

Team Swift Race Reports

June 2014

Race Reports for:

1. Nevada City Classic
2. Folsom Historic Criterium
3. Pescadero Road Race
4. Dunlap Time Trial
5. Rockhopper MTB Race

June Top Results:

1 st Place	Nevada City Classic	Junior Wm 17-18	Emily Abraham
1 st Place	Nevada City Classic	Juniors 15-16	Miles Daly
1 st Place	Nevada City Classic	Juniors 13-14	Gianni Lamperti
1 st Place	Nevada City Classic	Juniors 9-12	Luke Lamperti
1 st Place	Dunlap Time Trial	Juniors 13-14	Gianni Lamperti
1 st Place	Dunlap Time Trial	Juniors 11-12	Luke Lamperti
1 st Place	Dunlap Time Trial	Junior Wm 11-12	Isabella Brunner
1 st Place	Dunlap Time Trial	Juniors 15-16 cat 4/5	Miles Daly
1 st Place	Folsom Historic Criterium	Juniors 17-18	Ryan Clarke
1 st Place	Folsom Historic Criterium	Juniors 13-14	Isaiah Chass
1 st Place	Folsom Historic Criterium	Juniors 9-12	Luke Lamperti
1 st Place	Folsom Historic Criterium	Junior Wm 17-18	Emily Abraham
1 st Place	Folsom Historic Criterium	Junior Wm 9-12	Isabella Brunner
2 nd Place	Nevada City Classic	Juniors 17-18	Ryan Clarke
2 nd Place	Dunlap Time Trial	Juniors 15-18 cat 1/2/3	Ryan Clarke
2 nd Place	Dunlap Time Trial	Junior Wm 17-18	Emily Abraham
2 nd Place	Folsom Historic Criterium	Juniors 13-14	Gianni Lamperti
2 nd Place	Folsom Historic Criterium	Senior Category 5	Isaiah Chass
3 rd Place	Dunlap Time Trial	Juniors 13-14	Isaiah Chass
3 rd Place	Nevada City Classic	Juniors 15-16	Ben Cook
3 rd Place	Folsom Historic Criterium	Juniors 11-12	Colton Swinth
4 th Place	Dunlap Time Trial	Juniors 11-12	Colton Swinth
4 th Place	Nevada City Classic	Juniors 9-12	Colton Swinth
6 th Place	Dunlap Time Trial	Juniors 15-18 cat 1/2/3	Ben Cook
9 th Place	Folsom Historic Criterium	Sr Wm Category 3,4	Emily Abraham
10 th Place	Folsom Historic Criterium	Senior Category 3	Ryan Clarke
14 th Place	Tamarancho Dirt Classic	Junior Men U18	Gianni Lamperti
15 th Place	Tamarancho Dirt Classic	Junior Men U18	Isaiah Chass
17 th Place	Nevada City Classic	Senior Category 3/4	Ben Cook
38 th Place	Folsom Historic Criterium	Senior Category 3/4	Ben Cook
54 th Place	Pescadero Road Race	Senior Category 4	Ethan Frankel

Rider Race Reports

1. Nevada City Classic

6/15/14

Nevada City

Ben Cook

15, cat 3

3rd Place

Nevada City Classic

Juniors 15-16

The juniors were the first race of the day, here at Nevada City. But don't worry, it was already 95 degrees out! I showed up to the venue, where I met Coach Laura, and teammates Colton, Luke, Gianni, Emily, Miles, and Ryan. Excited for the day ahead, we all jumped on the trainers. With a 1 minute pyramid in our legs, the team headed over to the start line. Miles lined up next to me. "Let's go get 'em man. I'm feeling good today." He said. "Alright, let's do it!" And then, with a quick handshake and fist bump, we were off. The race started pretty quickly, and I was actually feeling surprisingly tired. An attack from Limitless Cycling went up the road. My younger teammate, Luke, looked at me, as if asking for instructions. "I can't do it, Luke. You've gotta get up there." And without question, Luke joined the move. I never thought I'd be asking my 12 year old teammate to cover an attack for me, but he really did perform. And in perfect form, his brother, Gianni, just a year older, blocked for him. Man! What studs! But I was still pretty tired. For the first few laps, I hung onto the back until I was feeling warmed up. Luke's move came back, and there was a waiting tension in the field. Ryan sent Miles up the road. Soon chased by another Limitless rider, Ryan told me I had to get up there. With a group of all 15-16's down the road, I knew the 17-18's wouldn't be chasing us. With 4 laps to go, it was time for a little action on our breakaway. I pulled up next to Miles. "Ok, we've gotta work him over. Attack up the hill, but don't chase each other's attacks. Eventually, one of us has to stay away." Miles agreed, and we were off. I pulled the first move, but the Limitless rider, Cole, was right on me. Miles and I waited. Ok, he's strong. Then Miles jumped. He had a few second gap, but Cole drew him back again. I immediately followed up with a counter, but Cole wasn't giving in. On the next lap, we continued. "All right man, give it one last go. I know you're tired, but we can get him." I knew Cole could hear me, but I also knew Miles had it in him today. He slammed up the steepest section of the climb, and Cole could do nothing to stop him. Yeah! I was real happy for Miles, and I knew he would be happy too. Meanwhile, Cole and I slowed it down some. I wasn't obliged to chase, and Cole was toast. Up the final climb, I decided to give it a go on Cole, and attacked him a few times. With a small gap up the hill, I drilled it. It was obvious he had recovered. Over the top of the climb, Cole was on me. With 500 downhill meters to go, I figured to keep drilling, since I have about 20lbs on him. But he jumped me on the final straight, and I spun across the line for third.

I came in to meet with the team, and congratulated Miles on his win. The rest of the team all ended up on the podium in their respective categories as well, and with a 3rd overall in 10-18, I was pretty happy myself. I also learned about how I should have

dealt with Cole in the end. Instead of drilling it, I would have had a much better chance had I just sat up, even for a second or two, and then jumped again. I spun over to the car, hung out in the shade with the team, and got myself ready for the 3's race, starting at 4pm.

-Ben Cook

Miles Daly

1st Place Nevada City Classic Juniors 15-16

Nevada City Classic is a very historic and well known race. I drove up to Auburn the day before the race and went for a small ride after the drive. We arrived at the race at 9:30 and found a great parking spot. My mechanic/mentor Rich who took me this weekend suggested we walk the course first to loosen up. Rich and I walked the whole course talking about each possible line and turn. After the walk through we carried my gear down to the Team Van and my teammate the Lamperti's RV and set up my trainer and pinned my numbers on my Squadra skin suit. I got on the trainer and we began our warm-up and pyramids. During my warm up I felt horrible; legs like concrete and felt like I couldn't breath. I got to the start line and chatted with my teammate Ben Cook, I was expecting that Ryan would get in a break and Ben and I would be responsible to block the field and respond to counter attacks. Then the whistle blew and we begun, After 2 laps we sent Luke up the rode with Connor from Limitless, then after two laps they got caught so I responded quickly with an attack at the bottom of the hill. Cole Davis from Limitless followed me, a lap later I was pleased to find that I was joined by Ben. We both knew what we had to do, we had to each attack him and make him respond and we did just that. Finally with 4 laps to go Ben attacked and Cole pulled me to his wheel just at the beginning of the hill, I lost Coles wheel for a minute but regained contact then Ben looked at me and gave me a head nod and I didn't think I could go, but I did and didn't look back. I gave it my all up the climb and I looked back and must of had 30 plus seconds. I knew this was my last chance, I needed to take this to the line. Coming down the finishing decent I was pumped up by the amazing crowd and I got a sudden rush of adrenaline and hammered it. Then my next time through the finish line I was suffering so badly I didn't notice that it was bell lap. I got beside the moto on the climb and asked how many laps left. He responded with last lap, I was ecstatic but didn't want to get sloppy and make a mistake. Coming down the final turn to the descent will go down to my favorite moments on the bike yet. This was my first mass start win in a criterium; and it's going to be at Nevada City! I crossed the line with the screaming crowd and I was so happy I just had to pull over and reflect on what I just did. I know I couldn't have done this without our sponsor Time bikes which allowed me to take the fastest lines in the corners and the RX Instinct is so responsive. My win wouldn't have been possible without Ben's help and Ryan blocking the field. The cherry on top is that that result allowed me to obtain my Cat 3 upgrade! Congratulations to all of my Team mates who got podiums and my fellow racers who all raced smart and safe!

-Miles

Emily Abraham

1st place Nevada City Classic Jr. Wm 17-18

This was another last minute decision race. I didn't feel comfortable racing the women's category in Nevada City due to the sketchy course and I wanted to play it safe before nationals. But after talking to Coach Laura I realized that it would be fine to do the juniors race since I would be the only girl and I could take that somewhat scary left turn by myself. I was mostly excited for this race because it's an awesome little town and there are many spectators. Before the race I went for a ride with my dad to spin out my legs and warm up for the race. When it was time for the start I rolled over there with my teammates. The start finish was on a downhill which is much different than most races. Once again the officials lined us up from oldest to youngest. As soon as the race started I let myself drift towards the back because I was nervous about the left turn immediately after the descent. I did the first lap at the complete back of all the junior boys (yes I really was the only girl). I decided to just have fun with the race, the crowd cheered for me since I was the only girl out there. I went hard on the climb then let myself rest on the descent. On the last few laps, my teammates Luke and Gianni came up beside me (they were lapping me) and started cheering me on. I raced with them on the climb but they dropped me on the descent since I was taking it so easy. The course ended up being not nearly as bad as I expected it to and it was tons of fun to spend the weekend with the team.

-Emily

Ben Cook

15, cat 3

17th Place Nevada City Classic Senior Category 3

Nevada City was by far, the biggest forward step in my cycling career so far. Allow me to tell you the story of how I got here. With about 60 riders in the field, I made sure to get right to the front. I had already raced the juniors earlier that day, and knew that the course was a real tough one. Awesome. I had a pre-race talk with Coach Laura, and we talked about the race ahead. "Ok Ben, it's a real tough course. You've got a shot at doing great here, be patient, gradually move up, and just do your thing. Go kill it out there today!" I dumped some ice in my water bottle, thanked coach, and got off to the start. I was definitely excited, it was going to be a great race! It was a downhill start into a tight left hand corner. I ended up starting on the inside, which sure made it tough to get right to the front. I would be racing with my teammate Ryan, today. Ryan started on the outside, so he was better off.

"Gentlemen!" Called the official. "There have been a series of crashes in turn 2 today. Please be safe! Leave room for other riders in the corners! Be safe, gentlemen. The race will start on the whistle." We were off. I shot down the road, but had to brake to get in line before the corners. I was around the top 40, also known as: the not front. Patiently, I was going to move myself up the field. Splits began to happen up

the hill the first time, and Ryan was up in the front already. Shooting gaps and sneaking my way around riders, I began to make the splits, and slide my way into the top 20 without any wasted energy! It's not to say that the first few laps weren't extremely painful, as they always are, but what's important is that I moved up with little wasted energy. The reason this is such a big deal is because I have never been able to efficiently move my way around the field in a crit. Even on the descent, where I was way spun out, I was moving fluidly through the field, moving up all the time. Today was the first time ever I've been able to do this correctly! I was reading an article in Velo News the night before on who the best rider to follow in the pro peloton is. Everybody agreed, it was Cancellara. They said that he could move up 100 places without ever being in the wind. He could pass 20 riders in a corner. I really took that tactic to heart today, and it sure did work!

Within 5 laps, I was pushing into the top 10. But Ryan was sliding back. There was no time to go back for him, I was confident he could make it up. I've seen him do it before, but sadly, he didn't last too long today. After the race, we talked about stress, and how it can affect your racing. About 2-3 weeks ago, outside stress was really impacting my racing, and today, Ryan was in the same situation. It happens to everybody, so I understood, and I was by no means upset at him for not being up there with me. Ryan is a great guy, and I knew he would be back in it next week. With Ryan gone, I was racing my own race. Today, I was riding for me. So I did just that. In the top 5 now, and 20 minutes into the race, it was time to start the fun. I kept moving around to keep my place in the top 5, with a friend of mine, Garrett, a racer from Limitless Cycling, up at the front with me. I was confident that Garrett would do well today, so I made sure to stay near him. Which was, in the top 5. 30 minutes in, I was about 10th wheel, when I rushed up to the field with some speed up the hill, so I decided to carry my speed and make a move. Bam! I was off. Flying down the hill, and pushing 160rpm, I spun in to grab a prime. The field was just a few seconds behind me, so coming around turns 1 and 2 at the bottom of the hill, I launched again. Time to open my lead.

"Go Ben, GO!" I heard my younger teammates, Luke and Gianni cheering for me. When I came up the hill with about a 10 second lead, the crowd roared. "Come on Ben!! Yea buddy!!" It was a tunnel of cheering and yelling. "Now this is how we do it!!" I thought to myself. 7 laps to go. Out too early? Probably, but with a few shout-outs from the announcer, a sweet prime, and some publicity off the front, it was worth it to keep drilling, and wait for a rider to join. But that didn't exactly happen. I heard cheering coming from behind me. That's not right! I'm off the front! Or am I... I looked back while climbing up the hill, to see Garrett drilling at the front. Dang. I was reeled in before I knew it. "Let's work together, G." I said, in an attempt to get us off the front together, which we've done in 3's races a few times before, but he didn't hear me. I guess it was up to me again. I rested for a lap or two, but stayed at the front. I remembered what Ryan told me at Berkeley Hills earlier in the season. I was tired, and trying to rest in the back, when Ryan put his hand on my hip and pushed me onto a wheel farther forward. "You can rest at the front. It always works." It worked at Berkeley, and it worked today! Without losing position, I was fresh and ready to go

with 3 to go. Coming over the top of the hill, I had another rush of speed, and carried it straight off the front again. This time I was joined by one other rider. We drilled it on the backstretch, but he couldn't hang in over the hill. Time to go again. I had about 7 seconds. Drilling through town, I flew up the hills as hard as I could. If I could hold this, I would get the win. But by the next descent with 2 to go, 3 riders flew around me, including Garrett. I jumped right in, and tried to get in rotation, but they were off. The field was on my wheel by the bottom of the hill, so I jumped in. No time to get into a move now, I had to rest.

The final lap came, and I was just dying to hang in up the final hill. Riders flew around me on all sides. Still extremely happy with how the race went, I drilled as hard as I could to stick to the group, but it wasn't enough. By the top 2 rollers, I was gapped off. I was passed by my friend Jasper, drilling to stick in as well. He stuck to my wheel, and we flew over the top of the course, but the field was away for the finish. "Let's come in together, Ben!" He said with a smile. Jasper's just an awesome guy. There was nobody behind us, so we rolled in chatting for somewhere in the top 20 of the race. I came in smiling and laughing with Jasper. How often does that happen? You end a race laughing?

At the end of the day, Nevada City was probably the biggest advancement in my ability to race in a field, and understand how a race works. I had such a great day, and was a major player in a truly wicked bike race! I came back to the van to meet coach. She was talking to Ryan, who wasn't looking too happy. I'm super bummed that Ryan couldn't be there with me today, but I know that we'll be racing together next time. Coach talked to me about the race.

"Great job Ben! You were probably in the top 6 of that race the whole time." The what!? Sick! That sure made me happy. And boy, was I happy. It had been such a fun day of racing, from a Team Swift win in the juniors, to grabbing a prime and some show time in the 3's, it couldn't have been better. As for the finish, a placing today wasn't meant to be. Knowing how much I had improved, and racing so well and efficiently out there today was the most important. Watch out Nevada City, I'll be back next year!

-Ben Cook

Ryan Clarke

2nd Place Nevada City Classic Juniors 17-18

I had never done Nevada City before so I was excited to race the course. I rode it a few times for a warm-up and I absolutely loved riding through the narrow streets. I didn't care for the fact that it basically went up then down, but I was determined not to let it get the best of me. I had 4 guys in my race but all of the juniors started together so I talked with all of my teammates to make sure we all had a game plan so we could work together. Someone attacked on the descent on the second lap and I passed people to cover it. I took the first corner fine, but I had training tires on with a harder rubber and my rear wheel slid out twice in the following corner. Luckily I was able to handle it just in time before I gently shouldered a hay bale but I lost a lot of speed and

had to chase a bit. A few laps in one of our 15-16 teammates Miles attacked on the hill and got a gap. A 15-16 from Limitless rider followed him a few seconds later and I told my teammate Ben Cook to go with him to put the odds in our favor. I rode tempo on the front until I was confident that they had a big enough gap to stay away. After that, the race had sorted itself out and I was with the remaining 15-16 guys and the three other 17-18's in my field. About halfway through someone in my field attacked and I pushed the pace hard in the climb and dropped two of the guys in my field. They clawed their way back on the flat on the top of the course so I took the opportunity to let them work so I could rest. We stayed together until just before the downhill part of the course when Connor from Limitless attacked a half second before I looked back to check for attacks. At that point the gap was barely big enough to prevent me from closing it so I had to settle for second. Miles and Ben took first and third in their race and Gianni, Luke and Emily won their races too. Overall it was a good race for everyone and despite our age differences, everyone worked very well together to win.
-Ryan

Ryan Clarke

DNP Nevada City Classic Senior Category 3

The Category 3's race was a couple hours after the Juniors race so I did a little warm-up beforehand to get the blood flowing again. I switched wheels to get some race tires with softer rubber to help me in the second corner, but they were a lot heavier so I wasn't sure how it would affect my climbing relative to everyone else. I was only able to hang on for a few laps before I slid off the back of the field. I was disappointed because I wanted to try for the win, but I just didn't have it in my legs. After that I went for a ride uphill to get in the extra training but at a slightly slower pace so I wasn't missing out on any training. I wasn't thrilled to end my weekend of racing that way but I had some success as well. All things considered I accomplished my goal of getting in some solid training which, despite my results, is exactly what I needed more than anything.
-Ryan

Luke Lamperti

1st Place Nevada City Classic Juniors 11-12

The morning of Nevada City I was super excited because the course had a hill which is my favorite. When the race started they had put everybody together. 9-18 but scored them separately. After a couple of laps a kid from Limitless in the 17-18's made an attack. I jumped on and nobody else went. It was me and Connor. We stayed off the front for about 4 or 5 laps before getting caught. Then a break went of 4 riders with 2 from my team. After noticing no other 11-12 riders in the main group I decided to help out my brother who is in 13-14. Then there was a big attack that popped us both off the main field. From there we rode together and finished strong with both winning our class. I was happy to have a great day of racing.

-Luke

Gianni Lamperti

1st Place Nevada City Classic Juniors 13-14

The race went through the town of Nevada City. It started on a downhill then took two lefts to a climb the top of the city then back down. It was another mass start of all the juniors combined. The pace was slow for the first lap then it started to get higher by the start of the climb on the second lap. There was an attack from a Limitless rider and my brother was on it right away. They were off the front for 4 or 5 laps before my teammates pulled them back because my brother had already lapped his whole field. Once they got pulled back my teammate Miles counter attacked and he was off the front by about 20 seconds. I managed to hang on for just the right amount of time to drop the last contender in my age category. I stayed on for about another 3 laps before my teammate Ryan attacked and I fell off the back. I just kept it in zone 4 for the race. I then went across the line and took 1st. I was happy because the team won 10-12, 13-14, 15-16, and the Female 17-18. Nevada City is defiantly one of the most fun races I have ever done with a great course. I am excited for next year as well

-Gianni

2. Folsom Historic Criterium 6/14/14 Folsom

Ryan Clarke

1st Place Folsom Historic Criterium Juniors 17-18

I have never done Folsom before and I drove myself to give my parents a break from weekend road trips. I got lost twice and arrived an hour before my start. I did a really quick warm-up and rolled to the start line. There were a few attacks from my field and I helped my teammate Ben in the 15-16's get away from the main group. A rider from Limitless and I dropped the other guys in our race and we caught one of his teammates and another rider who were 15-16's. I worked with them just enough to stay away from the rest of my age group but not enough to help them catch Ben. With one lap to go I was with the two teammates from Limitless. The guy in my category tried to get me to pull through but I stayed on his wheel. He tried to get me off his wheel by using his teammate to block me. He sat up to try to get me to roll past and I jumped hard and didn't look back until the line. It was fun to win and I learned a lot about the course for the upcoming cat 3's race.

-Ryan

Ryan Clarke

10th Place Folsom Historic Criterium Senior Category 3

The 3's race followed the Juniors race so I was pretty warmed up at the start. It was a very fast race and I found myself spun out quite a few times. I was able to pass people through the roundabout on one end of the course and the 180 degree turn on the other end. I practiced my position for the finish during one of the prime laps and got it easily. With 5 laps to go there was a crash right in front of me near the front of the field which left me chasing a little bit and someone flatted right on front of me in the roundabout with 3 to go so I was tired going into the final laps. It was weird to have two mishaps within the top 10 riders so close to the end but luckily I didn't hit the deck. I set up for the sprint well, but got boxed in next to the curb and couldn't launch so I followed wheels to the finish.

-Ryan

Ben Cook

15, cat 3

2nd Place Folsom Historic Criterium Juniors 15-16

The juniors at Folsom was to be my first of four races this weekend. And I have to say, I was stoked. Two junior and two category 3 races. We came in with a total 10-18's field of about 20 riders. Before the race, I got to see the whole team. We had a great turnout for the day, with 7 of us at the race. I got to lead the team in trainer warm-up and helped my teammate Ryan get everybody off to the start. Once at the line, we all laughed and joked before the race started.

Straight from the gun, a rider attacked. But he wasn't riding for any team, so we all just stayed calm. Ryan made a small move to chase, and the rest of us blocked for him. Not too much later, two Limitless cycling riders attacked, and I jumped right on their wheel. Ryan was staying comfortably up the road, not having to pull, but was soon drawn back. The pace was at a tempo by the first time we hit the roundabout, and coming out, there was an awkward tension, and everybody slowed. I was at the back. Why not jump? Let's go! I launched myself off the front, hopefully surprising the field. Drawing up to 20 seconds, I stayed off for the next few laps solo. But I was going to need somebody to help me out here. By the next lap, 3 of the 4 man Limitless team were working at the front to chase me back. But why only 3? What was the other one waiting for? Well, as soon as the field made contact, a counter came flying around my left. Tricky... It was a 15-16's rider too, so I needed him back. But to my rescue, my younger teammate, Luke, was right on his wheel! I sat in just long enough to rest, and jumped again. I couldn't have Ryan working with me, or else the 17-18's in the field would counter him. So it was up to me. The break had about 45 seconds already, so I had to go now. No time to rest any longer, I jumped and launched myself into a solo chase. "Well, this is gonna be fun!" I thought. I knew the Limitless rider down the road, Jordan. I've always known he was tough, but he was really drilling it today. Luke wasn't obligated to pull, so I knew it was me vs. Jordan.

I got in the drops, and dug deep down the open roads. There were two turnaround points on course, allowing me to see how much time I was gaining, or losing. For the next 6 or so laps, I was on my own. I was gaining time on the field,

and I had Jordan down to less than 10 seconds at one point, but eventually, I began to blow up. I was above 195bpm for the last 10 minutes, and he was just that much stronger than me. Jordan crossed the line with 20 seconds on me.

I came in for 2nd in the 15-16's, and 3rd overall in 10-18, with Luke winning his category, and coming in for 2nd overall. Ryan also won his category with the 17-18's! I came in and congratulated the rest of the team. With our legs and lungs all opened up, Luke, Gianni, Isaiah, Ryan and I got ready for the 3's.

-Ben Cook

Ben Cook

15, cat 3

38th Place Folsom Historic Criterium Senior Category 3

Folsom Historic Criterium was a pretty big race on the NCNCA calendar. Being part of an omnium with the ever famous Nevada City Classic, it was sure to have a good turn-out. And boy, it really did. Thankfully, we also had a great turnout from Team Swift. With 4 of us in the 3/4 crit, and about 8 of us at the race in total, Ryan and I would be leading the team today.

The 3/4 race was just 20 minutes after the junior race, which we had all raced earlier that day. Before the races, I got to lead the team in warm-ups, and Ryan gave us a pre-race talk. I've got to say, it was pretty fun getting to work with the whole team today! I was happy that everybody could make it out.

With a real tough junior race already in my legs, I was feeling warmed up for a tough day today. The course was real tight, with a 180 bend, a traffic island, and a few 90 degree turns, the course was sure to be claustrophobic. Especially when there were almost 100 riders in the 3/4's! The best the team could do was get the 4 of us squeezed in towards the back on the left side of the course. I had one final pre-race talk with Coach Laura. "I've never started this far back in such a tight race. How is it? What should I do to get to the front?" "Well, truthfully, it's not the best. It's going to be tight, and very aggressive. Watch the corners, and on these first 2 laps, you really need to move up through the field and head to the front. Go get em!" Ryan was starting just ahead of me. We were both ready for an awesome race ahead of us. "Alright Ryan, let's do it." "You know what to do Ben, let's kill it out there today." We fist bumped, and focused ahead. I would be working for Ryan in the sprint today, and we would race as a team, always helping each other out.

"15 seconds to start!" Called the official. Those were the longest 15 seconds of my life. Just before the whistle, Ryan's hand reached back. One last handshake before the race. "Go get 'em Ryan!" I heard right as the whistle blew. We were off. And man, we were off. The field stretched out, and I shot up the road on Ryan's wheel. We found our place in the field, and Ryan was soon to start slipping his way through riders. Shooting gaps, and sneaking his way around the field, it was actually quite an art to be able to do that. Using what I had just seen, I did my best to move through the field. Ryan was already in the top 30, and I was still in the top 50. Not bad for only

half a lap into the race, and starting around 70th! But looking down the road, there was still a huge line of riders in 2 or 3's ahead. So long that I couldn't even see the front. We came around the traffic island, and I used what Ryan had taught me from the last race about how to take this corner and moved up a few places, but I soon lost them getting squeezed into the next bend. It was time to get up there before the field split, so on the stretch to the finish, I slipped my way into the top 30. And just like coach said, the field had split. Just under 40 of us left.

I kept moving up as much as I could, when I realized that my effort was wasted around the corners. It was time to be brave. There wasn't time to get squished into corners, I wasn't going to be thrown around like this, so I made myself tougher. And before I knew it, I was pushing my way around the bends, and battling my way to the front. I was holding about top 20, but I still needed to get to Ryan in the top 10. "And that is Ryan Clarke of Team Swift just snatching that prime! What a move by Swift!" I heard over the speakers. Sweet! Yeah! That's awesome! It always makes me happy to know that I've got a teammate killing it up the road. And I guess that little bit of joy was enough to get me up to Ryan! I shot up the field, and slinked my way along side Ryan. "Yea man!! NICE prime!! That's awesome!" "Thanks man!" I stayed beside Ryan for a bit, when I realized we weren't gaining any ground. With 5 to go, I pushed myself into the top 10 with Ryan right on my wheel. Yea Ben! That's how we do it! Up in the front, it was time to get competitive. Coming out of the roundabout, I heard the typical sliding and crunching of bikes and riders on the ground, and of course, there was a bike up in the air. I swerved left, and practically body checked the rider next to me to avoid the crash. Ryan flew along my right side. Atta-kid! Well, after putting the brakes on like that, I was back around top 30. Now was the real test, I wasn't going to let a crash like that take out my confidence. I put on my game face, and elbowed my way back into the top 15. Ryan was just a few riders ahead. 4 to go, and I was right up there, but it was time to really move up. A rider attacked up the right of the field on the finishing stretch, and I countered instantly. Flying to the outside, I railed the roundabout, and took off down the road. Of course, I was back within a minute, and never had more than a few second gap, but it got me to the front! I found a place back around the top 15. Ok, so that wasn't super effective. If anything, I actually fell back some... I found myself a spot in the field, when in the traffic island, I heard a familiar noise.

"PPPPSSSSTTTT!!" But it wasn't me. It was almost worse. The rider right ahead of me flatted on his rear wheel, and pulled a pretty rad slide to save himself, but it pushed me right out to the tape. Instead of following the curve of the corner, I went straight into a cone and tape, giving me just enough of a hit to cause me to lose my balance and slide onto my shoulder. I was all ok, but the field was way ahead now. But hey, the free lap rule applies! I got up, and rolled over to the outside of the island. The rider who flatted got a quick wheel change, and we waited for the field to come by. "Sick! Neutral wheels! There was no way that flat was taking me out of this race man!" "Yea! Sweet slide, by the way!" We laughed as we waited for the field to come by. When they hit the other side of the traffic island, we began to spin up the road. By the next few hundred meters, the field had shot by, and we were right back in

the game! My position hardly changed, but it was going to be tough jumping back in the field with only 3 to go. Hugging top 20, I battled my way through the field. There were only about 25 of us left in the lead group at this point, and I was happy to have made it. Coming into the last few laps, I was just in it to finish with the leaders. It had been a wicked race so far, and I wasn't going to lose it now. On the last lap, I fought my way to stay in the top 20 or so, and hung in there.

"Ok, I don't care where I finish, I'm just going to survive with the leaders today!" I thought to myself, coming into 500 meters to go. With a little bit more wrestling, I squeezed onto the left side of the field, and sprinted in for a finish at just about 20th. Just in time to see Ryan sprinting ahead of me for a placing.

"Go Ryan!!!" I yelled as I came in. I knew he couldn't hear me, but I still cheered for him. I may have ended in the back of the group, but I had done it! I had effectively moved my way through the field all the way through the race, even with crashes, flats, and free laps, I had finished with the leaders, and gave it a strong and aggressive effort all the way through!

In the end, I had an awesome day, and had lots of fun racing with the team. It was cool to see the younger guys up in the race as well, and it was lots of fun fighting my way up to, and working with Ryan. I learned about positioning some more, and that fighting can really be important sometimes. Just remember that this is a cat 3 race, you can trust the riders to race safely, and it may take some guts, but a little bumping and squeezing through the field really goes a long way. Also, I finally didn't over think my tactics! I just went out, knew what I had to do, and raced right with the leaders when I could. I also had a super fun race! And it's not to mention that we got some sweet new Smith Pivlock 2's from coach before the race, so the pictures are going to look great!

-Ben Cook

Emily Abraham

9th place Folsom Historic Criterium Category 3/4 Women

This was my first official women cat 3's race! I was feeling good the morning of the race, my dad and I woke up early and drove out to Folsom. It was going to be another hot day but I prefer racing in the heat over the cold. When we arrived I rolled over to registration to sign in and put on the timing devices that were provided. Then headed back to the car to put on my numbers and begin warming up. I got to see part of the course when I went over to sign in, there was a hairpin turn right after the start finish and I heard there was a roundabout on the backside. So I figured this race would be a bit technical. After some spinning on the trainer and a pyramid I headed over to the start. Coach Laura was mentoring the race so I knew it would be a fun time! As soon as the whistle blew I rolled up to the front to make sure I was at least second or third wheel. At first the turns were a bit sketchy but after a lap or two we all got the hang of it. The only problem was the hairpin turned that caused us to slow down quite a bit. But someone would always attack as soon as we came out of that turn. I stayed up at the front almost the entire race and felt like I had good position. On one lap two girls who were teammates were leading the race and I was third wheel. I edged my way in front of the girl in second wheel but I couldn't quite hold my line through the turns and she overcame me. Those two girls controlled the entire race and I made sure to be right up there with them until the last lap when the speed was picked up quite a bit and I got stuck in the wind on my way towards the finish. This was a really fun race and I enjoyed the course.

-Emily

Emily Abraham

1st place Folsom Historic Criterium Junior Wm 17-18

It was a last minute decision to do the juniors race. I was feeling good after the women's race so I decided to sign up plus I knew there wouldn't be any other 17-18 junior women but all the juniors (boys and girls) raced together. They lined up the 17-18 boys and girls first then went down in ages. But the officials ended up making it a mass start so we were allowed to draft off other age groups. I attempted to stay with the 15-16 and 17-18 boys but I was quickly dropped. I got into a chase group with some other boys who got dropped. They didn't really want to work with me, they would either sit on my wheel or try to sprint by me. I was feeling great, most likely from still being warmed up from the women's race, so every time one of those boys tried to sprint away from me I would catch right back up. I stayed with that group of boys until about 3 laps to go when we were being lapped by the peloton. All of the boys I was sort of working with jumped on the wheel of the boys who were passing us. So I was by myself for about half a lap then I caught back up to three of the boys who ended up getting dropped from that main peloton. As soon as I caught back up to them, I heard one boy say "wow." As I passed him. I guess they didn't expect a girl to be able to keep up. It was an awesome race.

-Emily

Isaiah Chass

2nd Place Folsom Historic Criterium Senior Category 5

When I arrived at the race I got my number and started warming up. After finishing my warm-up I rode over the start to get rolled out and then lined up. When the race started no one wanted to pull so the race didn't start off fast. I rode to the front to get things going and then by the second lap, a rider attacked. I didn't jump on his wheel thinking that he would not be able to stay off the front for long. He slowly got a bigger and bigger gap, as no one would work together to bring him back. I kept going to the front to pull so we could pull him back, but the pack and I were not able to catch him. By 3 laps to go I realized that we would not catch him, so I sat in and saved my energy for the pack sprint. For the next 2 laps I stayed about 3-4 riders back ready for someone to attack. Coming into the final sprint, someone started sprinting. Seeing him go by, I got off the wheel in front of me and started sprinting as hard as I could. I passed all the other men and kept sprinting hard to the line for 2nd Place winning the field sprint.

-Isaiah

Isaiah Chass

1st Place Folsom Historic Criterium Juniors 13-14

Since I had already raced the Elite 5's race earlier, I only did a light warm-up prior to the junior's race. After completing my warm-up, I rode to the start, did roll out, and then waited for the race to begin. When the race started, it started out fast, so I sprinted hard to get into the front group. After a few attacks, I was finally in a group of 4 including my teammate, Gianni. After another attack in my group, it was down to 3 riders still including Gianni and me. We rode together for the following laps until the finish. Coming into the final straight, Gianni starting sprinting off the other rider's wheel. I was on Gianni's wheel and then I sprinted around Gianni right before the finish for first.

-Isaiah

Luke Lamperti

1st Place Folsom Historic Criterium Juniors 9-12

The morning of the race I got up and ate some breakfast. Then we got in the RV and started driving toward Folsom. When we got there I got on my bike and went to registration. Then I went to watch a teammate race an earlier race. Then I went back to the RV to put my numbers on my jersey. When I finished I got all my stuff on and got my bike ready. Then on the trainer for a 5 min.ute warm-up then zone 3 and some pyramids and then to the start line. After doing roll out I lined up. When the race

started there was an attack by the Greyhound team. Everybody jumped on and kept riding until there was an attack by Limitless that went off the front for a little while. When we caught them everybody sat up so I made an attack up the right. A Limitless rider went with me but we had a big gap so I pulled off and jumped on his wheel. From there I sat on his wheel because all the juniors started together. So if I pulled I would be pulling him away from his opponents and my teammates. But he kept pulling and we stayed off the front all the way to the finish. I was happy to win my class and get second overall out of all the juniors.

-Luke

Gianni Lamperti

2nd Place Folsom Historic Criterium Juniors 13-14

At the start it was pretty hectic. At first it was supposed to be that each category was split up by 10 seconds. But then the officials changed it and there was a mass start of all the categories and age groups combined. At the start a 17-18 rider attacked and got caught straight away. I stayed on the front group for most of the race. I then was in a group of three for a short time after we all broke up. I had my teammate Isaiah but we were no longer working together because we were a half a lap ahead of the next contender. It came down to the sprint and we were going really slow so I opened up my sprint about 200meters out. I was in too big of a gear but if I changed it was a loss, so I just kept sprinting and he came around in the last few meters and got me. It was a fun race and I am excited for next year.

-Gianni

Colton Swinth

4th Place Folsom Historic Criterium Juniors 11-12

This was the race I was really looking forward to. I thought I would be in one of the groups in the lead, but that didn't happen. My chain jumped in the front which caught me off guard and made me fall back a little. The pack started to go and I ended up chasing them for the rest of the race and scrambling to catch up. The last 3 or 4 laps I started to gain on the groups that were ahead. The last lap I got on a Lightning Quick Team rider's wheel and then I broke off and sprinted for the finish. At the end I had no Idea what place I was in...., it ended up being 4th.

-Colton Swinth

Luke Lamperti

DNP Folsom Historic Criterium Senior Category 3,4

When the race started I Jumped on a wheel. Then there were a few attacks followed by a big attack that dropped me off the field. From there I rode for a little while. When I ran out of water and had a race the next day so I just pulled off.
-Luke

3. Pescadero Road Race

6/7/14

Pescadero

Ben Cook

15, cat 3

DNF Pescadero Coastal Classic Senior Category 3

Pescadero was sure to be a fun one. A long, hilly road race, a winding summit finish, just for me. To say the least, I was very excited. However, coming into the race, I had been a little sore in previous days. But that wasn't going to stop me, I was all in for today. I've had issues with finishing well in past races, and I knew that there was no silly tactic to get in the way of my summit finish up Haskins Hill. Or so I thought I knew. If there was a race to win, it was here.

I jumped on the trainer and did my usual road race warm-up, and then got over to rollout early, and lined up at the start. With the field all smiling and joking, we were ready for an awesome day on the bike. The official sent us off, and I found a wheel towards the front of the bunch and settled in. I decided to stay towards the middle of the group to save some more energy. That served me well, and kept me safe until the first climb.

We rolled into the first climb up stage road. Moving up along the side of the field, I placed my hands on the tops, and began climbing. All was well, I was feeling pretty good, but for some reason, I was not too thrilled about the day. It was almost an "Ugh" to be racing today. I know that attitude is important, but I shut myself up before I got too down, and continued the race. We started off down the descent, so I found myself a wheel and headed down the hill. I was starting to feel the effects of working on my descending. Passing riders, I flew down the descent, but it's not to say that it wasn't bumpy. The corners were tight, and had lots of loose and rough patches in them. I made my way down with the field, in a fairly comfortable position. But before I knew it... "PSSSS!!!" No. No. I don't believe it. "Noooo!!!" I heard my friend say as he rode by. I did NOT just flat out. The race hadn't even started yet! I was in absolute rage. I flagged down the moto, and he only confirmed what I feared for. Nope. No follow vehicle.

I walked down to the next course marshal, and we waited for the next follow car to come around. While waiting, I talked with the course marshal about the mentality of a race. He had only done one race before, but he loved to ride. So we discussed how important it is to be mentally ready for a bike race. To be truthful, I really didn't have it all there at the start of the race today. We talked about how discouragement can really take you over sometimes, and I could already feel that coming on as I came over the

first climb.

After a nice talk, the women's pro/1/2 field flew by, and with them, a follow car! The driver stopped, threw my bike on the back, and we hopped in the car. Before I knew what was happening, I was already receiving a full race commentary. There was about 15 riders left in the field, and women were popping off at all times. Bill, the driver, was the manager of Velo Sports Group, the women's team that won last year's NCNCA premier points series. Bill drives the car behind the women's field for all road races, so he knew every rider in the field.

"Women or men, the tactics are the same. You want some help with tactics? Allow me to give you some commentary on today's race." So for the next two hours we watched and chatted about the race in front of us. If there's one important thing for me to take from that race, it was that car ride. I got to receive extremely valuable info on a pro race, and found the good side of a bad day. We stopped at the top and watched the finish of the women's race and the cat 3 field that I was in. I met up with a bunch of guys in my race afterwards. There were a lot of "Where'd you go!?"s, but I still got a good chat in after their race. Bill and I jumped back in the car and headed down to the parking lot. I thanked him for the ride, and headed back to the car.

At the end of the day, I learned a few things. 1: I was not mentally prepared for this race. 2: After talking with my teammate Ryan, over the phone post-race, he brought up the fact that he thinks I am over thinking my tactics. I just need to be where the race "happens", and roll with it as it goes along. I talked to my dad after the race as well. So there was a small break of 6-7 guys that went a few miles before the final ascent to the finish. Those riders stayed away and won. While talking to my dad about how confused I was, even a few minutes into the race, he told me this.

"Those guys went a few miles before the finish, so what happened beforehand?"

Bummed out, I mustered up a pathetic response. "I don't know, I flatted."

"No Ben, what happened before that break went? What did they do?" "Nothing." My dad smiled. I smiled to. It was an "aha!" moment. It was fabulous. Ok Ben! Next time! It's so simple! And finally, 3: Flats happen!

-Ben Cook

Ethan Frankel

Racing Age 16, Senior Category 4

54th Place Pescadero Road Race Senior Category 4

It was cloudy, but perfect weather for a race. After warming up and rolling out, we were ready to go. The race started out neutral for a mile or two and then the pace rapidly increased as the motorcycle peeled off. There was a small break that wanted to get the prime. I sat in the middle of the field for the first climb and descent, and also for the second climb on Stage Road. There wasn't much action for the first 7 or so miles.

About 100-200 meters from the top of the second climb, my chain dropped. It took me ten seconds to fix it, another 20 to get to the top, and the descent is where I lost a lot of time. I was stuck 40 or so seconds behind the main group, going into the

flats. From there, I rode my own race, time trialing through the flats. A Pen Velo racer caught up and we took pulls through the feed zone to the bottom of Haskin's Hill. I had a much better climbing physique than him, so I had dropped him within 100 meters. I powered up the climb and prepared for another lap.

I descended Haskin's Hill with caution, having never ridden it before (and having been warned by a lot of other riders). Then I hit the rolling hills/flats and again time trialed through that, until the first climb on Stage Road. On the first climb, I bonked, so I ate and drank and by the time I was at the top, I was feeling better. I took the descent more riskily and powered up the second climb. On the descent, I caught another Limitless junior, but he was taking it slow, so he told me to go ahead. I time trialed, though much slower, through the flats and powered up the feed zone climb, taking a water bottle. Haskin's Hill loomed over me again. I kept a hard pace through the first half, hitting 90 rpms and a 190 heart rate. My legs were burning, I was gasping for air, and I had 1.5 km to the top. With 1 km to go, I cracked and slowed. The Limitless junior caught up and I tried sticking on his wheel. I got up off of my saddle and pushed for last 500 meters and finished strong, passing a number of other category racers.

Overall, the race was fun, mainly because of the time trialing and the climbing. However, I was disappointed about the dropped chain and I felt I would have finished much higher up. Until next year, Pescadero, until next year.

-Ethan F.

4. Dunlap Time Trial

6/8/14

Winters

Miles Daly

1st Place

Steve Dunlap TT Dunlap Time Trial

Juniors 15-18 Cat 4/5

The Steve Dunlap Memorial Time Trial has been the host for the NCNCA district Time Trial championships so we assumed that would be the case for this year as well. 4 weeks before the time trial I was given a TT bike from a friend and trained on it every day for 2 weeks leading up to the race in high winds with a disc wheel on. At the time this seemed dumb but it proved to be very key in my success. I woke up the day of the time trial and ate a small breakfast and left the house. My dad and I drove up to the scenic town of Winters, we got out of the car at 7 o'clock and it was already 75 outside. I knew today was going to be hot and windy. I put on my Squadra skin suit and got on the trainer to start my pyramids. After my warm up I got to the start line with 15 minutes to go until my start time. At this point it was only 8 o'clock and 85 to 90 degrees out with a steady crosswind at the starting ramp. My dad came up to me and said, "Give it your all" and then it was my turn on the ramp. I clipped in and gave my Sidi wires one last turn to tighten them down. I saw the official give me the 5 seconds to go. 4-3-2-1 and I was off. I sprinted about 250 feet then sat down and assumed my aero position. I shifted down to my 15 and hammered it, I was second to last to start

so I could see the riders ahead of me. I passed one rider, then another, then another, I remained in my aero bars until the turn around with I lost my speed. Then once I got back up to speed I had a gnarly cross wind but I felt stable with my bike from my practice in high winds. I passed one more rider and went 110% from that point on. I knew this was all or nothing and went for it. I crossed the line and was spent, my dad came up to me and said to me that he thinks I won. I didn't want to get excited until I saw the official results. Finally after the results were posted I was confirmed 1st with a gap of 52 seconds, I was ecstatic with that result, I look forward to the District TT Championships at the end of the month.

-Miles

Ben Cook

15, cat 3

6th Place Dunlap Time Trial Juniors 15-16 cat 1/2/3

Flat, windy, and extremely hot. Welcome to the Dunlap Time Trial. Coming into the day, I did not have a TT bike, a disk wheel, or anything close. But I was really here for the practice of it all. I have a strong time trial, but it does need some work.

I warmed up with my teammates, Ryan and Miles, and rolled over to the start. Ryan's start was 30 seconds ahead of mine, and Miles was racing the 15-18's 4/5, so he started about 10 minutes earlier.

Ryan got up onto the start ramp, and took off down the road. Soon enough, I was up. 8:41:30 am. It was already 95 degrees. I clipped in, and waited for the official's countdown. "5, 4, 3, 2, 1... Go!" I exploded down the start ramp. Today, I was mentally ready for a time trial, and I was feeling great. I shifted through the gears, settled into my aero bars, and took off flying down the road. It was a real fast start, for sure. My heartrate was already at 189. Whoa. I settled in and kept a steady pace around 188-190bpm. Heading towards the turn-around point, there was a bit of a headwind, and a tough crosswind. I figured this would turn into a tailwind on the way back. I was so wrong. Reaching the turnaround, it was getting much hotter out. I pulled off a decent turnaround, and got out of the saddle to settle back down. But my heartrate just wasn't getting up there, and I was really starting to hurt now. But it wasn't ordinary pain, I was getting tired. The wind was seriously picking up now. Being pushed all over the road, I switched to the drops to keep myself upright. This was brutal. My heartrate was dropping, and there wasn't much to do about it. I had gone out to hard. 186bpm. I looked to my left as another rider passed by, but right then, a gust of wind picked up and blew me into him. Coming dangerously close to hitting each other, we narrowly pulled away. "This is crazy!" He says with a laugh. I'm not sure how he's able to talk right now, I sure wasn't, but he was right. This was nuts!

Coming into the right hander, it was a dead headwind. And a very very strong one, but I was getting stronger too. I started to feel my legs come back to me, and I picked up the pace again. The last couple kilometers were moderately windy, but very fast. I started to ramp it up again. 186, 189, 194, and finally hitting 197bpm, I was

seriously suffering now. I just tucked, hammered, and held an extremely brutal pace for the last few minutes. Sprinting across the line, I hit 200bpm.

I came in and chugged a bottle of water. It was almost 100 degrees out already! I spun out with Ryan, and we talked about how the race went for each of us, and then went to check results. Miles won his category! We all gave him high fives, and checked our times. Ryan: 2nd. Ben: 6th. What? Out of 7. Ummm, excuse me? Sure, I was the only one without a time trial bike, but that can't be it. It's not the equipment's fault, it's mine. That was a pretty good time trial! I really haven't done that many, but that was not bad. Ugh. Time to go back to the drawing board? How did that happen? Confused, I needed to go clear my mind, so I went for a spin. It turns out that my 30 mile post-TT ride in Winters happened to be 118 degrees... But that's beside the point!

It's strange, I really haven't been able to get off the back foot for the last month or so, and it's starting to get to me. Later that afternoon, I gave Coach Laura a call, and we talked about why things may not be going as planned. Turns out, yes, I'm growing. Hitting over 6 feet tall now, I've been growing rapidly, and everything just feels awkward some days, and other days I feel great on the bike, like today, but I'm just not ever 100%. Coach told me that this was due to the fact that I was growing quickly, and it is actually a good thing. I did happen to be the second tallest person in the race... It's good that I'm growing and getting stronger, and the goal is for me to be the best I can be in my 20's, when I'm done growing. Coach reassured me that she sees me being a very good bike rider when I'm older, because that's when it matters. She said she's seen it happen a lot before, and kids always have problems with growing. One of her graduates, Tyler Williams, had the same problem. The good news is, he just got 2nd at u23 Paris-Roubaix this last week! So I've got nothing to worry about!

In the end, I had a good time trial, and had a real fun day. I learned not to go out too hard, because you may feel good now, but you may not feel good in 10 minutes, when it really matters. So I may have gotten 2nd to last, but the practice was worth it in the end!

-Ben Cook

Ryan Clarke

Racing Age 18

Senior Category 3

2nd Place Dunlap Time Trial Juniors 15-18 1/2/3

This year the time trial was at a new location just outside of Winters which was nice. I got in a good warm-up and rolled to the start line with plenty of time. I started fast but held back a little bit and slowly eased to my target heart rate. It kept climbing in the first couple minutes so I held the pace I was at assuming that I was going super hard. It turned out that the heat had raised my heart rate significantly and I was actually below my max. There was a very strong crosswind in the course that had

appeared to be a head/tailwind when I looked at the course map. I chose a very deep front wheel and a disc based on very little crosswind, but I quickly realized I had made a mistake. The combo of the wheel and gusts of wind almost blew me off my bike completely and I had to ride on the outside of my bars for most of the time to keep control of my bike. I spent most of my time trying to control my bike in the wind that I couldn't really focus on going hard. I definitely learned my lesson about TTs in crosswinds and I'm looking forward to improving my result next time.

-Ryan

Emily Abraham

2nd place Steve Dunlap Time Trial Junior Wm 17-18

Time trial's take lots of practice. You must learn to control your heart rate and maintain a steady and fast pace throughout the entire race. I still struggle to do this in a time trial. So I knew the Dunlap TT would be a struggle for me. I did this race last year as well but the course was switched to a place in Winters rather than in Davis. Although I knew the course would be flat with a turnaround just like the last one. My start time was around nine am but the weather prediction was high nineties so it was going to be one hot race. When we arrived at the race I immediately wished I had brought my short sleeve skinsuit instead of my long one but the race was only 20 km so it wasn't too much of a problem. Since I had such an early start, I was extremely tired when we arrived from sleeping in the car most of the way but after I signed in and pinned my numbers on I was more awake to hop on the trainer. After a quick spin out of my legs and a short pyramid, since that's all I had time for, I headed over to my start. There was only one other girl in the Jr. Women 17-18 and she was on a full TT bike with a disc wheel so it was already pretty clear who was going to win but I still needed to get some TT practice in for Nationals. During the first part of the course there was a small headwind then after making a left turn there was a huge crosswind. I literally almost got blown over! Finally I reached the turn around and was excited for a nice tail wind back to the finish. I got back in my aero bars after the turn around and began pushing myself again but then the crosswind only got worse! I was relieved when I made that right turn back to the finish and had a wonderful tailwind. This race ended up being good preparation for nationals.

-Emily

Gianni Lamperti

1st Place Dunlap Time Trial Juniors 13-14

We got there about 8 o'clock, close to an hour before my start. I went and got my number, then did roll out. I decided I should start my warm up about 40 minutes before so I put my number on then hopped on the trainer. I spun for about 15 minutes then I started my 2-minute pyramid, which is crucial before a TT. I then spun for about five minutes then rolled to the start house and rolled around for a few more minutes before getting in line to start. While I was in line a competitor told me that this TT was

not districts and that it was another race. I thought that he was just trying to get in my head so I put it out of my mind and just focused on today. Then I got on the ramp threw my leg over my bike then "5" I scrambled to get clipped in, "4" still getting clipped in, "3" stood up ready to go, "2", "1", go! I got off the ramp good then I was in zone 4 for the first kilometer then I started working my way up to zone 5. There was a heavy crosswind for the first 3km then you took a right turn there was a huge tailwind making it to where I was spun up. The course was open to cars and one passed me on the straight away then I caught him in the corner where he was only going about 18 mph. I had to hit my brakes and I was about 2 yards behind him so I could not see in front of me. I then went close to the left side of the truck expecting to see another long flat road ahead. Instead I saw a cone in the middle of the road about 5 feet in front of me. Still in my biggest gear I slammed on by brakes and ended up skidding a little bit into the turnaround. I then was in my biggest gear coming out of the corner. I got back up to speed and went as hard as I could to the finish scared that I had lost to much time at the turnaround because last year at this race I had lost 1st by 2 seconds I won my race and districts or not it was great time trial practice in preparation for the Junior National Championships next month.

I rolled to the car, which was just after the finish line. My dad grabbed my bike, threw it on the rack then we jumped in and Started driving to The Rockhopper MTB Classic, which our start was in 30 minutes. We were going to try and make it by the skin of our teeth.

-Gianni

Luke Lamperti

1st Place Dunlap Time Trial Juniors 11-12

The morning of the race we were trying to do two races. First the time trial and then a MTB XC race. So I had both bikes ready to leave the house at 5:00AM. When we left we drove to Lakeside Road which was closed so we took a detour. When we got there we went to registration and did roll out. When we got back to the car I put my bike on the trainer and got on my kit. Then I put on my number. When I started my 2 minute pyramid I warmed up for a little bit and then started it. Just after being done I took my bike off the trainer took a Clif Shot and rode toward the start line. When I got on the ramp the person said 5 seconds to go. So knowing it was only a 10 k time trial I could go fast the whole time and not start slow so I thought to push right from the start. I did that and ended up coming in first. I was happy with my result and had a great time.

-Luke

Colton Swinth

4th Place Dunlap Time Trial Juniors 13-14

This was my first time trial so I was a little nervous about it. We got there with one hour till the start, so I got on my bike and started to roll around the parking lot. Then with 15 minutes to go we all started to line up in our

order. I choose not to use the ramp to start off. When the official said go I took off down the road. I held my pace through the whole race, then I went all out at the end. I ended up getting 4th place. I was very pleased with my place.

-Colton

Isaiah Chass

3rd Place Dunlap Time Trial Juniors 13-14

After arriving at the race I got my number and started warming up on the road. After completing a 2-minute pyramid, I felt ready for the race. I rode to the starting house and waited for my turn. When I was on the ramp, I took a few deep breaths and waited to go. When the official said, "Go", I started sprinting off the ramp. Unfortunately, a few seconds after I was off, I got stuck behind a car, and was forced to slow down a little. After it pulled off to the side of the road, I got back into the zone and rode steady to the turn-around point. After making the turn-around, I sprinted to get back up to speed. I then rode steady until a few hundred meters to go, when I started sprinting to the finish. As soon as I crossed the line I rode to the car and jumped in to go to the next race, the Rockhopper Classic Mtb Race.

-Isaiah

5. Rockhopper MTB Classic

6/8/14

Vacaville

Luke Lamperti

1st Place Rockhopper MTB Classic Juniors 14+

When he said go I got clipped in and started sprinting when we hit the first singletrack It was a climb and we had to pass so I got in front and started passing people. We hit a little descent and came out on a fire road when we went into the single track it was me and another rider named Jake Yackle. We passed a lot of people and still had a bunch more to go. From there we set a steady pace and kept going until the last little bit we started sprinting and I was ahead and held it to the line. I am happy to be the State Champion.

-Luke

Gianni Lamperti

3rd Place The Rockhopper MTB Classic Juniors 14+

We made it just in time from Dunlap TT. We signed up then went to jump in line. The race was off then I sprinted to second wheel and sat there to the first single track where I then dropped back to third wheel. We were already passing lots of traffic. We got to a steep loose downhill and somebody crashed in front of me and I lost the

two front runners. I tried to pull them back but got held up a lot in traffic. At the first water station somebody dumped water on my back and it felt incredibly good. I could not pull them back so I thought I would try and pull them back on the downhill. I then thought about Nationals, which I have in two weeks and decided not to take the risk. It was a very fun race and I would like to win next year.

-Gianni

Isaiah Chass

3rd Place Rockhopper MTB Classic Juniors 13-14

This race was going to be close because less than an hour before the start of this race, I was racing at the Dunlap Memorial Time Trial. We were racing to the start of Rockhopper, and luckily we made it by a few minutes. When I arrived, I quickly got to the staging. When the race started, everyone sprinted to get to the single-track first. After the first single-track, we started climbing. I was slowly losing the riders in front of me, but I was still with 1 person from my race. A few minutes later, we got onto a fire-road, where the other rider snapped his chain. I kept riding, and when I saw a water station ahead, I was very happy because of how hot it was. On the next single-track, I was starting to feel the Time Trial effort from an hour before. I pushed on past some adult riders, but was not able to catch anyone in my field. The rest of the lap was very hot and painful. After coming down the last descent, I saw a flat section, which was leading to the finish. I started sprinting knowing that I was almost done and kept sprinting all the way until the finish.

-Isaiah

Isaiah Chass

15th Place Tamarancho Dirt Classic Junior Men U18
6/1/14

When I arrived at the race I got on my bike and rode a few miles to the start. When I got to the start, I got my number and was about to go warm-up a little more, when I decided to race Junior Men U18 instead of Sport Men U35, which started an hour later. Because the junior's race was an hour earlier, I didn't get a great warm-up, but at least I had ridden a little. I quickly rode to the start line, and got in position. When the race started I sprinted very hard to get up front. This race started pretty fast so it was important to get a good start. I was around top 20 going up the first fire road. When I got to the single-track, I was trying to catch more riders, but I wasn't able to pass anyone until dead heifer hill, one of the last climbs. At the top of dead heifer hill, we rode down the flow trail, which was super fun and flowy. The rest of the first lap I didn't pass anyone. On the second lap, the race was pretty spread out, but I managed to pass a few riders again on dead heifer hill. When I came into the final 300 meters, I tried sprinting around my teammate, Gianni, but was not able to get passed him for 14th place. After the race, I rode a few miles back to the car, and headed home. This race was really fun and will definitely do it again next year.

-Isaiah