

Team Swift Race Reports

June 2013

Race Reports for:

1. NCNCA Junior Time Trial Championships – Steve Dunlap Time Trial
2. Pescadero Road Race
3. NCNCA Junior Criterium Championships – Clean Air Criterium
4. Nevada City Classic
5. Mt Diablo Hill Climb
6. Tamarancho Dirt Classic
7. Lake Sonoma Race Series #1
8. Sky Line Park XC
9. Boonville Road Race

June Top Results:

1 st Place	NCNCA Junior TT Champs Juniors 13-14	Ben Cook
1 st Place	NCNCA Junior Crit Champs Juniors 10-12	Gianni Lamperti
1 st Place	NCNCA Junior Crit Champs Juniors 13-14	Ben Cook
1 st Place	NCNCA Junior Crit Champs Juniors 10-12	Isabella Brunner
1 st Place	Lake Sonoma Series #1 Sport Class	Luke Lamperti
2 nd Place	NCNCA Junior TT Champs Juniors 10-12	Gianni Lamperti
2 nd Place	NCNCA Junior Crit Champs Juniors 10-12	Luke Lamperti
2 nd Place	NCNCA Junior TT Champs Junior W. 10-12	Isabella Brunner
3 rd Place	NCNCA Junior TT Champs Junior W. 15-16	Emily Abraham
3 rd Place	Nevada City Classic Juniors 17-18	Alec Seivert
3 rd Place	NCNCA Junior Crit Champs Junior W. 15-16	Emily Abraham
3 rd Place	Boonville Road Race Senior Category 4	Alec Seivert
4 th Place	Mt Diablo Hill Climb Juniors 17-18	Ryan Clarke
4 th Place	Sonoma Race Series #1 Sport Class	Gianni Lamperti
6 th Place	NCNCA Junior Crit Champs Juniors 17-18	Ryan Clarke
7 th Place	NCNCA Junior TT Champs Juniors 17-18	Ryan Clarke
8 th Place	Lake Sonoma Series #1 Expert Class	Griffin Wigert
8 th Place	Sky Line Park XC Juniors 15-18	Luke Lamperti
10 th Place	Nevada City Classic Senior Category 3,4	Alec Seivert
11 th Place	Pescadero Road Race Senior Category 4	Ben Cook
13 th Place	NCNCA Junior TT Champs Juniors 15-16	Eli Kranefuss
13 th Place	Tamarancho Dirt Classic Cat 2 Juniors 15-18	Eli Kranefuss
14 th Place	NCNCA Junior TT Champs Juniors 15-16	Miles Daly
14 th Place	Skyline Park XC Juniors 15-18	Gianni Lamperti
18 th Place	NCNCA Junior TT Champs Juniors 15-16	Ethan Frankel

Rider Race Reports

1. NCNCA Junior Time Trial Championships

6/1/13

Davis

Ryan Clarke

Racing Age 17, Senior Category 3

7th Place NCNCA Junior Time Trial Championships Juniors 17-18

The Districts TT was the day after finals week in school, so I wasn't really prepared for it the way I should have been. I missed out on a lot of sleep and didn't eat as well as I normally do plus I was focusing on school instead of racing. I somehow managed to wake up at 4:00 am and drove in the van to the start. We got there early to watch the younger guys start and I was able to relax and take my time getting ready. I climbed into the start house and started to clip in and the guy holding me almost dropped me. After a moment of panic, he finally got me and my bike steady. I took off down the start ramp and made the left turn into the tailwind. I was in my hardest gear the whole way down, but I kept losing focus and slowed down several times only to realize that I needed to keep pushing. The rest of the race was really a battle of me trying to concentrate and keep pushing. Having just finished the hardest week of the school year, I realized how much having the right mindset as well as being mentally rested helps bring success. This race taught me one of the best lessons I've learned so far and although I wasn't super pleased with my result, I'm glad I could learn from it.

-Ryan

Eli Kranefuss

13th place NCNCA Junior Time Trial Championship Juniors 15-16

This morning, it took me a little longer to get out the door than I had expected, so I showed up to the start later than I would have ideally liked. I finally got on the trainer, and I only had time for one pyramid before I had to rush over to the start. After quickly getting done with the warm-up, I headed over to rollout. I finally started, and I felt pretty strong. I then hit the turn around, and realized that I just had a strong tailwind. After fighting the headwind, I saw the 1k to go sign, so I started picking up my pace, hoping to end in a sprint. When I got across the finish line, I felt as though I could have gone harder throughout the race because my average heart rate was pretty low for me. I am bummed that I didn't go as hard as I could have, but I feel much stronger than I have in previous years, so I just need to work on my sustained efforts some more.

-Eli

Emily Abraham

3rd place NCNCA Junior Time Trial Championship Junior Women 15-16

The time trial for the Junior Championship was super early in the morning so I woke up bright and early so we could drive down to the race. We arrived a lot sooner than was expected so I had plenty of time to register and warm-up for my start. I spun on the trainer for a nice thirty minutes, and then began my pyramids. When there was about fifteen minutes to my start, I headed over to get my bike checked and do roll out. Unfortunately there were only four girls total in the junior women 15-16 category. One of the girls is a Cat 3 and another is a triathlete so I knew I had some pretty big competition. I decided to go in the race not with the intention of winning, well I always want to win, but I knew I had a small chance in this situation so I focused on pushing myself and giving it my all. When I heard the beeping signaling my start, I took off sprinting to get some speed and positioned myself on my time trial bars. While I was out on the course I tried to pay attention to the wind, so I would know which places to push myself more or less. I ended up placing third which I was happy with.
-Emily

Ben Cook

1st Place NCNCA Junior Time Trial Championship Juniors 13-14

We got to the race early, as this was my first ever time trial. I immediately got registered, then started warming up on the trainer. I did a short time trial effort, followed by a pyramid, and followed by yet another, this time longer, time trial. I got off the trainer, threw my gear on, headed over for bike inspection.

Soon enough I was on the starting ramp, held up by the man behind me, staring at the road ahead of me. The timer buzzed and I flew down the road. I started in a low gear, but shifted up rapidly. As if it was the final sprint of a race, I charged down the road. Full force, nearly screaming, slamming into the bike beneath me. Then, I finally settled into position on the 14t cog, the very last one. Spinning fast, I was probably at almost 30 mph. I focused on the road, and on the pain. I had no heart rate monitor that day, so I just made sure that I was always gritting my teeth. I shifted into a low gear as I came around the only corner, then rounded the left hander on the hoods as fast as I could, and flew out, feeling strong and on top of the gears. I shifted back up, and screamed again as I desperately tried to lift the pace. But today, I felt good. I wasn't chasing a time that I thought was going to catch me, but I was staying away from it. I came into the turnaround point at 26 or so mph. I exited at... 7... I got stuck in the corner, and nearly got bogged down from the low cadence. I wasn't going to let this stop me, and screamed once again and flew into the head wind. I settled into an aero position and struggled into the head wind. I occasionally lost focus, and would have to shift up, and even stand up, to bring the pace back to a winning speed. I settled down one final time, told myself I could do it, and looked down the road. I caught a glimpse of a spec on the side of the road, almost distracting me again. 500 meters to the finish. I started to shift up, and pick the pace up. 250 meters. I got into the drops. Like sprinting for our local town sprint, I gritted my teeth, screamed

again, and stood up. I came in flying as fast as I could. I screamed one final time, and crossed the line, before finally slumping down over my bike.

I spun in nervously to the start ramp again. There, I met Zach, my school friend and main rival from Mellow Motors. I also met Charlie, a Norcal mountain biker. Charlie is the resident goofball. Zach and I both love Charlie, he's a good kid. We waddled on over to the cars, and Zach's dad got a few good pictures of us together. Finally, Zach asked if we had seen the results. It got quiet all of the sudden. I walked over alone, and checked the results with Kyle Fiore and Sam Hill from Davis.

1st place: 13:31:01 Ben Cook. I read that line once and ran out of the crowd cheering to Coach Laura and my other teammates. I couldn't believe it! I won! I went back and checked again, Zach got 2nd, Charlie 3rd. Turns out I beat Zach by 42 seconds, and Charlie by a minute! I was so happy I couldn't contain myself. Coach Laura gave me a heartwarming congratulations as we headed on over to podium. I brought Charlie and Zach onto the top step with me, and put my arms around their shoulders for some pictures. The day was extremely successful, but even more so, it was extremely fun.

-Ben

Ethan Frankel

Racing Age 15, Category 4

18th Place NCNCA Junior Time Trial Championship Juniors 15-16

It was a nice morning for a race, mild temperatures even at 6:00 in the morning. This was my friend Jackson's first ever bike race, so he was pumped. I had done the time trial two years ago, so my memory of it was blurry. I warmed up with Jackson on the course for about 25 minutes after registration and then went back to tune-up. We learned that he didn't have junior gears, so we tried locking out gears, but to no avail. So Gianni was kind enough to lend Jackson his rear wheel for the race. We warmed up a little more, and then the race started. I was number seven to start, and my start came quickly. It was fun to start on the ramp and I waited for a minute before I was off.

I started in my drops, and sprinted out right away to get a fast start. I quickly went into the aero bars and rode hard for the first one-and-a-half miles. There was a slight crosswind for the first straightaway, and then it turned ninety degrees left into a tailwind. I over-braked going into the turn, misjudging its angle, so I lost a lot of time with bad cornering.

It was very flat, and pretty good pavement for the five miles in the tailwind. Halfway through the first five miles, one of the Sierra Nevada riders (the one who started a minute after me) caught and passed me. I knew I couldn't draft off of him, so instead I stayed about twenty meters back and tried holding his pace. I kept telling myself "faster", and "stick with him". I stuck with him for about a mile and then he slowly pulled away. Then, two miles later, I hit the turnaround. It came quickly, and I again broke too hard and again lost lots of speed. Now came a very nasty headwind.

With the wind at my back, I had been going slower than I had hoped, but still averaged 24 mph. When the headwind hit, I was completely "blown away" and my speed dropped to 18 mph. I was very tired and barely kept up 18 or 19 mph for the final five miles.

Jackson passed me halfway through the final five miles and we were thinking the same thing: "It because he's better at the flats." I could tell Jackson was having fun, and we were both motivated by each other during the race; Me wanting to catch Jackson and Jackson not wanting to get caught. I tried keeping up, but couldn't hold the pace, so I just went hard. I felt my back in a lot of pain during the final five miles, and couldn't figure out what was wrong. Now, thinking back on the TT, my position was horrible. I hadn't practiced on my TT bars in a long time: a couple of months. I could have saved a lot of time (at least a minute and a half) had I been in a better, aerodynamic position and had better cornering. But it's all a learning experience, and this TT was great.

-Ethan

Isabella Brunner

2nd Place NCNCA Junior Time Trial Championship Junior W. 10-12

A rushed start due to some tense moments in the rollout did not help. I was not prepared for this race and was not happy with my result. It was nice and sunny hot and it would have helped to better know the course. I will be better prepared for the next time.

-Isabella

2. Pescadero Road Race 6/2/13 Pescadero

Ben Cook

14, Cat 4

11th Place Pescadero Road Race Senior Category 4

I raced the 82 man race with my friends Rob from Leopard Sapporo, James from Team City Sacramento, and Mark from Davis. We raced with the Senior Category 5's so only 60 of our guys were 4's. We started off the first two climbs up Stage Road pretty fast, and I had to do some painful chasing around the descents. The race flattened out and I sat in with Rob and Mark at my sides, thinking of ways to move up. We rolled into the first Haskins climb, and I observed the road, and planned out when I was going to make my move on the next lap. We got onto the descent as two guys tried to get away. On the false flats, Rob, Mark, James, a few other guys, and I got together, and got the whole field (or what was left of it) working in a perfect double pace line. We

chased hard for a number of minutes. Mark took one final pull to the front, connecting his wheel with that of the attempting break.

"Nice work guys!" I shouted, and we all cheered within pack. James shared a fist bump with me as we continued to work together.

"Thanks for helping us get that started, awesome road racing." He said, I told him the same, and we kept the rotation going. After some guys wouldn't pull through, Mark told us that he would block for me and another friend, Eric, if we wanted to attack. It was a kind offer, and we should have taken it. Too soon somebody pulled through fast, and kept the rotation going. This shuffled Eric and me to the back. We reached Stage Road, but the climbs weren't as fast. After Mark tried for the sprint prime, we reformed on the flat before Haskins. I sat toward the front as attacks flew left and right. I took a glimpse up the road. Five Squadra SF guys sitting on the front, keeping their man out of the wind. Whoever that guy is, he is strong. Mark and Rob noticed just as I did. We shared the same look of, "Well, nice race guys, but we can't win." Well I was still going to try. We came around the final corner into Haskins fast, and I got pinched into the side, causing me to have to brake. I pushed back up to the front. We charged up the climb at full speed, but I'm too light to do well on the punchy climbs, and got dropped before I could even try. I took a look back and noticed that we were all strung out anyways, so I wasn't alone. Rob has almost my same body makeup, light and skinny, and good at the long climbs. We all thought that Haskins would be longer, and I started to drop back with Rob, but he was having none of it. He came around me and I grabbed his wheel, which pulled me up in the placings some. Rob was done after that, "Go get 'em Ben" Rob tells me, so I didn't want to put his efforts down, and I dug deep and passed a few people to get 11th. Right out of the points! Ugh! Turns out Rob got my wheel and I pulled him in for 12th. Mark was a ways back but he got 13th. James got 7th, so we were happy for him.

The thing about us is that we are all very strong riders, but are stuck in an extremely tough 4's field. There are some real monsters out there, as Rob says. So the few of us are struggling to do well, but we were all very happy that James got his points. Another thing is that there is a line between racing for points, and not spending enough time training. So I think that I am going to take a few weeks off and train for a while until nationals.

Overall, I had a great time with my friends. Sadly, my teammate Ethan Frankel, crashed out early on. I was bummed that he couldn't be with us. Even so, I learned about how to motivate a whole group of people to do one thing. I had lots of fun and am hoping to come back stronger after a few weeks off.

-Ben

Ethan Frankel

Racing Age 15, Category 4

DNP, Pescadero Coastal Classic, Category 4

It was a windy and fairly cold morning. We arrived two hours before the start (mistakenly anticipating a long traffic delay), so we relaxed a little before warming up.

The race started on a flat, winding road near Pescadero. There was a neutral few miles, and then we were off on a narrow and twisty road. There were a bunch of small hills and the pack strung out. I was near the rear and fell back on the descents. Three others were with me, so we worked together to chase them down. We rode on the highway for a few miles and we were working together. Then the rider in front of me pulled out, and our wheels touched for a slight second. Two of us went down and we spent a minute or so cleaning up and stood up. The other three quickly rode away when I found that my wheel had bent slightly. I tried fixing it for a minute, but didn't have any luck. So I just loosened the brakes and Drew came up behind me. We were only about thirteen miles from the start, so we rode together for a couple of miles until the feed zone. The road was flat and there were no descents until after the two-mile Haskins Hill climb. Drew went ahead after we passed the feed zone and I pulled over to talk with the court marshals, who told me to climb up to the finish. Then I climbed up Haskins to the finish, where they patched me up. They wouldn't allow me to finish the race because my wheel wasn't true (neither was my elbow), but that was probably a smart decision.

-Ethan

3. NCNCA Junior Criterium Championships 6/9/13 Salinas

Ryan Clarke

Racing Age 17, Senior Category 3

6th Place NCNCA District Crit Championships Juniors 17-18

The districts criterium was quite a long drive, so Coach offered to take me, Drew, Ben, and Emily down in the van. We barely squeezed our stuff into the back and set off at 5 am. We left early so we could cheer our teammates who started before us. In the 10-12 race Gianni attacked on the second lap in and went solo to the line which was really fun to watch. When it came to warming up, I decided to do some sprints on the road. This was mainly because there wasn't enough resistance on the trainer to do short efforts. It ended up working out well, because me, Drew, Stanley and Griffin all warmed up together and it emphasized that we were there as a team to help each other. The race started out with an attack that Griffin covered. Everyone else let it go, but as the break neared the 1 minute mark a flurry of attacks started. It was really hard trying to cover all of the attacks. Stanley, Drew and I took turns covering them, but it was still hard. I covered an attack by a Bear kid and a group of three of us ended up with a small gap. I knew we still had Griffin up the road, so there was no pressure on me to take hard pulls. We caught Griffin's group and passed them only to be caught by the remnants of the field a lap later. Now it was down to a group of 8. I looked around for teammates and saw only Drew had made the selection. We took turns covering more attacks. Finally, Owen took control and using the heavy crosswinds, put the race

into the gutter. Literally, I had nowhere to hide from the wind. Bear attacked once more and left me and two others chasing. One guy surged through and I tried to stay with him, but I had nothing left. After that, I kept trying to chase, but the other rider wouldn't take any pulls. We ended up lapped by the leaders group of 5 and I out sprinted him for 6th.

Overall I learned a lot about tactics from this race especially in crosswinds. I had hoped for a top five finish, but despite just missing out, I could still take away valuable learning experience from my time spent with the lead group and from the mistakes I made.

-Ryan

Drew Gonzales

NCNCA Junior Criterium Championships

Juniors 17-18

I felt confident at districts that I would do well. The race was a simple, four corners, but the backside of the course was not lined with buildings and was therefore much more exposed to the wind. The race started slowly, but before the first corner, teammate Griffin Wigert followed an attack. He and two others rode off the front for the first quarter of the race, not because they thought the move would work, but because we -- the riders in the main group -- didn't feel as if the break was dangerous. Eventually, we caught the group off the front. A series attacks followed. For laps and laps small groups would jump from the main field, but none left. At one point I was off the front with two others for 5 laps, but we were caught -- my efforts in vain. The five laps that we spent off the front, we were working together, but I would only pull if we had the tail wind. Using this tactic, I was able to save a lot of energy and drain a lot of energy from the other two in my group. However, if I was the strongest person in the group, and wanted it to stay away, then I would have pulled in the harder parts of the course. More attacks went until I eventually was dropped from the leading group.

-Drew

Griffin Wigert

Age 17, Cat 4

NCNCA Junior Criterium Championships Juniors 17-18

I drove down to Salinas in the team van. There were only 10 registered for race when I had registered, so I was worried it would be a small race. When we got there, there were not many people though. The team went and warmed up on the nearby road before the start. The race start was late, but more racers had showed up. I would have to do around 45 laps. On the third lap of the race, one rider attacked and I chased him down. I didn't realize that the rider had gotten a gap, and after I pulled through I was surprised to see we had created a breakaway. There were two other riders with me, but the original attacking rider dropped off pretty quickly. The other dude and I rode for about 15 miles off the front. I knew we were going to be caught, but he didn't. He talked a lot while we were riding together. Finally we were caught by a

chase group my teammate Ryan was in but I couldn't hang on. I was then caught by the main pack, but after a few laps dropped off that. Stanley and I rode together the rest of the race, often with one other rider who was dropped or catching up. We caught Drew and had a three way sprint at the end.

-Griffin

Emily Abraham

3rd Place NCNCA District Crit Championships Junior Women 15-16

I couldn't wait for the Junior Criterium Championships. I felt I had a really good chance at winning and I was prepared to give it my all. Once again there were only four girls in my race, but we were combined with the junior girls 13-14 and 17-18. I was kind of excited to just be racing with junior girls because usually we get mixed with the Women 4 group. But sadly the race didn't go quite like I thought it would. When the whistle blew no one took off to set a pace for the group. Since everyone was trying to get first no one wanted to pull and none of us were communicating. I had never experienced this in a race before and I was really confused as to why no one was treating it like a real race. When I think back to it, I wish I would have made an attack that way the other girls would have chased after me. Instead I decided to take a pull and then someone finally came around and made an attack. I was totally caught off guard so I stood up to sprint and grab her wheel, but hesitated and didn't give it a full sprint like I should have. This was a huge mistake and I ended off the back time trialing my way to catch the other racers for the rest of the race. Although this race didn't go like I had hoped it would, I still learned a lot about tactics.

-Emily

Ben Cook

1st Place NCNCA District Crit Championships Juniors 13-14's

After getting warmed up and watching Gianni win the 10-12's race, I headed over to the start line. I noticed 3 guys of significance there. Charlie, Zach, and Sam. All of which are fairly strong. I talked with Zach earlier about getting away from Sam, who could take us both in the sprint.

I led around the first corner, and then Charlie attacked. I countered it immediately, and then heard Zach telling me to keep going. We started taking pulls, setting a fast pace for our first two laps away. After we got out of visibility, we slowed it down some. Coming into the last few laps, we had almost lapped Sam and Charlie!

Zach and I neared the final corner, and when he went to pull off, I stuck on his wheel. We came around the corner extremely slowly and almost started to track stand. Knowing Zach, he has the shorter, faster sprint. So about 250 meters from the line, I knew that I had to go that second if I wanted to beat him. Well, I went for it, but forgot to get into my drops, leaving me for an awkward feeling sprint on the hoods. I saw Zach start to come around me on the right, and at that point in time, he was ahead

of me a considerable amount. As I hoped for, my longer sprint kicked in, and I came around him. I crossed the line in first place, and went over to Coach Laura for a recap.

I had a lot of fun that day, but was bummed that I couldn't race the 4's or 15-16's. I learned about how to get away, and about how being in the drops is extremely important!

-Ben

Gianni Lamperti

1st Place NCNCA Junior Criterium Championships Juniors 10-12

At the start of the race my brother attacked 50 meters in. I instantly jumped on his wheel to block other riders from going away with him. Luke got away a little and Grover Rozek came around to chase Luke. I jumped on his wheel and we caught Luke as we turned into the headwind. When Grover got on his hoods and slowed down I counter attacked. I opened a five second gap then I realized I might be able to stay away the whole race. Then I started going hard and opened up about twenty seconds. Then one lap I went super hard and did not see them for a while. My dad yelled to me and said I was catching them. Sure enough I all the sudden saw them about twenty seconds up the road with five laps to go. I started trying to catch them and saw Luke attack. I pushed really hard on the last five laps. I brought down the gap and passed Grover about twenty feet to the finish. I am really excited to be the 2013 Junior 10-12 State Champion.

-Gianni

Luke Lamperti

2nd Place Clean Air Criterium-Junior State Crit Champs Juniors 10-12

When the whistle went off I launched an attack and I got caught half way through the lap. Right when Grover pulled up to me my teammate made the counter attack and I jumped on Grover and from there on Gianni (my teammate) soloed as I followed Grover as he chased. Gianni kept spreading the gap which was great for me because he is a teammate. As I followed Grover he got tired and started to slow down. He tried to make some attacks but I stayed on his wheel. At that point we had 5 laps to go and on the next lap I attacked and I soloed to line in 2nd. I am super happy with second and to hear that Gianni is the Junior State Champion.

-Luke

Isabella Brunner

1st Place NCNCA Junior TT Champs Junior W. 10-12

It was cold and overcast. I had only one female competitor, she was from the Davis team. I worked together with fellow Team Swift teammate, Colton, because of a headwind. I lapped my competitor, and finished fourth overall behind a Team Sierra

Nevada rider. But in my category I won 1st place. I am looking forward to Nationals next in Madison, WI.
-Isabella

4. Nevada City Classic 6/16/13 Nevada City

Alec Seivert

18 years old, Senior Category 4

3 rd Place	Nevada City Classic	Juniors 17-18
10 th Place	Nevada City Classic	Senior Category 3,4

The Nevada City Classic Jr. 17-18 race started out very fast with some of the Specialized kids out front. The race wasn't as hot as last year so that helped during the climbs. I stayed with the main group all the way until two laps to go, when Neilson Powless gunned it off the front. I tried so hard to bridge the gap but after using 95% of my energy I lost it. coming into the last lap I was pulling one of the Whole Athlete kids, he had been sitting on my wheel for a couple laps and I knew I had him in the sprint, so when it came time to sprint I powered right into a 3rd place finish.

A couple hours later I raced the Senior Category 3/4 race. I stayed in the lead group for the entire race never getting out front and killing myself. My legs were feeling pretty tired by this point and the only way I stayed with it was keeping a podium picture in my head. On the final lap the pace increased a lot and people started to fall off. When it came time to sprint I was still in a good position, so I put it all down on the line and got 10th out of 40 elite category 3/4s.

Thanks,
Alec

5. Mt Diablo Hill Climb 6/22/13 Walnut Creek

Ryan Clarke

Racing Age 17, Senior Category 3

4 th Place	Mt. Diablo Hill Climb	Juniors 17-18
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I pre-rode the course with a family friend who lives near Mt. Diablo. I spent the night there and drove 15 minutes to registration. I got my number and asked where to find the bathroom, but there were none. I had to drive 5 min to the nearest gas station then drive back. I ended up with a 15 minute warm up before I rode the mile and a half to the start. I chose a Ksyrium front and Cosmic rear so I would have a little

aerodynamic assist on the rollers before the hill and a light wheel up front that wouldn't slow me down. I had an explosive start and almost caught my 30 second man by the end of the rollers. I kept him in sight, but after hitting a 12% kicker, I had to tone it down a notch. I ended up losing a lot of time on the last third because I went out too hard in the beginning, but after not going hard enough at the district TT, I just have to find the spot between the two where I go hard, but not too hard. I was pleased to see that even with more wind on the upper section of the hill; I was 1:30 faster than my time last year. Seeing that I put absolutely no pressure on myself for this race, I was extremely pleased that I have improved from last year and that I can actually push myself in a TT. I'm happy because now I can go to Nationals feeling good with my climbing.

-Ryan

6. Tamarancho Dirt Classic 6/9/13 Marin

Eli Kranefuss

13th Place Tamarancho Dirt Classic, Cat 2 Juniors 15-18

The district criterium championship was on the same day as this race, but I chose to head to the Tamarancho Dirt Classic because I thought that I had a higher chance of doing well. I got to the race, and went to registration to pick up my number. I was earlier than I thought so I had a fair amount of time for warm-up. After a few pyramids, I went to staging. I was sitting comfortable near the front of the pack for the start. After a fast start, I was sitting in third place entering the first single track. After a lap, I passed one of the riders, and I was in second place. Finally, after pedaling alone for some time, I saw the rider in first place. I decided to pick up my pace, hoping to catch him in the last few miles of the race. All the sudden, I felt some tubeless sealant squirting out on my leg. I hoped that it would do its job and fill the hole, but the hole was slightly too large. After pulling off the side of the trail, I realized that I had cut my sidewall on the large rock obstacle. I quickly put a tube in to limp the last one to two miles to the finish. I knew that I had to ride gingerly though, because the tube was bulging out of the sidewall cut. Finally, I crossed the line. I was bummed that I didn't place as well as I could have, but flats and mechanicals are just a part of racing.

-Eli

7. Lake Sonoma Series Number #1 6/15/13 Lake Sonoma

Griffin Wigert

Age 17, Expert

8th Place Lake Sonoma Race Series #1 Expert Class

This was my first time driving up to a race. I got lost inside Lake Sonoma Park,

because my directions didn't go that far. When I got to the race venue, I warmed up in the campground and on a nearby trail. The expert category was pretty large. The course was rolling with 6 miles laps that I would do 4 of. I started the downhill in the first group, but screwed up in a few turns and ended up midway through the pack. I caught up to a group of 3 riders, but then I slipped out and derailed my chain and broke part of my shoe. I rode the rest of the race alone. I was a little disappointed with the result.

-Griffin

Luke Lamperti

1st Place Lake Sonoma Series #1 Sport U14

When the whistle went I was able to get clipped in fast so I was in the lead. Then I got passed by my brother and instantly jumped on his wheel as we went up the starting hill before the single track. I went up the road and into the single track about 3rd overall. I was feeling good but knew I was going to be put to a challenge. The lap was a grueling 5 miles with really steep terrain, hard creek crossings, a long hot fire road climb, and much more. I knew I would be doing 3 laps so it was not all about the first lap. I came through after the first lap and got a new bottle and kept going. Now I would know what the course was like after doing it. After doing one more hard lap I did another bottle change and felt good but still tired. I knew I needed to be cautious about how I rode with being so tired. I still had one more grueling lap. I was very happy to finish 1st in the sport 14- class.

-Luke

Gianni Lamperti

4th Place Lake Sonoma Race Series #1 Sport Class

On the first climb I went pretty hard and was fifth going into the single track. On the single track I stayed in fifth, until it opened back up and I was able to move back into fourth. Then I saw fifth catching me on the steep winding single track. He was almost to my wheel so I went hard on the steep fire road climb to where my parents were waiting for me with water. I caught third at the start/finish line and passed him for second right as we went into the technical single track. I was about 15 seconds ahead of him going into the last lap. I got a half bottle of water on the last lap and I knew it was not enough. I went dry on the first climb and started cramping with about a half a lap to go. The person in 3rd caught and passed me. I came into the finish line cramping and thirsty. It was a good race though.

-Gianni

8. Sky Line Park XC

6/22/13

Napa

Luke Lamperti

8th Place Sky Line Park XC Juniors 15-18

When the whistle went off we had a long fire road climb. I was with the second group of my class when we went into the single track catching the sport men. We had no room to pass. While we were waiting for the sport men to let us by, people were crashing in front of me and having trouble making it over obstacles. Then finally I had just enough room to pass so I went as hard as I could. I did not make up too much ground but passed 2-3 people. I was still very happy to come in 8th place. It was a super fun day at Sky Line Park XC.

-Luke

Gianni Lamperti

14th Place Skyline Park XC Juniors 15-18

The start line was at the bottom of a hill. When the race official said "go" we all sprinted up the hill. My right foot flew out of my pedal and I dropped to the back of the group that sprinted up the hill. There was no room to pass as we went into a corridor. As soon as we got out onto a long fire road climb I passed one kid and saw that there was a front group forming. I was still toward the back, but luckily I had ridden the climb for a warm up. Three kids took a smooth line and I took the rocky one that was straight and turned out to be faster. Right as we were about to turn into a steep single track I passed two more kids for second place. About 300 meters from the finish two kids passed me back. It was a fun race and I look forward to next year.

-Gianni

9. Boonville Road Race

6/29/13

Boonville

Alec Seivert

18 years old, Senior Category 4

3rd Place Boonville Road Race Senior Category 4

The race started out on a grueling 2 mile climb with a bunch of attacks from numerous strong riders. I was sitting in good position always staying in the top 5-10 riders, just in case there was an attack that looked strong enough to hold the peloton off. After the first climbs the main field had gone from 35+ riders to maybe 15. At the feedzone (mile 41) there was just a couple racers left who had hung onto the obliterating pace of the main group. When we finally turned onto the highway, which was 10 miles out, there were just a couple of us left. We paced it all the way till 2 miles before the finish when we hit the last hill, which we started the race on. With only a couple drops of water left I pushed my absolute hardest up the last climb to try to take the win, but without enough water and the temperature exceeding 100 degrees it

was impossible. One guy broke off the front and we could not pull him back. Nearing the top, I put every last drop of energy into my pedals and sprinted to a 3rd place finish, with 4th just one bike length behind.

Thank you everyone. Thanks Team swift for the chance to be a part of a team.
-Alec