

Team Swift Race Reports

May 2014

Race Reports for:

1. Cat's Hill Classic
2. Berkeley Hills Road Race
3. Mariposa Women's Stage Race
4. Folsom Classic Criterium
5. Mount Hamilton Road Race
6. Memorial Day Criterium
7. Golden Stage Circuit Race
8. States Norcal MTB
9. Boggs 8 Hour
10. Grasshopper Adventure Series Geysers/Pine Flat
11. Lake Sonoma MTB #2

May Top Results:

1 st Place	Mariposa Hill Climb, Stage 2	Sr Wm Category 4	Emily Abraham
1 st Place	Folsom Criterium	Junior Wm 9-12	Isabella Brunner
1 st Place	Boggs 8 hr-2 person team	Sport Class	Luke/Gianni Lamperti
1 st Place	Memorial Day Criterium	Junior Wm 10-12	Isabella Brunner
2 nd place	Golden State Circuit Race	Sr Wm Category 4	Emily Abraham
2 nd Place	Folsom Criterium	Junior Wm 13-18	Isabella Brunner
2 nd Place	Memorial Day Criterium	Juniors 15-16	Miles Daly
2 nd Place	Memorial Day Criterium	Junior wm 13-14	Isabella Brunner
2 nd Place	Lake Sonoma MTB #2	Sport Men U35	Isaiah Chass
3 rd Place	Mariposa RR, Stage 3	Sr Wm Category 4	Emily Abraham
3 rd Place	Mariposa, Overall GC	Sr Wm Category 4	Emily Abraham
4 th Place	Mariposa RR, Stage 4	Sr Wm Category 4	Emily Abraham
4 th place	Memorial Day Criterium	Sr Wm Category 4	Emily Abraham
4 th Place	Cat's Hill Classic Criterium	Junior wm 15-16	Isabella Brunner
5 th Place	Cat's Hill Classic Criterium	Juniors 15-16	Ethan Frankel
5 th Place	Boggs 8 hr/3 man team	Sport Class	Cassidy Mountjoy
6 th Place	Cat's Hill Classic Criterium	Juniors 15-16	Weston Drechsel
6 th Place	Mariposa TT, Stage 1	Sr Wm Category 4	Emily Abraham
7 th Place	Berkeley Hills Road Race	Sr Wm Category 4	Emily Abraham
7 th Place	Folsom Classic Criterium	Sr Wm Category 4	Emily Abraham
7 th Place	Memorial Day Criterium	Juniors 13-14	William Stark
8 th Place	Boggs 8 HR	3 Person/Sport	Isaiah Chass
11 th Place	Mt Hamilton Road Race	Senior Category 3	Ben Cook
11 th Place	Boggs 8 Hour	Expert Men Solo	Griffin Wigert
14 th Place	Cat's Hill Classic Criterium	Senior Category 5	Weston Drechsel
14 th Place	NorCal Race #5/States	Varsity	Eli Kranefuss

19 th Place	State MTB Championships	Soph Boys D2	Cassidy Mountjoy
25 th Place	Berkeley Hills Road Race	Senior Category 3	Ben Cook
36 th Place	Grasshopper Adventure	Geysers/ Pine Flat	Luke Lamperti
38 th Place	State MTB Championships	Soph Boys D1	Ethan Frankel
48 th Place	Berkeley Hills Road Race	Senior Category 4	Ethan Frankel
49 th Place	Berkeley Hills Road Race	Senior Category 3	Ryan Clarke
52 nd Place	Grasshopper Adventure	Geysers/ Pine Flat	Gianni Lamperti
90 th Place	Grasshopper Adventure	Geysers/ Pine Flat	Isaiah Chass

Rider Race Reports

1. Cat's Hill Classic Criterium

5/3/14

Los Gatos

Ben Cook

15, cat 3

DNF, Cats Hill Classic, Elite Category 3's

You know those races where, the night before, you sit there dreaming of winning? Over and over again, you cross the line first, and throw your hands in the air. Well, that was Cats Hill for me. However, today's race ended up being just the opposite...

I drove down to Los Gatos with my dad, teammates Weston and Ethan, and a friend of mine, Jordan, who races mountain bikes with me through the high school. We came down very excited, all bouncing up and down in the car, anxious for the races ahead. Once we'd arrived, the others got warmed up, and off to racing in the earlier categories. Finally, once all of the testosterone had gone to race the 4's, I jumped on the trainer, finding the perfect moment of "zen" to suffer over the trainer before my race. I wanted to have a real good warm-up for today, so I took my time.

20 minutes to start; I rolled up my skinsuit, threw on the rest of my kit, and spun over to rollout. There, I met my dad, but I didn't see the rest of the guys.

Rollout done, I lined up at the start line. There was already about 5 rows of riders, but through some maneuvering, I snuck my way right into the front row. "Gentlemen! If I could have your attention!" Called a USA cycling official at the start. "You will be doing 18 laps, free lap rule applies!" Here we go...The whistle blew, and the race was on. And boy, was it on. The front row, with me included, took off down the road immediately. We came into the hill the first time, and it was the usual plan. Shift, turn, and then climb. That seemed to work out pretty well for the first time, so I kept it up. Soon enough, I was able to move up during the climb, and even pull a few moves over the top.

Hearing a swooshing from my right, I looked over to see my friend, Garrett, pull a fast attack over the top of the roller on the back of the course. Garrett has won his

last 3 races with the Cat 3's, so I figured it was a good person to follow. I jumped, and chased him down. Soon enough, we had about a 10 second gap off the front! But of course, there were still 10 laps to go, and we were reeled in a few laps later. I continued racing at the front for the next few laps, when I soon realized that racing up at the front is great and all, but I needed to get farther back for the finish. That, ladies and gentlemen, turned into a nearly fatal mistake. Before I knew what was happening, I was bumping shoulders and fighting for wheels. It was a mess. It was only a matter of time before somebody went down- too late! Skidding, screeching, screaming, an even the crunching of carbon fiber, and before I could even say "Not again!" I was on the ground. "Ok. Free lap. Let's go." I was getting myself ready to hop back on the bike, when I took a look down...No way!!! Bars twisted, wheel trashed, brakes bent, and yup. You guessed it. FORK. CRACKED. My race was over. I stumbled over, covered in blood and road rash, across course to the medical tent, nursing my bike along the way. The EMT was thankfully, a real great guy, and he actually cheered me up a bunch. I packed up the car, gave Coach Laura a call, and headed home. I called my boss from City Cycle as well, and he had a brand new, carbon race bike ready in the shop for me to borrow until I could get my bike back. "Man, that day ended quickly." I thought to myself. And boy, was I going to miss my TIME. The bike I got to borrow was great and all, but there's nothing quite like a TIME. In the end, I learned a few very important things from the day. I've always had trouble with claustrophobic races, and now I know why. All of the riders that were racing with me up in the top 5, ended in the top 5. You need to stay up front in a tight race, so that you can stay out of trouble and be there for all of the big moves. Also, this is something I realized weeks after the race, but it's important not to over think things. Everything was fine at the front of the race! Why'd you leave to the back!? And if everything is fine in the pack, just stay in the pack. I did end up getting a new fork within just a few days, and was soon to be back on my baby. Sadly, my front Mavic wheel was toast, which is sad, because I loved that wheelset. But I've got a new rim on the way now!

-Ben Cook

Ethan Frankel

Racing Age 16, Category 4

DNF Cat's Hill Classic Criterium Senior Category 4

The Category 4 race was the first race of the day, scheduled for 16 laps. I warmed up on the trainer for a half-hour after registration and went to the start line at 9:15. After rollout and the pre-race announcements, the race was on. The start wasn't quick. There were a few breaks off of the front, but I was in the middle of the pack and didn't go for anything big. I surged to near the front after each hill, and concentrated on keeping a wheel on the top flats. On the descent and the lower flats, other racers passed me left and right, but I still kept the wheel in front. Then when the hill approached, I rode to the front again. This cycled for seven or eight laps and nothing interesting had happened in the pack yet.

I was starting to cough after lap 8 and felt pressure on my chest. So for the next two laps, I just stuck with the racer in front of me and didn't surge to the front. On the tenth lap, the pace accelerated and I tried to stick on a wheel. However, I got to the top of the hill with the group and cracked and was spit out the back. I lost my wheel and saw that there were probably seven or eight other racers a minute behind me that had also dropped off of the pace. My heart rate was peaking, and I felt pretty bad, but I kept up a steady pace and cadence and was finally pulled off of the course on the twelfth lap, although I was just a minute behind the group.

That race was one of my more disappointing ones, but my pacing was poor and I learned a lot from the race.

-Ethan F.

Ethan Frankel

Racing Age 16, Category 4

5th Place

Cat's Hill Classic Criterium

Juniors 15-16

After the Category 4 race, I cooled down, got some food into me, and relaxed for a half hour. I did a couple of quick pyramids and rode over to the start. The race was only 8 laps, so I was prepared to go all out on the very first lap. The whistle blew and the race started with a sprint. An 8-man echelon quickly formed. The first lap was fast and hard. I found it tough to stick with the front, but kept the pace for another three laps. The group was splitting up by the end of the first lap, and it was down to only five. For three laps, I flew to the front of the group on the hill, and then on the flats I was pushed to the back. After the fourth lap, I cracked on the infamous hill and dropped off of the back. After lap five, I was already a minute back and fought to hold that position, trying not to lose sight of the front group.

At the top of the hill, on the sixth lap, my transitioning onto the flats was poor. I barely shifted to a harder gear and my cadence was low. After the small rollers at the top of the hill, the course hit a flat street for 100 meters. Here, I upped my cadence to around 80 rpm and proceeded to transition to the downhill. I pumped hard to try and gain some speed and tucked.

The next two laps were all pain and attempts to gain. On the lower flats, I got out of the saddle and into the drops to gain speed into the hill. As I approached the hill, I went all out. However, my transitions over the top were still horrible, and for the next two laps I didn't gain or lose any ground on the front group. I finished with a sprint and ended up last in that original group of five.

The race was very fun, but very short. In hindsight, I should've stayed back on the hill and kept a steady pace up and over the top. It was not my best race, but I know what to improve.

-Ethan F.

2. Berkeley Hills Road Race

5/10/14

Berkeley

Emily Abraham

7th Place Berkeley Hills Road Race Wm Category 4

I had heard a lot about this race in the past year so I was stoked to actually get a chance to participate in it. Obviously I knew there would be tons of people there since it's such a popular race, not specifically in my category but overall. Races are always more fun when there are a lot of racers and spectators. When we arrived at the race, I had to go register since I didn't pre-reg. There were a quite a few people in line, most of them men who were just now registering when they had fifteen minutes or less to their start! So that was a bit of a hassle but I got back to the car with enough time to do some spinning on the trainer. Then headed over to the start ten minutes before so I would have time to do roll out.

The race was a neutral start up to the first right hand turn on to the main road. Once we got on to the main road, a lot of women continued to ask "are we still neutral." That's how slow we were going for almost the entire first lap. Everyone stayed together and we rolled along at a pretty easy pace. Until the only other junior in this category went to the front and started pulling. She stayed up there in front for a while. Nothing really excited happened as we went over the first two climbs or the first two "bears" then we approached the final climb where in the finish line is located; we would pass this then continue on for our final lap. Unfortunately I was in a bad position as we started the large climb. The five racers in front really began to pick up the pace and I was too far back to stay with them since all the women around me were slowing down. I didn't realize how fast the leading pack was going. I tried to bridge myself back up all the way to the top of the climb but they had still had a small gap on me as they started the descent. A woman came around me to try to catch them; I tried to grab her wheel but couldn't keep up while we were descending. Once the road leveled out, I was riding alone for a minute or so then a chase group came up behind me, I grabbed on and we kicked it in to try to catch the lead group. We were going hard taking short thirty second pulls each. Pretty soon we caught up to the woman who passed me on the descent and she sat in with us as we continued to try to catch the break. Eventually we realized they were way too far out of sight for us to actually be able to make up the time but we continued to work hard. When we came to the first climb of the three, the woman who had passed me back at the descent attacked. I didn't expect her to stay away so I didn't chase her and neither did the other five women. That was a mistake because she stayed away from us. I was hurting on the second climb so I was worried the other women would all beat me up to the finish. But I guess they were tired too because I kicked it in on the final climb and only one other woman tried to beat me up to the finish. She let up just before the finish though so I finished in front of her in seventh place. This race was tough, but enjoyable! The course is beautiful and so much fun. I definitely learned I need to be more up towards the front no matter what.

-Emily

Ryan Clarke

Racing Age 18

Senior Category 3

49th Place Berkeley Hills Road Race Senior Category 3

This was my first road race that I had driven to by myself. Although I didn't feel it, there was probably an extra amount of stress added before the race because I've always just slept in the car on the way to races instead of paying attention to the directions. Luckily I made it there without any problems and got my number. I met my teammate Ben at the start line and we decided that we would take turns covering any attacks. I did a couple of jumps early in the race just to open my legs up and settled in. On the second lap one of the guys who rode with the national team earlier this year attacked on the longest climb (aka Papa Bear) and I covered it. The field caught us but the effort put me too far into the red and I couldn't hold the pace. I chased back over the top of the climb and sat in. The third time around I lost contact on the second longest (Mama Bear) climb and I chased as hard as I could until the descent (where I almost collided with a wild turkey that was in the middle of the road). After that, it was too windy for me to make it back solo and there wasn't anyone there to help so I took it a little easier and finished the race.

-Ryan

Ben Cook

15, cat 3

25th Place Berkeley Hills Road Race Senior Category 3

During the time few weeks before Berkeley, you could say I was a bit stressed. I was just finishing up school, I wasn't riding too well (and worst of all, I didn't know why), and it had just been a rough few weeks. But that wasn't going to stop me, I was out to have a great day.

We started off real early in the morning. 7:45am. Ugh. Down at the race, I met my team captain, Ryan Clarke, who was in the same boat as I was. It had been a tough month, and it was going to be a real tough race. I lined up at the start and talked to Ryan some. "Aww man, I didn't even wear my nice socks today!" "Dude, get on my level." Ryan said as he pointed to his 2010 Swift socks. Nice, man. We joked around at the start line some more, talked about the upcoming race, and chatted as the race rolled down the neutral start. But as soon as we made the left hander onto the course, we took off. Well, actually, Ryan took off! Somebody has to make the early move, I guess. With a few seconds gap, I moved towards the front to watch what was happening. I was expecting a rider to attack up and join him, but Ryan was soon dragged back by a charging field. The rider at the front? Nielson Powless. One of the most feared junior mountain bikers in the nation, and as of early May, the world. He sat on the front and charged, sending Ryan straight back into the group. Wow. That kid's got some horsepower. But I wanted to see if he knew how to use it. Ryan came up

along my side. "Ok, so Nielson's pretty real! I want you in the top 20 with me, let's keep an eye on the game ahead of us. Nielson is tough, but don't let him get to you. You're much smarter than him. Today isn't easy." No, it really wasn't easy. I honestly didn't know if I was going to make it for one of the four laps ahead. I just really didn't have anything in me today. Every hill cut into my legs from the beginning, but I made it over. Nielson and I tried to make a few moves, but we were soon drawn back. Half an hour in, and no breakaway. Sadly, the break slipped away from me just a few minutes later. I hung in the field with Ryan, and just tried to be a player in the game as much as I could. But it was tough. Ryan and I were getting weaker as time went on, so I just suffered as much as I could, ate and drank whenever possible, and just survived. "What can I do for you, man. How do you feel?" I asked him. "Nothing. It's up to you, just go get 'em Ben!" He cheered me on as I went to move up on one of the climbs. I barely made it towards the front. Just one more lap. I took off down the descent thinking of what Ryan had said. I almost felt like he was turning to me to lead team today, even if it was just us two. I had never had that happen, and it felt pretty strange to be given a type of leadership like that. Like he was going to help me. I had to refocus on the race, however, so I ate a Shot at the bottom of the descent and jumped back in the field. But man, I was feeling sluggish. On the flats, some of the other juniors and I tried to get a chase group going, and it was working for a while, but Nielson had us back. The break had almost 3 minutes on us as of the top of the last climb, and I was toast. With only 30 of us left, I sat in the field and tried to rest. In the back, I was dying to keep in. Ryan came up alongside me, and told me to get to the front for the last lap. "I can try man, but I'm really trying to rest. I'm absolutely toast today." Was my only excuse I could cough up for being in the back. He put his hand on my hip, and pushed me onto a wheel heading towards the front. "Rest at the front, it works. I promise." So I headed to the front. I have to say, it was still just as brutal up there, but now I was at the front. Therefore, I could float back on the climbs when I needed to, and stay on the group. But by the end of the race, I was done for. It was all I could do to finish with the leaders on such a long and sluggish race, so by the time we hit the final hill, I popped off, and my race was over.

In the end, Berkeley Hills was a good experience, and it's good to know that I can survive for 70 hilly miles on a bad day. However, it was not a pleasant experience. As for next year, I'll make sure to be in better race shape if I am to come back to such a hard race.

-Ben Cook

Ethan Frankel

Racing Age 16, Category 4

48th Place Berkeley Hills Road Race Senior Category 4

After registration and a 25-minute warm-up, we were lined up for the start. I lined up near the back middle of the field, due to a very late rollout. Then we were off, with a neutral three miles to begin with. We made a sweeping right-hand turn and then we were on the freeway. There was a gnarly headwind, so I stayed in the middle of the

pack and made sure to tuck in behind a bigger racer. I held my positioning in the middle of the field. The first half of the lap was flat and with little climbing. After the 8th mile, however, it pitched upwards and the Three Bears climbs started. On the Little Bear, I held my position and moved up a few riders. The descent was much harder for me. I struggled to keep with the rider in front, although I was on my 50-14 gearing. I was spinning at over 100 rpm. I was glad to hit Mama Bear, as I knew I could stick. After losing ten spots, I quickly made up for it on that climb. Then came the horrible descent. I shifted up into the 50T chain ring and it jammed. I was immediately spit out the back as I came over the hill. On the descent, I lost over 10 seconds of time. I pushed to get back up into the field on the Papa Bear climb, but couldn't catch up. Another racer and I pushed over the hill and kept a good two-man pace line for another 10 miles. We then caught up to a Limitless junior and another racer. We all rode together, setting a moderate pace, but not race pace. We were over five minutes behind and most of us were pretty gassed already. We came through for the final lap, a dozen minutes behind the field.

The last lap was more conversing than racing. We kept up a moderate pace through the headwind, and then came to the Bears. The Limitless junior and I attacked hard here. We were finally racing again. Both of us being small and decent climbers took a ten second gap over the other bigger riders. We opened the gap further as we ascended Mama Bear, but I quickly gained an advantage as he slipped away. I gained an extra ten seconds on him. However, I was alone on the descent and was caught by one of the bigger riders. He overtook me and I stuck on his wheel. Going up Papa Bear, I attacked and he countered. He stuck on my wheel for another minute and I waved him through to pull. I was gassed and we still had two-thirds of the climb left.

He didn't pull so I waved him through again. He attacked. I countered. He kept on attacking. I couldn't stick. I experienced déjà vu, remembering the day that Nairo Quintana and Chris Froome had climbed Mont Ventoux. In the last two kilometers, Froome broke away and Quintana couldn't counter. This was happening between us two, but on a much, much smaller scale, and off the back not the front. For the final kilometer, I just kept a steady pace and he gained a large, one-minute gap on me. We finished in that order and I rode around to cool down a bit.

It was a fun race, yet disappointing, but I am looking forward to it again next year, hoping to be much stronger on the descents.

-Ethan F.

3. Mariposa Women's Stage Race 4/16-18/14

Emily Abraham

6 th Place	Individual Time Trial, Stage 1	Sr Wm Category 4
1 st Place	Groveland Hill Climb, Stage 2	Sr Wm Category 4
3 rd Place	Greeley Hill Road Race, Stage 3	Sr Wm Category 4
4 th Place	Bootjack Road Race, Stage 4	Sr Wm Category 4
3 rd Place	Mariposa Stage Race, Overall GC	Sr Wm Category 4

Stage One: Individual Time Trial

To be honest, I hate time trials. Well at least right now I do, I need more practice on how to do one effectively by watching my heart rate and staying in certain zones at specific times during the race. So this time trial was an out and back, five miles each way. It was a hot day out by Lake Turlock, where the race was held, it was well into the nineties while I was warming up. I was right on time for my start, I went out and gave it my all however I also told myself this is only stage one of four because I didn't want to waste all my energy when I knew I could place better in the other stages. This was not a flat time trial; there was a short but kind of steep climb by the second mile. The rest of the way out was a horrible cross wind then the turnaround was also on a small uphill. I was relieved to have better winds and a downhill on the way back to the finish. I pushed myself to the finish line and was beyond happy to have that stage over with.

Stage Two: Groveland Hill Climb

We weren't able to find out our result from stage one until the morning of stage two which was a little upsetting because I had no idea how far back I was from the leader. My mom and I rode our bikes from where we were staying to the start of the race in Groveland; it was nice that we got that warm-up in. As soon as we got to the parking lot where everyone was warming-up, I went over to sign in and look at results. I found out I was just over three minutes behind the woman who got first in the time trial the day before. Three minutes is a lot of time to make up, so I knew if I wanted to place well in GC, I had to give it my all in the hill climb. I had confidence that I could do well in this hill climb which I think benefited me during the race.

The race was neutral during the entire descent to the base of the climb. We rolled out from the parking lot and made our way down the six miles and 2,000 ft climb. The official told us to all line up starting with the pro women, the 3's, the 4's, and then the masters. At first the official said all the categories would take off together and just be picked separately. But after many complaints from all the women, each category went off on their own in three minute increments. Finally our time came to take off. The first section was steep and I was surprised how hard the other women were going, but I stayed up there with them. About a mile into the race, the woman who won the time trial started to pick up the pace. She didn't attack or anything but she was definitely starting to go harder, I stayed with her but pretty soon she started to drop back. Then it was just me and one other woman. We stayed together for a short while but then I pushed myself some more and began to drop her. At this point I looked down at my Garmin and saw I had four miles to go. I knew I could make up more time in GC by continuing to create a bigger gap from the other women so I just kept pushing myself. However I did tend to look back a lot which could have lost me a few seconds... I passed a few of the women from the category 3's and then suddenly I was at the point where there's just less than two miles to go. I expected this section of the race to be long, but it went by fairly quickly. I was so excited about my results from this hill climb however my legs were really feeling it for the next two stages.

Stage Three: Greeley Hill Road Race

This race was thirty-five miles and it was on the same day as the hill climb. Although it was considered a road race, the laps were only five miles each and we did seven laps. Wow this race felt long. Luckily it was a beautiful course and so much fun! We started in the parking lot of a gas station and had one mile neutral start to the actual course. The course begins with a gradual half mile descent then goes back into the redwood trees and finishes on an uphill. All the women in my category stayed together for the first lap then just as we approached the finish line to start lap two, a woman attacked on the uphill trying to make a break. I went after her along with two other women. The woman who attacked couldn't hold it and the two other women and I passed her. On the descent on the second lap, a different woman caught us and the four of us worked together for the third lap. I guess we were going too hard for the woman who caught us because when I looked back she was nowhere to be seen. So the two women and I worked together for the rest of the race. Almost every time we passed the finish line to start a new lap, one of the women would attack to cross the line first. I didn't realize until later that she was doing that because whoever crossed the line first on each lap got a nine second time bonus. On the final lap, my legs were toast. I tried to set myself up to make a possible break away with one km to go but those other women weren't about to let me get away. They started to drop me just as we approached the small steep climb to the finish. I crossed the line in third with extremely dead legs.

Stage Four: Bootjack Road Race

After stage two and stage three, I knew I had moved up in GC except I wasn't sure whether I was in first or second and I didn't find out until just before the start of stage four. When I did see the results before the next road race, I found out that I was second in GC with just over a minute behind the leader. With a thirty second break away and a thirty second time bonus for winning the stage, I knew it was possible for me to take the overall, however it would require fresh legs and mental readiness. The thought of this made me nervous. Unfortunately I had trouble sleeping the night before and my legs were very sore, but I had to remind myself that everyone's legs were sore. Being sore definitely wasn't an excuse.

We lined up for the start of our race at 8:05 in the morning. As I looked around at the other women in my race, I knew that the two women who I broke away with on stage three would be there with me again during this stage. For this race we would do four laps, each lap twelve miles with a four mile descent and eight miles of climbing and rollers. The race started with the four mile descent; thankfully the officials decided that the first time down the descent would be neutral. The descent wasn't anywhere near as bad as I had worried it would be. It was gradual with beautifully paved road. Once the race officially started, we all kind of just road along complaining about sore legs from the rest of the weekend. Then one woman attacked on one of the small climbs, however she didn't break away. For the rest of the first lap there were just five of us, doing a rotating pace line and moving along at a pretty quick pace. During the descent

on the second lap the five of us were still together, I found myself struggling to keep up due to junior gears and I was easily spinning out. But I got in the draft so I was able to stay with the other women. During the climbing on the second lap, we dropped one of the women so now there were only four of us. We stayed together and continued to work together however on the third lap my legs were cramping and I was hurting. I found enough energy to attack about a mile and a half from the finish where we would start our final lap. I did manage to get away from two of the women when I attacked, but the woman who was first in GC stayed right on my wheel. That attack killed my legs and I had to slow down. So right away the four of us were back together again.

For the final lap, I managed to stay with the other three for the descent. I knew they were trying to get rid of me because when we got to the rolling section they started to make attacks. The first time one of them attacked they managed to make a small gap on me. I pushed myself and was able to catch right back on but as soon as I rolled up, I heard them talking about getting away from me. The four of us rolled along for another mile, I tried another attack but it didn't stick. On the next climb they really hammered it. I wanted to stay up with them but my legs were so cramped and my body felt so fatigued. Although I got dropped, I finished in fourth for the stage and came out in 3rd for the overall GC. I was very happy with my results but I wish I would have done more stretching and sleeping before stage four.

-Emily

4. Folsom Classic Criterium

5/24/14

Folsom

Emily Abraham

7th place Folsom Classic Criterium Wm. Category 4

For this race the women cat 3 raced with the women cat 4. I'm pretty sure this was the first 3/4's race I had ever done and wow it wasn't pretty. The race started out fast right from the whistle. It was easy to tell who was a 3 and who was a 4 because the 3's were completely controlling the race. Plus there was a bunch of women from Team Metromint and there was a bunch from Rio Strada so if one woman from Metromint attacked than right after one from Rio Strada would attack. Because of this, the race was very fast paced. Throughout the entire race, I felt like the cat 3's were trying to get away from the cat 4's and the 4's were trying to prove themselves to the 3's. One time during the race, a woman from category 4 attacked and I heard some women from the 3's yell, "Don't chase! She's a 4!" So instead of just racing against the whole field it seemed that everyone wanted to only race against specifically who was in their category. I stayed up in front as much as I could, but after an attack some women would come around me. When we passed the finish line to see the lap card with one to go, I was in a good position in about third wheel. When we came around the second to last turn everyone started to pile together instead of being single file. I went to the far left side so I wouldn't be boxed in during the last right hand turn to the finish. Our field of about thirty, all went into the turn together. It was extremely sketchy and of course a woman crashed on the inside of the turn. She hit the pavement and was skidding

right towards me. Definitely not a pretty image. I had to accelerate to make sure I wouldn't get hit. By then the women who were leading through the turn were sprinting for the finish. So I stood up and sprinted as much as I could although my mind was a bit jumbled after seeing that crash.

-Emily

5. Mount Hamilton Road Race

5/25/14

San Jose

Ben Cook

15, cat 3

11th Place Mount Hamilton Road Race

Senior Category 3

"Come on Ben! You should be suffering!" Joked my teammate, Ryan, as I warmed up on the trainer. I had a perfect view of the mountain from where I was set up. Over 4000 feet high, Mount Hamilton road race was going to start off with a bang. Was I excited? Of course I was!

We lined up at the start line, and Ryan and I found a place next to each other in the front row. Coming into Mount Hamilton, I had a pretty big goal. Win. Coach and I had talked about this race, and it definitely suited me well. With Ryan there to back me up, it was sure to be a good day, and I was feeling confident and happy to be at the race.

Soon enough, we were off. I found a place on Ryan's wheel towards the front, and we began climbing. The race started off at a pretty fast pace, and everybody was hurting by the first climb. A few attacks went, but everybody stayed calm. By the second climb, we had settled down some, and I got a good rest in. "How ya doing?" I said to Ryan. "Surprisingly well!" He said back. Conversations in races are always short, you can really only get a few words in before somebody shifts around, and suddenly you're taking to yourself. But it was good to know that Ryan was doing well, and he found a spot on my wheel. We came down the descent, and began the final, endless, climb to the summit. And man, was it endless. The road carried on and on, and the top was insight the whole time. A friend of mine, Chris Malloy, was at the front setting out a blistering pace. Chris was one tough cookie, I remember battling it out at the Mount Tam Hill Climb with him for the win, but we ended up both getting beat, so we went 2nd and 3rd. I know that Chris has really been training this year, and is an exceptional climber. Thankfully, Chris was on my side. But it didn't stop him from driving the pace. Ryan and I hung on for dear life, but about halfway up, Ryan was nowhere to be seen. I was bummed because he's still a great rider to have around. On my own, I was going to have to work with whoever I could. That means Chris and I would be working together today.

I dragged myself over the top of the climb as far towards the front as I could, and made it over with the leaders. Man, it was not easy today. Down the descent, I found myself in a group of 5, containing 2 good friends of mine, Rupert, another junior, and Piers. Good, more riders to work with. Rupert was leading, but he and I were both getting risky down the descent. It wasn't long before Piers flew by.

"Less brakes, buddy!" I heard him say. And right then, everything came back. Brake before the corner, outside-inside-outside, and cut the apex just right. Soon enough, we were back with the leaders. "Buddy, I'm gonna teach you how to descend. You need it." He said as nice as he could. Piers was right, I do need to work on my descending. Now, I was feeling much better, and took a place in the field next to Chris, and another friend, Dean. Dean and I chatted about the race ahead. There was one rider off the front, but we knew he would come back. Over the rollers on Mines road, everybody stayed calm, and we caught our lone-rider soon enough. I pulled a move over a roller, and hovered about 10 seconds ahead of the field, but couldn't gain any ground, and nobody was joining. I was reeled in within a few minutes.

Coming over the final two climbs, Chris was back at the front driving the pace, and I was really beginning to hurt. I'd consider myself a good climber, but these climbs were always painful. I dug as deep as I could, but the field was pulling away from me, and I was beginning to feel the effects of a long and painful day. Dean and I clawed our way up the climb, along with another rider from Squadra SF. Coming into the flats, the field was right insight. We drilled as hard as we could, and made it back on to the back. High fives all around, I was back in the race.

Slowly, I moved myself up closer and closer to the front. There was yet another rider away solo with 6-7k to go. Chris and I agreed to work with a few other riders to pull him back, as we all wanted this win. Drilling through the flats, our guy was caught with 2k to go. What now? I didn't have to pull anymore, I was with the leaders and feeling good, what do I do? There was an awkward tension, but before I could decide where to go, a rider flew around my left side. It was the Sam Squadra rider I bridged back to the group with!

With 1k to go, I found myself back in the field. Squadra was going to take the win, but I had to find a way to place. Here's where things went wrong. I was sitting in the middle of the field, close to the front. This race usually ends in groups 5 or so, but today, there were 20 of us. I decided to move to the outside of the field, so I could move up better in the sprint. This ended up putting me towards the back, and by the time we started sprinting, my race was already over.

Sadly, I did not get the win, but in the end, I still had a great day, and learned lots. From learning not to over think tactics, and trust that hanging in the midfield is fine, to working with other riders to bridge back to the group, I learned a bunch, and had a great race! Next time I'll get it!

-Ben Cook

Ryan Clarke

Mt. Hamilton Road Race

Senior Cat. 3

I'd never raced Mt. Hamilton before so I was excited that I finally had the opportunity to. I warmed up on the trainer to prepare for the long climb at the start of the race. I made sure I had good position at the start of the climb and didn't respond to any attacks. I was feeling pretty good up until a few km from the top of Mt. Hamilton

where someone started really started cranking up the pace. I slid off the back on a steep stretch and just dangled off the back for a while until they sped up even more. I caught a few others who were off the back and we took turns on the front blocking the wind for each other until the top where they sprinted over the top of the hill and left me. I heard the descent was longer than most so I decided to practice my descending skills since there was nobody near me to crash out if I made a mistake. I used up every inch of the road that I could and I had an absolute blast and even caught the two guys who I was with earlier. I even dropped them a few corners later. After the descent I went out of the saddle to go over a roller and my back started hurting extremely bad, so I had to stop and sit down. I walked to the feedzone a few hundred meters away and the guy there told me I couldn't keep racing and got me a ride to the finish.
-Ryan

6. Memorial Day Criterium 5/26/14 Morgan Hill

Emily Abraham

4th place Memorial Day Criterium Wm. Category 4

The Memorial Day Crit is awesome; this was my third year doing it. Last year I flatted from the bad pavement on the backside of the course but this year there were no problems. I warmed-up on my trainer and did some pyramids. My legs were sore but by the end of my warm-up I was feeling good. I went over to the start line where I got to ride the course once before the start of the race. We had a pretty good size field of just over twenty women; I knew this race would be interesting. There were two other junior girls who I'm good friends with also in the race, and usually we're all pretty competitive with each other. The race started off fairly easy. On the second lap I noticed a head wind just after the first right hand turn. I made sure to get on someone's wheel during that section for the rest of the race. Nothing interesting happened until five laps to go when the mentor finally told us it looked like we were on a coffee shop ride instead of racing. So right after she said this, a woman attacked. We all went after her and then there was a sprint for the prime. The two juniors came up beside me, one pulling the other. This was the first time I'd seen them the entire race. I made sure not to get them out of my sight, I had a feeling they were working against me. On the second to last lap, three women created a small break. The rest of the pack had trouble getting organized so we could bridge the gap. I was getting annoyed with no one working to try to catch the others. So I came around the right side and started sprinting to catch them. When I got close, I sat down and bridged the gap. The rest of the pack was right there behind me. That caused me to use a bit of energy but luckily I was still feeling good for the last lap. I dropped back a bit on the start of the first lap, which I knew wasn't a good thing if I wanted to place. So I started to move up on the left side, just as I passed the two juniors I heard one of them yell "Left side! Left side!" They either thought I was attacking or they didn't want me to beat them. As we approached the last right hand turn to the finish, I moved into the inside so I wouldn't

lose time taking the corner too wide. Everyone began sprinting right as we came out of that turn. Luckily no one crashed. I gave it my all to the line. However I wasn't placed well enough going into that corner so I came out in fourth place. I'm extremely happy with this because it qualified me for my upgrade to a 3!

-Emily

7. Golden State Circuit Race 5/4/14 Sacramento

Emily Abraham

2nd place Golden State Circuit Race Wm Category 4

The Gold State circuit race in Sacramento was the first weekend of May and I was excited to get back into racing since April had been a rough month for me. There was a criterium on Saturday, the day before this race, but since I was taking the SAT test I couldn't attend. Most of the women who were at the circuit race had participated in the criterium the day before since it was an omnium. Because of this I knew that the key players of the race would be the women who placed the day before.

I was feeling good the morning of the race. I made sure to eat a nutritious breakfast and I got in a good warm-up. Just before rolling over to the start line, I went over to use the restroom. There were two women on team Metromint standing near there. I recognized them both from previous races but had never talked to them before. So I was surprised when one of them asked me if I was racing in the women's' category with them. I said yes, and they proceeded to tell me all about how a lot of women from team Rio Strada were in the race. They told me who had won the day before and who exactly I should watch out for, then they told me to stick with them and we would work together. Both of them were very friendly and I was so excited to have other women to work with since I don't have any teammates racing in my category.

The race started off at a nice easy pace. Over half the women were on team Rio Strada so they were definitely going to be controlling the race. After about three laps, once people got familiar with the course, there was an attack from Rio Strada, luckily since I was up towards the front I was able to stay with them. But as we came past the finish line to start the next lap, another woman attacked but she didn't make a break. I moved my way up towards the front so I could be closer to the Metromint women. For the next couple laps the race was kept at a fairly easy pace, at least until we passed the finish line where the lap cards said two to go. The pace started to pick up and I made sure to be either second or third wheel, just like Coach always tells me to. Toward the end of the second lap a woman made an attack and we all followed. There was a break of five of us as we crossed the finish line to start the final lap but the rest of the pack caught us right away. At this point I was probably fifth wheel back and I heard two the Rio Strada women saying they were about to counter attack. I moved up to one of the Metromint women and told her to prepare for a counter attack; however I think I confused her because she said we'll follow you. We made one of the left turns on the back side of the course and I was still about fifth wheel back, I heard a crash behind me as we came out of that left turn. I looked back for a second but everyone who

didn't crash said keep going! Everyone was a little frazzled after that crash so I got on the front and started pulling. This probably wasn't a good idea but as we got closer to the last two turns before the finish, some women came around me. Now I knew I was in a horrible position for my final sprint. I moved up to second wheel just before the last left turn to the finish. Going into the turn, I expected all the women to come around instead of going single file but I stayed second wheel and the rest of the women were behind me. The woman in front of me stood up for a sprint just as I did and we battled it out to the finish. She finished in first just barely in front of me but I'm happy with how I finished. This race was awesome; I loved the course and had a lot of fun!
-Emily

8. Norcal MTB State Championships

5/11/14

Monterey

Eli Kranefuss

14th Place NorCal Race #5 States at Laguna Seca Varsity

Heading into states, I was pretty pumped. I knew it was going to be a hard race, but I was excited. I headed down to pre-ride the course, but I got there a little late and pre-ride was cancelled because of high winds. Luckily I felt like I knew the course pretty well having raced there before. The next morning, I did a pyramid and ate some Clif Bloks. I headed over to the starting line and got a good place near the front. Then, we were off. We had a really fast start. I was sitting in on the first climb, about 15-20 people back. About halfway into the 1st lap, there was a split, and I didn't quite make it into the lead group. I got on the front of the chase group and we caught the tail end on the beginning of the second lap though. Then, on the first descent, my saddle slipped so it was about 15° nose up because my saddle clamp wasn't quite tight enough. I stopped to fix it and was passed by a few people. This bummed me out a little, but I knew I would just have to try harder. On the 4th lap, after passing some people, I caught up to Griffin Wigert. We worked together, pushing the pace and making up ground. Finally, the finish came and I finished 14th. Overall, I was not stoked on this finish because of my slight mechanical. However, I still think it was a great race because I raced smart.

-Eli

Cassidy Mountjoy

19th Place Norcal MTB State Championships Soph Boys D2

State Champs are always very stressful for me; I always want to end the mountain bike season on a good note. As the race started I was surprised at the speed and intensity, I had to give it my all to stay in the top seven. By the end of the downhill I had blown up and I couldn't keep with them so I dropped back to a more comfortable speed. In doing so I lost a lot of valuable places. The course was short which is not my

specialty. Even though I hadn't gotten the place I wanted, I plan to come back next year much faster.

-Cassidy

Ethan Frankel

38th Place State MTB Championships: Sophomore Boys D1

I was coming off a sickness and Berkeley Hills Road Race so not feeling my best. We arrived early in the morning and I warmed up a half-hour before the race. At the line, I looked around and saw over 60 riders. It was nerve-racking, more so than usual. I felt the adrenaline rushing through me.

5, 4, 3, 2, 1, GO! We were racing. In the first five seconds, I heard a crash behind me. Two seconds later, a crash off to my right. I kept going and made sure not to crash. I came around the first hairpin turn near the back of the field. I was conservative on the descent and came up the second hill with some momentum. I powered up and passed 10-12 riders. I slotted in behind a line of riders as the single-track began. The first part of the single-track was mostly a descent. I stuck with the line of riders and passed a few as soon as the first single-track climb started. I was conservative on the backside descent and prepared myself for what was coming: Hurl Hill. I didn't know what to expect. Maybe a short steep climb? This hill was more than that: it was a mildly short, very steep hill that seemed to go on for a long, long time. I powered up it, keeping my weight distributed evenly to avoid slipping or doing a wheelie. I came in around 40th by the end of the first lap. The second lap was fairly uneventful, it was much slower, but I was less cautious on the descents. I crashed into a sand spot near the end of a descent and lost 20 or so seconds. I didn't power up the next hill, mainly just survived. The second Hurl Hill seemed much worse than the first. It was much more painful and much slower. But again, I survived to make it up the whole way. I was halfway done with my bottle and decided to finally take a bottle from the feed zone, having not taken one the whole season. Bad decision. I tossed my old bottle reached for the new one. I fumbled it and dropped it. I yelled out, shook my head, and just tried to focus on the race.

I passed two or three riders on the last lap, which I was again more cautious about. I rode conservatively on the descents and attacked the climbs, wheezing and swallowing the little saliva I had left as hydration. Up Hurl Hill, I attacked and found two riders on my wheel, one of which was teammate Weston. I led the two of them out over the hill and down the final stretch. I pulled off exhausted and hoping for Weston to beat out the other racer. I finished a second behind them.

The race was very fun and exhausting, but I was glad the mountain bike-racing season was over. It was a great first year and a great way to end it.

-Ethan F.

Griffin Wigert

11th Place Boggs 8 Hour Expert Men Solo

I have done the Boggs 8 Hour bike race as a relay with my dad since I was 11. For my last year in high school, I decided I wanted to race it solo. My dad and I camped out the night before the race in a tent near the start line, and fraternized with some other racers until 10 at night. Then, the morning of the race, I woke up about ½ hour before the race start, ate breakfast, and headed to the start line. The course was about 9 miles long, with a long climb at the beginning, followed by a descent, and then another long climb followed by another descent. The race started at 8AM, and would go until the 3:30 cut off time, where you were unable to start another lap. The race beginning was somewhat hectic, as there was over 400 riders, but I started near the front, so I was not caught in any traffic jams. The first lap was uneventful, and as I came through the start finish, I ate a piece of PB&J that was in a cooler along the side of the course. I would do this every lap, and then would eat a Clif Shot midway through the lap on a fire road section of the course. My pit stops lasted under 30 seconds most of the time. Most laps were like the other laps except for a few key events.

On my 5th lap, I was stuck behind several riders with several other riders stuck behind me. I was able to pass most of them on the descent, and the last guy offered to pull off on a somewhat fast and narrow section. I assumed he would pull off to his right, so I moved to his left, but he pulled to his left instead. I slammed by brakes and skidded sideways. I managed to pull my foot out just in time to keep from flipping. I smashed into the rider in front of me, and the rider behind me smashed into my rear tire. Both went down, but I stayed up, so I pulled away and sprinted off. After a little bit, I took a turn to fast and ran into a stump, so both riders passed me back. As it turns out, the rider behind me was Levi Leipheimer. I guess I scared him, because a month later at the Tamarancho Dirt Classic he waited until the descent was over to pass me.

Another event occurred before the final climb. On the backside of the course, there was a "Whiskey and Bacon" aid station. I stopped in to get some bacon, and the people there offered me a shot of whiskey. I said "I'm only 18" and they were like "So?" but I just took the bacon and rode off. I later learned my dad, who had also ridden solo, had taken advantage of the whiskey.

Around my 8th lap, I became extremely hungry as well as very worn out. So at my rest stop, I stopped, ate ¼ of a foot long Safeway sandwich, guzzled a root beer, and managed to bring about a second wind. I finished in 11th place (about midway in my category) and completed a total of 10 laps. I was really tired.

-Griffin

Gianni Lamperti

1st Place Boggs 8 Hr 2 person/sport

Boggs is a blast every year I do it. My brother Luke and I did the 2 man team together. He did the first lap this year while I rode around to warm up. I went up to the line where I would start my lap as soon as my brother passed over the chip. He came in and I started passing people on the fire road. I stayed at tempo for the whole lap knowing that we still had a long race ahead of us. When I came back in my brother went and I went back to the van to eat and elevate my legs. It was still around 9:20AM so I was freezing when I came in. I got in the car put my legs up and turned the heater on full blast. I ate some potatoes then went to spin around about 15 minutes before my brother was going to come in. I then did my second and third lap about the same pace but there was a lot more traffic this time. I did the same routine when I came in again. On my third lap I had a good lap and brought us back up in the standings. I did the same thing again but drank a little bit more water. On my fourth and fifth lap I started to cramp a little bit so they were two of my slowest laps. My brother had a good lap and came in at 4:04 which gave me 41 minutes to do a lap. You had to be finished by 4:45 for the lap to count. I was pretty tired so I knew it would be hard. I decided not to look at the time and just go as hard as I could. I came in 1 minute late, but was still really excited that we won even without the twelfth lap. I had a really good time and hope to win again next year.

-Gianni

Luke Lamperti

1st Place Boggs 8 Hr 2 person/sport

Boggs was so much fun each year. But this year was one of the most fun and I had a blast. This year my brother and I signed up for 2 man sport as a team for the second time. I knew I would be starting and then we would do one lap each and then trade off. At the start I lined up near the front hoping to do a decent lap so my teammate did not have as much traffic. When we started I got toward the front and kept a good pace knowing we all had a ways to go and a hard day ahead. I got into the single track in a good position but having a lot of traffic. Trying to work my way through the traffic I would sprint anytime an open area came when we got on a fire road. After finishing my first lap I was excited for my teammate Gianni to put down a good lap so I had no traffic. I came in ate, got warm and then got back out to get ready for my second lap. When Gianni came through I got started knowing Gianni put down a good lap so I would not have as much traffic. My second lap was my fastest one and the most fun. After coming in I got refueled and then got ready for another lap. When I went back out I rode a decent lap but not my best lap. It was similar to 4th lap I rode decent and was pretty consistent but still happy with my laps. From there I rode my 5th lap strong and came into eat and spin so my legs did not seize up and then got back to get ready. When Gianni came through I headed off on my 6th knowing it would be my last and if I did not hammer and get done fast enough my teammate could not do another lap. Having that in my head the whole lap I would think then try even harder. I got near the end and went as hard as I could for the rest of the lap. When I came through my teammate was off on the teams 12th his 6th. I went back got

changed ate and then went over to see him come in and if he made it or not. Sadly he did not make it but we still won and had a blast. I hope to do next year again.

-Luke

Cassidy Mountjoy

5th Place Boggs 8 hr 3 man/sport

Boggs is one of my favorite places for mountain biking. I was psyched to be doing another race there. This was my first 8 hour relay and I was doing it with my friends for the El Molino mountain bike team. The morning of the race I was surprised to see the amount of racers. There were at least 100 teams and solo riders. My teammate, Ezra, took the first lap. We got off to a bad start because he was late to the start line and started behind tons of people. When it came to be my lap I began slowly because I knew it was going to be a long day. As the lap progressed I noticed I was losing a lot of air in my front tire. Going around a corner my tire buckled under me and I crashed. I put some co2 in it then finished my lap. The day consisted of racing and resting, my lap times were getting faster as I learned the course. By the end our team had moved up from 10th into 5th! We were all very excited because we hadn't expected to do so well.

-Cassidy

Isaiah Chass

8th Place Boggs 8 HR 3 Person/Sport

When I got to the race I met my teammates and then got my number. After riding around a little, it was time for me to line up for the handoff. When I saw my teammate coming, I got clipped in, and started sprinting into the single track. When I got to the fire road I got in a group and rode to the top. When I got to the next single track, I was hurting, but I pushed hard enough to stay with the rider in front of me. We passed a few riders in the next downhill sections, and when I got to the last fire road, I started sprinting to make up some time. When I got to the top, I rode through the single track to the finish, where my teammate was waiting for me to come in, so he could start. When I finished my first lap I got some food in me, and then talked with my teammate. Then rest of the 6.5 hours consisted of the same routine. At the end of the 8 hours, I checked the results to find out that we got 8th place. This race was super fun and I will definitely do it again next year!

-Isaiah

10. Grasshopper Adventure Series Geysers/Pine Flat 5/10/14

Luke Lamperti

36th Place Grasshopper Adventure Series Geysers/ Pine Flat

When we started we rolled neutral for a mile or so and then we started ramping up the pace. The whole group stayed together for about the first 20 miles and then a group went and I was no longer in the front group. But by that point we were almost already to the Geysers. I was riding this hopper with Michael Hosey. So when we got to the top of the first climb he went and filled up my bottles at the water station. Then we went down a little decent and then up the second climb. We went at a decent pace up the second climb and then went down the second descent that brought us to Pine Flat. Pine flat no it is not what it sounds like.... it is a hard climb. So starting up the climb I knew I had pace myself so I did not blow up and not make it up. So I went slow at the beginning and ramped it up as I went. It was a super fun day on the road. I had a blast thanks to Michael.

-Luke

Gianni Lamperti

52nd Place Grasshopper Adventure Series Geysers/ Pine Flat

The race started out very slow all the until the Geysers. It then picked up and I got dropped from the first group. I kept hopping from group to group to make it to where I was in a big group by the flats. When I crested the climb there was a rest stop that I quickly stopped at to fill up my bottles and go to the bathroom. I started down the descent and started getting blown everywhere and I did not even have on deep wheels. We got to the flats and I was by myself. I was excited when I got to the base of the Pine Flat climb because I would not have to pull myself anymore. I started to pull back a lot of people and pass them. I was happy to finish in 52nd and had fun!

-Gianni

Isaiah Chass

90th Place Grasshopper Adventure Series Geysers/ Pine Flat

When I showed up at the race, I got my number and rode around a little to stay warm. When the 'race' started, everyone rode easy, and slowly picked up the speed, to the first climb, the Geysers. When I got to the Geysers I was riding with a few other people, until I started to really feel the pain. I slowed my pace up knowing that I still had a lot of miles and climbing to go. When I got to the top of the Geysers, I stopped at the water station, and filled up my bottles. I then rode the rest of the way to Pine Flat by myself. When I got to Pine Flat, a rider caught me, and we ended up riding together until about 2 miles to go. I could start to see some riders ahead of me, so I picked up my speed a little, knowing that the finish was close. When I got to the final steep section of Pine Flat, I was hurting really bad, but I slowly made my way to the top of it. I then tried to catch one more rider ahead of me on the next roller section. As I came around the last corner (not knowing it was the last corner), I saw the finish, and quickly braked. After I finished, I filled up my bottles, and rode back to Healdsburg.

This ride was really hard and I felt it the next day. I will definitely do it again next year though.

-Isaiah

11. Lake Sonoma Series Race #2

5/24/14

Isaiah Chass

2nd Place Lake Sonoma Series Race #2 Sport Men U35

When I arrived at the race I got my number and went to do my warm-up. After riding some of the course and getting my warm-up in, I rode over to the start of the race, ate a Clif Shot, and waited for the race to start. When the race started, I quickly got clipped in and sprinted to the single track. I got passed by a few riders at the top of the hill right before the single track. I rode through the single track and when I got to the fire road, I passed a rider. The rest of this lap and the next 2 laps were hot and painful, but I managed to push through it and get 2nd place. This race was a lot of fun, and I can't wait for next year.

-Isaiah

Gianni Lamperti

Lake Sonoma Series Race #2 Sport Men U35

When I was at the start line I was very excited because I knew that I was going to do good. The course started on a gravel climb. When the whistle blew I sprinted but not too hard and stayed second wheel in the field. My teammate Isaiah sprinted off the front but the field caught him and I was third into the single track. We went a little ways down the hill and the guy that was on the front started to pull away so I tried to pass for second wheel. I stood up to sprint and my foot came out of my pedal. I thought to myself good save but while I had one foot out I hit a rock and went over the bars. I broke my seat and bent my bars. I decided that I should just hike back and not take the risk to crash again right before nationals plus it was not that big of a race. I hit my elbow pretty hard and at the moment I could not move it. I was pretty bummed and I hope to do better at the next one.

-Gianni