

Team Swift Race Reports

May 2013

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 - http://keithflood.smugmug.com/Events/Cycling/ATOC-Ride-The-Route/29538647_GckgSB/#!i=2525574459&k=kcDmTK6
 - http://keithflood.smugmug.com/Other/Team-Swift-TNT-4-30-2013/29362055_xSRpZ7/#!i=2505300622&k=z8HP234

May Top Results:

1 st Place	Rock Hopper-MTB State Champs	Juniors 14 & Under	Luke Lamperti
1 st Place	Memorial Day Criterium	Juniors 10-12	Isabella Brunner
1 st Place	Folsom Classic Criterium	Juniors 10-12	Isabella Brunner
1 st Place	Golden State Race-Criterium	Juniors 10-12	Isabella Brunner
1 st Place	Golden State Race-Circuit Race	Juniors 10-12	Isabella Brunner
2 nd Place	Norcal MTB State Champs	Sophomore D	Eli Kranefuss
2 nd Place	Rock Hopper-MTB State Champs	Juniors 14 & Under	Gianni Lamperti
2 nd Place	Memorial Day Criterium	Juniors 13-14	Ben Cook
2 nd Place	Memorial Day Criterium	Juniors 13-14	Isabella Brunner
3 rd Place	Memorial Day Criterium	Juniors 17-18	Ben Cook
3 rd Place	Rock Hopper-MTB State Champs	Juniors Category 1	Griffin Wigert
3 rd Place	Folsom Classic Criterium	Juniors 10-12	Isabella Brunner
4 th Place	Cat's Hill Criterium	Senior Category 3	Drew Gonzales
4 th Place	Memorial Day Criterium	Juniors 15-16	Emily Abraham
4 th Place	Memorial Day Criterium	Juniors 10-12	Elliot Frankel
5 th Place	Cat's Hill Criterium	Juniors 15-16	Ben Cook
6 th Place	Cat's Hill Criterium	Juniors 17-18	Ryan Clarke
7 th Place	Folsom Classic Criterium	Juniors 10-12	Colton Swinth
8 th Place	Cat's Hill Criterium	Juniors 17-18	Griffin Wigert
10 th Place	Memorial Day Criterium	Juniors 15-16	Ethan Frankel
12 th Place	Mt. Hamilton Road Race	Senior Category 4	Ben Cook
13 th Place	Cat's Hill Criterium	Juniors 15-16	Ethan Frankel
15 th Place	Cat's Hill Criterium	Juniors 17-18	Drew Gonzales

16 th Place	Berkeley Hills Road Race	Senior Category 5	Miles Daly
17 th Place	Cat's Hill Criterium	Juniors 15-16	Emmet Pfau
17 th place	Mt. Hamilton Road Race	W. Category 4	Emily Abraham

Rider Race Reports

1. Cat's Hill Criterium

5/4/13

Los Gatos

Drew Gonzales

4th Place

Cat's Hill Criterium

Senior Category 3

Cat's Hill is always my favorite race because it fits my riding style so well -- sprinting. The whole race is a sprint, and then rest, then sprint, then avoid cracks in the road. Some say that it is a very technical crit, but if you're suffering enough then you don't need to think about how your tires meet the pavement. The residential area of Los Gatos, where the crit is located, has very cracked pavement, but won't swallow a wheel. Do not be afraid to ride the cracks, but at the same time, don't try and put a wheel in it.

For the Cat 3 race, I told Ryan that if he was feeling strong at the end of the race, that I would do several attacks to stretch out the field. With three laps to go, Ryan and I had a plan worked out for the finish, but unfortunately, a rider in front of him took a weird line, crossed wheels with Ryan, and took him out of the race. Knowing that Ryan crashed, I decided to set up my own finish. The race ends on the last lap at the bottom of the climb. If you are not at the front at the top, you have no chance of winning the race. I positioned myself at the front before climb and held that position until the top. Then at the top I lost 3 places putting me in fourth place. After the final corner, the field went barreling down the last straight into the last corner. There is no passing in the last straight where the finish is, because everyone is spun out and can't sprint any faster. I finished fourth.

-Drew

Ryan Clarke

DNF Cats Hill Classic Senior Category 3

This was one of the few times where all of the guys get to road trip it to a race in the van with Coach Laura. It's fun because we can just hangout and race our bikes. While having our parents there is really helpful, it's fun to just be with each other. Everything was pretty normal before the 3's race. I did the usual warming-up on the trainer and rolled out. The race started with a decent size field and I was just hanging out around the middle of the pack. Around halfway through the race I saw the lap cards at 5 so I moved up to the front. It turns out there were only 5 lap cards that they had and that there was still another half of the race to do. I moved back to get more protection from the wind and then a few laps later the real lap cards came out. It was

really hectic during the last few laps. I was swamped a little, so I was going to try and move up on the hill. I was two turns away when people started sprinting up the inside right before a corner trying to move up cutting people off in the process. I saw this happening so when we started cornering, I left a little space for any guys trying to make it on the inside. Despite my preventative measures, I was bounced around between my inside and outside man through the corner and right as I was going to handle it, someone bumped my rear wheel and I went toward the sidewalk where I flopped over. I had really minor cuts and my bars were off center, but I was more bummed about not getting to sprint for the win.

-Ryan

Drew Gonzales

15th Place Cat's Hill Criterium Juniors 17-18

The Junior race was a little harder for me in that I had already finished one race earlier on the same, difficult, course the morning before, but I wasn't going to let a little fatigue stop me from racing. I started the race on the front line, but when the race started, I did my best to remain at the back of the field or in the middle to avoid the wind to save the energy I had left.

The short 18 laps that we had to do felt like a lifetime because I was struggling to stay in contact with the field; however I knew that if I didn't spend any energy that I would have enough juice for one big attack. I waited patiently for the right moment -- the moment when the entire race would stall -- for my only attack. I knew the perfect place on the course for an attack -- the top of the hill right after the field crests -- but on which lap to attack was the question; too early and I wouldn't have enough energy to hold it, too late and I wouldn't get away from the field. The perfect moment came at 2 to go. When the field crested the hill, those in the front stopped pedaling and looked at each other with such anticipation that if they were just looking at each other, I could sneak an attack in. While those on the front stared into each other's eyes, I moved around another racer, grabbed my drops, and attacked with everything I had left.

I created a large gap between myself and the field and held in for a glorious half lap until my fame ended; Owen from Specialized had closed me down. After the field caught me, I was too exhausted to finish well so I fought to stay in the group until the finish and rolled across the line.

-Drew

Ryan Clarke

6th Place Cats Hill Classic Juniors 17-18

The Juniors race was after the 3's race. I was still kind of shaken from my fall and after breaking my collarbone last year, I wasn't too sure if I was really ready to get back in there. I figured I might as well try. The worst that could happen is that I could pull out of the race. We had some time to eat, so Drew, Coach and I rode to Safeway to get a sandwich to nibble on. We got back and someone told us we had 10 min to our

start. We rushed to the line and narrowly made it with a minute to spare. A few laps in, the race kind of slowed up, so I attacked. It was clean and I got away solo. I pushed hard to get a gap then started looking to see if anyone would bridge up to me. Two guys were trying, but I could tell they wouldn't make it. Over the next few laps I pushed hard. Every time I'd come around Laura would be there yelling and cheering me on. As I went up the hill for what seemed like the thousandth time, I heard the announcer calling out my name. I thought that was super cool and it helped me keep focused. A few laps later, the field got organized and finally pulled me back. Only one more solo attack came and was brought back without too much effort. With two to go the race slowed up and I saw an opportunity, but I was stuck in the field. My teammate Drew was in a good spot to attack, so we kind of looked at each other and confirmed out thoughts with words. He went, but despite a strong effort, he was brought back. Going up the hill on the last lap, Matt Valencia attacked. I tried following, but couldn't get by the guy in front. The front strung out and coming around the last corner I made a bad judgment call and took too long to start sprinting narrowly missing fifth place at the line.

Overall, I was happy with my racing. I learned that I can still race hard after crashing and being off the front was a thrill. Minus the crash in the 3's race, I felt like I had an all around good day.

-Ryan

Griffin Wigert

Age 17, Cat. 4

8th Place Cat's Hill Classic Juniors 17-18

I drove down to Los Gatos in the team van with Laura, Drew, and Ryan. When we got to the venue, it was already hot out. I went and warmed up on a nearby road while Ryan and Drew did the Cat 3 race. Each lap of the course had a steep hill on one side and then a downhill on the other. When they finished they went to a gas station to get food and barely started eating when they had to get back up and race. The race start went fine. I think a Tieni Duro rider went off the front early on, and the pack slowly caught up to him. Ryan also made a good attack and stayed away for quite a bit. After Ryan was caught, I tried to attack around the first turn but went too fast and ended up almost going off course, and I was brought back by a Specialized rider pretty quick. With two laps to go Drew attacked right before the downhill, but was caught around the first turn. Going up the hill the last time, I was on Matt Valencia's (Specialized) wheel when he attacked, but I could not hold it and got on Lucas Newcomb's (Whole Athlete) wheel. He dropped me in the downhill. At the end there was a three-way sprint between me, Ryan, and Tommy (Bear), which Ryan won. I finished 8th.

-Griffin

Ben Cook

14, cat 4

5th Place Cat's Hill Classic Juniors 15-16

We started the race fast, as there was a prime on the first lap. Two guys from Specialized and one from Tieni Duro broke away, and stayed for the whole race. I raced mainly against Garrett Marking from Chico Corsa, Justin Leong and Rupert Cox from San Jose. Justin and I raced pretty competitively against each other for most of the race. On the last lap, Justin attacked into the final corner, and I couldn't catch him for 4th, but I beat Garrett in the sprint for 5th.

I had a pretty fun time at Cat's Hill, and learned about how to race against somebody else, while still being in a large field. Justin and I would often end up a few seconds off the front after the hill, and would sprint up it side by side. It was a tough and fast race, but I hope to compete in it next year.

-Ben

Ethan Frankel

Racing Age 15, Category 4

13th Place Cat's Hill Classic Juniors 15-16

It was a warm day, with hardly any clouds in sight. Ben, Emmet and I warmed up an hour before the race and did a preview lap. The 23% grade hill was after a 90° left turn, so we had to shift to the lower gear before we made that turn, and then the hill was a short block long.

The race started after the preview lap and the first three turns started out slowly. As we turned the corner into the hill, the pace picked up and it went fast. I attacked on the hill, as was the plan, but the others were attacking way faster. The pack split completely right after the first hill. There was a main group of about 6 riders, and then the rest of the field. Ben was in the lead pack.

For the next seven laps, a Tieni Duro rider and I went back and forth. On the climb, I whizzed past him, but on the descents, he whizzed past me. The leader, a Specialized rider, lapped us on the sixth lap, and the rest of the six to ten leaders lapped us on the next lap. I focused on my own race, and not on the other riders' races. I thought about taking sharper and shorter turns around corners and attacking hard on climbs, then pushing all the way through the top. I tried to push harder on descents and flats as well. Throughout the whole eight laps, it was a game of cat and mouse between the Tieni Duro rider and me. But the finish didn't end on the climb, rather on the descent and flats. I tried hard to stay with him, but at the finish he beat me out by about ten meters. The race felt very short and I felt like I had some more left in me, but there wasn't any more race left, so instead I rode around watching the other races. This Cat's Hill race was a good learning experience for me.

-Ethan

Emmet Pfau

15 old, Senior Category 5

17th Place Cat's Hill Criterium Juniors 15-16

Cat's hill was my third race, I wasn't really nervous about it because we didn't miss online registration and we didn't have any problems. I was a little bit nervous about the hill, because that's what the whole race is based on but otherwise the course was pretty fun and I enjoyed it. I mainly focused on finishing the race. I think I would have gotten a better placing if I had tried a full out sprint.

-Emmet

2. Berkeley Hills Road Race

5/12/13

Berkeley

Ryan Clarke

Racing Age 17 Senior Category 3

Berkeley Hills Road Race DNF

My main goal for this race was to try and make a move up the road regardless of everything else. My pre-race stuff was relatively simple: I put on some sunscreen, pinned my number, checked over my bike one last time. I decided that I should run my lighter, stiffer Mavic Ksyrium wheels because of the climbing on the course, but I found out later that the Cosmic Carbones might have been the better choice for their aerodynamics on the descent. I skipped warming up on the trainer partly because of a lack of flat/ semi-flat ground and because the race started on a flat stretch of road. The race started with some attacks; none of which looked particularly menacing, but I made sure I was near the front just in case. As the road started to go up, I tried rolling off the front of the race just to see if they'd let one lonely junior up the road. Unfortunately, it didn't work, so I sat in up for the remainder of the lap. Back again on the flat stretch, two guys attacked, but I was too far back to jump right on it. I saw one of them was part of a huge team that was present, so I knew they wouldn't chase the move down. I went after them solo trying to catch them. It turned out to be a decent sized gap, but the road went down and I was stuck in the middle because of my Junior gearing. I finally caught them, but my triumph was short lived because someone didn't like what we were doing and they caught us right before the hills started again. I was tired from my solo effort and ended up falling off the back on the first hill. I chased for the rest of the lap almost catching back on at one point and finishing my third lap with my friend Vitaly. I decided to stop after the third lap because it was Mother's Day and I wanted to get my mom home sooner than expected so she could relax. I greatly appreciate all of the hard work and support my mom and my dad give me and I am very grateful that my mom was willing to sacrifice Mother's Day to drive me to a race at 4 a.m.

-Ryan

3. Mt Hamilton Road Race

5/26/13

San Jose

Ben Cook

14, cat 4

12th Place Mt. Hamilton Classic Senior Category 4

I was a bit nervous going into the Mt. Hamilton Classic, as it was my first 4's race. We started off the climb at a moderate pace, without any attacks. But once we got onto the 3rd and final climb of Mt. Hamilton, another junior a few years older than me attacked, and lifted the pace pretty high for about half of the climb. I raced with one of my friends from the Leopard Sapporo Racing Team, Rob Schnell. Rob is a strong climber, and we worked well together. He bridged the attack quickly and we carried about our merry way up the climb. I noticed, however, that chasing the attack hurt more than it should have, and I was having trouble getting my heart rate up. My goals for the day were to finish with the lead group, and get the KOM at the top of Hamilton. Well I was feeling good with 5km to the top, but the pace lifted before I could make my move, we hung together pretty tightly, but those in the back were in pain. Towards the top I decided that it wouldn't have been worth it go for the KOM, and sat in and recovered.

We headed onto the descent, and I moved a few places up. I wanted to watch for my junior gearing, as getting dropped on the descent was NOT one of my goals for the day. Thankfully, the descent was technical and gearing was not an issue. So we got to the bottom, and lucky me, the road started to go up again! They weren't even real climbs, just steep, long rollers, and they were also the end of me. Coming over the final "climb" out of the set of 3 or so, the pace was high, and I had had enough, my legs gave out and I fell back, way back.

I stayed solo in a raging headwind for almost 30 or so minutes, before a group of 2 riders came flying by my side. "Hop on buddy!" I heard as they passed by. "Yes!" is all I could think as they came around me, so I sprinted up to them and joined the rotation for the last few miles. It was definitely fast, as the pulls into the wind were hard. At this point I was almost completely dead, but I told myself to hang in. At 1km to go I sat in the back, waiting for the sprint. We all started to move apart for the final stretch, I flew around the other two guys and held my place at 12th. "Slowest of the fast!" is what I thought as I crossed the line. Overall it was a great day, and I learned about how a long road race such as this one can be tougher than expected. I also now know that I need a much longer warm up if I want to feel ready for the race.

-Ben

Emily Abraham

17th place Mt. Hamilton Road Race Category 4/5

In the Category 4/5 race they mixed the Women Category 4 and the men Category 5. We only had to race to the top of Mountain Hamilton which is twenty miles,

instead of the 63 mile course. I decided not to take this race too seriously, I had been sick just the week before so I didn't want to push myself too hard. Plus I had the Memorial Day criterium the next day. The race started off quickly. A few people stayed back and didn't push themselves to stay with the lead racers. I went hard in the first few miles of the race, trying to keep up with some of the women. But they were too strong for me to stay with. I dropped back and continued up the climb on my own. One woman passed me and I grabbed on her wheel, unfortunately I was only able to keep up with her for a short period of time. Since I was on my own for the rest of the race, I continued at a moderate pace that was good for me. I went hard in certain spots and easier in others. Next year I hope to be strong enough to race more competitively against the other racers.

-Emily

4. Memorial Day Criterium

5/27/13

Morgan Hill

Emily Abraham

4th place Memorial Day Criterium Junior Women 15-16

The Memorial Day Criterium course is one of my favorites. It's a short loop that's not too technical so pretty much all the racers are able to stay together, unless someone makes an attack. I was feeling confident as the whistle blew for the race to begin. We made the first right hand turn and I immediately looked for a good place to position myself. But since it was the very first lap everyone was kind of scattered. Everyone moved to the left so we could take the second right turn, just before we made the turn I hit a pretty good size pot hole. I thought nothing of it and continued looking straight ahead. Then I heard a clicking sound coming from my back wheel and one woman yelled, "You have a flat!" I slowed down and moved aside so the other racers could continue around me. I rolled the rest of the course back to the start, thinking there's no way I can get back in this race. I didn't bring my spare wheels, which was a huge mistake. I rode to the pit anyway where Cynthia's (a girl in my race) dad was holding up two wheels. My dad and he immediately began changing my back wheel; I was so nervous and grateful that Cynthia's dad allowed me to borrow her back wheel so I could continue the race. I was able to jump back in just as the racers were beginning their third lap. I tried to find a good spot in the pack and hold on to a wheel, but my head was a little scattered from getting a flat and I felt I couldn't race like I usually do. When the lap cards said two to go, I was in a horrible spot basically at the back of the pack. If I had been more focused I could have moved up and positioned myself for the sprint. I still sprinted after we made the last right turn onto the straight away but I was so far back from the front that there was just no way I could catch up to place in this race. I was really bummed that I flatted but next time I plan to be more prepared. I'll always bring spare wheels and remain focused as soon as I get in the

race. I'm so thankful for Cynthia and her dad though! There awesome people and it was so nice of them to allow me to borrow a wheel.

-Emily

Ethan Frankel

Racing Age 15, Category 4

10th Place Memorial Day Criterium Juniors 15-16

There was a slight drizzle an hour before the race. The drizzle continued through the first two junior races, the 10-12 and 13-14, but it cleared up for our race. The pace was fast from the start. There was a headwind going out of the start into the first corner, and then we hit a crosswind. There were only four ninety-degree turns, so we had different wind patterns for each straightaway, the fastest being with the tailwind, of course. The pace kept up, and most of the field stayed together. I was holding near the middle to back of the pack, and occasionally I was off the front. The pace was fast for the forty minutes we were racing, and there were attacks frequently. I held onto the back of the pack, and then dropped right off of the back after the last corner and finished about ten seconds behind the leaders. To make it a better race, I could have focused more on faster cornering and staying less off of the back, but other than that, it was a good race.

-Ethan

Ben Cook

14, cat 4

3rd Place Memorial Day Criterium Juniors 17-18

So the 15-16's and 17-18's raced together, but were picked separately. The race started off extremely fast, with Bear setting the pace and Tiene Duro trying to throw them off with attacks. The guys from Sierra Nevada and I tried to move up the line together, but were often pushed back relatively soon. The pace gradually got faster, with an average of almost 30 mph on some laps, we were truly flying. On the last lap, we split up into two groups of 20; I was in the first group, but near the back. We came around the back stretch so fast that I started to fall off not because of my strength compared to the speed, but because I was spinning out on junior gears! I did one final "spin up" from Coach Laura's training plan, and launched myself to the front just around the final corner. A group of 8 or 9 got away at the last 200 meters, but I was just at the back of that, and came in around 10th overall. Somehow, I got registered for 17-18's not 15-16's, and I must have gotten 3rd in that! I was happy, so I kept my result on the 17-18's podium. I may have beaten the 17-18's, but I feel I could have had a stronger finish, as I finished only 10th of 40 or so. I also started to fall off the back on the final back stretch, which is something that could have been easily prevented by sticking to the front on the last lap. So in the end I learned about sticking to the front, and how to apply some tips about being in the front from Team Swift graduates Sam Bassetti and Tyler Brandt at the Tuesday Night Twilight training races

the previous week. Overall I had a fun day, but I know now how to improve on crits with lots of people in them.

-Ben

Ben Cook

2nd Place Memorial Day Criterium Juniors 13-14

I raced the 13-14's this time because the cat 4 was in the morning, and it was right before the 15-18's. I raced with Sam Hill from Davis, and a school friend, Zach Gottesman, from Mellow Motors. We started off slow, really slow. NOBODY wanted to do the work, so we spun around as slow as possible. Then Davis started to move forward and got the race going. It was still slow, and Zach and I talked strategy in the back. We planned to work as a team so Zach and I took turns attacking. However, Zach and I were on a different page. Zach wanted the two of us to go away from Sam, a really good sprinter, together, and I wanted just one of us off the front. So every time Zach attacked, I wouldn't chase, and made Sam do the work, then once Sam was worn out I would attack again. But Zach would chase me on every attack, no problems with that, but we had a communication mess up. Zach chased me on an attack on the last lap, and Sam didn't think we were working as a team, so he did his own chasing, and somehow got to the front in the final corner.

Sam in first, Zach in second, and I was in third, Sam was going for it. We came around the final corner fast and Sam took off, I came around Zach in the sprint, and was just about to catch Sam, but he beat me by about a meter or so at the line.

At the end of the race, I looked back, and realized that I had learned a lot about attacking. I also learned well on communication with my "teammates". The next day at school Zach and I reviewed our flaws and got ready for the upcoming State Champs criterium.

-Ben

Isabella Brunner

1st Place Memorial Day Criterium Juniors 10-12

2nd Place Memorial Day Criterium Juniors 13-15

First place 10-12 girls AND Second place 13-15 yr old girls. I raced in two separate events. In the 10-12 boys/girls, there was only one other girl and I lapped her. In the second event, 13-15 yr old juniors, I was running on "reserve". Even though they were older, and it was a cold, rainy day, I stayed with a small group of boys and finished second amongst girls.

-Isabella

5. Folsom Classic Criterium

5/25/13

Folsom

Colton Swinth

7th Place Folsom Classic Criterium Juniors 10-12

Folsom would be my first race out of Santa Rosa. I didn't know what to expect. Grover and Isabella were the only people I had ever seen race. At the end of the day I was pleased by 7th place and seeing Isabella get 3rd was a bonus.

-Colton

Isabella Brunner

1st Place Folsom Classic Criterium Juniors 10-12

This time I raced with fellow Team Swift rider, Colton Swinth. There were not many people at this race. He and I worked together to move to the head of the pack. It was an easy course and our teamwork paid off.

-Isabella

6. Golden State Race Series

5/4-5/13

Rancho Cordova

Isabella Brunner

1st Place Golden State Race Series-Criterium Juniors 10-12

1st Place Golden State Race Series-Circuit Race Juniors 10-12

First place 10-12 girls on both days---Sat. Criterium Race Course & Sun. Circuit Course (longer loop). Again, I raced together with 10-14 yr old boys/girls. Very nicely paved streets and sweeping turns in a Rancho Cordova business park. I was the only Team Swift rider in a sea of Davis riders. I beat several boys as well as a few older girls.

-Isabella

7. Rock Hopper Classic-MTB XC State Championships 5/26/13 Vacaville

Lucianno Lamperti

1st Place Rockhopper Classic MTB 14- boys state championship

5-4-3-2-1 race! The race was off and I was on the second wheel. Before we went down the first descent I jumped into 1st place and my brother Gianni was on my wheel and we passed the early race leader. We railed down the first descent it was a fun and fast descent. I was first into the single track and was starting to pull away but my team mate came up behind me so we pulled away from the group. From that point on I never saw third place. I pulled away from Gianni on the fire road climb when I was feeling good from there on I got in some traffic but not bad. I did a good descent time and felt good and finished 1st. I am super happy to be the 14-Jr state champion.

-Luke

Gianni Lamperti

2nd Place Rockhopper Classic MTB 14- boys state championship

When the race started a kid from Nevada's Get Real MTB team attacked from the start. Luke and I jumped on his wheel. When we got to the single track I was 4th wheel. Then it opened up a little and I moved to third wheel then it started to get a little bit slower. Luke pulled around 1st and I went with him. Then I got taken out by a man in another class and got passed. Then I was fourth wheel. It got steep and opened up. Luke attacked so I pulled around and went with him. Then I got caught behind someone and Luke pulled away. Toward the top there were steep switchbacks that were the most difficult part of the course. Then there was a fun downhill that involved a lot of peddling. Then the finish line was at the bottom of the hill. It was a really fun race and I ended up with a Second Place finish

-Gianni

Griffin Wigert

Age 17, Cat 1.

3rd Place Rockhopper Classic MTB CA XC State Champs (USAC), Cat 1 Jr.

This race, also known as Rockhopper Classic, is the USAC XC State Championship. The course was 9 miles long and had two large climbs on it. I would do 3 laps. The entire Cat 1 pack started together. The start went pretty well, and I was in about 10th place. The group I was in had 2 Bear Development kids, both of which dropped me on the 2nd descent. I was able to catch one of them by the end of the lap, and got a large lead over the next climb. Starting my third lap, I was caught by a group of 5 which included the rider from Bear Development, who then dropped me on the descent again. There was a large creek jump at the end of each lap which I finally manned up and jumped on the 3rd lap. I was 11th out of all the Cat 1 riders, and my friend Justin Herrell won his age category and beat the entire Cat 1 pack. This race also qualified me for XC Nationals in Pennsylvania.

-Griffin

8. Norcal MTB State Championships

5/19/13

Novato

Eli Kranefuss

2nd place NorCal MTB Race; State Champs, Sophomore Boys D2

This race was finally local. I was able to sleep in my own bed, and not eat a breakfast in the lobby of a hotel. Being bummed that I couldn't see the ATOC, I woke up, ate breakfast, and drove to Lake Stafford, Novato. After finding a spot in the shade, I did two pyramids. Relying on my Call-up, I sat in the shade until the last minute and

then finally lined up. From the start, I sprinted and started leading out the pack. Then a rival started pulling. I got on his wheel and sat there until the first climb. Someone passed me here, but I just kept pedaling. When we got to the technical section, the guy in front of me had to get off and walk, causing me to have to walk. This created a time gap between the racer in first and me. The rest of the race, I tried to make up this gap, but never quite succeeded. I finished with a strong second place though, so I was super stoked. Overall, it was a great high school MTB season, and I can't wait for next year in Varsity.

-Eli

Griffin Wigert

Age 17, Varsity

42nd, HSMTB State Champs, Varsity

The race took place at Lake Stafford in Novato, so it was really close. I was able to pre-ride the course the day before. The race started out on this bumpy, curvy, three-rider wide trail that then continued up a not-super steep climb. Then there was a descent, and another flat before a steep, twisty uphill with one really rocky section in the middle. Then there was a descent, and a flat bumpy section broken by two pretty steep rollers, and then more flat into the end. I would do 5 laps. The day of the race was around 80°F. My start went pretty well, even though I started in around 40th position. I made a lot of passes, and by the second lap I was in 29th place. I did not take any feed, as I was feeling a little nauseous going up the steep climbs. I caught on to a group of about 5 on the first climb, and was able to get a lead on it. By my 3rd lap, I was in 21st place. I took a Clif Shot in the feed. On my 3rd lap, I was with two other guys which I worked with. We caught and passed another group, and starting my fourth lap I was in 15th place. On the first climb, one of the riders attacked, and the other dropped leaving me alone. I was caught by another rider, and I tried to hold his wheel up the climb. At this point I began to feel horrible, and had to walk the third climb. My fourth lap was 7 minutes slower than my others. At the feed, I stopped completely and got some water and another Clif Shot. I figured out I had become terribly dehydrated because of the heat. My fifth lap went a little better, but I lost a lot of places. I fell asleep in a chair in the parking lot while the team took apart the pit zone. The race was disappointing, but it taught me a lot about in-race hydrating.

-Griffin

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http://keithflood.smugmug.com/Other/Team-Swift-TNT-4-30-2013/29362055_xSRpZ7/#!i=2505300622&k=z8HP234

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