

Team Swift Race Reports

March 2017

Race Reports for:

1. San Dimas Stage Race
2. Snelling Road Race
3. Cal Cycling Road Race
4. Bariani Road Race
5. Land Park Criterium
6. Red Kite #2
7. Lake Elizabeth Road Race
8. Berkeley Streets Criterium
9. NorCal MTB race #2 & #3

March Top Results:

1 st Place	San Dimas, Overall Sprint	Juniors 15-16	Lucianno Lamperti
1 st Place	San Dimas, Overall KOM	Juniors 15-16	Lucianno Lamperti
1 st Place	San Dimas, Road Race	Juniors 15-16	Lucianno Lamperti
1 st Place	San Dimas, Criterium	Sr. W. Category 3	Sawyer Taylor
1 st Place	Land Park Criterium	Senior Category 3	Lucianno Lamperti
1 st Place	Bariani Road Race	Juniors 15-18	Creighton Gruber
2 nd Place	San Dimas, Criterium	Juniors 15-16	Lucianno Lamperti
2 nd Place	San Dimas, Overall G.C.	Juniors 15-16	Lucianno Lamperti
2 nd Place	Snelling Road Race	Sr W. Category 3	Sawyer Taylor
2 nd Place	Bariani Road Race	Senior Category 3	Gianni Lamperti
3 rd Place	Land Park Criterium	Senior Category 3	Gianni Lamperti
4 th Place	Berkeley Streets Criterium	Pro/1/2/3	Ben Cook
4 th Place	San Dimas, Time Trial	Juniors 15-16	Lucianno Lamperti
4 th Place	Cal cycling Road Race	Juniors 15-18 4/5	Jonas Crean
6 th Place	San Dimas, Criterium	Juniors 15-16	Gianni Lamperti
6 th Place	San Dimas, Time Trial	Juniors 15-16	Gianni Lamperti
6 th Place	San Dimas, Time Trial	Sr. W. Category 3	Sawyer Taylor
6 th Place	San Dimas, Road Race	Sr. W. Category 3	Sawyer Taylor
6 th Place	San Dimas, Overall G.C.	Sr. W. Category 3	Sawyer Taylor
6 th Place	Bariani Road Race	Senior Category 3	Lucianno Lamperti
7 th Place	San Dimas, Overall G.C.	Juniors 15-16	Gianni Lamperti
7 th Place	San Dimas, Criterium	Juniors 15-16	Andrew Mathiesen
7 th Place	Snelling Road Race	Juniors 15-18 4/5	Andrew Mathiesen
7 th Place	Lake Elizabeth Road Race	Senior Category 3	Parker Rous
7 th Place	Norcal MTB #2	JV Girls	Sawyer Taylor
8 th Place	Snelling Road Race	Juniors 15-18 4/5	Jonas Crean
10 th Place	Red kite #2	Senior Category 4	Creighton Gruber
11 th Place	San Dimas, Road Race	Juniors 15-16	Gianni Lamperti
12 th Place	Land Park Criterium	Senior Category 4	Creighton Gruber

12 th Place	NorCal Race #3	Varsity boys	Ben Cook
13 th Place	Bariani Road Race	Senior Category 3	Isaiah Chass
19 th Place	San Dimas, Road Race	Juniors 17-18	Isaiah Chass
19 th Place	Snelling Road Race	Senior Category 4	Creighton Gruber
19 th Place	San Dimas, Time Trial	Juniors 15-16	Andrew Mathiesen
19 th Place	San Dimas, Overall G.C.	Juniors 17-18	Parker Rous
20 th Place	San Dimas, Overall G.C.	Juniors 15-16	Andrew Mathiesen
20 th Place	Land Park Criterium	P123 Women	Sawyer Taylor
21 st Place	San Dimas, Time Trial	Juniors 15-16	Creighton Gruber
21 st Place	San Dimas, Overall G.C.	Juniors 15-16	Creighton Gruber
21 st Place	San Dimas, Time Trial	Juniors 17-18	Parker Rous
22 nd Place	San Dimas, Criterium	Juniors 17-18	Ben Cook
22 nd Place	San Dimas, Overall G.C.	Juniors 17-18	Ben Cook
22 nd Place	San Dimas, Time Trial	Juniors 15-16	Jonas Crean
23 rd Place	San Dimas, Road Race	Juniors 15-16	Andrew Mathiesen
23 rd Place	San Dimas, Time Trial	Juniors 17-18	Isaiah Chass
24 th Place	San Dimas, Road Race	Juniors 17-18	Ben Cook
26 th Place	San Dimas, Road Race	Juniors 15-16	Creighton Gruber
27 th Place	Land Park Criterium	Senior Category 3	Isaiah Chass
27 th Place	San Dimas, Overall G.C.	Juniors 15-16	Jonas Crean
28 th Place	San Dimas, Time Trial	Juniors 17-18	Ben Cook
28 rd Place	San Dimas, Road Race	Juniors 15-16	Jonas Crean
31 st Place	San Dimas, Criterium	Juniors 15-16	Creighton Gruber
35 th Place	San Dimas, Road Race	Juniors 17-18	Parker Rous
38 th Place	San Dimas, Criterium	Juniors 17-18	Isaiah Chass
38 th Place	San Dimas, Overall G.C.	Juniors 17-18	Isaiah Chass
38 th Place	San Dimas, Criterium	Juniors 15-16	Jonas Crean
39 th Place	San Dimas, Criterium	Juniors 17-18	Parker Rous

Rider Race Reports

1. San Dimas Stage Race

3/24-26/17

San Dimas

Luke Lamperti

1 st Place	San Dimas, Overall Sprint Points	Juniors 15-16
1 st Place	San Dimas, Overall KOM Points	Juniors 15-16
1 st Place	San Dimas, Road Race	Juniors 15-16
2 nd Place	San Dimas, Criterium	Juniors 15-16
2 nd Place	San Dimas, Overall G.C.	Juniors 15-16
4 th Place	San Dimas, Time Trial	Juniors 15-16

Stage 1: Time Trial

I have been waiting to roll up to this start ramp after a not so great Valley of the Sun. I was feeling good and ready to roll. I quickly got comfortable not going to hard. When I hit the climb I slowly started to go harder. About half way I was at a hard enough pace I knew I could hold but blow up by the end. I was in a good rhythm until about 1k to go. I started to pick it up and sprinted the last 200. I was completely blown by the top but was confident in my ride. I ended up fourth and was happy with my performance.

Stage 2: Road Race

I knew the road race was going to be crazy. There is a short climb that is the KOM climb. I knew I had to get the sprint points for the time bonus. I was not as interested in the KOM jersey. We started and rolled easy for a while. Then we hit a little cross wind and there were a few attacks. My teammate Gianni was at the front covering the moves so I was sitting about tenth wheel making sure no one important was rolling up the road. After no one getting away it slowed down. It rolled pretty slowly over the first climb. The next lap we had a KOM so everybody was fighting for position. I was near the front going into the climb. When we hit the bottom I was about fourth. I ended up second wheel near the top so I went for it and got it. I knew I needed to sit in because at the finish on the next lap I had to get the time bonus. A few attacks went but were brought back quickly. I talked to Gianni about the sprint and what I wanted him to do. I told him to keep the pace hard from about 500m. I started my sprint pretty early and got the sprint and important time bonus. The next lap there was a KOM. I knew I needed to get this so I could get the jersey. I went into the climb and jumped at the bottom. I got a quick gap and held it to the top. I kept it pretty hard over the top. When a group got to me there were only 15 riders. I wanted to keep it hard so we had a small sprint. I was keeping the pace high in the front. Then some other riders pulled through. Our group stayed away. In the last 3k we slowed down. My teammate quickly got on the front and started pulling. He kept it fast until about 1k and then a rider jumped. I got on him as he rolled in then we slowed down. Gianni came back around and jumped, I jumped around him. I got a small gap and held it to the line. I was super happy to take the win and I couldn't thank Gianni enough for the help.

Stage 3: Criterium

I was in the green jersey going into the crit. I had to keep that and move into top 3. I knew it was going to be tough but it could be done. I got a call up so I was on the front at the start. Right at the gun my teammate attacked. Everybody quickly got on but it made the race start fast. There were a lot of early attacks and primes but Gianni was at the front to cover them. Then we got settled in and rolled easier for a few laps. Before I knew it they rang the bell for the hotspot. This was important for me because I needed the time and if I got it I had the green jersey secured. On the back side my teammate Creighton jumped making other teams chase. This was really helpful for me. Once he was pulled back we were at the top. Right before the last corner Gianni jumped and I sat on his wheel through the last corner and then I jumped and

got the sprint. There were a lot of moves right after that. I had to pull some back and be on most of them. After that I talked to Gianni and we decided to try the same plan for the finish. I knew it was important to stay in good position to be safe and be on moves. With 2 to go we were at the front and ready. We were on any moves that went. On the last alp the pace was high and we were up there. On the straight before the last corner I was on Gianni's wheel. He got on the front and hit it hard. Right out of the last corner I jumped. one rider got around me and I ended up second on the day. I also moved to 2nd in GC and took home the Green and Polka-dot jersey. I had a great year at San Dimas and look forward to more.

-Luke

Gianni Lamperti

6 th Place	San Dimas, Criterium	Juniors 15-16
6 th Place	San Dimas, Time Trial	Juniors 15-16
7 th Place	San Dimas, Overall G.C.	Juniors 15-16
11 th Place	San Dimas, Road Race	Juniors 15-16

Stage 1: Time Trial

This year we started an hour earlier than we usually do. It was weird to roll to the start line with a jacket on rather than an ice sock in your back. I started out at a really good pace, around high tempo on the flats at the base of the climb. Once I started up the base, I looked down at my power and I was doing higher than I expected, but still reasonable. As I saw the 4k to go sign I started to pick it up a little because at this point I thought I was holding back a little too much. At 1k I knew I messed up and when I saw the sign and I opened it all the way to the line. I took it as a learning experience and got ready for the Road Race the next day.

Stage 2: Road Race

Starting the road race I was ready with the plan. First off, we had to get both of the KOM's as well as the hotspot sprint. Not only did we have to do that, but we had to win as well. I got to the start a little late as I had a few mechanical problems before lining up. The neutral race support was awesome and got my shifting dialed in and my teammate Creighton let me in towards the front. It started out at a good tempo and nobody in particular was driving the pace. Coming into the second lap, it was a KOM lap and kids started to get a little excited. About halfway through the lap the Canadian rider in second overall GC started riding pretty aggressive. I was on him immediately and we caught him coming over the top of the feed zone. Another rider countered and got about 10 seconds on us. He held it there until we came to the Water Park entrance and I knew I had to get to him before we got to the bottom of the climb. I pulled him back pretty quickly and we got to him right at the bottom. The Canadian rider attacked at the bottom and Luke was right on him. I stayed towards the front, and heard over the speakers that Luke had got the KOM.

On the next lap it was a sprint lap and by this time people knew that I was going to be covering pretty much everything so when people would jump, people would wait

for me to chase. Coming into the hotspot I kept it really fast on the front and Luke came around me to win it. The next lap was another KOM and I kept it fast through the bottom and Luke got it over the top. The race leader was a couple seconds back, so the Canadian kid attacked over the top and tried to get a gap. He split the field but didn't go anywhere. The front group was now pretty small coming into the final lap. It stayed tempo until about 2k from the finish when the Canadian attacked once again trying to get some time. I got off with him and we got about 5 seconds. Although he sat up and wanted me to pull through, but obviously I wasn't going to give him time from my brother. The small group caught us and I got on the back, a little tired from just doing that effort. After I recovered for about 20 seconds, the pace slowed down a little. I went to the front and pulled all the way to the line to keep it as fast as I could to the line. They came around me with a couple hundred meters to go and Luke got the win. We achieved exactly what we went in for and also took 3rd overall.

Stage 3: Criterium

At the start of the crit, I did not get a call up, but I made my way to the front line. I jumped hard off the gun because I got clipped in super fast and decided I might as well. Kids were really aggressive and I knew I would once again be covering everything. I stayed on the front and kept it as fast as I could, although people were attacking all over the place. About 20 mins in there was a prime and I decided to go for it as I knew the hotspot would probably be on the next lap. I got it and sure enough they rang the bell for a hotspot. I stayed at the front and about halfway down the back straight I got on the front and drilled it to the last corner. I was first into the corner and Luke jumped out getting it. I stayed pretty aggressive until the final lap where I once again drilled it into the last corner, but this time from a little farther out. I came into it first and Luke jumped out. Another rider came past him and barely to take the win. He moved up to second overall and got a stage win. Overall, it was a good weekend of racing.

-Gianni

Creighton Gruber

21 st Place	San Dimas, Time Trial	Juniors 15-16
21 st Place	San Dimas, Overall G.C.	Juniors 15-16
26 th Place	San Dimas, Road Race	Juniors 15-16
31 st Place	San Dimas, Criterium	Juniors 15-16

Stage 1: Time Trial

I woke up with butterflies in my stomach. I was very nervous. I got on the trainer and got a good warm up in. When I pulled up to the start line I was still nervous. But when I got rolling it all went away. The week before the race on a power test I started out too hard, so I made sure I didn't go out too hardy in the race. I kept my pace at threshold, but when I got to 2k to go I realized I had too much in my tank. From there on I went as hard as I could, but I was not able to make up all the time I

lost. When I got to the end I knew I didn't pace myself well, but not going too hard, I went too easy.

Stage 2: Road Race

We started off in a neutral roll out until the first corner, from there on the race is on. I didn't get a warm-up because of long lines and roll out, so when the first attacks happened I had to hang on the back. Eventually I had opened up and I started to make my way towards the front. When I got to the front, it was the KOM climb and Luke attacked and I had trouble accelerating that fast so I fell back in the pack. The race slowed down a bit and I made my way to the front. On the feed climb we were neutralized to let another field pass. After not clipping into my pedal I was in the back of the pack. I made the mistake of not being aggressive enough to move up in the pack even though I knew this was the final KOM climb. When Luke attacked on the KOM climb, a split in the field was created so I stayed in the pack to finish with the chase group.

Stage 3: Criterium

Because I forgot to do roll-out I ended up being in the back of the pack. When the crit started it was super fast and I could not move up. All I could do was hang on the back. When my Garmin said we were 17 minutes into the race I knew I had to move up. I sprinted the whole lap to get up to the front. That next lap the bell was rung. When we turned onto the hill I attacked as hard as I could and I didn't stop until I reached the top. But then I had nothing left so I was barely able to hang on the back. With 10 minutes left to go the pack let up a little bit so I then started to move up. After a few laps of trying to move up but not being successful because of attacks, I sat towards the back. When the final lap came around I was nowhere where I could be a help to the team. I finished the race towards the back but learned a lot.

-Creighton

Andrew Mathiesen

7 th Place	San Dimas, Criterium	Juniors 15-16
19 th Place	San Dimas, Time Trial	Juniors 15-16
20 th Place	San Dimas, Overall G.C.	Juniors 15-16
23 rd Place	San Dimas, Road Race	Juniors 15-16

Stage 1: Time Trial

I came into the first stage, the time trial wanting to get a time under twenty minutes because it was my first uphill time trial. I felt like I did not push myself the way I wanted to. In the beginning of the race, I think I sprinted too hard when I started and I had to recover before I could push again. In the race I could not catch the guy in front of me but was really close towards the finish. In the race I thought I should have gotten up on the pedals more and stay in my drops more so I could be more aero. I thought standing up, could have made me a little faster.

Stage 2: Road Race

In the road race, I underestimated how fast it was going to be. In the race I had trouble on the climbs in the race because they were so small that the really strong guys could sprint over them. On the first lap, I stayed towards the very front which was not the greatest idea because it hurt me later in the race. On the second lap, I moved to mid pack and stayed there until halfway through the third lap when the official stopped our field and as that happened, people swarmed to get to the front and I fell to the back. After five minutes of waiting, the official let us go and I tried to get in good positioning for the next and hardest climb. The climb had a KOM sprint and so it was one of the fastest times. I got dropped right at the end of the climb, and I was in a group with my teammate and nine other kids. As we came off of the climb my teammate was pulling and I was right behind him. My legs were super tight at that point in time. As he was pulling, he was slowly brought them back. When he decided he wanted to stop he flicked his arm and did not pull off and kept his same speed as before. I could not pull around at that point because I was barely staying with him and my legs were super tight. When he was almost done he finally pulled off and I started my pull. We stayed in seeing distance with the front group but they were too far way. They were also going so fast that we could not catch them no matter how hard we tried. So we worked together and came out coming one minute and a little more behind the front group. I thought that I did okay in this race and thought that I should have gotten towards the front when they stopped our group.

Stage 3: Criterium

I got up in the morning feeling, good and ready to place good in the crit. I started the race in the back which was a bad choice. As I moved up to the front I saw some sketchy stuff during the race. When I got to twelfth wheel and I stayed there until the second to last lap. I moved up close to the front and was ready for the finish. On the last lap, I was 8th wheel and kept it to the finishing straight away. On the last stretch someone crashed right next to me and as that happened people had to swerve and I easily got seventh in the race. I think I should have started the race in the front and move up to get good positioning at least three laps before the finish.

-Andrew

Jonas Crean

22 nd Place	San Dimas, Time Trial	Juniors 15-16
27 th Place	San Dimas, Overall G.C.	Juniors 15-16
28 rd Place	San Dimas, Road Race	Juniors 15-16
38 th Place	San Dimas, Criterium	Juniors 15-16

Stage 1: Time Trial

I was super excited for San Dimas and to race with the best junior racers in the country! Once I got to LA I rode over with the team to pre-ride the TT course. Riding up I took note of some things to look out for in the next day's TT. The morning of the

race I arrived early because I was the 4th person off. I did a long TT warm up and felt pretty good. After rollout I lined up and tried to contain my nerves. Before I knew it I was clipped in, being counted down to start. "5,4,3,2,1, Start!". I jumped on the pedals and shot off the block. I kinda held back until the climb and then I was just going all out. Around the middle of the climb two guys passed me but I tried not to let that demoralize me. I started reaffirming when I passed the three guys who started in front of me. With about a mile to go I began getting on top of the pedals and I finished strong. My time was 19:39, which was a decent sub-twenty time and I also secured a middle place on GC. I felt pretty good and was looking forward to the road race. Right after the 17-18s finished their TT, we rolled out to preview the road race course.

Stage 2: Road Race

After warming up, I rolled to the start and wondered what to expect. This 7 mile loop was continuous stretch of roller and then one really punchy KOM hill. I knew it was going to be fast. Right out of the gate our people were attacking, and we were going really fast. We hit the feed hill and there were more attacks. I got out of the saddle and pushed over the hill. We flew over some more rollers, and then down a short bumpy descent, and BOOM we hit the KOM hill. The first part of the hill is really steep, but since everyone is going so fast, it's not so hard. After a short false flat everyone starts spinning up the steep final punch to the top. Everyone gets back together on the dam and this pattern repeats itself over the next two laps, albeit a little bit faster on the KOM lap. On the fourth lap everything blew up. It was the 2nd KOM lap, and many people were close to losing it. I unfortunately had bad positioning on this lap, and was caught behind someone whose chain slipped on the hill. I swerved around him, but this cost me at least 5 seconds, but it was more than enough to separate me from the pack. I was working really hard to catch up, but up ahead the field had split, with Luke and all the GC contenders drilling it on the front while they dropped other riders like Creighton and Andrew. A few guys and I started working together to make it inside the time cut and limit time losses. I was doing the majority of the work, alongside a rider from Frazier Cycling. After the final climb I looked back and saw that we had rode the other guys off our wheel. We came down the final strait making pretty good time. The other guy tried to sprint at the end, but I beat him easily, and finished the hardest road race of my life 28th. I found out with relief that I had only lost two minutes or so. I was definitely bummed about my mishap on the KOM, but I know that I will be back next year much stronger.

Stage 3: Criterium

After previewing the course the previous day, I warmed up and groaned at how sore my legs were. This was going to be a hard race. Right at the start the pace was fast. I knew that it was bad for me because I was really feeling the accordion effect. On top of it, I just wasn't sprinting well that day and could feel my back tire spinning. The laps were fast and aggressive, with everyone taking the corners easier and sprinting to catch up. With twenty to go it was the sprint lap, and Creighton made a strong attack on the small hill to help Luke and Gianni out. The sprint was fast and Luke took the

points, sealing his second jersey win. The next 20 minutes was a blur as I barely hung on and tried to position myself a little better. I moved up a few places of the second to last lap but finally was dropped off the back in the straightaway, finishing just behind Creighton. Luke, Gianni and Andrew all had strong finishes in the top ten. I had a pretty bad race but it made me very determined to come back stronger. I also learned a lot in San Dimas about what I need to improve on.

-Jonas

Ben Cook

22 nd Place	San Dimas, Criterium	Juniors 17-18
22 nd Place	San Dimas, Overall G.C.	Juniors 17-18
24 th Place	San Dimas, Road Race	Juniors 17-18
28 th Place	San Dimas, Time Trial	Juniors 17-18

Stage 1: Time Trial

After a great criterium at Berkeley the week before I was coming into San Dimas feeling strong and excited for the weekend to come. The time trial would be the same course as every year, a 4.2 mile uphill climb at 4-5% grade on the hot and exposed Glendora Mountain road. I drove over to the start, which was close to our hotel, at about 9:30 to set up for my 11:45 start time. It was a tough course for me, and my time throughout the past years had been fairly consistent. This year I was hoping to improve upon last year, a 17:55 which put me in the top 30. After a good warm-up on the trainer with my teammates Parker, Isaiah and Chase, I rolled over to the start line and had my last Clif Shot before the start. At 11:45 it was already heating up on the course.

The official counted me down from 5 and I got ready for a hard start. Out on course I found myself keeping a high cadence and feeling very steady. The first 2k was all in the big chainring and my power was higher than normal. I held pace for the next 5 minutes, but nearing the top I felt myself losing power. The last 2k was extremely tough, but I still felt myself losing time from my pace at the bottom. I finished in as strong as I could, and ended up with the exact same time as the year before. I met Parker at the top to find that he had done a 17:35, an amazing time and a big improvement for him over last year.

We grabbed some water at the top and rolled down to the start together, I was bummed with my time but happy that I didn't lose any from last year like at Valley of the Sun. We drove back to the hotel, changed kits and got ready for a short recon of the road race course.

Stage 2: Race Road Race

It was a freezing and dark morning when the team rolled out for the morning's road race on Saturday. The women's cat 3's started at 7:50, the 15-16's at 7:55, and 17-18's at 8:00am. We rolled along the finishing stretch, each rider doing their jumps to warm up one by one. Finally we dropped off our extra clothes and headed to the start line as a team. Our 17-18's field took off at the whistle, and we rolled along in

neutral for the first few hundred meters until we crossed the finish line, starting our first of 6 laps, totally 42 miles. With a few small punches and lots of open flat sections the race would total just over an hour and a half.

The first lap was fairly tame as Isaiah, Parker and I got adjust into the front of the field. There wasn't much to do besides stay attentive, and Isaiah rode the furthest forward of all of us. We were two laps in when a few riders started making moves, but only in one's or two's at a time. A HotTubes and a Lux were off the front, when I saw Specialized's Zach Gottesman and Sean McElroy leading the descent into Heckler Hill, the course's steepest and narrowest punch that also served as a KOM. I made it over the climb and cranked on the pedals to try to move up, but had no way of gaining position since I was already too far back at the bottom. Coming around a sharp downhill turn after the climb, I suddenly saw Sean and another Lux rider off the front, with no way to reach them. The break rolled away as I struggled to stay in the front of the field with Parker and Isaiah.

The next few laps were fairly tame, and with the Hottubes rider out due to a mechanical, there were four riders up the road, giving a chance for 5th place. We had made the mistake of not designating a rider the night before for the finish, so the last lap came in a bit of a frenzy for the team. I moved into the top 20 and stayed safe over the last climb, and when we came down for the sprint, Hottubes pulled the field along on the front. The pace was at a tempo but not hard enough to string out the field, and with 1k to go I realized I was sitting much too far back. I grabbed Isaiah on my wheel and we began to move along the right side, but I couldn't come around anybody else, and he had to go through the field to try to make it to the front. After moving along the right at around 1k I had nothing left, and finished with the pack, and Isaiah couldn't move himself much further up.

Despite finishing safely with the field, I think we made two critical mistakes today. The first was not designating a protected rider, which is crucial in such a technical and fast race. The second was missing the break away. While a top 5 or top 10 finish could have been great, waiting until the field sprint and reducing our chances by 4 places was not a safe bet. Last year I placed 7th at this same race, in the same category, out of a field sprint, and this year I tried to repeat my luck using the same tactics. I didn't take into account that I've gotten stronger since then and have more chances to race aggressively, and I didn't think much about the threat of a break away, and how that would affect the speed and style of the field sprint (last year's was very strung out due to no riders up the road and multiple crashes in the last few kilometers). Overall it was a safe but frustrating day out at San Dimas, and looking back, I can only say that I wish I had raced more aggressively. There were plenty of opportunities to go off the front or try to breakaway, and in a slower and more bunched up race that tends to be the best bet. I spun back to the hotel with my teammate Sawyer; taking with me lessons in race strategy and leadership that I'm glad I could relearn.

Stage 3: Criterium

It was a cold and early morning when my dad and I woke up for the crit in our hotel room. It would be more oatmeal from a cup, sausage in the microwave, and eggs in the pan for breakfast before 6am today. My race was at 7:45am, and with a light cloud cover, it would hardly be considered daytime by the time we would be lining up. The 15-16's started even earlier, racing for 40 minutes before our race. As it turns out, Luke would have gotten 2nd in his race before I typically woke up for school. Nevertheless (and never the lack of sleep), I kitted up and headed out front of the hotel to meet Parker and Isaiah at 6:30 to roll over to the course. We would spin on over then ride a few laps of the course to get adjusted to it with the barriers. After spinning we would jump on the trainers around 7am and warm up until 7:30, then finally roll to the start line shortly after. The plan for the day was to take some revenge for yesterday's mistakes. We raced passively as individuals and as a team, and today we intended to be as aggressive as possible, whether or not it led us to a strong finish. And yes, we would be racing for the first corner.

After following the above pre-plan to the best of our abilities, Isaiah, Parker, and I took off our extra layers and strutted over to the staging area. I found myself a spot on the left side of the already gathering crowd and wound up in the front row. Isaiah and I cheered as Luke came storming down the finishing stretch, and sighed as he narrowly missed out on the win. Five riders were called up ahead of me, but they soon took off to the line. Then our field followed, and I sprinted into position and found myself in the front row on the left side of the field. The official gave us our instructions for the start of the race; the tone in his voice suggested he knew he was talking to 50 hot headed juniors who had a little too much built up aggression. The good news was that Isaiah, who was also on the front row, and I were certainly not lacking in any of that. The official stepped aside and the famous Dave Towle boomed over the microphone, counting us down from 5. I placed my hands on the drops and picked my foot up.

The whistle blew and Isaiah took off like a horse out of the starting gates. I tailed behind as he lead into the first corner, and I rounded near the top 5. We came out of the next two curves a bit slowly, so I jumped from 7th or 8th wheel and took off up the course's only hill. I had little gap but a rider quickly countered me and I hopped on. We didn't stick, but I was in the front and willing to go again. I slotted back in the top 10 and moved my way around the field as needed. One of the goals of today was to take penance for yesterday and race the aggressive race we needed to, and another was to show ourselves as capable to the field. I already felt like I could move myself around more comfortably than yesterday, and I stayed put in top ten without issues. At the top of the hill I attacked again and got a gap that lasted me a bit of a ways down the hill with another rider. Splits of four or five riders formed frequently, and I made sure to either start them or somehow get in them every time.

Lux held the leader's jersey by just four seconds to a HotTubes rider in second. HotTubes attacked frequently and Lux would often send a rider lower down on GC to sit on his wheel. At one point Matteo, the Hot Tubes rider, was off the front with Lux sitting on his wheel, while the rest of the Lux team chased him down to try to protect the leader's jersey. I jumped to get up to the move. "Ben! Let Lux chase! Don't go!"

Yelled a rider from behind me. It was Simon from HotTubes, one of my former Europe teammates (as was Matteo). He was right, but I should have jumped anyways to make my own way to the move. I wasn't wrapped up in GC, so I shouldn't have worried about what he said. I sat back down and missed the move. The two came back and I took off on the start finish stretch of the next lap. I held a gap solo for about half a lap when Simon bridged up to me. He shot right by me, and he stayed away for another half a lap, but eventually we were both brought back in. At this point it was four to go. On the hill with three to go I found Isaiah and told him to go off the front, no matter how hard it was. He jumped and had a gap with a few others until the start of the next lap, and I even tried to stop the chase a bit, but they couldn't hold on. I jumped hard again at two to go for the sake of it, so I could move up and hopefully help set up Isaiah, but didn't get too much gap. I came around for the last lap really hurting, but I intended to go as hard as I could all the way into the finish. I tried everything to move up on the last uphill but got gapped off on the downhill. I sprinted as hard as I could into the finish, but I was in no position for a placing.

I crossed the line extremely satisfied with the race I had led, whether or not it gave me a result. It felt great to get out and really race, and give it everything I had for as long as I could. And as a bonus, I knew that I had helped rename myself in the field like I used to be known, so I would have more confidence coming into the next race in this field.

-Ben

Parker Rous

19 th Place	San Dimas, Overall G.C.	Juniors 17-18
21 st Place	San Dimas, Time Trial	Juniors 17-18
35 th Place	San Dimas, Road Race	Juniors 17-18
39 th Place	San Dimas, Criterium	Juniors 17-18

Stage 1: Time Trial

San Dimas and I go way back from my first year as a 15/16 to my last year of 17/18. I am very familiar with this time trial course and have in previous years put up fairly fast times. This year was different however; I had a set goal to hear a 17:35. This is about 30 seconds faster than my PR of the mountain but there was no doubt in my mind that I could do it. I went in to this race with good form and proper motivation. My start time was in the afternoon which meant potential wind. This plays into my favor as I train in the wind all the time back home in Bakersfield, usually riding solo after school on a daily basis. As my start time neared I had an hour and a half schedule leading up to my start where I had everything that I needed to do to prepare. After a very solid warm up that I was happy with I strolled on over to the start and waited in line for a few minutes until it was my turn to go. As soon as I was released from the start I quickly got up to speed seeing as the first part of the course is about half a mile that's flat and I knew that it was crucial to pick up speed on this portion. As the climb started I was able to break it up into sections and took them one by one. On the steepest sections I tried to click up a few gears and stand, and on the flatter sections I

tried to grind the gear while staying as aerodynamic as I could. Although I started out pretty fast I do not believe it was too fast and I still had a kick towards the end. When I crossed the line my Garmin read 17:36. I was very satisfied with this time, seeing as it is very close to my target time. It was good enough to put me in 21st place. Although 10 seconds faster would have put me in 15th place, I knew I have it everything and it set me up well for the following days.

Stage 2: Road Race

The San Dimas Road Race course is mostly flat with a few necessary climbs to break up the groups. Don't let this fool you however, with an extremely fast group of juniors it is still a very hard race to even stay in the main group. Last year as a 17-year-old I was able to do it so I was hoping being a year older and having more experience I would be able to do it again and hopefully this time come out with a decent result for either myself or for a teammate. The first few laps were fast as usual as people were still getting their legs back from yesterday's time trial. As the laps started dragging on, the pace began to pick up a little bit more each time making it harder for people to stay on and reducing the size of the group. Looking around I could see that two of my teammates were still in the lead group with me; Ben and Isaiah. They both were looking strong so I knew this was going to be a good race for us as we entered the final few laps. This year the road race was fairly safe as only a few people crashed. Very fortunate for me considering last year I had the biggest crash of my life in this race where I broke a bike and three of my teeth out. Going into a few laps to go there was a break all ready established and there was no way that by ourselves we were able to bring it back. This meant that jockeying for position going into the main climb was going to be crucial as splits it could be made there in the closing laps. We had good positions on the climb but nothing went. Going into the last lap the pace lowered and then began the surge which is typical of junior racing. Going up the feed zone hill for the last time the pace was high but safe because no one was taking bottles on the last lap. Heading on to the final climb it became obvious that anything that was going to go late would go there, nothing did however. When we were going to the final straight riders fanned out across the road which would have been an ideal time to attack because no one was willing to do any work. However I hesitated and by a lack of communication my teammates and I were separated. This is never good especially in a group sprint. As we rolled across the line not Ben, Isaiah or I got a placing that we were happy with. We should've communicated more and had a better plan for racing. Next time will be better.

Stage 3: Criterium

Having been disappointed with our road race finishes Ben, Isaiah and I were ready to race the crit aggressively. I was not able to get a front row start but Ben and Isaiah were. Isaiah took off into the first corner and I believe got the whole shot. This is impressive considering the people that were lined up against us. As it always does in a crit, it took me a few laps to get used to the speed and the cornering before I was able to start moving up to help my teammates. Once up towards the front of the group I

was able to throw in one attack that didn't get more than a few meters advantage before some of the big teams brought it back. Because of the podium situation and the small gap that separated first and second in general classification it was going to be a fast race with no breakaways. This led to Ben, Isaiah and I riding mostly on the wheels of others throughout the race while trying to maintain good position in the hopes that we could capitalize on a hot spot sprint. As the laps started winding down it became obvious that it was going to be a group sprint. With a few laps to go I started to get myself into any sort of position I could towards the front of the field. Going into the final lap I was midway up the group and looking to move further. As a train of riders started going on my left side on the backstretch portion of the course I jumped onto their wheels but because of a crash up around one of the final corners I had to swing wide and hit my brakes this slowed any sort of forward momentum I had and I started to drift back. I know I should've been up in a better position with more time left in the race but with all the jostling for position I could not keep it. I did not want to crash in the final corner of the stage race and because there was very little chance of me making it up to the front of the group I decided to ride the back of the wheels into the finish. This was a disappointing placing but a fun race to be in and definitely more fun than the previous days' road race since we actually raced today.
-Parker

Isaiah Chass

19 th Place	San Dimas, Road Race	Juniors 17-18
23 rd Place	San Dimas, Time Trial	Juniors 17-18
38 th Place	San Dimas, Criterium	Juniors 17-18
38 th Place	San Dimas, Overall G.C.	Juniors 17-18

Stage 1: Time Trial

The San Dimas Stage Race time trial is always really hard, but it is fun to do an uphill time trial, because it is the only race that I have done that has one. At the starting house I was ready to get going, so when the official counted my down from five I was ready to start sprinting up to speed. When the official said go, I got up to speed as quickly as possible even if it would make my heart rate go up too much. At the last time trial that I did, at Chico Stage Race, I took way too long to get up to speed and I knew I couldn't afford to do that again. I was watching my power quite a bit at the beginning, which I shouldn't have done so much, but I was slowly picking up my power to the left hand corner where the climb starts. On the climb, I kept it steady and caught my one-minute rider pretty quickly. My power stayed consistent for the first couple kilometers and I made sure to stay focused. I ramped up my power and with two kilometers to go I was really hurting. I knew I needed to stay focused and keep pushing. When I saw one kilometer to go, it was full gas to the finish. I picked up my pace around the last few corners and before I knew it I was on the finishing straight to the finish. Within a hundred meters to the line I stood up and gave it everything I had.

Stage 2: Road Race

The road race is a super fun course that has a few punchy climbs that suited me well. It started off neutral until we got onto course where we would be doing six laps. When the race started on course, someone attacked right away and we were ripping on the second straightaway. It went hard to the feed zone climb and I kept myself close to the front. I knew it would ease up after the first few laps so I just needed to stay as close to the front as possible. It is almost like a race inside itself for the first lap until everyone gets settled in. On the second lap there was a KOM sprint on 'heckler hill' so I figured that the field would split up coming into it. It was hard over the feed zone but I was feeling good so I just wanted to not get caught out. We weren't aggressive throughout the race, so we pretty much just rode the race and followed. There was a break up the road with riders from every team, so it was almost a sure win for the breakaway. I missed an attack that bridged up to the break and I should've been on it. On the last lap, it stayed together over the feed zone roller, and then went hard down the hill to 'heckler hill'. Going over heckler hill was fast but it went way harder going over the top in the crosswinds going across the dam. The field was strung out going over the dam and then it came back together in the next corner. Coming out of the next corner everyone sprinted hard and it was splitting up. I moved up a bunch when it slowed up, but I was in the middle so I couldn't decide which side to come around on. On the final straight I didn't want to get caught behind riders so I came around the right side in the wind. I had to jump a little too early so I was able to come around a bunch of riders but I couldn't hold it to the line in the last hundred meters.

Stage 3: Criterium

I started in the first row, so when the whistle blew, I hit it hard into the first corner. The field came around me into the third corner and I drifted back in the field. It went really hard for the next half of the race and I couldn't really stay close to the front. My teammate Ben was doing a good job being aggressive, so when it finally started to slow up a bit I took the opportunity to get to the front and start being aggressive. I followed a couple moves and made some attacks in the last quarter of the race. I was in pretty good position coming towards the end of the race, and like Coach told us, after being aggressive they will let you stay near the front. With two laps to go a rider was off the front, and he bridged up to the break in the road race, so I thought that if I could get up to him we might be able to stick it. I jumped hard on the finishing straight but it wasn't clean enough and I ended up just pulling the whole field behind me. It went super hard on the next half lap to catch the rider off the front, and I wasn't in great position. On the last lap on the downhill section I should've jumped hard into the corner anticipating everyone trying to move up, but I didn't and I got pushed backed. I was in terrible position coming out of the corner but I sprinted to the line to try to make up a few more places.

-Isaiah

Sawyer Taylor

1st Place San Dimas, Criterium Sr. W. Category 3

6 th Place	San Dimas, Time Trial	Sr. W. Category 3
6 th Place	San Dimas, Road Race	Sr. W. Category
6 th Place	San Dimas, Overall G.C.	Sr. W. Category 3

Stage 1: Time Trial

After taking 3rd in GC in 2016, I knew that this was a race I could do super well in. In fact, it was the first TT I actually did pretty well in. After doing a perfect practice TT the previous weekend, I was hoping for a top three to set me up to really be a contender for GC. After warming up, I rolled to the line. My legs didn't feel great and I just felt tired. But when I pushed out onto the course after the whistle blew, I hammered it to the base of the climb. However, once I started climbing I just felt like I wasn't able to put out power. I tried not to stare at my computer but my heart rate would not go up. I never got passed but passed quite a few people. I got to the top with an alright time that wasn't too different than what I got last year despite being so much stronger this year. I was needless to say very frustrated but knew I could still get a stage win.

Stage 2: Road Race

With such a strong field in such a short race, I knew this was going to be a fast one. I rode to the course with the team for my 7:50 start and warmed up on the course before rolling to the line. With only 28 miles of racing, I wouldn't be taking a feed so I had two bottles and some food but not a lot. Although it is a pretty technical course, I had raced it in 2016 and pre-rode with the team the day before so I knew it well. I knew that this could be a good race for me if I felt good and raced well.

The first lap was pretty relaxed. There were a few attacks but everything was brought back together as we crossed the line going into the second lap. I didn't feel great. Again, my legs felt pretty heavy and I just felt tired. I knew that if I wanted to get on the podium I would have to conserve what I had. Our second lap was a QOM lap. I knew how hard the sprint would be but also knew if I was with the leaders I wouldn't have to fight super hard just to get back onto the lead group on the top of the dam. I moved up on the descent before the turn leading to the hill so that I was third wheel. When someone came around the outside and went for it, I was able to grab a wheel and hold on for most of the climb but lost it going over the top. I let one of the bigger teams chase me back onto the group of 4 off the front and we were back together before the turn onto the last section before the finish. No one wanted the break to work enough so everything was back together pretty quickly.

Our next lap was our hotspot sprint. This was definitely something I wanted to go for as it would be good practice for the finish itself on the following lap. I stayed in the upper third of the pack for the entire third lap in case something went. Zoe Ta-Perez (the crit national champion, the winner of the QOM sprint, and the girl ahead of me in GC) tried to get off the front with Swamis kids. They actually got a gap about a third of the way into the lap but the group brought them back. Coming into the finish, I was feeling pretty good. I was somewhere around fifth wheel going into the finish. While that's not where I wanted to be, I was able to take fourth.

I wasn't feeling as good as I wanted to going into the last lap but knew that I still had a shot at the podium if I had the right position for my finish. I stayed in the top third for most of the last lap. Coming over the QOM hill I was fifth wheel and I held my position on the dam. I ended up dropping farther back on the hill before the finish straight. Going over the bridge before the finish, I was not where I wanted to be. Coming off the bridge, someone attacked on the left side and I grabbed her wheel. With 1k to go, she kind of just peeled off and I was stuck on the left side between the rail and racers to either side. I ended up being boxed in the same place as I was last year and wasn't able to sprint the way I know I can. I finished in 6th which was definitely not the result I wanted. However, I knew there was still the crit. I was coming away from this weekend with podium in something and I still had a chance to do just that.

Stage 3: Criterium

After watching the end of the 15-16 boys' race and the 17-18 boys' entire race, it was finally my turn. I said goodbye to everyone who was leaving before hopping on my trainer. I then finished my warm up on the road. This was one of my favorite races last year and I was really looking forward to how I would do. I rolled to the line with time to spare and got a good spot in second row for the start. The whistle blew and we were off!

My race started off fast and stayed fast. I stayed in the top third for the first few laps and really focused on keeping a high cadence. I was spinning at around 110 on the backside of the course on the hill and in between the first three corners. This definitely helped me a lot and kept my legs really fresh. Pretty soon, the announcer said it was time for our hotspot sprint. I came around the last corner in third wheel and inched out second at the line. I knew if I rode my finish just like that, I could take the win. I didn't go for any more primes between the hotspot and the finish. I did stay in the upper third for the whole time and conserved as much energy as possible. Going into the last lap, there was a huge acceleration and I lost my spot. On the backside, I moved up as much as I could but still came around the last corner in fifth wheel. The girl to my left dropped her chain and swerved just after I sprinted past her. I drilled it to the line and barely took the win. I threw an arm in the air and cheered. And of course, my dad caught it all on video.

I knew I could do well at San Dimas but I never would have expected a win in the crit. I am needless to say super grateful of all the people who made not just my win but all of San Dimas possible! Until next year, San Dimas Stage Race!

-Sawyer

2. Snelling Road Race

3/4/17

Snelling

Sawyer Taylor

2nd Place Snelling Road Race

Senior W. Category 3

As I stood in the feed zone at 9:00 in the morning trying to figure out how to distribute four water bottles to four different people, I took in the course I would be racing on in less than four hours. It was rolling with no big climbs although the finish straight was uphill 500 meters or so after a sharp right hand turn. My race was around 50 miles, and although my fitness still wasn't where it had been before my January crash, I knew this was a race I could do super well in and was really to have a blast racing through the almond trees on this awesome course.

Before I knew it, it was time to warm up. I had spun in the morning on rollers so my legs wouldn't lock up after the long drive to the course. I warmed up on the road and rolled to the line with a few minutes to spare before starting my race. After the neutral section, the pace picked up. There were no major attacks on the first lap or so. I really paid attention to the sketchier parts on the course. There was one bridge we crossed that was covered in massive potholes. I knew what line to take and where to jump if I couldn't get that line. On the back side of the course going into our third lap, the attacks started coming. One racer got off the front for a while but I just stayed in the draft and let the bigger teams bring back any gaps that formed. While this was not a course that favored breaks, I tried to stay in the top third in case something did go.

Anyone who has done Snelling before probably knows about the beehives on the backside of the course. I did not. So when a bee climbed into my glasses on the end of our second lap, I was needless to say not expecting it. Instead of letting the bee sting me on the eyelid, I tore off my glasses and smacked the bee into my face where it proceeded to sting me on the cheek. Several minutes later, another bee stung me on the arm. Being slightly preoccupied with my bee problem, I did not see any attacks go and did not try to counter anything. Luckily, everything was brought back together for the last lap. Aside from my bee problem, I felt really good. I knew that if I had the right position going into the finish, I definitely had a shot at the podium.

All of the last lap, I stayed in the upper fourth of the pack. If something went, I was going with it. One of the SheSpoke ladies went really hard on the roller after the bridge and I grabbed her wheel. It didn't stick but it did put me in a good spot to get into position for the finish. Coming around the last corner, I was fourth wheel which was a little farther back than where I wanted to be but still really good. I stayed in the saddle and then put out a massive acceleration on the flat section. With 200 meters to go, it was neck and neck between me and Casey Mayers. She got me at the line and I took second.

While I'm needless to say not disappointed with my result from this race, I know I could have taken the win had I maybe been third wheel around the last corner or have jumped a little earlier. This is a race I definitely want to do again so this is definitely something I'll do next year!

-Sawyer

Andrew Mathiesen

7th Place

Snelling Road Race

Juniors Category 15-18 4/5

This was my first race in the 15-18 category and I was nervous. In this race, I had a teammate which helped me to stay in the lead group. Most of the riders were older and bigger than both of us which was a little intimidating. As we started riding we were at a neutral pace until we reached the beginning of the course. When we started the race, it was a cat and mouse chase because people kept trying to break away. During the first part of the second lap, nobody wanted to pull so the pace was super slow until someone intended to break away. As a result, it would increase the pace of the riders to catch the leading cyclist. After the rider that tried to break away got caught, then the pace went back to being slow. Part way through the second lap, I broke away with a small group of riders. As we continued leading the race, one of the Team Specialized members decided to break away, so I followed. There were also three other counterattacks which I followed as well. During one of the attacks that almost cracked me, I let off. The rider from Team Specialized got away but right after, there was another attack and two riders bridged up. I was not ready and could not catch them so I sat in with the group. Once the riders were almost out of sight so I tried to break away. As a result, I split the group I was in that had five riders including my teammate. On one of the turns, my teammate went the wrong way so I went to the front of the group to slow the pace down. After two minutes of him not catching up I pulled off. Right as I pulled off, somebody attacked and the group I was in dropped me. I rode by myself until halfway through the last lap when a group picked me up and I stayed with them to the finish. In this race, I should have attacked more and not follow attacks by myself.

-Andrew

Jonas Crean

8th Place Snelling Road Race Juniors Category 15-18 4/5

I got up the day of the race then had breakfast and got over to the starting area. After a solid warm-up with teammates, I went to roll out and line-up. There were many Tieni Duro guys there, at least eight. I also noticed two guys from Specialized, which was troubling. Once the race started we had about 3 neutral miles. After the race "officially" started, the pace was extremely slow. The Tieni Duro guys were all on the front, and I was in comfortable position, about one wheel back. Every so often, someone would attack to stretch their legs or test the field, but nothing was super serious. On the later part of the lap, a person put in a serious dig to the field, but I just let Tieni do all the work in catching him. The pace was pretty fast there, but once we hit the rollers it immediately slowed down. I noticed this pattern occur several times, so once we hit the next big roller on the second lap I was going to attack. Luckily some other guys had the same idea, and attacked really hard going up a steep roller, which decimated the field. Out of the original 25 there were just ten of us left. I was able to stick with them and everyone was trading off attacks. Andrew was with me and he did several strong attacks, dropping a few riders. We eventually found a rhythm. Then, going into a tight corner I got pinched and could feel my back wheel giving out, so I swerved off into a dirt driveway and immediately got back to chasing. Fortunately there

was group right behind and I started working with them. Andrew had gotten dropped from the main group as well, so we recovered over the third lap when we knew that catching the break was impossible. At the long straightaway before the uphill finish, I gave it one last go and dropped the entire group except Andrew. After that hard effort getting away my legs were ruined so Andrew sprinted by me easily. I placed 8th after him. I was a bit disappointed, but I had a great time and felt pretty good!

-Jonas

Creighton Gruber

19th Place Snelling Road Race Senior Category 4

The first lap was slow. Everyone was just getting to know the course. The next two laps were really fast and were full of attacks. Towards the end of the 3rd lap a 3 man break got a few seconds up the road. Because there were riders from both of the big teams, I decide to bridge to break. Once I got up there we stayed away for another 3 miles. When we got brought back, another break went up the road. The pack slowed down letting the two man break get away. On the 4th lap when the pack started to chase the leaders, the official neutralized the main pack to let the 5's pass. That let the break get a huge lead. The whole last lap the group chased fast. Eventually we caught the break. On the stretch of road before the final corner the fight for position began. About 200 meters before the last corner I was in the top 10. The field began to swarm us, so I tried to sprint ahead as a line of riders come up on my inside. They were coming up too fast. When the final sprint began I didn't have the power in my legs to move up.

-Creighton

3. Cal Cycling Road Race

3/18/17

Birds Landing

Jonas Crean

4th Place Cal cycling Road Race Juniors 15-18 4/5

After I got to race start I warmed up a bit on the trainer and looked around. This was apparently the 2003 districts course, so it was sure to be hilly. It was cold out and slightly windy, but overall not as bad as I thought it would be. I had San Dimas the next weekend, so I decided I would play it safe and not shred my legs. Once the field lined up there were around 15 kids there, so I wasn't very worried. The whistle blew and the race started. Right out of the gate there was a hill, but we cruised up it because nobody wanted to go hard on the first lap. After the hill there was a steep descent and some Tieni Duro guys attacked on the descent, but no one got away. After the descent two guys attacked and broke away. We immediately chased one of them down but the other one got away. We weren't all that concerned especially since this

was a hilly course and we knew we could bring him back. After some rollers we descended some and hit the big climb, with 11 percent gradient right out of the gate. Soon Aiden Jose from Specialized and Frasier from Tieni Duro began to drill in the pace, and people started getting dropped. I stuck with them, but I was already at threshold. After the climb and descent, most of the field is still together, around 10 guys. I stayed mid pack and tried to recover, because I knew that the climbers would do the same thing next lap. After a repeat of the first lap, we hit the climb for a second time. Again, I stuck with Aiden and Frasier as they attacked. However, they shook me and two other guys near the top of the climb and they got away. Coming out of that lap it was me and two Tieni Duro guys, which was not very ideal. I knew we still had two laps to go and we weren't going to catch the break. So it looked like a fight for fourth. We came over a roller and saw the Stanford guy had a mechanical, so it was now a fight for 3rd it would seem. We went over the climb again and I was just trying to save some energy for my attack. Going into the fourth lap I felt good enough to have a go on the climb, and I started punching it over the rollers, trying to shake the two guys with me. We hit the climb and I begin to go as hard as I can. Midway through the climb one guy cracked and that gave me extra motivation to go harder. But as much as I tried, the second guy stuck to my wheel. Once we got to the sprint I opened up on the uphill finish, I got edged out at the line. Despite narrowly missing a podium, I felt good during the race and had lots of fun!

4. Land Park Criterium

3/11/17

Sacramento

Luke Lamperti

1st Place

Land Park Criterium

Senior Category 3

I started near the back and then rolled to the front. Once I got to the front I made a few attacks and then saw who was up at the front racing. I told my two teammates who were at the front and who I thought would be making the race aggressive. I was working for them so I was covering my moves but not pulling hard. There was a small break that Gianni my teammate was in that stayed off for a while. It was pulled back with about 7 to go. I followed the next move and sat on. The gap kept getting bigger. The field was letting it roll. We now had 3 to go and a big gap. At that point I knew it was going to stay so I started to pull and roll through. A few guys dropped off. It was down to 3 guys. I took a hard pull with one to go so I was set up right for the sprint. I was on the back through the last corner. I jumped on the inside and got a good gap. I was happy to take the win and have Gianni win the field sprint.
-Luke

Gianni Lamperti

3rd Place

Land Park Criterium

Senior Category 3

Our race was not until later in the afternoon, so we had the morning before to get ready before we left. Once we found parking, which was quite hard since everyone and their brother was out at the park due to the nice weather. We rolled to the line and rolled out shortly before the start. I couldn't get clipped in for a few seconds, but when I did I jumped hard up the left. It was chased hard as everyone was still fresh, but I now knew who was there to play. Isaiah countered and stayed off with two other guys for about a half a lap. When we caught them, Luke attacked and was once again caught. We rode pretty steady for awhile until about six to go. Luke was in a move with 3 other guys and they got about 30 seconds. Nobody did anything until about 2 to go when they finally got organized. Before the chicane on the last lap a rider attacked up the left side and Isaiah was right in front of me. He jumped and got on the guys wheel until we came into the corner. Isaiah and I went around and he pulled through until we came out of the second to last corner. A team of three guys passed us up the left and I hopped on their wheel. Their sprinter was on the back and before his last guy pulled off; I jumped up the left and got past him. I almost got the last guy in the break besides Luke, but I didn't get there fast enough.

-Gianni

Isaiah Chass

27th Place Land Park Criterium Senior Category 3

When the official blew the whistle, my teammate Gianni jumped from the gun and got off the front solo. I got towards the front to get ready to counter attack if Gianni came back, and he stayed off the front for about half a lap. When he came back, I jumped hard and got a gap. I spent some time off the front, and then got pulled back. My teammates and I stayed pretty aggressive so there were some more attacks the next few laps. Last time I raced on this course was for Cal Aggie Criterium, and I wasn't nearly aggressive enough, so I didn't want to do the same thing again. It wasn't going as hard as I thought it would, but then with six laps to go, my teammate Luke was in perfect position and rolled off the front with three other riders. I stayed top five for the next few laps to follow any moves that tried to bridge up to the break. After about two laps the break was still up the road with a solid gap, and a few riders attacked. One rider got a gap that I could've got on, but I didn't want to pull the whole field up to the break so I let him go. He managed to bridge the gap, so now the break had five riders and it looked like it would definitely be able to stick to the finish. I was following a lot at the front for the rest of the race, and going into the last lap someone attacked and strung it out. I was third wheel on the attack, and going into the chicane the rider ahead of me pulled off so I was at the front. I didn't want to go too hard because I didn't want to pull the field up to the break with my teammate Luke in it, but my teammate Gianni was on my wheel telling me to go. Coming out of the chicane, someone jumped on the inside and it went hard to the line. I wasn't where I wanted to be for the sprint, so I was a little bummed, but I was super happy that my teammate Luke got the win. On the last lap, I definitely should've hung back a little bit and not got on the first move to go, but I learned what I should've done instead.

-Isaiah

Creighton Gruber

12th Place Land Park Criterium Senior Category 4

The race right from the gun was really sketchy. Five minutes into the race, a lot of people were taking unnecessary risks. Because I didn't feel safe, I rode very cautiously but I still stayed hidden in the pack. After thirty minutes of the forty minutes in the crit, the pace picked up. I made my way to the front. With three laps to go someone cut across the field to block an attack, which made somebody hit my hip with their elbow. I tried to ride straight so they could push off me. When they pushed off, their wheel hit my derailleur and bent it. When we got to the final sprint I wasn't in position to do well. I'm glad I stayed upright.

-Creighton

Sawyer Taylor

20th Place Land Park Criterium P123 Women

Since there was no Category 3 race it meant I would just be racing with the big kids (Pro, 1's & 2's) at Land Park. Although I hadn't raced Land Park, it's the same course as Cal Aggie which I won as a 4 in 2016. I made sure to get in a good warm-up on the road and then on the trainer underneath the JAKROO tent. I saw racers like Amanda and Clarice (who ended up taking the win) suffering on trainers. I knew that this was going to be a fast one but was excited to see how I would hold up in such a competitive field. I took a Clif Shot and headed to the line for my 11:15 start. My race was 45 minutes long so I decided to bring food and only one bottle.

As expected, my race started off fast and only got faster as we got closer to the finish. The Folsom Bike women along with Illi were the first team to start launching attacks. Folsom, Razzle Dazzle, JAKROO, and JL Velo were all very well represented so I knew the best thing for me would be to just stay near the front as much as possible so I wouldn't have to kill myself with every acceleration and coming out of this course's many turns. Going into the first prime lap, one on the JAKROO ladies moved up and I grabbed her wheel so that I was in contest for the sprint. I didn't even come close to taking it but I did get to practice the finish.

For the rest of the race, I fought to stay in the upper third. As the pace got faster and faster, I dropped farther and farther back. When the attacks went, I had to fight harder and harder to stay with the group. With a few laps to go, I knew I had to move up. I settled in somewhere around sixth wheel with three to go. However, with two to go, one of the Folsom ladies attacked and I lost the wheel. I wasn't where I needed to be going into the final corner and didn't have the legs to move up. I ended up in 20th and 5th out of the 3's which I wasn't upset with. There are definitely things I learned from this race. In addition, I was able to hold my own in such a fast race which

in an accomplishment in it of itself. Next year, I'm going to crush it at this race and at Cal Aggie.

-Sawyer

5. Bariani Road Race

3/12/17

Bariani

Gianni Lamperti

2nd Place

Bariani Road Race

Senior Category 3

Coming into my second day of racing this weekend, I felt really good. The race started out pretty fast as we turned left off the overpass into the first tailwind. I was at the front by the time we turned right into the crosswind, which had not really picked up yet. We got to the bumpy section which was more cross and headwind. Isaiah hit a pothole and front flatted but luckily he quickly got a wheel. On the second lap, it cruised at a steady tempo. On the third lap, on the finishing straight, I got off the front with three other guys and we held for half a lap. It was a good move to be in though, as there was a huge field split that I didn't have to deal with. When we got caught there were only 20 guys or so left in the field so I knew that it was a hard split to make. On the next lap, we went pretty hard on the first half then really slowed up until about 3k to the finish. At 3k, they got on the gas and I was about 10th wheel. Coming into the sprint, Dolce Vita was on the front, Luke second, another Dolce Vita rider, then me. The rider in front of me sat up and I had to close the gap to my brother. When I got there, I just kept going up the left side and passed for the lead. By this time I was already spun up and couldn't do anything as a rider sprinted passed me up the left side. It was a good weekend of racing and experience.

-Gianni

Luke Lamperti

6th Place

Bariani Road Race

Senior Category 3

I knew it was going to be a long windy day on the bike. Our plan was to either have Gianni or Isaiah as our man. It started pretty fast in the crosswind and then slowed down. About 10 minutes in we hit the back really rough part of the course. Right when we turned on it I was riding next to my teammate Isaiah as he hit a big hole. About 3 minutes later he rolled up next to me with a flat. He rolled back and got a wheel. I covered a move and then rolled to the back of the field. I was looking back until I could see him. I started to roll off the back of the field. When I got to him he got on my wheel and we got back in the race. We slowly moved up and got ready for the next cross wind. We did not make any moves as a team we just rode this cross wind right until the end of it. About 200 meters before I jumped with one other guy. We did not get much of a gap and rolled back. For the next 2 laps we rode aggressive on the front with some other teams. As we came into the final lap there was a select group of

riders. In the cross wind teams were on the front trying to split the group but there was not enough organization to do so. We saved up a little because everybody was too fresh to split the field. Before we knew it we were almost at 5k to go. There was a long finishing sprint. A rider jumped early and I hoped on him. Then I jumped and Gianni a few others came around me in the last little bit. I was happy with how we rode as a team and our result. Can't wait for next year!

-Luke

Isaiah Chass

13th Place Bariani Road Race Senior Category 3

I was super excited for Bariani Road Race because it is a fun course with some crosswind sections that can split the field. The race started off neutral until we got on course, and then it started going pretty hard. Going through the super bumpy section on the course, I flatted. I got a wheel change and chased hard back to the field. Luckily, my teammate Luke dropped back and helped me get back in. When we hit the crosswind section, my teammates and I got to the front and took some hard pulls. No one really wanted to go super hard so it rolled pretty easy for the rest of the lap. The field strung on the finishing straight, but it all came back together on the feed zone roller. The next lap there were some little moves but there weren't any breaks. I stayed out of the wind as much as possible, because the wind was starting to pick up and there were some pretty big head and crosswind sections. On the next lap, my teammate Gianni got in a good move with a few other riders and they started to open up a solid gap. It went fairly easy when they first got up the road because no one really wanted to do anything, but when we got to the crosswinds it went super hard and completely strung out the field. Dolce Vita did a lot of the work, and pulled back the break after about half a lap. On the last lap it went pretty easy for the last half lap. Going over the overpass before the last corner people starting sprinting for position. I was a little far back, but I knew it was a super far sprint, so I didn't want to be on the front in the wind. With about one kilometer to go, it started going super hard, and it strung out a bunch. I was around fifth or sixth wheel within five hundred meters to go, but as everyone started sprinting for the finish, I wasn't able to come around the riders ahead of me.

-Isaiah

Creighton Gruber

1st Place Bariani Road Race Juniors 15-18

The first lap was raced like a crit. There was attack after attack, each one dropping someone. Once we were almost on our second lap there was a crash that took out two more kids leaving about 15 racers in the pack. The next/ last lap was a bit slower. The only person attacking was a kid from Tieni Duro. Team Limitless would always bring it back. With 2 miles to go I started to get in position for the sprint. Once we turned on the final stretch we were allowed to ride on the whole road. With 1k to go

I was fifth wheel. With 500 meters to go a racer from Chico Cycling Team started his sprint, I jumped on his wheel not sprinting yet because I knew I had to be patient. With 200 meters to go a Tieni Duro rider started to come around me. I opened up my sprint and got to the line first.

-Creighton

6. Red Kite #2

3/19/17

Livermore

Creighton Gruber

10th Place Red kite #2

We had a late start because of a crash in the fives, but we eventually got started. The first few laps work fast but everyone was staying safe, when the first prime came around that's when everything got dangerous. People were not holding their line, not calling when they were coming on the inside, and they were cutting in front of people to attack. I stayed towards the back to stay in the draft but I stayed off to the side so that I could bail if there was a crash. With six laps to go there was a bad crash, ending with two people being taken away and ambulances. The race was neutralized for almost 30 minutes so I just stretched and rode around until the officials called us to the line. When we got started again I settled in about mid pack for the final five laps. With four laps to go there was a prime. In the rush I ended up towards the back of the pack. On the next two laps I slowly made my way back up and with two left to go I was in about tenth position. On the backside of the lap the field swarmed the top eight so I fell off the back just so I was able to move. On the final lap I saw a little move start to go, so I attacked from the back and caught on to it which left me in the top 15 going into the final turn. I was able to pass 5 or so guys to get 10th.

-Creighton

7. Lake Elizabeth Road Race

3/18/17

Palmdale

Parker Rous

7th Place Lake Elizabeth Road Race Senior Category 3

Lake Elizabeth is a fairly new road race to the SCNCA calendar seeing as the Chuck Pontius road race got canceled this year. The Chuck Pontius road race is usually a perfect race to gauge your fitness level going into San Dimas considering it is only a week before. Because of its sudden cancellation my father and I decided to make the trip to Lake Elizabeth. Since it was put on the calendar late the field size of the cat three was not too large at about 30 to 35 people. Even though this isn't too many for a California RR it was perfect because that meant more time in the wind and an overall better training day for San Dimas. Luckily the race consisted of a Swift graduate rider

Ethan Frankel. Ethan who now goes to UCLA has been getting extremely strong and is riding well so I knew it was going to be a fast and fun race. The course consisted of one large main climb followed by several downhills, then a few punchy climbs and a windy few miles to the finish. On the first lap of the race Ethan took off midway up the climb and managed to stay out in front for the whole of the first lap. Soon after we caught him the field started to whittle down, even though it was only one climb per lap it became evident that this was going to be a climbers race this was due to the grade of the climb and the crosswinds that howled all the way up it. Both my dad and I were feeling good going in to the last few laps and with one guy having broken away with a large advantage it seemed as though we were all going to race for second place. This is where I was glad to have my father in the race as he was great at setting pace at least halfway up the climbs before some of the stronger teams took over.

Ethan and I were both riding well in the group and climbing at the front end of it towards the top of the climbs going into the final lap I knew that I had to be attentive as there are many parts on this course, mostly downhill that could get me because of my junior years. I managed to follow a move up over the top of the main climb that did not stick. As we were swallowed back up by the main group nearing the largest downhill of the lap a guy attacked over the top and I jumped to get on. It was a great move as he would end up staying away till the finish with three other guys (Ethan included), but I was simply not able to make the junction quick enough and my junior gears limited me to getting on the back of the move. The wind was picking up on the flat sections heading into the finish line so it was hard to get a cheese organized seeing that everyone was tired from several huge efforts. My father made it back up to my group, and by trading pulls we were able to make in into the finish. I sprinted to 2nd place in the group and 7th in the race. This was a great race for me, seeing as I was able to stay at the front, learn how to race and most importantly I was in the attacks, just not the right one. Ethan won out of the break away, awarding him 2nd in the race and enough points for his category 2 upgrade. Congrats to him, I'll be looking forward to racing with him again soon.

-Parker

8. Berkeley Streets Criterium

3/19/17

Berkeley

Ben Cook

4th Place Berkeley Streets Criterium Pro/1/2/3

3:17pm. Protestors flooded the Cal campus covered in tattered clothes and some kind of red and multi-colored spray paint. I tried to pull into a parking spot and one stepped in front of my car and rolled his eyes at me. Swell. 3:21 and I'm parked in a garage. I rip my clothes off and hop into my skinsuit (bet you've never heard that one before), grab a single check and sprint to registration. The volunteer at the desk, probably a student at Cal by the looks of it, saw my rush (it wasn't hard to) and helped me register faster. I nabbed my number, ushered a quick thank you and maybe a high-

five or handshake type gesture and sprinted back to my car (this would be my only warm-up). Because the races were 10 minutes behind schedule, 3:40 wouldn't be my 'end-all-be-all' after all. A random racer pinned me up with just four pins and I spun around the start line.

About 30 people had showed up to race, one from Storck, two from Herbalife, and no other big teams. The two Herbalife guys started about 10 feet off the back as a joke, and a few riders were track standing. The official called this the "pro/1/2/3/4/5/6/7", race. It would be THAT kind of day. Thank goodness I didn't show up any earlier! With the whistle we were off and an attack went immediately. Jon from Herbalife and I hopped on and we rolled a lap or two with the rider but nothing stayed. Another rider went on the next lap, and so again and again. I stayed up front and a part of the mess of attacks and dying riders. The course was only a third of a mile with a short hill in it, and thus a fast downhill. The finish was most of the way up the hill.

Riders strung across the entire course as we were doing laps in under a minute. Finally a move went with Gavin from Storck, myself, Jon from Herbalife, and two others in kits I hadn't seen before. One of them took off immediately but we worked together to keep him in sight. 20 minutes into the 60 minute race and I was already hurting, but I knew the others were too. Eventually Gavin took off, leaving two up the road, then three of us, then the field behind. About 25 minutes in we started to see the tail of riders coming backwards, and by the next lap we passed through them and took off the front again- we had lapped the field! A rider in a blue kit jumped passed us, Jon laughed hysterically. We had been lapped too. We kept the pressure on for the next 20 minutes, and finally a few riders from the field rejoined us at the front. Jon, myself, and our other breakmate, named Adrien, pulled through on the front to keep things fast, and finally with 10 minutes to go, Jon jokingly asked if anybody else wanted to help out. So we got a few other pullers and headed towards the finish line. I knew I had a chance for third place, and I knew it would be Jon who I had to beat in the sprint. Adrien attacked every single lap up the hill from 5 to go, and I was forced to chase. He went again on 1 to go and I hopped on quickly. I started to get a bit nervous but I already had my hands on the drops. Adrien pulled down the hill and Jon came around my right into the downhill corner. I tried to get there first but couldn't do it. He gapped me off in the next turn and started his sprint early. I knew how bad I wanted this and almost gave up when I saw his gap, but I mashed on the pedals and quickly began to come around him, the line was approaching quickly. I stayed out of the saddle and sprinted as hard as I could as my front wheel and his lined up, I threw my bike and almost yelled with joy, but I knew I had been beat.

I flew by Jon immediately after the line and spun out another lap of the course, angry that I had missed the podium. It was a fantastic race, and overall I'm super happy with how I rode, but I wanted that podium spot like nothing else- it would be my first of 2017. Nevertheless, Jon and I high-fived after the race and debated the placing with the officials, who would have a mess on their hands sorting out who got lapped when and where everybody placed. We reviewed the footage and confirmed that Jon did beat me, as close as the finish was. I rolled around the Cal campus with my friend

Jordan who I used to race with; he goes to school there and came out to watch me on his fixie. We laughed and talked about the race and I saw his dorm, then finally I headed back to my car and drove home over the Richmond Bridge at sunset, one of my drives.

-Ben

9. NorCal Mountain Bike Races #2 & #3

Sawyer Taylor

March 12, 2017

7th Place Norcal MTB #2 JV Girls

The time change and a 3-hour drive meant waking up at 3:30 in the morning the day after Land Park to get to my first mountain bike race of the season. Despite this, I was super excited to race. I love racing mountain bikes. It's so different from road. Not just the style of racing but the atmosphere of Norcal races are so unique and is something that I missed during the second half of my 2016 season. My pre-ride made up most of my warm-up. I rolled to the line on a teammate's bike feeling ready to race. I didn't have a call up as I wasn't at the first race but I was pretty confident that I could move up before the first single track section.

I hammered it right off the line. And sure enough, I was second wheel going into the first single track section. I held my spot until the base of the first climb before moving into first. By the time the first lap was over, I had almost 2 minutes on the person behind me. Then my saddle started to come off. By the time I got to the feed zone, second had caught me. I had to get a tool from my coach and fix it which was a five minute time penalty. I rode as hard as I could for the last lap but I wasn't able to catch first. I held second but with the time penalty I was bumped off of the podium and into seventh.

This was needless to say not how I wanted my first race of the season to go. However, I learned a lot. In addition, my first lap time would have put me in the lead group in the varsity girl's race. And of course, setbacks like these only make me hungrier for the next race and my next win!

-Sawyer

Ben Cook

Monterey 3/26/17

12th Place NorCal Race #3 Varsity Boys

Varsity boys certainly are tough bunch
But something inside gave me the hunch
That today could be the day
To take a shiny medal away.

Teddy, Zach and I sat on the start line
Arriving just in time to get ahead of the masses,
Which now sat in the three rows behind us.

After missing the first race for Chico, I was stoked to be back in the high school mountain bike field for this weekend's race at Laguna Seca (since I'm riding mountain bikes I have to say words like 'stoked' and 'rad' now). Our mountain bike team coach had helped my teammate Teddy and I hop on some new bikes for the weekend's race, and we were super excited to get out there and race with the varsity boys. We would also be racing with our teammate Zach, who I raced frequently with on the road. We did our warm ups out on the steep road to Laguna Seca and came to the start line as a team. We all started in the same row; me the furthest left, then Teddy to the right of me, and Zach the right of him. Bill Colbran boomed over the microphone to start us off, as pro rider Emily Batty lead the countdown. Teddy picked up his foot with three seconds to go and clipped in.

"Go!" Yelled Emily and we all sprinted down the road. Teddy led me up the climb and we passed a number of riders pretty quickly. The heat was blazing in the sand and dust as we made it up the first climb nearing the top 10. Zach, Teddy, and I all rode together down the first descent and to the bottom of the climb. Teddy took off as Zach and I stuck closer together. My arms and neck were on fire with heat as we picked off riders up the first climb, and I soon heard a course Marshall call out the numbers eight and nine as we passed by. We crammed up Hurl Hill as our teammates ran alongside us.

The next two laps were horrific and downright brutal. Teddy came drifting back quickly and in pain; I knew he was sick before the race. Zach had taken off from me but not gained much ground. We suffered in the heat as riders slowly passed us and we started praying that we could finish the four lap race in one piece. Starting the fourth lap I was making contact with Zach again, but I knew he would leave me on the lap's opening climb. I heard a rider breathing and pedaling behind me and stood up to try to hold my ground. It was then that I saw the stocky body, clear glasses and cyan blue gloves of Teddy storming up behind me. His face was as red as our kits (we ride for REDwood, if that gives a hint). He ditched us quickly and I was soon in third place of the three of us on course. I suffered along the course and started cramping on the last climb. Zach was 20 seconds ahead, and Teddy maybe a minute ahead of him. "Go Ben! Come on!" yelled Zach across the valley at me. I tried to turn on the fire again but hardly had anything left at this point. I didn't know what place we were in, but I thought we were going for a top 10, and that Teddy had 9th or 10th locked down. I caught one rider with Zach at the base of Hurl Hill, and then came around Zach on the climb. He cheered for me to go again, and I slapped my leg and told him to hop on. I went as hard as I could over the top of the feed zone and into the finish, burning with heat and suffering all the way. I crossed the line ahead of Zach and the other rider, thinking I was in 10th, stoked that I had given it everything.

I hopped off the bike and my back killed me. My road teammate Sawyer helped me onto the ground and I laid there in pain for minutes. Perhaps a new bike the day

before a race wasn't the best idea? Regardless, I finally walked back to the pit zone as Sawyer took my bike. Teddy, myself, and Zach had finished 11th, 12th, and 13th respectively, and the team gave us hats off when we finally returned home to the tent. We changed and headed over to the podium, and cheered our heads off when they called Redwood to the third step of the team overall. We had done it! Redwood was back on the podium where we should have been, by mere survival at such a hot and horrendous race. We packed up the cars, took as much water as we could, and began the long drive home, happy with our result and ready for a nice, cold shower.

-Ben