

Team Swift Race Reports

June 2015

Race Reports for:

1. USA Junior National Road Championships
2. Nevada City Classic
3. Pescadero Road Race
4. Burlingame Criterium

June Top Results:

1 st Place	USA Junior National Crit Champs	Juniors 13-14	Luke Lamperti
1 st Place	Nevada City Classic	Junior Wm 17-18	Emily Abraham
1 st Place	Nevada City Classic	Juniors 13-14	Luke Lamperti
2 nd Place	USA Junior National RR Champs	Juniors 13-14	Gianni Lamperti
3 rd Place	Nevada City Classic	Juniors 13-14	Gianni Lamperti
4 th Place	USA Junior National TT Champs	Juniors 13-14	Gianni Lamperti
4 th Place	Nevada City Classic	Senior Category 3	Ben Cook
4 th Place	Nevada City Classic	Jrs 15-18, Sr 1/2/3	Miles Daly
5 th Place	USA Junior National RR Champs	Juniors 13-14	Luke Lamperti
5 th Place	Nevada City Classic	Jrs 15-18, Sr 1/2/3	Ben Cook
5 th Place	Nevada City Classic	Juniors 13-14	Willy Stark
6 th Place	Nevada City Classic	Jrs 15-18, Sr 4/5	Ethan Frankel
6 th Place	Burlingame Criterium	Senior Category 4	Tomas Mitre
7 th Place	USA Junior National TT Champs	Juniors 15-16	Ben Cook
9 th Place	Nevada City Classic	Senior Wm. Cat 3/4	Sawyer Taylor
10 th Place	Nevada City Classic	Jrs 15-18, Sr 1/2/3	Isaiah Chass
11 th Place	USA Junior National RR Champs	Junior Wm 17-18	Emily Abraham
12 th Place	USA Junior National Crit Champs	Junior Wm 17-18	Emily Abraham
13 th Place	USA Junior National TT Champs	Junior Wm 17-18	Emily Abraham
15 th Place	USA Junior National RR Champs	Junior Wm 15-16	Sawyer Taylor
15 th Place	USA Junior National Crit Champs	Junior Wm 15-16	Sawyer Taylor
20 th Place	USA Junior National RR Champs	Juniors 15-16	Ben Cook
20 th Place	USA Junior National TT Champs	Junior Wm 15-16	Sawyer Taylor
20 st Place	USA Junior National TT Champs	Juniors 13-14	Luke Lamperti
21 st Place	Pescadero Road Race	Senior Category 3	Ben Cook
27 th Place	USA Junior National Crit Champs	Juniors 15-16	Isaiah Chass
28 th Place	USA Junior National TT Champs	Juniors 13-14	Willy Stark
30 th Place	USA Junior National Crit Champs	Juniors 13-14	Gianni Lamperti
30 th Place	Nevada City Classic	Senior Category 3/4	Ethan Frankel
33 rd Place	USA Junior National Crit Champs	Juniors 15-16	Ben Cook
34 th Place	USA Junior National RR Champs	Juniors 15-16	Isaiah Chass
40 th Place	USA Junior National Crit Champs	Juniors 13-14	Willy Stark
42 nd Place	USA Junior National RR Champs	Juniors 13-14	Willy Stark
44 th Place	USA Junior National RR Champs	Juniors 17-18	Miles Daly

53 rd Place	USA Junior National TT Champs	Juniors 15-16	Isaiah Chass
70 th Place	USA Junior National TT Champs	Juniors 17-18	Miles Daly

1. USA Junior National Championships 6/24-28/15 Truckee, CA

Road Race Reports

Ben Cook

20th Place USA Junior National Road Race Championships Juniors 15-16

The road race was the first race of the week for nationals, starting bright and early at 7:30am. We had ridden the course once in late May, then drove it a number of times and took extensive notes to know every twist and turn (of which there were little). After a great warm up, I waited in staging with my younger teammate, Isaiah. With the help of the parents, we handed off our bottles and set off on the 45 mile hilly course.

On the flats a break went away. I moved up before the base of the coming 8 mile climb. The break had 3 minutes and 15 seconds on us already. I sat in the top 5, constantly following my competition around. It had been a long time since I had seen these riders, so I analyzed each of them to see who could be strong. Of course the big names still stuck out to me. This was confirmed when Matteo from BYRDS attacked for the first mile of the climb, effectively dropping half of the field. For the next two miles I suffered as riders all around me popped off. At 3.5 miles into the climb there were two rolling downhill until 4 miles that would end up saving me. I moved right to the front, but the attacks picked up again. With about 20 of us left in contention and the break up the road, our group was pretty solid up the remaining 4 miles of the climb. On the sections that were not as steep I was able to move myself right up to the front. I could either sit back and relax, or go even harder to move up. At the final steep pitch, Matteo went to the front and drilled the pace. I slid off his wheel back to mid pack. I had marked the last quarter mile where the feedzone was as the most critical point on course. After that was the only real downhill and flat. If a group could get away over the top, they would open up a gap quickly. I dug in deeper to move myself to the front. I had enough water to jump. I began to accelerate in preparation of an attack, when suddenly Matteo jumped hard on my left, but I was right on him! I shifted to the big ring and smashed down on the pedals. The whole climb had been a sufferfest, but not only did I hang in, I attacked over the top for my dad and everybody watching to see. We came over the top of the climb with a few seconds, but it wasn't enough to break away. Speaking of breakaways, they were within 30 seconds of us now.

Over the remaining rollers the pace was still brutal but the group stayed together. We hit the Truckee town limit sign, marking the start of the last long climb into town. I started once again right at the front on Matteo's wheel, but slipped back

once more. The steep climbs proved the hardest part for me, and this climb was just too hard. I fell off the back, losing about 10 seconds on the group ahead, the follow cars even passed me. But the descents were never hard for me. I pushed the pace over the top of the climb and flew down the descent. I passed the follow cars back and re-entered the group.

The final grinding climbs towards Northstar were all cat and mouse. One rider, a friend of mine from Norcal in his first ever nationals, Charlie, remained down the road with 40 seconds. Charlie was a horse, and I knew that if anybody had it in them to hold onto the finish, it was Charlie Velez. I would be very happy if he won. Attacks flew across the flat to the final climb and I did my best to follow wheels. When we hit the final pitch, I was feeling tired, but I tried to remind myself that so was everybody else. I always struggle with finishing climbs. I tried to relax and prepare for the hard part, when suddenly the field shot off down the road without me. Shoot! I frantically shifted up my gears, but it wasn't enough. I clawed my way back up the final climb but I was too far gapped off. I finished at the back of my group, happy with the ride, disappointed with the result.

Afterwards I talked to Coach Laura. Today I learned that it may not be just one important spot where the race could go, but that I should be constantly aware, especially in the last 5 miles. Coach told me to treat the last 5 miles of a road race like the last 5 laps of a criterium, that I should be ready for anything and that it should be the hardest part of the race, no matter how hard the other parts were. At the end of the day I was happy to prove myself one of the strongest riders of the day, and happy to learn more on how to finish better. It was a great start to national's week.

-Ben

Isaiah Chass

34th Place USA Junior National Road Race Championships Juniors 15-16

The Nationals road race was pretty early at 7:30 in the morning, and the start was an hour drive away. I packed all of my stuff the day before, but I still had to wake up at 4:00 A.M in order to eat a good meal 3 hours before my start. After an early breakfast, I got in the car and started listening to music. The drive out to the start was on the same road that we rode on in the opposite direction, so I tried to pay a lot of attention to the roads we were driving on. The course was 70K with about 1000m of climbing, starting in Loyalton and ending in the Northstar village. When we arrived at the Loyalton School, I had 1 1/2 hours until my start, so right away; I put on my kit and got on the trainer. I did a small warm-up because there were 23K of flat roads until the first climb, so I had plenty of time to warm-up during the race. After a trainer warm-up, I got off my bike and put embrocation on my legs. On cold mornings, it is hard for me to go hard when my legs are cold, and I didn't want to wear leg warmers because I knew it wasn't too long before it was pretty hot, so embrocation was the best of both worlds in this situation. Then, I rode around a little and rode to staging. I took a Clif shot with 10 minutes until the start. The race started off slow with a neutral beginning until we got out of the town of Loyalton. When we got onto backcountry roads the race

was on. The field accelerated pretty fast, and was right on the lead car. A few kilometers in, a couple riders clipped bars, and went down right next to me. I was further back in the field when this happened, so this helped remind me that I needed to move up. I moved up to the front 5 riders and stayed there. A few attacks started going, but I thought it was too early for me to go, so I followed wheels and stayed in the front of field. A few kilometers from the climb, some riders got off the front and had a pretty significant gap, so some of the bigger teams started moving to the front. I rode up next to my teammate Ben, and he said get ready because there was going to be an attack soon because all of Specialized riders were moving up. There were a few more small attacks, but the field stayed 95% together until the climb. When we hit the first main climb, the attacks started going right away, and I found myself towards the back of the field just trying to hang on. The field completely blew to pieces and I was able to get in a little group. We worked together and took strong pulls for the rest of the climb.

We were in the 3rd group and could see the second group up the road. On the rest of the climb, we picked up a few more riders and had a pretty sizable group now. We came over the top of the first climb and rode past the feed zone, where I got a bottle and then jumped back onto the group. We pulled hard down the descent and I made sure to be on a wheel so I wouldn't get popped going down it because of my light weight. Along the flat section we formed a pace line and got super close to the 2nd group. They were only a few hundred feet ahead of us, and it was my turn to pull. I pulled through and rode up to the group ahead of us. I rested for a few moments because the combined group was pretty big now, and there would start to be some attacks. It was a pretty fast pace until we hit the second climb, and then attacks started going. I was feeling pretty good, so I followed most of the attacks knowing that the group would start to split up. It was getting hard for me and I needed to eat, so I got on someone's wheel, and ate a pack of Clif Shot Bloks. It was super hard to eat when I was breathing as hard as I could, but I knew I needed to eat or else was going to bonk.

The group got smaller and was eventually down to about 10 or 12 riders. On the final climb coming into Truckee, there were a few more attacks, but everyone jumped on them right away, and we stayed together. I stayed out of the wind for the next few kilometers, and once we came to the final climb, I moved up and got ready to attack. I followed a Hincapie rider on one last attack before we turned right into Northstar. Then, when we turned right there was a steep little climb, and I attacked on it hoping one rider would come with me. I rode hard over the top of it and jumped the round-a-bout to get a little gap. A rider came around me and I got on his wheel for the descent. We were within 1 km to go and I was still at the front. I rode over to the left of the road and tried to get off the front. With 300 meters to go, everyone started sprinting to the finish, and I was drifting farther back. I was hurting really bad, but I wasn't going to give up so I stood up and got myself to the line.

-Isaiah

Emily Abraham

11th Place USA Junior National Road Race Championships

Junior Wm 17-18

I was fortunate enough to be able to head up to Tahoe a week and a half before my first race at Nationals that way I'd have time to get acclimated and see the race courses. When I arrived on June 13th, the road race on June 24th felt like it was miles away. But of course, the week of Nationals came in the blink of an eye.

I felt really strange two days before the road race, my head just couldn't get wrapped around the fact that Nationals was already here. I trained all season, I was so ready. But I couldn't get myself to believe that I was ready, I knew I did everything I possibly could, yet something in my head wouldn't let me believe that.

Thinking back on the morning of the race, I can't even remember how I felt. I was just going and doing everything I needed to do for my race, I was completely focused and that's how I knew I was ready. I did my warm-up, I got my heart rate up, I went to the bathroom, I did roll-out, I ate my Clif Shot, I put on sunscreen, and I made it to the start line in perfect timing. I did everything I possibly could the morning of the race and when the official blew the whistle, to signal the start of the race, there were no negative thoughts in my head.

The first fifteen miles of the course were flat and the rest of the race was either climbing or rollers so I expected the beginning of the race to be pretty easy since everyone would want to save their legs/energy for the harder parts of the race. And I was right, those first fifteen miles we were going along at about 19-20 mph and my heart rate stayed around zone 2. I stayed around 7th or 8th position during the first five miles or so of the race then a girl rolled off the front but no one did anything until we reached the one roller that's in the first fifteen miles. As we started up that small incline, the pace picked up as the girls on the front tried to bridge the gap to the girl that broke away. I suddenly found myself at the back of the field while we were going up; I said to myself "I can't do this. I can't move from the front to the back to the front to the back. I need to find a position and fight with myself to stay there." Heart rate at 195, I thought, this is not good. We caught the girl at the top of the hill and I moved up on the left side once I was able to catch my breath. I moved up all the way to the front of the pack, which wasn't what I wanted to do because I didn't want to get into this habit of moving from the back of the field to the front. But once I got on the front, I just spun easy and set the pace at about 19 mph. I kept my heart rate between 140-145 and I felt great, what a change from 2 minutes before! I stayed on the front, easy pulling, for about five minutes then I swung way to the left to pull off that way the girl behind me wouldn't follow my wheel. I dropped back to third position and stayed there until the base of the climb just out of Sierraville. Up the first part of the climb, I dropped back to mid-pack. Heart rate at 195, I kept repeating that in my head, "heart rate at 195." It helped me to focus on myself and pay attention to how my body felt. I was in so much pain during that first climb but I watched the wheel in front of me and focused on my breathing. I was struggling, mentally and physically. I even remember thinking, "why am I choosing to suffer? I don't have to do this right now..." But I kept focusing on my heart rate and finally the terrain leveled out. "Heart rate at 177," I thought. A few attacks were happening at the front of the field, but I was paying attention to myself and trying to stay with the field. We were already a little over an hour into the race; I took a second to look back and noticed that nearly half the field

had dropped off. I was amazed; I figured I would be dropped before most of the girls behind me. I became even more motivated to stay with the lead field; there was a break of three girls ahead so I was now with the chase group. The climb continued but I was able to find a rhythm and kept my heart rate at a comfortable 175. There was a tough rise just before the feed zone where I started to get dropped from the field along with another girl. I was just a little ways off the back as I grabbed a bottle from the feed zone and quickly pushed myself to catch back on. Luckily there was a descent so I spun as much as I could and tucked to get the most speed I could. When the road leveled back out, the other girl came around me and bridged the small gap to the rest of the pack. I was back in the race. There were three girls on the Twenty-16 team in our chase group but they had a girl in the break so none of them did any work. I wasn't strong enough to be up there helping the girls trying to catch the break but I was able to just hold on for dear life at the back and I was perfectly content with that. After another five miles of rollers, there was another steep uphill section and I got popped off the back again. But again, I was lucky and caught back up on the descent. I was so surprised with my ability to stay with the lead chase group, I had no idea I was strong enough. However, once we started going up the steep section before passing Truckee, I got dropped. When I reached the top the others were probably ten seconds or more in front of me and I thought there's no way I can catch back on. But I put my weight forward and descended as fast as I could and caught up to them just before going into the first roundabout. On the flat section of Highway 267, about 5k from the finish, we began a pace line. I was feeling good and took a few pulls but I knew that as soon as we turned right on to NorthStar Dr and started up that last climb to the finish, I would get dropped.

Sure enough, I was off the back of the field as I rolled into the finish line, but I had the best race of my life and proved to myself that I am much stronger than I thought.

-Emily

Miles Daly

44th Place USA Junior National Road Race Championships Juniors 17-18

After over a week at altitude I was confident in my fitness and I was also confident in my knowledge of the courses and was ready for my first nationals that I'd be competing in. My road race started about two minutes away from where I was staying in Northstar so before the race I was stress-free and ate a proper breakfast and was ready to race. After rolling to the start from my room and seeing all my teammates along with my coach I felt at ease and prepared to take on the close to 80 mile road race that laid ahead of me. When the race started we began a neutral decent down from Northstar to the highway. Once at the highway the first attacks of the day went that created a large breakaway group right away. I was not worried about getting into the break because I was more concerned about surviving the very difficult race. After making it to the halfway point of the road race I was happy to survive the treacherous descent and fast flat sections. Once we got to the valley floor we began to climb back

towards Tahoe. I stuck with the main field for the first part of the climb but then I decided to fall back to a group that was more at my level. When I got my 2nd feed on the way back and drank that bottle I was out of water for around 15 miles until the finish. Even though I didn't do as well as I hoped I learned a lot and I have next year.
-Miles

Sawyer Taylor

15th Place USA Junior Nationals Road Race Championships Junior Wm 17-18

My road race at nationals would have to be one of my top five favorite races I have done so far. I felt really good, had a ton of fun, and did a lot better than I expected to. That's not to say this wasn't easy race. Actually, it was really hard. I felt dizzy afterwards and I would be lying if I said that my legs feel good the next day. Still, for my first national road race, this race went extremely well.

On Wednesday morning a few hours before my race, I dragged myself out of bed at 4:15 in the morning. Despite not having slept great that night (likely because I was nervous), I was ready to go and race. I ate a breakfast of yogurt with blueberries, banana, and chia seeds and a piece of toast with a fried egg, checked for the fourth time to make sure that I had everything that I needed, and loaded up the car for the one hour drive from Northstar to Loyalton.

The Team Swift caravan arrived at the start around 6:10, so I had plenty of time before my 7:50 departure. I make sure everything was set to go before jumping on my trainer. After rolling my legs, I spun out easy for a few minutes on my trainer before riding for five minutes in zone three. Then, I went right into a two minute pyramid. Afterwards, I spun out for three minutes. Then, I rolled out and stretched. I was really happy to see quite a few riders that I knew at the start line. I talked for a while with Christina (the 16 year-old girl who got 2nd at Sea Otter and who I raced with at Wente) and a girl from the Fremont area. Pretty soon, it was time for the race to start.

After the one mile neutral roll-out, I positioned myself in the middle of the pack. I moved around a little bit, but held that position for the most part for ten miles. Then, with a few miles to go before the climbing began, I moved behind Christina's wheel. This entire section of the race was actually pretty slow. Our average pace was somewhere between 15 and 16 mph. One girl attacked twice, but both times, nobody chased her so she just slowed down and was re-absorbed into the group. However, this all changed when we hit the first climb.

As soon as the first major hill of the day was in sight, the pace changed dramatically. I was in a pretty good position (about the third row back, still on Christina's wheel) for when the attack would happen. When it did happen, however, I wasn't able to hold on and around thirteen girls slipped away. And so the chase began. Four other girls and I began working to try and catch them. When the gap widened to 30 seconds, two other girls came around from the back and joined our group. At the top of the eight mile climb, the gap was at least a minute and my group split up. I think that one or two girls were able to catch the front pack, but I wasn't. Pretty soon, I was only with one other girl, an Alaskan cyclist named Ellie. We agreed to work together to

make up as much time as possible. In the Feed Zone, I dropped my empty bottle and exchanged it for a full one from Mark (Ben's dad). Ellie and I rode alone together for about 6 more miles. Then, a group of about six riders came up behind us. "Should we let them catch us?" Ellie asked. "I think so," I said. "It will be easier to just pass them at the end. We still have 15 miles left and it would be easier to work with them rather than against them."

So, we slowed down a bit to let the group catch up. As soon as they caught up, a girl in a green kit with a black rhino on it established a work system. "Okay, let's do 2 minutes of pulling on the downhills and flats and 30 seconds on the uphill." she said. I took first pull because we were about to hit a downhill that led to a flat. This system worked out fine until the last hill before entering Truckee. In the middle of the hill, Ellie took a pull and began just cranking it. I was somewhere in the middle of the pack, so I stood up and jumped on her wheel. The girls behind us saw what was happening and had to sprint to catch us. However, we were already at the top of the hill and heading down, so had a little while to recover. By the time the group caught us, they were out of breath. The girl with the green rhino jersey was dropped. At the bottom of the hill, we came upon our first roundabout of the race. The girl in the front didn't turn where we were supposed to. Stupidly, we all followed her and had to go around the roundabout again. Because of this, the girl in the Rhino jersey caught back on.

As we rode towards highway 267, we were stopped at both stoplights. On the second one, I dropped my chain. "Oh, rats," I said and quickly fixed it. Then, I had to sprint to catch my group. Coming to the last hill leading to Northstar, I was able to avoid taking a pull. As soon as we started climbing, I made sure I was near the front. After pulling, I was able to fall back into the third position instead of the very back so that I was right behind Ellie. At the three kilometer mark, I said to Ellie "Let's go." And we started accelerating with the right hand turn up to Northstar in view.

On the first of the two last climbs leading to the finish, a girl wearing a Skratch labs kit caught up to us. On the descent, we dropped Ellie. I stayed on her wheel until I could see the finish line. Then, I got out of my saddle, passed her, and sprinted to the finish line.

Overall, I thought that my first national level road race went over really well. I had a lot of fun and did pretty well. Next year, however, I really hoping to get top ten. I will just have to wait and see.

-Sawyer

Gianni Lamperti

2nd Place USA Junior National Road Race Championships Juniors 13-14

The morning of the race we woke up, ate breakfast then jumped on the trainers for 15 minutes to spin out. I was really excited knowing that if I raced right I had a really good chance at winning. We drove to the course and then set up the team tent so we could warm up in the shade because it was supposed to be hot all day. I got on the trainer an hour and half early to get in a good warm up because it was only a 25km race. After warming up we went to the start for roll out. It was hard to get to the front

but I managed. When the whistle blew I rolled in the front because it was neutral all the way to the bottom of the hill due to a crash in a previous race. Once at the bottom there were a few attacks I covered and then I decided to sit in and the race rolled slow until the next lap where there was an attack at the bottom which was covered by Fraizer Cycling. Then when everyone slowed up a kid rolled off the front and got about a 10 second gap and then drilled it and nobody did anything. We would spin around the backside as he made up tons of time and then drill it on the climb. He stayed consistent while we would go hard for one minute and then sit up for 5 and so on. My teammate and I should have pulled it back and we could have easily but we did not.

On the second half of the last lap there was a 30 second gap to the guy out front. I knew that if I was going to have any chance at catching him I was going to have to attack right now. I did and I jumped hard up the left side of the road. I was by myself and luckily got a gap. I went hard for about 30 seconds and looked back to see a Fraizer kid on my wheel I waited for a few more seconds still pulling hard and waved my arm to tell him to pull through. He got in front of me and then slowed up so I passed him back and pulled until the base of the climb where he tried to attack me. I knew if I went through with it and jumped after him I would blow up and the field would catch me because they were about five seconds behind me. So I stayed in my saddle and dug all the way to the line as hard as I could I caught the kid that attacked me, he was done. I pushed all the way to the line and was pretty disappointed that I did not race smart and let the solo rider get away. I got second, and was really disappointed because I knew that I could have won, but was still excited that I got second. This was a really good lesson for me and got me ready for the criterium.

-Gianni

Luke Lamperti

5th Place USA Junior National Road Race Championships Juniors 13-14

Looking forward to this day I had ridden the course and done everything I could have to prepare and I felt good. The Course finished on a hill so it was good for me and I liked it. After completing a good warm up I went to the line. 5,4,3,2,1 we were off. The fun had begun. It was neutral to the bottom of the first hill on just the first of 5 laps. After the race was on every one jumped for the first little attack. I was well prepared for it to go from the start because the race was short. Then it slowed up and we all just rode for a little bit then heading in to the second lap a kid rolled off the field. After getting around the corner he went a little harder so the gap was a bit bigger then he kept getting it bigger and bigger each lap. Then the field found a sense of urgency and started to chase a little and attack after attack kept the race going and the gap got down to 10 seconds and then the field sat up and he got it back to about 45" with 1 lap to go. The field had a moment of silence and nothing was happening until my teammate made a big attack with no other riders on his wheel. Then one other rider went I was not able to get on his wheel. But then the next rider went I jumped on and held his wheel up the hill. Then going up the hill I jumped as hard as I could and was able to catch the 5th place guy and pass him right before the line to take 5th. I am

happy but learned a lot from this race so I will be looking forward to this race next year.
-Luke

William Stark

42nd Place USA Junior National Road Race Championships Juniors 13-14

Coming into my first national race, I wasn't expecting to place very well. My goal was to have fun. I had my breakfast, we drove to the race, I did my warm-up, and I went to do rollout. At rollout, everyone was extremely aggressive to get to the front of the line. There was even a parent that was telling her son to cut me off. I got up to the front of the rollout line, and right then, they needed to let the official car come through, so they put me back to the back of the line. As the car came through, I went behind it and got back up to the front, but was still behind a couple of guys that were behind me.

The race started in neutral until the first flat. I was towards the back of the pack when they started us, and as they did, there was a small acceleration at the front of the pack. A couple of seconds after, there was a rider who obviously bumped tires with the rider in front of him, and I passed him as he went down. As we went through the turn up the hill, the rider directly to my left took the far inside line into the gravel, went down, and took out the guy behind him. That distracted me for a second and by the time I was refocused, a gap was opened up between the peloton and me. The gap increased up the climb, down the descent, and through the turns.

By the time I was at the flat again, I was dropped, with about five other guys. We formed a chase group, and during the entire race, we caught single riders who were getting dropped from the lead group. On the last lap, I led the group up the hill, and two riders passed me on the sprint, but I was able to beat the rest of them.

-Willy

Time Trial Race Reports

Ben Cook

7th Place USA Cycling National Time Trial Championships Juniors 15-16

This winter, my Coach Laura helped me get situated on my first ever time trial bike. I was extremely excited, as the time trial is one of my strengths. In the winter I spent my time riding and getting comfortable on the bike, then in the spring I began to do my first intervals with the new bike. Finally, starting in May, I began practice time trials. I did many of them to perfect my power and my pacing. Everything from May onwards was dedicated to this one day, Friday, June 26th.

I got to the course with time to relax. I set up the trainer and hopped on to start spinning my legs for a while before I began my long warm up. I worked my way into it slowly so that I would feel great for my time trial run. I hopped off the bike more than satisfied with my warm-up. My start time was 9:27:00, mid way through the

start list. I rolled to the start house where I met my dad and Coach Laura. She gave me my last talk before the race that made me extremely happy and ready to crush the course ahead of me.

Down the start ramp I started off very fast, quickly shifting into my very last gear. I paced myself in a time trial by quarters of time, but also used my distance to judge my position on the road. The first one was always the hardest so that I could get my heart rate up and begin the time trial hard. I hit 5k into the 20k course at 6 minutes, ahead of schedule! I was aiming for less than 26 minutes, so I did 7 minute quarters. The second quarter felt a bit more blown up but still very hard. There I hit the turns and turn around. Half way through at 12:30. The 3rd quarter is where I can bring it back again and where I begin to ramp up the pace really hard for the finish. 5k to go at 19:30. Perfect! The 4th quarter is shorter for a reason. This is where I really begin to burst, but there is so little time left that I can hold it to the line. I looked down at my time and distance. I was super happy, giving me even more strength to push on against myself.

"Good Ben, good!" I told myself as I continued. But coming back was windier than I had thought, pushing me above 26 minutes to a final time of 26:35. When I crossed the line, I heard the announcer say

"That's a new 3rd place!!! Ben Cook!" I nearly put my hands in the air. I couldn't believe it! I met with Coach Laura. She was ecstatic. Today was, as she put it, the ride we have been waiting from me all season. My training up to this point had been flawless, all of my practices going perfectly. I hung on for 7th place, just a mere 8 seconds off of the podium. Coach was right, today was the day I had been waiting for all season.

-Ben

Isaiah Chass

53rd Place USA Junior National Time Trial Championships Juniors 15-16

The time trial was going to be my hardest race because I am not a great time trial rider, and I always go out to hard in the beginning. I was still ready to give it my all and leave nothing out there. My start was at 9:15 in the morning, so I was really happy that I would be finished by the time it started to get hot. When I arrived at the Loyalton school, the same place where the road race started, where everyone staged and warmed-up, I got out and set up my bike on the trainer. Then I pumped up my race wheels, and waited until it was time to get on the trainer. With about 1 1/2 hours until my start, I put on my skin suit and got on the trainer. It is very important for me to be super warmed up for a time trial, so I made sure to give it my all. After a good warm-up, I got off the trainer and did 2 more jumps on the road. When I had 15 minutes until my start I took a Clif Shot, and rode to the starting house to do rollout and line up behind the riders starting ahead of me. I stretched out one last time before I stepped up into the start. After making sure I was in the right gear, I got on my bike and took a few deep breaths to open up my lungs. When the official started counting down from 5, I stood up and got ready to start sprinting down the ramp.

"4.....3.....2.....1.....GO!" The second official pushed me off and I started sprinting along the barricades to get up to speed as fast as I could. I got my heart rate up to 185 BPM, and I held it there for the first few miles. I made sure I kept my speed over 40KM/H no matter my heart rate. In my head I kept repeating "1, 2, 3, 1, 2, 3" to keep myself focused on what I needed to, keeping my speed up and not letting up. When I got to the first false flat, I pushed over it harder than any other part that I had done yet because I knew it was important to go the hardest in the hardest parts because as Coach had told us, for the most part everyone will be going the same speed in the easy parts of the course. I kept re-focusing on points up the road ahead of me, so I that I wouldn't get overwhelmed with all the road ahead of me. 90% of the course was straight ahead, so you could almost see the whole course ahead of you. This could make it hard because I would feel like I wasn't going anywhere, unless I kept refocusing every kilometer or so. I would pick a spot up the road and treat it like a little finish line, so I would be slightly relieved once I got there. This helped out a bunch because instead of one long 20 km time trial, I could make it like 20 small 1 km time trials. I slowly brought my heart rate up to 192 BPM by the left hand corner which was about 9 km in. I tried to keep as much speed as I could through the corner, because technical parts of the course could also make up some time. I sprinted back up to speed out of the corner, and then I pushed as hard as I could to the turn around, because I would be able to recover for a few seconds. I kept my speed up as long as I could, and then braked pretty hard into the corner. I swung out really wide, and then cut across the road and sprinted back up the speed. After getting back into my rhythm, it was time to make the right turn back onto the 9km road to the finish. I was on a road bike so I was able to not use any brakes and keep all my speed. I only had 9km left and about 14 more minutes. I knew I could hold a higher pace all the way to the line, so I brought up my speed and got in a comfortable position that my back wouldn't hurt in. At 5km to go, I was hurting really bad but I kept telling myself it was almost over and I can't give up now after going so hard for 3/4 of the race. I could almost see the finish line now so I brought my heart rate up to 200 bpm and kept refocusing every few hundred meters. I saw Mark Cook on the side of the road and he was yelling, "1 km to go!" so I stood up and started sprinting. It was almost over so went as hard as I could and when I got to about 150 meters, I stood up again and sprinted as hard as I could to the line. I was super happy when I crossed the line that it was over because that was one of the hardest efforts that I had ever done in my life. My time wasn't very good, but I was happy with how I rode because I did everything that I could have and it was my first time trial that I actually went out and didn't blow myself up in the first 5 minutes. After recovering in the shade, I saw my teammate Ben coming by and he said that he was in 3rd place. I was super excited for him and he rode an amazing time trial.

-Isaiah

Emily Abraham

13th Place USA Junior Nationals Time Trial Championships Junior Wm 17-18

I was confident that I could do well in the Time Trial at Nationals. I had a TT bike to race on and I was feeling super strong, especially after the road race went really well. I arrived at the time trial course with just enough time to get changed and set up my trainer before warming-up. An hour before my start time, I got on my trainer and began spinning out my legs. Looking back on it, maybe I should have got on a little earlier but regardless I had a great warm-up. During my warm-up, I did a two minute pyramid. Once it was time for me to get off and head over to the start, I was feeling good. I always finish a time trial with a smile on my face which is weird since they're extremely painful but oddly I end up having tons of fun. I was expecting, or at least hoping, to end this one with a smile and also a top ten placing. Everything before the race went smoothly, my warm-up was great, I had time to go to the bathroom, and I made it to my start on time. But the race didn't go as well. Once I started the race and shifted down to a harder gear my bike was making a clicking noise. So I had to do some shifting around to get it into the proper gear and make sure it wasn't making noise. That distracted me for a few seconds but I got it worked out then put my head down and completely focused on the road ahead of me. I felt concentrated and I knew my head was 100% there which was good. But my legs felt like they had a lot left in them, I was going hard but I could have gone harder. The whole way out to the turn around, I felt like I wasn't pushing on the pedals enough. Yet I was in my hardest gear. I was going along at a decent pace but the fact that I felt like I could go harder, made me think I was going pretty slow. When I saw the turn-around sign, I shifted down and slowed. I took the turn around too slow; I wish I would have practiced that more at home. But I sprinted back up to speed and got going again. The way back went to the finish went better than the way out, but I didn't feel like I was using my maximum amount of power until 3k to go. I drilled it to the finished and unfortunately didn't come in with a smile on my face. I improved my time by over two minutes from last year's Nationals time trial but it was frustrating to get a good time while knowing it could have been even better.

-Emily

Miles Daly

70th Place USA Junior National Time Trial Championships Juniors 17-18

I knew going into this race that it was not a course for me but I gave it my all. After a hot and hard warm up I got to the line to get my bike checked. When I started out of the start ramp I felt very strong and was keeping my pace up. Then around 5k in I got very sick and began to vomit. I kept riding. As you can imagine this was not an enjoyable experience for 15km. I crossed the line and was feeling awful and I was disappointed in my performance. I look forward to next year!

-Miles

Sawyer Taylor

20th Place USA Junior Nationals Time Trial Championships Junior Wm 17-18

As I stepped out of the car on Friday morning at Loyalton elementary school, it felt like I was just waking up. In reality, I had already been awake for an hour and a half. I still felt a little rundown from a road race and hadn't slept great that night. I took a few seconds to stretch; changed into the skin suit I borrowed from Emily, and grabbed all my stuff to haul to the Team Swift tent 1,000,000 miles away on the other side of the parking lot. Then, I checked over my bike, rolled out my legs, put on my heart rate monitor, and hopped on my trainer.

Coach Laura led me through my extra-long warm-up. First, I spun easy for 15 minutes. Then, I did five minutes in zone three followed by a two minute pyramid. After that, I spun out for two minutes and used the bathroom. Then, I spun out for two more minutes and did a mini pyramid. I noticed in my warm-up that it was harder than usual to get my heart rate up. Still, I felt much better at the end of my warm than the beginning. By now, it was time for me to head to the start line for roll out and lineup.

I felt really nervous. I had done practice time trials before, but this would be my first real one. Coach told me a couple of really helpful things that made me feel a lot more confident on my way to the start line. Still, I was nervous. Watching the 15-16 boys finish with crazy-fast times on their fancy time trail bikes didn't help, either.

Pretty soon, it was my turn to step up to the starting block. Five, four, three, two, one! I was off. For the first minute or so, I eased into it. Then, I headed into zone four. Around the railroad tracks, my thirty second person passed me. I could still see her and the person who went off right before me, but I knew that I had to pace myself. Right after the left hand turn toward the turn-around, I brink a little bit of water. Then, I downshifted and sloppily turned around.

At this point, I could still see the two girls in front of me. In was still in zone four. Right before the railroad tracks, I passed the girl who had passed me. Right after that, my 1:00 person passed me. I decided to give my shoulders a little break and got on my hoods, rolled my shoulders, and got back in my drops. Remembering what Coach told me, I started to slowly accelerate. I didn't end up passing the person who went 30 seconds before me, but I never let the person who left a minute after me out of my sight. By the time I finished, I was in zone five and my back hurt. However, I recovered pretty quickly, leaving me thinking that I could've gone harder. I got 20th in my category with a time of 34 minutes and 27 seconds. For my first time trial ever, that's pretty good. I also shaved 3 minutes off of my practice time. Still, I think that I could've done better. The time trial is definitely something I need to improve upon for next nationals.

-Sawyer

Gianni Lamperti

4th Place USA Junior National Time Trial Championships Juniors 13-14

The morning of the TT we left Northstar and drove to Loyalton so we could get there about two hours before our start. Once there we set everything up and I got on the trainer about an hour and a half before my start time. I did my warm up then rolled to the start about 10 minutes before. When I got there I did roll out then got in line

where I was supposed to be. I was in the shade but it was still extremely hot. I got called up to the ramp and got on my bike and put my pedals in the right position to start. The official counted down, I took a deep breath to lower my heart rate as much as possible. I started out and was going pretty much all out. I went hard and tried to keep my pace as even as possible. As I was coming into the turn-around I took a deep breath and a sip of Clif Electrolyte mix and it helped me kind of reset because my mouth was very dry. I came out of the turn-around hard and got back up to speed right away. I started going harder but knew that I had gone way too hard on the way out. I just kept pushing as hard as I could all the way to the line. I passed through going as hard as I could and had the winning time by 10 seconds. I was pretty doubtful that it would last because the people that start last are usually the fastest. I spun around back to the car and after everyone came in I had gotten 4th. I was pretty happy with my result, but I learned that I really need to work on my Time Trialing.

-Gianni

Luke Lamperti

20th Place USA Junior National Time Trial Championships Juniors 13-14

After riding the TT course I knew it was not going to be super fun or the best course for me. So I knew doing a big warm up would benefit me so I was ready to go. When I got there I got on the trainer and started my warm ups. When I was done I got off the bike and got all my stuff together and then spun on the road before I had go get my bike rolled out and be ready for the start. When I got to the line it was almost time for me to go so I sat in a chair for a minute then I got pulled up the top of the start ramp. 5,4,3,2,1. I was off I stood up for the first little bit then I got right into my TT position. I got up to what I felt was a high HR Then I kept that until I was at 2 k to go I started ramping it up to go to the line I was able to hold that but about 1 minute after 2k I threw up. I was still able to hold that till the line where I threw up again. After an okay TT I was happy with my result considering I was not felling great. I am looking forward to this next year!

-Luke

William Stark

28th Place USA Junior National Time Trial Championships Juniors 13-14

Coming into my first time trial ever, I was excited and nervous. My goal was to get 41st place or better, because I got 42nd in the road race. We got to the course about two hours early. I did my warm-up with Luke and Gianni and went down to the start. A race official called my name to put me in order. While I was waiting to go up, my dad said to me, "Pass both of those kids." He was talking about the two kids in front of me.

The kid in front of me went off, and it was my turn. I handed my bike to the officials, and walked up the steps. I got my cleat stuck in between the steps and stumbled forward. I got back up, got on my bike, and stared at the countdown until it read "0". I started in my drops and out of my saddle. Once I got up to speed, I got

back down as low as I could go, with the back of the Lazer TT helmet touching my back.

Once in a while I would look at my heart rate with my eyes, but I kept my head up the entire time. Most of the time I was just focusing on the rider in front of me. I was slowly catching him the whole way out, and I caught him right at the turnaround. I passed him as I accelerated out of the turn, and started focusing on the next rider. I passed the next rider at about three kilometers to go. From there I could see the finish, and started pushing harder. The only thing I was focusing on from there was the finish. Slowly the finish got bigger and bigger. I quickly was at one kilometer to go, pushing on the pedals as hard as I could. People were out there yelling at me, but I could only hear them for a millisecond. Everything in my surroundings was a blur. I was coming in, and I could hear familiar voices encouraging me. As I passed the line, I heard the announcer say, "A strong finish by William Stark. He is currently in fifth place." Now all I had was the crit.

-Willy

Criterion Race Reports

Ben Cook

33rd Place USA Cycling National Criterium Championships Juniors 15-16

At the end of national's week, the criterium always felt like the party to me. It was hard, fast, and loads of fun. My teammate Isaiah and I were ready to rip up another crit together.

The start was fast and hard, but I got the "schlam" and managed to be second wheel into the first few turns. For the next 20 minutes of our 40 minute race I held position and raced aggressively in the front. But the pace proved too much, and after chasing one too many attacks I slid backwards. The rest of my race was dedicated to helping Isaiah move up. We are an unlikely pair, Isaiah and I. We are way different sizes and have way different skill sets, but we can really rock a criterium together. However, this one proved much harder. We finished together near the top 30 in a brutal and technical race.

At the end of the day Isaiah was upset because he didn't feel well, but I told him just what my former teammates Tyler and Sam taught me before I had a great race at Nevada City. I told him that some days you want to go out and do well but you do not perform as you wished, and some days you don't expect to do well and you really do. I had a fun yet challenging race at the Nationals Criterium, but Coach talked to me and said I had a real good first half of the race by racing aggressive and strong and being represented in the big moves early on. It was a tough race but a fun way to close out a very successful national's week for myself. Isaiah cheered up and looked ahead to future races. I was really proud of him for riding in his first every 15-16's nationals and not only finishing well, but racing aggressive too.

-Ben

Isaiah Chass

27th Place USA Cycling National Criterium Championships

Juniors 15-16

I was super excited for the Crit because it was a pretty technical course with a lot of corners that would be super fun. The morning of the Crit, I had a lot of time until I had to leave, so I went for a little 15 minute spin to take my mind off racing for a little bit. When I got back, I checked my bag to make sure I had all my stuff, and then I had some more food. I got all my bottles ready as well as my bike, and then it was time to get on the road and drive to downtown Truckee where the Crit was being held. When we arrived in Truckee, I found my teammates and brought all of my stuff over there, where they had the team tents set up. After helping some of my teammates warm up, it was time for me to set my bike up on the trainer, and then put on my kit to warm up. With 1 3/4 hours until my start, I had a little bit to eat, and then I waited until I had 1 1/2 hours until my start to get on the trainer. It was important for me to warm up a little bit earlier for this race because I would have to wait at staging for longer than usual in order to line up in good position and do rollout. I warmed up harder than usual because I was feeling a bit tired and I really needed to open up my legs. After a good warm-up I got off the trainer, put on my race wheels, and then rode around for a few minutes until it was time to stage. After riding around for 5 minutes, I heard that our race was going to be delayed from 12:30 to 1:00. At this point, I still had almost 45 minutes until my start, so I rode back to the team tent and set my bike back up on the trainer to spin for 10 minutes. After riding for 5 minutes on the trainer, the field started riding a lap before lining up for rollout. When everyone started saying that they were coming, I got off my bike as fast as I could, and put back on my race wheels, helmet, and sunglasses. I then got on my bike and started sprinting to the start for rollout. After riding past the finish line, I was really confused because everyone kept riding, and I had no idea when we were going to stop to do rollout. After riding about 4 laps, everyone stopped just before the finish line to do rollout. I rode up to the right side on the front row, where my mom had an umbrella to stay out of the sun. While waiting for rollout, about another 10 minutes, I stretched and talked to my teammates Ben and Gianni and Coach. After talking about tactics for a little bit, the officials said that they were going to start rollout. Everyone started rushing to get their bikes ready, in the hardest gear with the crank arm down. After the madness of rollout got settled out, I lined up on the inside in the second row. When the race started, I tried to get clipped in right away, but my pedal wouldn't flip around to the right side. I kept messing with it and I was finally able to clip in right before the first corner. I was in the middle of the field now and I was even more stressed out now because I normally clip in as soon as I put my foot in the pedal. I took the first 2 corners well and moved up a few positions. In corner 4 there was a sharp left hand turn into a slight little climb that felt bigger because we had to slow down a lot for the corner. I was in the middle of the field so by the time I went into the corner, the lead riders were already sprinting over the hill. I had to work harder to get back onto the field as it was yo-yo-ing due to corner 4. I was fighting to stay on and when we went into corner 5 and 6 I was able to catch back on. I wasn't feeling very good, so every lap I would find myself chasing on the back stretch

after the little hill, and on the front side final straightaway. I would be able to catch back on in the corners and move up a little bit, and then I would drift back on the straightaways. With about 20 minutes to go, I was off the back and I didn't think I was going to catch back on. Right when I was thinking about pulling out, the field slowed up and I caught back on in the last 2 corners. On a few laps, the field would swarm, and I would be able to move to the front, but I wouldn't be able to stay there for long. With 3 laps to go, I heard people saying that I needed to move up, and I tried to on the backside. The pace was too high for me to get to the front, but I kept trying on the next two laps. On the last lap I was just trying to stay in the field, and I was having a hard time staying on over the hill. I chased down the back of the field on the backside straight, and took corners 5 and 6 as fast as I could. When I came onto the final stretch, I sprinted to the line to hopefully not get passed by anyone. I was really disappointed with how I rode because I was feeling terrible, but I was cornering really well and felt like I could've been in the mix for the final sprint. This nationals was a great experience and I can't wait to come back next year with all that I learned from my mistakes this year.

-Isaiah

Emily Abraham

12th Place USA Junior Nationals Criterium Championships Junior Wm 17-18

The criterium used to be my favorite race of Nationals, but this year I was more excited for the time trial and road race. I pre-rode the criterium course a few times in the two weeks that we were staying in Tahoe so I felt pretty familiar with the course when race day came. However, I didn't expect it to be as dangerous as it was. Just before I was about to start warming-up for my race, there was a bad crash in one of the earlier races that caused a delay for the afternoon races. I knew it was better to stay safe during the race rather than to risk anything, however, I forced the thought of crashes out of my head that way I wouldn't only be focused on that during my race. I felt great during my warm-up, my awesome teammates helped to make sure I gave a full effort during my pyramids and that I stayed cool before the race. I spent extra time on the trainer because my race was only 30 minutes so it would be fast right from the gun. I got off the trainer with my Cateye telling me I had warmed-up for an hour, I was happy about that. I felt ready to race. I rolled around on my bike a little before waiting in staging for about 5 minutes with the other girls in my race. The official told us we could do a couple of pre-race laps then do roll-out. I did one lap, then immediately got to roll-out. Then the officials did call-ups, surprisingly they called up the top 20 ranked girls (our supposed rank for this race). I was predicted to get 16th so I got called up. I got a spot about second row from the line on the far left side. Then we had to three minutes until start. I knew I was ready for this race, but that three minutes felt like an eternity and once the whistle blew I lost my head for a second. I was immediately able to clip in, which was good, but the girl on the right of me struggled to get clipped in and for some reason I didn't think quick enough to just zoom around her. That distracted me for a second and all the sudden I found myself at the tail end of the field

going into the first corner. And wow, those girls on the front were drilling it. By the third corner on the course, the entire field was strung out. The first three laps or so I was hanging on at the back but the front of the field was way too far ahead, even if I did pass people and move up, we were already so strung out. I passed a couple of crashes and heard one behind me but I just put my head down and went as hard as I could to catch up. I felt good so I just kept going, but I found myself pulling about four or five other girls on the backside of the course which had a horrible head wind. I was just so mad at myself for screwing up my start that I just kept pedaling to try to get back on. But there was no chance, we were only twelve minutes into the race and already in danger of being lapped by the two girls off the front. I worked together with the group of four girls that I was with but we had no chance. Our group got pulled from the race at eighteen minutes in, I was just starting to feel comfortable in the race. I'm still pretty bummed that this race didn't go as I would have liked it to, but overall I had an amazing time training at altitude the week before Nationals and at the races. We had an awesome group of racers that came and lots of family & friends supporting us which was great.

-Emily

Miles Daly

DNF USA Junior National Criterium Championships

Juniors 17-18

Everybody has their good days in this sport and everybody has their bad days. I've had very few really bad days. But the crit was a very bad day. It was my last day in Tahoe and I was missing home. And on top of that the weather was bad and rained. It just seemed like there were factors that were all adding up to a bad day. After a delayed start and a miss timed warm up, I was not feeling good at the line. On top of that I felt a rain drop on my head as the race begun. I knew this race would be dangerous in the dry and in the wet very dangerous. Once it began really raining I got caught behind 1 crash and then chased onto the field. Then I got caught behind 4 or 5 more crashes. Finally after being far away from the front of the race and the leaders approaching from behind I pulled out. This was the first race I've ever pulled out. I was crushed but it became too risky for me. I am ready to race next year with vengeance.

-Miles

Sawyer Taylor

15th Place USA Junior Nationals Criterium Championships Junior Wm 15-16

Five, four, three, two, one! My last race at nationals had begun! I had some trouble clipping in, but was soon on the back of the group and advancing towards the front.

Let's back it up to Sunday morning. I woke up two hours before I had to leave to pack the car, make sure I was ready for my race, and eat the same breakfast I had before my road race. I slept really well the night before my race, but I was still slightly tired and sore when I woke up. At 9:00, my mom and I left our condo in ski trails for

downtown Truckee. It took a little while to locate and get to the Team Swift tent. When I finally got there, hooked up my trainer. Just like before my time trial, Coach led me through my warm-up. After spinning out for 11 minutes, I did five minute zone three. Then, I went right into a one minute pyramid followed by a three minute spin-out. Then, I made sure I had everything ready for my race and did a mini pyramid. Suddenly, I realized that the course was open for riding. I got ready fast, and was able to do half a lap. Then, I watched the 13-14 boys start and do a few laps. With the fear of my legs freezing up, I spun around Truckee for 15 minutes but was still able to watch my teammate Luke's awesome first place finish. Then, I did a lap and rolled out.

Fast forward to my third lap. I didn't feel great, but I didn't feel bad either. I had a feeling that I was going to do pretty well and was moving up in the group. Suddenly, on the fourth turn (the tricky one on back of the course), a girl in front of me skidded out and ran myself and 3 other riders off the course. Everyone behind me slowed way down. I even had to unclip! In one bad move by another rider, I lost around 20 seconds. When I finally got moving again, I had lost the front group. I began riding with seven other girls in the second pack. For two more laps, I rode with them. I realized that we were moving way too slow to catch the front most group. When I saw a girl ahead of us who had been dropped by the front group, I accelerated, dropped the group I had been riding with, and caught her.

For two laps, we rode along, rotating pulling. Then, after cresting the hill where the girl had crashed in front of me, I saw a rider at the end of the stretch, right before the second to last turn. For the next lap and a half, I worked really hard to catch her. I pulled the entire time. In the process, I dropped the girl I had caught earlier. Finally, I caught her right after the last turn. At the finish line on that lap, with five laps to go, we were pulled off the course. I was really mad and very frustrated. Later though, I found out that out of all the kids that were stuck behind the crash, I had made up the most time and was the last to be pulled from the course. This was something, I thought.

My criterium at nationals didn't go as well as I hoped it would. But, I learned a lot. Next year, I hope that I will do better in this race. I think I will.

-Sawyer

Luke Lamperti

1st Place USA Junior National Criterium Championships Juniors 13-14

The morning of the criterium I was super excited because I knew this would be my favorite event. I was ready to do this and be on everything and take what I learned from the Road Race to help me in this. Once the race started I got clipped in and did a bit of a jump but rolled through the first corner in first at an easy speed then I pulled off. I sat on for a little bit then there was an attack and I jumped on him then made a big counter. About 5 seconds later I was pulled back and my teammate (Gianni) attacked. I knew he was going to so I jumped right on the chasers wheel. Then I went one more time because the field was looking pretty tired. Then when I got pulled back we sat up for a little. Then a few minutes later it all started up again with a different team starting it up then my teammate and I started going and I went then Gianni went

and got away and he got a good gap. The field was going hard to chase Gianni held it for about 1 lap and then right when he got caught the field slowed up and I went on a hard attack that got me a gap then I got comfortable and started going at about 90% so I did not blow up. They caught me about half a lap later. Then everybody was tired so we sat up and went slow for about 2 laps. Then it was getting to about 10 laps to go so we started going a little faster when a bunch of kids who had no teammates started working together and started attacking and countering. I did not know where Gianni was so I had to cover most of the moves at that point. Then it got down to like 5 to go where people started looking at each other and did not know what to do so I attacked and then people got excited and countered. Then we only had one lap and a kid attacked and I jumped on his wheel and going into corner 4 the 3rd wheel rider crashed. Then me and one other kid had a gap and I yelled at him to go because we had a gap. Then going into the second to last corner we were going slow so I let him lead then passed him in between corners and jumped as hard as I could and was able to hold it to the line. I was super excited that I was able to win the crit another time. I love the course and cannot wait to race it again next year.

-Luke

Gianni Lamperti

30th Place USA Junior National Criterium Championships

Juniors 13-14

The morning of the Crit I was more excited than I had been all week. I knew this was my last but yet my best chance to win. The night before we drove our motorhome to a parking lot in the middle of the course so we could have it the whole next day. In the morning when we got there we set up the canopy's and got everything ready for the rest of the team to get there. In between one of the earlier races, there was a break, so my brother and I went out to ride the course one more time before coming back and getting on the trainers to start warming up. We got on the trainers about an hour and a half before the start because today we were going to do a more gradual warm up. After a really hard warm up I was ready to race so I rolled around for about 10 minutes until roll out. I was on the second row but thanks to my teammate being a National Champion he got the first call up and he saved some room for me on the side of the barrier. The whistle blew and we were off. My brother immediately went to the front, making the field string out for the first lap and then as soon as it slowed down the attacks started going which was good because it kept the race fast, more fun, a better race and safer. I went to the front and kept the race together for the most part. My teammate (brother) also covered a lot of moves as well. The race slowed down a little and everyone started swarming. This kind of racing is not my favorite. Everyone coasts around and looks at each other. So my brother decided to attack and excite the field to go faster once again. He was caught just before the last two finishing corners I knew that this was the perfect place to counter and I did, jumping hard into the last two corners. I opened up a gap and once again jumped hard out of the last corner. I thought this was a good place because I would get to practice the last two corners going fast and practice the sprint. I got off the front solo and held it for a lap before the

field caught me. I got back in and rested for the sprint. I covered a few more moves then the final lap came around. I got onto 4th wheel and was planning to jump out of the left hand uphill corner. All of a sudden, the guy right in front of me slid out and I had nowhere to go so I ran into him, and then got hit from behind. I luckily landed on my feet and did not get hurt. A Papa John's rider got his hood bars in my rear wheel, so I tried to get it out as fast as I could and once I did I jumped on my bike and started going for the line. I finished in 30th place which was really disappointing, but I knew I raced a good race. I was also really happy to hear when I got back that my Teammate won! I had a lot of fun at Nationals this year and I can't wait for the 15-16 category next year!

-Gianni

William Stark

40th Place USA Junior National Criterium Championships Juniors 13-14

I knew the criterium was a technical course, and without much experience in racing, I was going to get dropped. My goal was to finish without crashing, because I knew there was going to be a lot of crashes. My crit was at midday, so my parents drove me there early, so I could ride the course. I did my warm-up with Luke and Gianni, and waited for my race to start. They had us ride a lap of the course in neutral before going to rollout. Like at the road race, there were some very aggressive parents. As they officials were letting us go on the course, a kid's dad stood in front of me, blocking me and everyone behind me, as he let his kid come through. My dad and another parent had words with the man, and my dad helped make room for us to come through. I rushed onto the course to do my "neutral lap", which really was the fastest lap I did that day, just to pass two kids. I got to rollout and most of the kids were already there, so I ended up starting the race at the back again because of bad luck.

The race started and a small gap had already opened up through the first three turns. I closed it quickly, and stayed on the wheel in front of me until the second time coming up the hill, when the rider diagonal to me fell. Everyone around me started freaking out and we all slowed down. The gap was too big by then, and the five of us formed a chase group. I could tell I was the strongest rider in the group, so I spent the most time pulling, but I wasn't strong enough to bridge the gap, and the gap got bigger and bigger, until the motorcycle guy pulled us out of the race.

-Willy

2. Nevada City Classic

6/21/15

Nevada City

Ben Cook

5th Place Nevada City Classic

Juniors 15-18, Sr Cat 1/2/3

Last year, my teammate Miles and I won the junior race here at Nevada City. I helped Miles with an attack off the front of the climb, and then hung on for 3rd place myself. This year we were looking to defend. The race started off fast, with attacks from Hincapie's Gavin Halley. Because Nationals was coming up next week in Truckee, there were a lot of strong juniors racing Nevada City, a race right nearby. The first time up the hill was brutal, but we all hung in and the race regrouped at the top. All the while Miles and I watched carefully 3 Limitless Cycling riders all lines up, with their cat 1, John Christensen, at the back.

On the 5th lap a rider went down right in front of me turning onto the base of the climb. I jumped hard to get onto the back of the group. We had a very elite selection, with Tiene Duro's Drew Levitt, Limitless' Rupert Cox and Gavin Halley. John was well off the front. But Gianni, Miles and I were also represented in the group. Miles hung in for a about a lap before he was dropped, and myself for just one more. Gianni hung in almost to the finish. Cracked and melting in the heat, Miles and I slowly began to claw back position, picking off riders one by one. With a little double-teaming, we ended up 4th and 5th overall! It turns out the Gianni and Gavin were both down a lap from a crash and officials were denying free laps to all riders, claiming Nevada City as a circuit race. But lucky for Miles and I we were both bumped up one placing to finish in the top 5 of a 30 rider competitive junior field.

It was a hard race, and we did not defend our win, but in the end we had another fun time suffering together and managed to pull out a result.

-Ben

Miles Daly

4th Place Nevada City Classic Juniors 15-18, Sr Cat 1/2/3

Nevada City was a race I was looking forward to since last year win I won the race. Coming down from altitude I was feeling confident in my fitness and thought I could do well. I got to the race with plenty of time and got ready. It was quite hot but I didn't see it as a big deal since the previous year was hotter. Going to the line I felt a little tired from my warm-up but when I saw the field id be racing against I was focused and forgot about my tiredness. When the race started it went hard from the line. In the beginning I was feeling strong then I got a very bad stomach cramp. Towards the end of the race I began to feel better and my teammate Ben and I were able to work together and launch an attack for me to get 4th.

-Miles

Isaiah Chass

10th Place Nevada City Classic Juniors 15-18, Sr Cat 1/2/3

When I woke up the morning of the Nevada City Classic I was super excited to race because everyone said it was one of the most fun races out there with an awesome course. In the morning I had quite a bit of time, so I got my bike ready, and put on my trainer wheel so I wouldn't run out of time at the race. Then, I packed my

bag and checked it over it so that I wouldn't forget anything. Once we showed up to Nevada City, we saw Coach Sam, and rode a lap of the course going over the critical parts of it. Then, we went to registration and got our numbers. After seeing the course, we rode back to the tent, and started getting ready to warm up. I pinned my numbers on my jersey and then I put my bike on the trainer. The whole team was racing at the same time, so once we got on the trainers and started spinning, Coach Sam started going over tactics with us. After learning our jobs in the race, we started our pyramid to get warmed up. Once I did a hard warm-up and felt like I was ready to race, I got off the trainer and got ready. Then, I rode a lap of the course and went to rollout. Rollout was pretty quick and after being checked off, I lined up on the front row. When the race started I got clipped in right away and got on Mile's wheel. I was third wheel going into the first corner, and then a Hincapie rider attacked on the climb. I wasn't able to get right on his wheel, but I followed him and got a gap. I was going as hard as I could, and the dryness of the air was hurting my throat super bad. I could barely breathe, but I kept going to the top of the climb. I thought I had a bigger gap, and then I heard the field right behind me at the start of the descent. I was just trying to stay in the field for the next few laps, and then on the 4th lap there was a crash on the second corner right in front of me. I took the outside line right before the crash, and it made it so I wasn't able to ride around the crash. I had to stop and then go around them and then I was chasing up the climb just to get back on the field. My teammate Luke was right there, and I started working with him to try to catch back on. We took turns pulling, but the field was getting further away. I knew I wasn't going to catch them, so I had new task and that was to try to catch as many riders as I could that were getting dropped off the main group. The next 10 minutes felt like forever as I was very deep in the pain cave. With a few laps to go, we caught our teammate Ethan, and we all took turns pulling back some more riders. With two laps to go our other teammate Gianni caught us after a crash, and he pulled us down the descent. There were a few riders up the road and I was determined to catch them on the last lap. I went as hard as I could up the last climb and pulled back a few riders. When I got towards the top of the climb, Luke was still with me and he pulled over the climb and down the descent to the finish. The race didn't go as I thought, but I learned a lot from it. When we were driving down, I thought that I would be able to breathe really well because I had been training at high altitude, and Nevada City was much lower in altitude. But in fact, it is actually harder for your body because it can't react in time to the change in elevation. This will help me in the future especially next year, because nationals are in Tahoe again.

-Isaiah

Emily Abraham

1st Place Nevada City Classic Junior Wm 17-18

I decided to race in the junior's race at Nevada City because I had tons of fun racing with the boys last year. I was, again, the only one in my category but for the juniors race they put everyone together from age 10 to 18. Having all those juniors out

there makes the race a little scary but the climb splits up the whole field and everyone is strung out. The first right hand corner on the course kind of scares me, so when the race began I was at the back of the field. I took the corner super easy the first time and just relaxed my way into the course. It was nice having no pressure to beat anyone and I had already won! I just had fun getting in a hard work out and riding my bike. The crowd also gets excited to see a girl out there racing with the boys so that was fun. Although I got lapped by the leaders, of the race, a couple times it was exciting to see my teammates race by me. On the last couple of laps of the race, my legs were starting to feel that climb and by the time the race finished, I was pretty done.
-Emily

Ethan Frankel

6th Place Nevada City Classic Criterium Juniors 15-18, Sr 4/5

I had heard about the famed Nevada City Classic Criterium for years, but didn't race it until this year. The hill was notorious for destroying riders, and I knew that it was going to be extremely challenging and fun, especially being my first race in months and only my second Criterium the whole season. I had also run the Dipsea Race, a 7-mile trail race, the week before and was experiencing "Dipsea legs" as it is commonly called. My legs were fatigued and tired, so getting a good warm up would shake them out and drain some of the lactic acid.

I arrived in the late morning, and it was already a blazing 85 degrees. I met up with the rest of the team; we were all racing the junior's category together. We pre-rode the course with Coach Sam Bassetti and Team Swift alum Tyler Brandt. They were fine replacements for Coach Laura, pointing out where to be at different points in the race; emphasizing positioning and cornering.

Before I knew it, we were lined up at the start, all 30 of us junior racers melting under the summer sun. "Juniors, your race starts on the whistle!" There was a tweet and I scrambled to clip in. As with any other crit, it started out fast. The first two corners were the most dangerous, with manhole covers and cracks in the road that could take out anyone. The first few laps went without incident, however, and there were a number of attacks off the front. I stayed in the middle of the field, following moves and being ready to counter if I saw anyone that might attack. Coming around the second corner of the fourth lap, three riders went down in front of me. I rapidly swerved around them but had to slow greatly. There was now a ten second gap between the front group of about 8 and myself. And we were about to head up the infamous climb. Another junior came around me, sprinting to catch the front. I latched onto his wheel and we began the ascent. I was in my drops, wrenching my bars side to side to gain as much power as I could. There was an attack from the front group. My energy began to fade. My eyes blurred. The other racer pulled away from me. They were gone. I was done.

For the next two laps I kept going full-gas, but each time I came over the climb, my legs were unable to continue and I found myself free-wheeling over the top. A group of racers caught and passed me, and soon after, my teammates Isaiah and Luke

caught up to me. The three of us worked together to keep moving, and were later joined by Gianni. The race leader lapped us sometime in the middle of the race, but before I knew it, 45 minutes had passed. The race was done.

I had no idea where I had finished, but I knew that I hadn't raced as well as I would've liked. In my 4/5 category, I had finished 6th, but overall I had finished 17th, around mid-field.

The 2015 racing season has been somewhat of a disappointment for me: after being off the bike for three weeks with a sprained ankle and another four weeks off with a concussion, I missed plenty of races and lost training and some of my attitude. At the start of the season, I was determined to go out and race smart every time, after having great winter training and strong base. As I encountered adversity, however, I lost some of that determination. This race was a key learning experience. Being caught behind a crash was certainly unfortunate, but that's racing and you just have to keep fighting. That one moment reflected my season: it hindered my progress, but I can still strive to race hard and learn from each race. Today, as I reflect on where I was at the point of that crash, I realize that I was closer to the rear of the group. Coach Bassetti had emphasized being in good position around corners and towards the end of the race. The latter didn't apply to me, but the former was certainly something that I should have paid more attention to. All I can say is that next season I will come back stronger and hungrier.

-Ethan

Gianni Lamperti

3rd Place Nevada City Classic Juniors 13-14

As we rolled up to the start line I was very excited because I remember this race as the most fun race I had all last season. I got on the front row and was ready to start when the USA cycling official told all riders under 15 to move to the back of the field. They then said that they were going to let 15-18 riders do two laps before we got on course. We moved off to the side of the course and got ready to start as we were told. We were going to be starting from the staging area. I got myself in position on the inside front row and was ready to start. As the official said go I clipped in and headed toward the first corner. As I started the climb I got into high zone 3 and then to zone 4 over the top. I looked back and saw only my brother on my wheel but saw the 15-18 field only a little ways in front of me. I tucked hard going down the hill hoping to catch the field. I knew I was coming into the corner way to hot and started to break hard and I was already starting to turn so my back wheel slid, almost making me high side so I had to let off of the brakes to correct it, sending me straight into the hay bales. I went over and landed on the curb on my back. I did a really quick mental check, and then looked at my bike. My bars were totally sideways so I started running back up towards the mechanic in the pits. While I was running people were saying don't worry take your time and get your free lap. When I got to the pit a referee came over and was telling me that I was not going to get a free lap because it was classified as a circuit race. I then got onto my fixed bike and waited until they told me I could jump back in. Once I

got in, I went one lap, not going to hard. I was now with the front field of the 15 to 18. People were getting dropped one by one. This happened for one more lap until it got a little harder. Quite a few more riders were dropping off the back, including some of my teammates. However, we were in different categories, and I passed one of the riders that was in my race that I was pretty sure was in second behind my brother. We were going quite a lot faster so I figured if I stayed in this group I might be able to pass him again and still get second to my brother. On the next lap, I saw my brother. By this time our group was down to about six riders. I passed my brother and then had a thought that if I helped this group out a little I could possibly catch him again as well, so I started pulling over the top of the lap. By this time our group was down to me and 3 other riders who one of which had a solo teammate up the road so was not working at all. Every lap I would almost max out over the top and was starting to hurt a little bit and by this time I think there were about 5 or 6 laps left. There was a move from one of the riders in my group and I barely stayed in but I managed to hang in there for a few more laps. On the next lap I saw us coming up on the rider who was in second in my race and I passed him making up for both of my laps that I spent running to the pits. So I passed him for second place and then went as hard as I could to stay on that group for as long as I could. I knew that I would be able to stay in if there were no more attacks and maybe I could survive one or two moves, depending on who made them. At two laps to go there was a really hard attack by Limitless who also had a rider up the road. I stayed on, but it was followed by another acceleration over the top that I could not stay with. Right as I dropped off I caught my brother for the second time along with my other teammate Isaiah. I stayed with them until the last lap where Isaiah pushed the pace and I could not hang with him because I was absolutely smashed. I came in second behind my brother. I was really tired and hot, so I headed straight to the car, undressed and drank my Clif Recovery that my mom had made ice cold for me. I swear I think it was the best thing I have ever had in my life!

-Gianni

Luke Lamperti

1st Place Nevada City Classic Juniors 13-14

I always am looking forward to this race so I was super excited all week to race. I was waiting all season for this because it meant it was the week of nationals and my favorite races of the season were here. So the night before the race I got my Time bike ready and put on my race wheels. Then I ate and went to bed. The morning went well because I did not have to get to the race until 11:00. We left Northstar in Truckee at 9:45 because we had been training for nationals at altitude. I seemed to be feeling pretty good that day so I was excited hoping I would do well. Then got on the trainer to do a good warm up. After completing my warm-up I got my bike ready and put on race wheels. Then I went to rollout and then to the start line. I was lined up with everybody until a few minutes later they made u14 go to the back and they told us that we will start 2 laps later. So we waited and then we jumped in and went. I went off the line and attacked because I wanted to get away from my field and try to get to the 15-

18 field. On the first time down the hill I was on my teammate Gianni's wheel and his rear wheel jumped and he crashed. I kept going knowing he is stronger than me and able to catch back up. I kept going hard and was able to catch the older field. I sat on the back of them then there was a crash and I got caught behind with my teammate Isaiah so we just were chasing the field. I kept riding at a steady pace and we took pulls. Then Gianni who crashed caught up to us we had a bigger group. We all rode together until a kid from a different team, but in the older field, attacked and I jumped on him. That's when Gianni dropped off and now he was second on the road and I was first. That's how we finished and I was super happy with how I did. I am looking forward to this race next year!

Luke

William Stark

5th Place Nevada City Classic Juniors 13-14

Coming into the Nevada City Classic, I was nervous about climbing the long climb every lap at altitude. My goal was to place in the top five. I did my warm-up with the team, and lined up. A couple of minutes before the start, the officials changed their plans for the start of the race, and had the 11-12s and 13-14s start from outside the course after the 15-16s and 17-18s finished two laps.

Right out of the start, we went fast down the hill and into the first sharp turn. By the second turn, the small field of nine was already split up, and I did the rest of the first lap alone in fifth place. In the third lap, during the climb, a kid caught up to me. He was small and fast at climbing. He made me push a little bit harder, and together, in a couple of laps, we caught up to Eddy Huntsman.

The three of us worked together for a few laps, until Eddy and I dropped the other kid. The two of us did thirty-second pulls. One lap, we came around and the official said, "Four to go!" The next time we came around, Eddy was in front of me, and the race was over.

-Willy

Ben Cook

4th Place Nevada City Classic Senior Category 3

Nevada City Classic is without a doubt my favorite USA Cycling race. It is a challenging, enduring, hot and hilly course with lots of great features. Last year I had a fantastic race and ended up placing 15th in the 60-rider cat 3/4 race as a 15 year old. After a disappointing juniors race, I was looking for a little revenge in the men's race. But before my start I stopped to have a chat with Coach Sam Bassetti and Tyler Brandt, two graduates of Team Swift. I thanked them for supporting me in the junior race and asked for advice on the coming men's race.

"Bike racing is all about losing. Most of the times you race you will lose, but whoever can learn the most and come back the fastest will be successful." Said Sam.

It was great advice and gave me a much needed reality check that not all races are as planned. Tyler poked his head around Sam to add in.

"I've raced my bike 1000 times, and I've won exactly 4. You can't win them all. Some days you set out to do well and you don't perform like you wish. Don't worry about nationals next week, go out and smash this next race." It was a fun conversation to have and I am glad I got to talk with them before the start. I spun around the parking lot a little bit more before rolling up to the start.

We lined up at the start, where I was happy to meet my family on the side of the course. They always played good music at the start of Nevada City. When the whistle blew I was nearly dancing. The first few laps were at a brutal pace. One rider had broken off of the front and was gaining a large gap already. I knew that I couldn't go after it, I was already at my max, but I held onto the top 10. I knew I would have to stay towards the front for the entirety of the race. After about 20 minutes of racing, I looked around to find only 10 or so of us left in contention.

"Finally! The strong riders dropped the rest!" I thought to myself. I did well with selection races, where the strongest riders could get right away from the main field and hold it. The 12 of us remained aggressive for the remainder of the race. One another rider, a teammate of the first, broke away and held it. Each time I went up the climb I could hear my little brother and sister cheering for me, then each time I came down the descent I could see my teammates watching me. Each time I went by on the downhill my teammate Miles and I made funny faces at each other, just to keep it light. Nearing the end of the race, I saw another graduate of my team, Tyler Williams, with his BMC team at the top of the climb. I high fived one of the riders as we crested the hill.

"Yea baby!" he said back. I was having a blast! I looked over at the lap cards heading down the descent to see 1 to go. Thank goodness I looked over then, because I had no idea how far in we were! Second wheel into the downhill turns, when suddenly... BANG! The rider in front of me flatted and slid right out, taking his momentum into me. I straightened and hit the breaks to avoid going down too. The group shot by me. I sprinted up the climb and just managed to catch the back of them, but I was blown. In the next turns they gained 5, then almost 10 seconds on me. I was sure my race was over. But I continued on up the climb as hard as I could, when sure enough, the group was coming closer! I pressed onwards, and by the time we reached the top, I had flown straight by them all! I nabbed 2nd wheel. My friend from Limitless Cycling, Alex, was on the front.

"Go Alex, Go!" I yelled at him. He started off the downhill sprint just as riders began to swarm us. I opened up my sprint down the hill and held it to the line. Alex beat us by a bike length, but I held on for 2nd! I couldn't believe it. With two riders off the front I landed a 4th place. I met back up with my family to celebrate afterwards.

At the end of the day I was extremely happy and had a total blast at Nevada City. I learned that not all races go as planned, but that doesn't mean you can't turn it around and have a great one the next time. I watched the pro race with my family and celebrated a successful race.

-Ben

Ethan Frankel

30th Place Nevada City Classic Criterium Senior Category 3/4

After a fun, challenging, and somewhat disappointing juniors race, I was certainly warmed up and ready for the elite race. Still sore from running the Dipsea Race and tired from the juniors race, I desperately shook out my legs beforehand. Soon enough, the 46 of us were rolling off the line, about to suffer in a 50-minute adventure together.

I had horrible positioning at the start, beginning in the last of five rows. But that is never an excuse for not doing well and I was aggressive enough to move up to mid-field, where I maintained my position for a couple of laps. By the time we finished the second lap, the pace was blistering and riders were popping off the back. I found myself in the same position that I had started in. I was pretty much dead last in the front group. As we hit the base of the climb, an attack went. By default, the whole group surged forward and I struggled to keep contact, eventually dropping off. By the end of the next lap, the front group had been whittled down to less than 20 riders and I found myself racing with a group of three others. They were all adults and 50 pounds heavier, giving them an advantage over me on the descents. But I was certainly stronger climbing-wise. For me, each lap was a new attack. I wanted to make up ground on the front group and at least attempt to place well. I had no idea how many stragglers were behind me or in front of me, so racing the whole time was the only way I was going to know that I had tried my hardest to keep up and do well. The three that I was racing with had other ideas. They were content letting me do the work on the climbs and sitting in. I was insistent that they do some work, but it was always me pulling up the climbs and then they would blast past me on the descent and then I was struggling to even stick with them.

After a solid half-hour of racing like that, I decided it was better to attack them and race my own race. So we hit the base of the hill and I shot past and pounded on my pedals, jerking my handlebars right to left, left to right, right to left. I finally had a gap that I was satisfied with. I came over the top of the climb, rode through the cold shower that they had waiting in the feed zone (savoring all .5 seconds of it), and began the descent spinning as fast as my legs could handle.

I went on like that for a good two laps, just dangling off of the front of the other three who were working together. The solo leader lapped me and then a couple of laps later, the front group did as well. However, I raced my own race, tearing apart my own little group. With just two laps to go, they brought me back on the descent and I took a little time to rest up before again attacking on the climb. My legs were tired at this point however, and they managed to cling onto my wheel.

A lap-and-a-half later, the leader lapped us again, just before the finish, and I came across the line third in my little group, managing not to realize that that was the end of my race and that I should've pushed hard to edge them out. I learned that my teammate, Ben, had raced to a fourth and was stoked to hear it!

I was much more satisfied with my performance in the elite race than the juniors race, although I hadn't placed as highly. Even having taken seven weeks off the bike, being sore from the Dipsea, being exhausted from my junior year in high school, and without much rest between races, I managed to race hard and aggressively, even though I wasn't able to hang with the front. As I grow and become stronger and more experienced, I will be able to perform much higher and finish better. But that will only come with time, training and experience. This race, I was able to race my own race and at least show myself that I was still strong and able to race after facing plenty of misfortune throughout the whole season. I can't wait to race again in August and finish the season strong.

-Ethan

Sawyer Taylor

9th Place Nevada City Classic Senior Wm. Category 3,4

The night before Nevada City Classic, I was really nervous. This race was going to be the longest criterium I had ever done (fifty minutes). Additionally, I was racing with all categories of women, meaning I would be riding against the pros! On top of this, I was afraid that I might crash and not be able to recover in time for nationals. Lastly, I had been staying at Northstar with a teammate's family for six days, so I had not seen my home or family since Monday. I thought about all this as I cleaned my bike and packed my race day bag.

Because I got a ride with a teammate who was doing the junior race, I got to the course over three and a half hours ahead of time. I rode the course twice with my teammate Emily and then ate a sandwich.

After watching 30 minutes of the junior race, I got a call from my dad saying that he was in town with the stuff that I did not bring but needed for my race. After giving him a hug and telling him happy father's day, I ate something, got my race number, and set up my trainer to warm up. After riding in low zone two for five minutes, I did six minutes in zone three, followed by a two minute pyramid. Then, I spun out for five minutes. By this time, I had 15 minutes before my start, so I use the bathroom and made sure my water bottles were full. Then, I rode one lap with a pro in a Team Luna Bar kit, rolled out, and lined up at the start.

I had the jitters when we started, so I had some trouble clipping in. Pretty soon though, I was riding with a group of cat threes and fours. The first couple of laps were pretty uneventful. Aside from the first two turns (which I had some trouble with on the first few laps), I really liked the course. The climb really broke up the pack, and pretty soon, I was only with three other women. I stayed with these riders for the rest of the race. About halfway through the race, the pro women lapped us. I thought about trying to jump on, but decided not to. We still had about seven laps to go and knew I couldn't hold their pace for that long.

At this point in the race, I was starting to get a hang of the two tricky turns at the bottom of the course. I also started switching wheels between two of the women I was riding with on the climbs and descents. Out of the two of them, one was clearly a

better climber while one was a much stronger descender. With six laps to go, I threw my first water bottle on the sidewalk and rotated my full one to the front.

With only three more laps left, the pro women lapped us again. Again, I thought about jumping on, but didn't think I could hold their pace for the rest of the race. I was too tired, and they were going too fast. Still, when I was on my last lap, I didn't feel like my legs were going to fall off and my lungs were going to explode. On the last climb, I attacked, and got ahead of the group I had been riding with. They passed me on the descent to the finish, however, as they had more gears. I think that if I would've pushed myself a little bit harder on the climb, I would've been able to beat them.

Overall, Nevada City Classic was a great race for me. I felt really good and had an awesome time racing against all categories of women. I think that this race was a great opening race to nationals for me. I will definitely be doing it again next year.
-Sawyer

3. Pescadero Road Race

6/6/15

Pescadero

Ben Cook

16, cat 3

21st Place

Pescadero Road Race

Senior Category 3

Pescadero is one of a few races that I have done for 3 years in a row. It is a hilly and challenging course that seemed good for breakaways. At Mount Hamilton, another hilly road race, I missed the lead move over the top of the climb. But today I was determined to race aggressive and even give it a go to attack at the top of the climbs.

Both times up Haskins Hill, the main climb, I was first and even got a gap of up to a minute on one of the descents, but the flat sections always brought me and my break mates back. On the final few climbs before Haskins, I broke away on the descent and ended up with 30 seconds over the rest of the field with 3 other riders. However, we couldn't hold it until the finish. Blown up from my efforts and caught in the crossfire of attacks on the flat, I was toast before I turned up the climb. I battled in for 20th place, not too bad considering there was still a 50 rider field when we hit the climb, despite the aggressive attacks over the climbs.

I talked to coach and she said she was glad that I was riding strong and could race aggressive in a big field. The wind and flats held me back from a successful break away, but I still showed that I was the strongest climber and descended of the group.
-Ben

4. Burlingame Criterium

6/28/15

Burlingame

Tomas Mitre

6th Place

Burlingame Criterium

Senior Category 4

Having been off the bike since Valley of the Sun in Arizona, I was excited to get back to it and see where I was fitness-wise and how the competition was in the two months since my last race. After training for 2 weeks to build up, I was ready to compete, and I was even able to scout the course the day before to plan out where to attack and where to let everyone else do the work. At the line, the field was nervous, like every cat 4 race, so I decided to stick to the front in order to help mark attacks and stay clear of crashes. This ended up being a great decision because there were about 4 crashes including one on the last time around the hairpin in the middle of the course. I was feeling pretty strong and I wanted to feel out the field so I followed a few strong attacks and managed to sneak by and steal the first prime on the line. After that I tried to stay about 4th or 5th wheel to make sure I was always in a good position to respond or attack. As the race came to its last 5 laps, I could tell that the field was anxious and if I was going to make a move, I would have to be soon. I waited for the next attack to go off the front and then I tried to bridge, unfortunately I got caught in no man's land and just hovered there until two to go when the pace kicked and I had to fight for third wheel. Finally, on the last lap, the guy in front of me over cooked the hairpin and slid out, just barely missing my front wheel and clearing a gap behind me. Two others and I jumped when we noticed the gap and tried to take it all the way, but the pack soon surged and I was pushed to about 8th back. In the sprint I was able to follow a strong wheel and clawed my way to 6th even though I noticed afterward I had another gear to go and possibly could have launched a stronger attack all together. Although I just missed out on an upgrade point, I felt strong and can't wait to continue pressing on and hopefully upgrading to 3's soon.

-Tomas