternoon, so I spent the morning relaxing. When the time came to head over to the course, I was feeling great. There were butterflies in my stomach but mostly I was just really excited. I warmed up on the trainer, ate a Clif SHOT energy gel, and headed toward my start. As I took off down the start ramp, I had my hands in the drops ready to begin sprinting. I went quickly around the first right hand turn; I had so much adrenaline pumping through my veins. I got into a comfortable position on my time trial bars and just pushed myself as hard as I could. The hardest part about time trials for me is not letting my mind wander. I decided to think about the course so that I would stay focused. I remembered the course from our pre-race ride the day before, so I told myself where to go hard and where to let off a little bit. Luckily, the cross winds weren't too bad. There was a bit of a head wind on the way out but on the way towards the finish there was a nice tail wind. I made the left hand turn towards the straight away to the finish. I put my hands in the drops and sprinted across the line. I felt awesome after the race. I pushed myself as hard as I could and most importantly had an

awesome time racing. My time wasn't the best nor was it the worst, I had a great time and next year I plan to blow everyone away!

-Emily

Drew Gonzales

USA Junior National Championships Time Trial

Juniors 17-18

The time trial is always the race that requires the strongest warm up and the most routine schedule. Every time I race a time trial, I have a very specific set of orders from between when I wake up to when the race starts; I firstly eat my oatmeal in the morning, secondly arrive to the venue two hours early, and then thirdly begin my warm up pyramids. I spend an emphasis in the warm up for the pyramid. The three eight minute zone three efforts are important to me because the long effort simulates the time trial more, and I therefore focus more during those efforts.

The course itself looked like a lollipop. There was the long straight, then a small loop that returned you to the same long straight that the riders started on. I liked the way the course looked; it was scenic in that the roads were lined with large fields, or tall trees which grew overhead, or cows which grazed happily on the sides of the road.

I knew that my time trial would never win, but I spent all the effort I could. My least favorite question after my race is "How did it go?" I hate this question because no matter who you are or where you finish, the time trial feels the same. The long, draining effort is hard for anyone who races it.

-Drew

ROAD RACE REPORTS

Luke Lamperti

1st Place

U.S. Junior National Championships Road Race

Juniors 10-12

When the whistle went off, I was feeling pretty good so I got in the field and sat in until the first attack by Papa John's Racing Team. As I went to jump on his wheel, I saw my teammate Gianni jump on it. I waited for somebody to pull me up to the break. Once I got to it, we had a little climb but nothing happened. There were a couple of jumps but nothing big. Just 2k before the finish on Lap 1, there was a big attack by Frazier Cycling. He was solo until a little before the finish as we headed out for the last lap. There was not too much going on until my teammate Gianni attacked and then I countered. That was about it until the sprint. When I went into the last corner, 300 meters before the line, I was in 6th and had to sprint to catch first and then pass him which I barely got done! It came to a little bit of a bike throw and I ended up getting him. I am super happy to be the USA National Road Race Champion.

-Luke

Gianni Lamperti

3rd Place USA Junior National Championship Road Race Juniors 10-12

I was nervous at the start line because it would be the first mass start of the week. Right as the whistle blew I went to the front to try to avoid any crashes. Somebody attacked going into the first corner. Everybody was really fast to jump on his wheel after that somebody would counter attack then as soon as they got caught somebody else would counter. That happened for about 3km. Then nobody wanted to pull so it was really slow. On the next lap there were about 4 attacks. There was one on the uphill that split the field apart. Then on the back section I attacked on a little hill. They caught me. As soon as I got back in the group somebody attacked, but like every other attack it did not stick for more than 10 seconds. Another kid countered at the 500m sign but Luke jumped on it extremely fast. Coming into the last corner Luke and I both had terrible positioning. We went up the hill and passed a lot of people. Luke was catching a person in the lead on the left out of the wind as I was sprinting on the right in the wind I was in fourth coming fast on the kid in third. I yelled as he stopped peddling and I passed him inches before the line. It was a great race.

-Gianni

Isabella Brunner

8th Place USA Junior National Championship Time Trial Junior Wm. 10-12

Pre-riding the course allowed me to familiarize myself with the hills, turns, and wind. I was confident I would do well and tried to position myself with the TT podium finishers. After the first lap, the TT podium finishers had shown their strength and would not be caught. On the final turn, I sprinted up and over the hill with a pack that shattered prior to the finish line. I have to give credit to the Para cyclists who raced this course---congrats to them.

-Isabella

Ben Cook

27th Place USA Junior National Championship Road Race Juniors 13-14

After a lazy morning, I headed down to the road race course with my dad, where we would meet Coach Laura, the Lamperti's, the Goto's, the Clarke's, and the Brunner's.

I set up Ryan's trainer in the grass and shade. I soon got to my 15 minutes of spinning, and wasn't feeling very well. It was hot, humid, and I didn't have an ice vest to keep me cool. I did my pyramid, it was agonizing. I ate a Clif bar and lied down. I was dizzy and light headed, so I tried to drink some more water. The ice on my back just left a painfully cold spot on my back, but didn't cool me down. Eventually through the help of the team, I pieced myself together and headed over to staging.

I lined up right at the front at staging. Then there was the 25 meter sprint to the start, I ended up in the 4th of about 10-12 rows. I was right next to Sean McElroy, the eventual triple champion, who everybody was watching out for. I looked over at him to

see his legs and arms shaking. I said hello, he smiled back and said hi. That made me happy to know that the champion was a nice kid, he had remembered me from yesterday, and somehow the fact that we were both shaking made him seem human. I liked that.

The whistle blew and Sean rocketed to the very front, I ended up about a row back. I felt the cool breeze, and was ready to go. The heat and dizziness was gone, I was all game. I was just on my way to move up, but Sean was already on the attack. Swinging from side to side across the road, many people crashed on the first lap. I had a few close calls, but made it up to the front. We got to the hill and it started to string out, I saw the leaders at the bottom of the hill already, so I spun at about 200rpm to catch up, and landed at the dead front. Perfect.

Sean hadn't left us, and we were setting the tempo against him. I made every attempt to get on his wheel, but the one time he went, I had just pulled off the front, and he got away. We formed a pace line to try and chase, and we didn't have him, but he wasn't gaining. His teammate, Jules, made attacks in his favor to try to work us over. I did what Laura told me too, and wasn't the first one to chase. We caught Jules and went on our way through our rotations, when I went to pull off, and the guy behind me wouldn't pull through. He didn't seem to care if Sean went or not, and was happy to race for second. So I attacked right away, but was caught in an instant. They seemed to work a lot harder to get Jules and me then to get Sean. I wasn't happy about this, since Jules seemed to be the only one who would actually work for a field, but since Sean was his teammate, he had every right to try and slow us down.

The second lap came, and I was right at the front. We were still rotating, and I was somewhere in the middle of our 30 or so man lead group right on Jules' wheel, when we came around a sharp right hand corner, and my left pedal came unclipped. I went flying to my left side, and tried to save it, but soon I was swung to the right, and landed hard on my right hip. On the ground, I was run over. Twice. Both hits in the left leg. I got up, and my chain was off, but before I knew it a mechanic was over to help me out. He threw the chain on and pushed me on my way. I was stopped for about 20 seconds in total, but the 15 people left up front were gone like the wind. Jules made it out, and I was happy for him. I jumped up and rode as hard as I could to try and chase, but my left leg was in too much pain. (After the race, I was told I had been hit in the tendon that connects all the muscles in my calf, and the same connecting tendon in my quad. So my left leg was pretty much useless). I fell back to a small group of about 10 or so riders, and finished last of them. The front started attacking for 18th place, and my leg was not having it, so I sat up with another rider who had been injured to badly to ride hard, so we crossed the line in 26th and 27th. It wasn't worth it to possibly injure that leg more, and 18th or 27th; I would have been equally upset with the crash. I must say however, is not all the bad for a 70 man race. I was just upset I didn't get the possible medal. The road race was my best day until I crashed out, and I wasn't going let it stop me. My dad and I left the race immediately and went to urgent care. There was no rush to get there, but I was mad, and didn't want to be at the course anymore.

At the urgent care I found out that I had went down on my right hip, and had a deep gash in it. They said not to get stitches, but I'm not so sure, because 3 weeks later there is still a whole in my leg. I iced my left leg that night, and my teammates kindly repaired my bike, and put on a new set of pedals. I learned to be more aggressive in a race, and when the field stops, you go. And to tell people about bike issues, that pedal had been clicking, and I never had it checked out and it helps to have a fresh set of cleats. I had a fun race until the crash, and thanks to Laura, Ryan, Stanley, Drew, and the rest of the team, I was ready to race the next day.
-Ben

Stanley Goto

85th Place USA Junior National Championships Road Race Juniors 17-18

After a 2 years hiatus from attending the Nationals it felt satisfying to go to Madison Wisconsin with the team. My personal perception Nationals has changed over the years. When I went to Nationals as an 11, 12, 13 and 14 year old my idea of a well-accomplished race was highly dependent on what placing I got, usually around the top 10, if not better. When foreseeable shortcomings, which were not so evident at the time, would occur I would be thoroughly disappointed. That was no way to feel after much travel and communal effort (my dad) to get there. Man someone should have hit that kid. 3 teenage years later I am 17 therefore I must know everything. Right? No not really. My goal was to survive both races with a respectable result for the field which I was in. Rather broad but that's ok with me. Forgive the lack of excitement in this report. I shall now use the government as a scapegoat, because due to their lack of money the school year is shorter thus there is a longer summer break, (that just makes me sick) with a longer summer break I lose my intelligence over summer and to conclude my writing suffers.

The road race started at 8:00AM, something that I loathed at the time but later appreciated for the cool temperatures. I once saw something on T.V with some triathlete. She was talking about some event; I think it was the Kona Ironman. She explained that it would be foolish to mentally psych yourself for Kona as if it were any other because it was obviously different in the fact that it was of exceptional prestige. I'm not sure how I feel about that because I understand that the national's race is stacked with talent, yet at the same time I'm not going to mentally or physically prepare any differently. I think the old saying goes "don't try new things at races". For the specifics during the race I'm treating it differently because the dynamic is changed by the sheer mass of racers, but I'm still psyching myself up to go as fast as possible, and use handling skill to put myself in a position where I can survive. That was one aspect of the start of the road race in my mind. There were some pesky riders that would show up to the start late and garb their way towards the front. It's a little tasteless. I'm not really good at confronting a rude stranger so I let it be. I really can't complain now if it didn't complain then. The start of the race went down a neutral fast descent. It was fast and scary. The familiar scent of burning brake pads filled the air. We took a left turn and then it was time for the non-neutral descent. It

was a lot of fun barreling down this hill with 120 other riders. Our pace was pretty quick over the rollers on the backside of the course and then before I knew it we were back on the main climb. I started the climb within the top 40 guys but by time I hit the top I found myself at the back. I wasn't feeling too awesome, but I always say that. I've concluded that when you feel really awesome that feeling sticks in your mind and you expect to feel that way all the time and when you're feeling average that is perceived as feeling lame especially in a big event when you want to feel great and kick butt. After a hard chase back to the pack on the descent we were back in albeit with not a lot of energy. By this time I think the pack was down to about only 100 guys. The pace was very mellow on the backside and not as sharp when we went over the rollers. That made the climb fast and I wasn't feeling too great. I now was in a group of about 15 guys and we worked together to get to the finish. In my opinion although racing for 80th place isn't very glamorous it would be worth putting some effort into the pedals some the other guys didn't share that feeling with me. With the last climb in sight I gutted my way up and finished 85th; at the end I felt pretty good but that wasn't the case earlier in the race when I could have really used it. The prospect of racing with so many riders my age was cool and fun but 85th wasn't really my best so I looked on hopefully to the criterium to see how I could fare.

-Stanley

Ryan Clarke

93rd Place USA Junior National Championship Road Race Juniors 17-18

This was my first nationals and I have to be honest, I was pretty nervous. And it wasn't just the typical pre-race nerves either. I wasn't sure what to expect. I'd heard rumors of massive pileups and the pace being so high riders fell off the back like flies. I was only a little nervous... I thought I prepared myself well. Nothing could have prepared me for the weather though. It was extremely humid. As far as things in my own control go, I probably should have rode for an extra half hour the day after I got off the plane just to be sure my legs were loose, but other than that, my pre-race ride and warm up were spot on.

The start was probably the most hectic part of the race. People were jammed together across the road and to make it worse, we were descending. It was pretty unnerving to say the least. I trusted my descending skills to get me down safely, and thanks to my aero wheels, I was able to catch the pack before the flat. After some punchy rollers we had to squeeze into one lane of a road. I tried to use all of my tricks to move up, but had marginal success. We hit the main climb and right at the bottom of the 12% grade someone dropped their chain. I panicked thinking I was going to have to stop, but somehow, a gap opened up to his right and I darted by without any incident. A few hundred meters later I was relaxed again only to have to slow way down from another dropped chain. I crested the hill about a minute back and was able to chase back on by the end of the descent. By this time, the field had thinned considerably. I was able to move up to the top fifteen riders and wanted to go off the front to get a head start on the hill, but with moves already up the road, a team

blocked for their teammate and literally preventing anyone from getting by. We approached the climb again and I kept my pace going riding briefly off the front before the field charged at me and I struggled to hang on again. Coming over the top, I was in the same position as the last lap. The field had split and I barely missed the second group when the guy I was chasing with jumped me and left me struggling to keep his wheel. I pretty much rode solo for the remainder of the lap and at the base of the climb was passed by a group with my teammate Stanley in it. I chased that group for the last lap with two others, caught it at the base of the climb again and watched as they rode away from me up the remaining 3k to the finish.

-Ryan

Drew Gonzales

DNF USA Junior National Championships Road Race Juniors 17-18

On the first day that I arrived to Madison, I went to the road race course with my teammates, Luke, Gianni, and Emily. The four of us and Coach Laura rode the loop incorrectly for ten minutes, but eventually found the correct directions. While incorrectly riding the course, we descended for what felt like fifteen minutes. I thought to myself that this would be the easiest National Championships I'd ever had..But when we found out that we were in fact riding the wrong way, I was told that we would have to climb all that we had just descended. After realizing this, I knew that the field would shatter on this steep, two kilometer climb. For the road race, I did not spend a large amount of time warming up because the race starts with a downhill. In this instance, I thought that it would be more important to start in a better spot on the starting line, than to warm up. On the way down the hill, there were so many crashes, so many people being thrown into the ditches, and so many people panicking. I kept my calm, kept my head up, and descended with the field. But when we arrived at the climb, the first climb, the field took off without me, and I was no longer in contact with the field. I was, however, not about to let that stop me from taking risks on the descent. I tucked the entire descent, passing as many people as I could. A racer can make up so much time if he can handle his bike with ease. Because of my risks on the descent, I was able to regain contact with the main field right before the second climb, however I was again dropped.

I rode the next lap with a grupetto before I abandoned the race on the next lap. I knew it would be best if I had rested what energy I had left.

-Drew

CRITERIUM REPORTS

Luke Lamperti

1st Place USA Junior National Championships Criterium Juniors 10-12

The morning of the Crit I knew that I was the second race of the day, so it was a little bit early. When we got to the course I decided to go ride the course before the first race started. The course was good for me because it had an uphill before the straight to the finish. When the whistle went off, we had an attack by Papa John's team. We all chased it and then there was a counter attack by a different team that did not last. After that, it was mellow with no attacks. With 4 laps to go, there was an attack by my teammate Gianni but it did not last, so I knew it was going to be a sprint to the finish, so I figured out where I was going to start my sprint. When we came to the last lap I got to the front of the field and then when it came to my spot, I went from there as hard as I could and figured out as I crossed the line in first that I was super happy to be the Crit National Champion.

-Luke

Gianni Lamperti

7th Place USA Junior National Championships Criterium Juniors 10-12

At the line I was in the first row. It was slow for the first lap then it started to speed up. The course was fun but it had cracks in the middle. Every lap there was an attack on the hill. On two to go it got really hard but it didn't feel like we were going that fast. Coming around for the last lap Luke attacked on the hill and I tried as hard as I could. It was a bike throw between 6th and 7th. I ended up in 7th. When I got back to the tent I pushed my bike for 3ft then noticed my rear wheel was skidding. Although my rear brake was on for the race it was good that my brother won.

-Gianni

Ben Cook

9th Place USA Junior National Championship Criterium Juniors 13-14

We arrived at the morning of the criterium, and I spun around some to loosen up my left leg, which had been injured the in a crash the previous day. The first person I saw there was Emily, who raced right after me. We helped set up the tent, and Coach Laura, Luke and Gianni showed up soon. They were just heading over to staging to start their race.

I began warming up with lots of time, and got to watch Luke and Gianni in their race. I felt great that day. I threw on my gear and went over to staging. Once we had sprinted for about 3 seconds to the start, I ended up finding a spot in the very front row. The whistle blew and we were off. About 5 seconds into the race, Sean McElroy made his first attack. I was one of the first to jump on him. He slowed and pulled to the side. Soon he was off again.

We tried to chase back on, and were often successful. But there was one time when he found us at our weak point, and Sean was off the front. I took a pull to the front and tried to chase after him as hard as I could, and when I went to pull off, nobody came through. The field almost came to a standstill trying to keep me at the front, so I took one big swing and someone pulled through, slowly. This gave Sean the

gap he needed to win. I was upset that we couldn't all race with a field, but we had to go for second. I wanted to see if anybody would pick up the pace, but once nobody moved, I attacked. The second I attacked the field was in action, chasing and taking pulls to reel me in. So within the lap I was caught, and finally somebody countered, I jumped on it as hard as I could, and was back in the field. We had about 12 laps to go and we were finally racing. Attacks flew from Hot Tubes and Garmin, but all were pulled back within a few hundred meters, none stayed off the front. So one time someone from Hot Tubes attacked on the hill, and on the flat at the top, I countered. I stayed away for another full lap before they could catch me, proving myself as one of the stronger ones in the field. So with 5 to go, I was going to use this.

The attacks kept flying, and I was always part of them up at the front. With 2 to go I was right up at the front, but by the last lap I found myself getting passed on both sides, with a rider in front of me that couldn't move up. So I was stuck in about 15th position with 800 meters to go. This was bad; the only thing I could do was catch up on the hill. So we took the corner and I sprinted up it as hard as I could, and passed a large number of riders, but I couldn't get far enough up to medal. I took the last corner and sprinted into the finish in 9th.

Luke met me at the roll out zone with water, and rolled out my bike for me. I was so upset that I didn't get the placing I wanted, and I had no idea what else I could've done to stop getting boxed out. We later went back to the tent and talked about tactics. I learned that you need to be at the VERY front with 2 to go, even farther than I was. I was congratulated by the team and my dad and I went home. In the end, I was happy with the day, and learned a lot thanks to Coach Laura and my team. And hey, I got top 10 at nationals! No reason to be upset with that!

-Ben

Isabella Brunner

9th Place USA Junior National Championships Criterium Junior Wm. 10-12

It was a one km square course around the Wisconsin State Capitol, for a total of fifteen laps. I was rudely awoken in my 8 AM race by my front wheel dropping into one of the cracks in the road that nearly launched me over the bars. Again, I was with the same pack of four riders from the TT and RR races. I charged away from them on the final straight to the finish. Overall a very nice experience going to Nationals and I look forward to next year.

-Isabella

Emily Abraham

20th Place USA National Championships Criterium Junior Wm. 15-16

The Criterium at Nationals is the event I looked forward to most in Wisconsin. Luckily I was still able to participate even after my crash the week before. When I first saw the course for the criterium I was extremely nervous. With two left turns on a

downhill, I knew a crash was bound to happen. I arrived a few hours before my race so I could watch and support my teammates. This also gave me time to ride the course a few times before I jumped on the trainer to warm-up. After doing a lap or two, I was relieved that the two turns weren't as sharp or sketchy as I thought they would be. When I got on the trainer, I spun out my legs for fifteen minutes then began my pyramids. Then the time came to head up towards the start line. The official gathered all the racers in one area for staging before going to line up at the start. Some racers got recognized for their achievements in cycling so they were allowed to line up first, and then everyone else is allowed on the course to line up. Everyone hurries at this point to get the best spot at the start line. I was a little slow so I was towards the back when the whistle blew to signal the start of the race. As we all began rolling, I started to feel very nervous and I felt my hands shaking as I tried to hold the handbars. I hadn't raced in a group of people since before my crash and I felt strangely unstable on my bike. I forced myself to focus on the race and after two laps I was feeling confident again. We went at a fairly normal speed for a criterium, no one was going all out but we weren't going to slow either. A couple attacks were made but none that caused a break. On one of the laps just after the small incline, a girl came speeding around my right side. I immediately jumped on her wheel allowing myself no time to think. She went straight up to the front of the pack and I followed. She pulled the pack for about half a lap, then she began to slow down and I was riding right next to her. I decided the speed she was going wasn't good enough for a race like this. So I pulled through so I could lead the pack. I stayed on the front for two laps then someone made an attack and I moved back to catch my breath. I stayed more towards the center of the pack for the rest of the race. If I had positioned myself better when there were two laps to go, I probably could have finished in the top ten. But I'm proud of myself for jumping on that girl's wheel and taking the chance to lead the race.

-Emily

Drew Gonzales

31st Place USA Junior National Championships Criterium Juniors 17-18

I have always loved the fast paced downtown criteriums, but when I pre rode the course and saw the slight uphill before the finish of the one kilometer loop, I feared for my results. The one kilometer course had four corners and created a perimeter around the Madison Capital building. The roads were not ideal. There were cracks in the roads that were parallel to the sidewalk. In other words, the cracks could eat your wheel. Again, I spent time on my warm up with Ryan and Stanley under a tent provided by our old teammate Ian Moore and his family. Ryan Stanley and I warmed up under the tent for twenty minutes before we took our trainers and continued the warm up at staging.

At staging, I learned that people had been lined up for a maximum of one hour, but that was not the most shocking set of words that I heard. While at staging, I heard parents asking their kids if they really wanted to race. The Nationals Crit is notorious for

its large, inevitable crashes. I have never crashed at Nationals and didn't feel as if now would be a good time to start.

After being released from the staging area, the racers and I sprinted for the starting line like dogs being let out to play; we were all so anxious. I could feel it in my bones that there would be crashes, and I can tell if the wheel in front of me is uncomfortable in the corners which gives me an advantage. That being said, if I'm already in the corner and can see the rider in front of me is going to slip out, then there is nothing I can do. In the first corner of the course but towards the middle of the race, I was caught behind a crash -- not a wild crash -- which started with one rider slipping out. I had to slow down a lot not to crash. I looked up and saw that Ryan also had to stop.

Of the remaining fifteen laps of the race, I held position and tried to move up as much as I could, like Luke and Gianni told me to from the sidewalk while I raced, but could not move. I spent a lot of energy trying to move up, but simply couldn't. I finished the race with the lead group at 31st.

-Drew

Ryan Clarke

Crit: Successful

My recovery after the road race prepared me well physically for the crit. Unfortunately, I psyched myself out. Judging from the things I'd heard about it, I half expected to hit the pavement in the first corner. I started my warm up and felt really good during my first pyramid. The crit was definitely hotter than the road race and throughout the day I made sure I stayed hydrated. With 45 min to the start, I moved to trainer to the staging area where the ever-growing crowd of kids on trainers were. I spun to keep my blood flowing in my legs and prepared for the sprint to the start line. Lining up was chaotic; I'm surprised nobody crashed. I barely managed to squeeze into the last spot in the second row which was a pretty darn good spot considering there were 150 riders. The first three laps were full tilt, but after it slowed down to a manageable pace. While the overall pace was easy enough to hold, I struggled cornering at speed with people inches away on either side of me. The result was me having to sprint out of every corner to stay with the field. I made it halfway through the race and just couldn't keep doing that. I was extremely disappointed that I wasn't able to finish, but as Coach Laura said, "...you have the physical strength to ride in that race. Skills like cornering are things you can work on that will allow you to stay in to the finish."

Although my results don't exactly show it, I thought my performance was pretty darn good for a kid just completing their first whole season. Now, I know what I need to work on physically and I know what to expect next year. With another whole year of growth and development still to come, I'm confident that I'll do significantly better come this time next year.

-Ryan

Stanley Goto

Before the Criterium, Coach had a talk with us and we summoned the Magic 8 ball to tell us what to do for the Crit. The Magic 8 ball said that the first 5 laps would be crazy fast but if we survived that then we would be golden. After all, the entire goal was survival for me. Even with Coach Laura's confidence I was internally distressed at the criterium. I was feeling lame. Again I complain. 3 years from now if I write a blog or something I'll profess how 17 year old Stanley knew nothing and should have gotten slapped. The staging area, it was an interesting sight. Riders were lined up with their trainers more than an hour before. It gets better when they let us out of the staging area and there is an intermediate sprint to the start line. At this point I had surrendered to my feelings of lameness and hoped for miracle legs. I started in a pretty good spot about 3 rows back, in a sea of 120 others. After a few ripping corners and trips up the slight uphill on the course around the capital, I felt great. I'm not sure what happened but I was having a ball, chilling in the pack and zipping around. I saw and heard a lot of hard crashes, stayed away the best I could. Forgive me for not having a lot to say about the race. Since the course is so short and fast, you just kinda "do". Within "do" there is moving up, not crossing wheels, staying out of the wind, taking a drink, cornering consistent, but I really didn't think about that too much. Everything was going swell. I also had a few seconds of glory when I was about 5th wheel going around half a lap, before getting swamped. With 3 laps to go I was slipping a little behind the mid-pack feeling great, and on corner 3 as I went around there were a few bodies and bikes in my path. My choices where people or fence. I must have subconsciously chose fence. What a bummer. I was fine other than some pulsing bruises. With no free lap and the race a half lap ahead of me it was over. I was kidding about that Magic 8 ball thing. Coach Laura was assuring us that the pace would be fast early and then settle. True to her word it happened, so she must have a magical orb or 8 Ball.

I could have been disappointed but the fact that I made it that far was very comforting. All of my pre-race sluggyness had somehow disappeared, weird how that happened. The results sheet may say DNF next to my name but I assure you it's a solid DNF.

That was the racing part of Wisconsin; the down time with the team was a fun experience. Basketball, hunting for fireflies, adventures in the parking garage, and other fun times that I can't remember at the present moment. We also got to visit the bike factory in Wisconsin, after much persistence and the help of Andrew Christenson from Bici Sport we got a tour. Thanks Andrew. Going to places without Team Swift wouldn't nearly as fun. I'd like to thank y'all and especially Coach Laura for what she does for just us kids. Thanks for reading my report too!

In other news I learned:

- 1 I'm allergic to something in Grape Nuts cereal (Again don't try new things before a race)
- 2 TSA are bike murders (my bike was crushed on the way home)

-Stanley

2. U.S. Marathon National Championships

July Sun Valley, ID

Griffin Wigert

Age 17 Cat. 1 (MTB)

34th Place, Pro Open 17+

U.S. Marathon National Championships took place in Sun Valley, Idaho this year. I had qualified for normal XC Nationals, but I decided to do Marathon Nationals because the XC race was too far away (Pennsylvania), the top contenders for it would mostly be from the Norcal League anyway, and Idaho would fit in better with the road trip that my dad and I were planning. I was forced to race Pro Open because I was too young to race in the Seniors 19-31. We decided to drive up a week before the race, so as to get used to the altitude. We stayed in a small campground north of the town of Ketchum. I prepared for the race on nearby trails and on the highway.

The race course was about 20 miles long, and for the most part went up a nearby mountain called Bald Juan and then went back down it. The start was at the main lodge of a ski resort. There was a starting lap around the lodge and back down through it (this was only at the start) but then the race went down a bike path and started the long ascent. The first part was fire road, but then turned into singletrack until the top. It was then singletrack until midway down the hill, where there was a fire road traverse across several ski slopes, and then more singletrack to the finish. Right before the finish was a very steep, rocky section. I did not pre-ride this section. I would do two laps.

The beginning of race day, my dad and I got up and drove to the race start. I went and warmed up on the bike path and also in a nearby hospital's parking lot. I did 3 1-minute pyramids. I then headed back to the start and lined up, right next to pro rider Jeremiah Bishop. The start was at 8:00am. The start went OK, and I hung near the back of the pack. Every rider had to dismount for this one super steep singletrack roller, and there was a traffic jam. Going down the steep part with the rocks, I dropped a bottle, and by the time I picked it up the pack was gone. I rode pretty fast to the bottom of the climb and when I got there I passed this 20 year old guy who didn't look like he was having a great time. I was then surpassed a Sho-Air rider who asked me if I had had a rough start. It turns out he had crashed on the downhill. I was able to catch one other rider after the climb turned to singletrack, and then I was passed by the lead female rider. I was passed close to the top by the 2nd place woman, and kept up with her on the downhill. We were both passed by another woman. I then passed the former second place woman on the traverse but was then passed back by her and the last place man. I took a feed from my dad along the traverse and continued the descent. The left side of my glasses became covered in sweat, so I did not see the tree trunk along the trail. I hit it, and it bumped me off the side of the trail onto another trunk. I still have the scabs. I completed the lap and started up the climb, where I was

passed by the front end of the Senior Men. Tinker Juarez (former 24 Hour World Champion) passed me near the top. I began to bonk up here, but it was fine on the descent and I ate a lot along the traverse and in the feed zone. In the switchbacks down to the finish, I caught this one guy who kept asking if he had a flat. I couldn't tell, so I said no, but he found out he did. I was pretty exhausted. Afterwards, before the podium, I got pictures with several of the top guys including Tinker Juarez, Todd Wells (who won), and Jeremiah Bishop.
-Griffin

3. Foothill College Circuit Race

7/14/13

Los Altos

Emily Abraham

3rd place Foothill College Circuit Race Junior Women 15-18

I decided kind of last minute to do the Foothill College race. I had no idea what the course was like, so I was surprised when I got there to find out that most of the course is up and downhill. I wasn't really looking forward to this. Immediately from the start there is a steep downhill which then flattens out before the uphill then its downhill again just before a short uphill to the start/finish line. I stayed with the pack the entire race, although most of the racers spread out after a few laps due to the uphill. I raced in the junior women category and we were raced with the women 4 category. I tried to race against everyone instead of just the four girls who were in my race. When the last lap came, one of the junior girls went all out on the climb and moved up behind the leader of the pack. I tried to follow but my legs were screaming as I stood up to catch her on the uphill. By the time we got to the downhill section, I had lost her. I sprinted as much as I could but there was no way for me to catch up. I learned that it is important to place yourself well on the last couple of laps because it really makes a difference.

-Emily

Isabella Brunner

1st Place Foothill College Circuit Race Juniors 10-12

This was a nice hilly, curvy criterium style race. Every lap, the boy who drafted me the entire race, would ham it up for the crowd at the start/finish. He should be more of a racer, not a show off. I blew him away on the final lap. I wish there were more contenders in my category.

-Isabella

4. Berkeley Criterium

7/21/13

Berkeley

Karan Desai

Racing Age: 17, Senior Category 4
DNP- Berkeley Criterium Senior Category 4

Senior Category 4:

I started racing this summer quite late, I was hoping to start earlier but illness thwarted my attempts to race. I decided to race Berkeley Crit, a local race in "my neighborhood" (I live in San Francisco). On Saturday morning, I went to my local bike shop to buy Clif Blocks and Clif Bars. I went for a short little ride in the afternoon, doing some pre-race pyramids in the hopes of getting my legs ready for Sunday. I was nervous and anxious, not knowing how well I would perform or what would happen. I went to bed at around 9:30, looking forward to the race.

The morning of the race, my dad and I woke up at around 5 am. Although my start time was at around 9 am, I wanted to make sure that I had a proper breakfast and a warm-up. We put the bike on the rack and started our journey towards Berkeley. We arrived at the course around 7:30, just in time to watch the Cat 5 race. Before the Cat 5 race started, I went around the course to get a feel for street and wind conditions. It seemed like a simple course; four right handed turns, a slight incline, after turn two as well as a slight downhill section. I did about 3 laps and then got off the course before the Cat 5 race started. I did 2-3 pre-race pyramids. Afterwards, I consumed some Clif Blocks and bars and went to use the restroom before my race started. Since the 4's race was going to be 50 minutes, I thought it would be a good idea to take some Shots in my jersey pocket. I was able to get a prime front spot on the start line. The referee explained that there were 49 people racing in the category and he informed us to be careful and mindful of others. After a few seconds later, he blew the whistle and we were off. I made sure that I started in the first 10 people in the race, avoiding the chaos and mayhem the first laps of a bike race could bring. I noticed that after 10 minutes, I was quite burned out; I was doing too many turns up front and not sitting in. I realized that I had another 40 minutes to go so I thought that I could relax. I started to slip my way towards the middle of the pack. I hung out there and regained my energy. The race was pretty uneventful, a few attacks went but they were quickly brought back. On lap 17, I noticed I was at the back of the race; I was yo-yoing off the back when going through turns. I started to move towards the front. When we entered the downhill section, I had a good spot in the group but someone right in front of me crashed and as a result, I went down as well. I was lying on the ground dazed and confused about what happened. I thought I broke my leg as I wasn't able to move it; turns out I was just so shocked about the crash that my body didn't want to move. I moved over to the side of the road where the paramedics were awaiting to check out any damage to my body. Luckily, I had no road rash, just a banged up finger and a possible concussion (luckily, the doctors found that I didn't have a concussion.) I have a broken right shifter on my bike, nothing that can't get replaced so I'm pleased about that. I'm very happy that I didn't suffer from any severe injuries. Next time, I will be staying at the front, avoiding crashes.

-Karan

Letter from: **NCNCA AT USA CYCLING ROAD NATIONAL CHAMPIONSHIPS**

Hello,

As President of the NCNCA for 2013, I am super proud of all the riders who took part in the USA Cycling Road Nationals this past 4th of July holiday weekend in Wisconsin.

All riders who traveled across the country to compete from the NCNCA deserve praise and are winners for taking part in this prestigious event. Field sizes were huge and the competition was truly world class.

A few select riders from the NCNCA, the very best from our region, made a huge mark on this National Championship event! They will be bringing home Championship Medals & Stars and Stripes Jersey's back to the NCNCA.

One of the biggest and brightest starts from Wisconsin had to be Sebastopol's Luke Lamperti (Team Swift). Lamperti truly did the amazing, claiming the ultimate hat trick in taking Gold Medals for the TT, Road Race, and Criterium in the Junior Boys 10-12 division. Congratulations to Team Swift, the Lamperi Family and Luke! Also representing from the swift riding Lamperti family was Luke's brother Gianni, who claimed the Bronze Medal and joined Luke on the podium for the Road Race event.

Another incredibly talented 10-12 Junior from the NCNCA claimed the Bronze Medal in the TT. It was Team Bicycles Plus/Team Bicycles Plus/Sierra Nevada's Grover Rozek of Folsom.

One super standout performance of special note came from NCNCA's Adrien Costa (Slipstream-Craddock Junior Development). Costa, who resides in Los Altos is a very special racer from the NCNCA, and his work ethic and dedication toward cycling put him in line for a break out National Championship performance. Sure enough Costa delivered the goods taking Gold in the Junior 15-16 TT event & Junior 15-16 Road Race event.

Costa is one of the very best Junior racers in the world and has a very bright future in Cycle Sport.

Santa Clara's Maura Kinsella (Now Cycling/NOW and Novartis for MS) posted an outstanding TT race on her way to claiming the Silver Medal in the U23 Women's division on July 4th.

San Francisco's Zeke Mostov(Slipstream-Craddock Junior Development) claimed the Silver Medal for the TT in the Junior boys 17-18 division in a thrilling race, missing out on the Gold Medal by a scant 7 seconds.

Leading the way for all the incredible TT performances from the NCNCA was Monterey County's Logan Loader(CashCall Mortgage). Loader dominated the Men' Open division posting the fastest time for all riders combined at Nationals and brings back Gold to the NCNCA region. Loader is a rider who truly cut his teeth in Cycle Sport by racing NCNCA events. On a personal note, I started to work with Logan and his race dreams when he was 8 years old. Logan showed me at that age incredible talent and desire for cycling.

Logan then raced for many years in the NCNCA taking part in Cyclocross, Track, MTB, and Road events which made him one of the NCNCA's most complete riders. Logan's dedication and perseverance has paid off big time, and he is now a 2013 USA Cycling National Champion.

Friday in Wisconsin had NCNCA's California Giant Cycling/California Giant Berry Farms/Specialized's team claim the Gold Medal in the Men Cat 1. championship Road Race event by Stephen Leece. Amazingly Leece emerged as the champion of this group from a huge field of over 160 riders! Certainly the Director of the team, Anthony Gallino from Watsonville was ecstatic and incredibly proud with this result.

The California Giant Cycling/California Giant Berry Farms/Specialized team then backed up that awesome victory with Logan Owen taking Road Race Gold in the Junior 17-18 division. Over 150 Juniors started this ultra competitive class. However the fast riding Owen was only getting warmed up. Owen then went on to win Gold in the Criterium on Sunday as well.

Finally on Sunday, it was team racer Sam Bassetti snagging the Silver Medal in the U23 Criterium on the last day of competition. Thus putting a giant stamp of success for the California Giant Cycling/California Giant Berry Farms/Specialized developmental team from the NCNCA.

Another one of the NCNCA's very best teams, the Team Specialized Racing/Team Specialized Racing Juniors delivered a rider to Gold, with Sean McELroy taking a spectacular and emotional solo victory in the Road Race Junior 13-14 division.

FULL RESULTS HERE- <http://www.usacycling.org/results/?permit=2013-10>

Thank you for reading! And again, all the riders who competed from the NCNCA are awesome.

More success stories from the NCNCA at USA Cycling Road Nationals are sure to be shared...

Ride on!

Keith DeFiebre
NCNCA President