

Team Swift Race Reports

May 2017

Race Reports for:

1. Kern County Junior Stage Race
2. Memorial Day Classic Stage Race
 - Prologue
 - Mt. Hamilton Road Race
 - Memorial Day Criterium
 - Time Trial
3. Golden State Criterium
4. Folsom Criterium
5. NorCal MTB State Championships

May Top Results:

1 st Place	Kern County SR, RR	Juniors 17-18	Gianni Lamperti
1 st Place	Kern County SR, Prologue	Juniors 17-18	Lucianno Lamperti
1 st Place	Kern County SR, G.C.	Juniors 17-18	Lucianno Lamperti
1 st Place	Track Points Race	Pro W. 1-3	Sawyer Taylor
2 nd Place	Kern County SR, Crit	Juniors 17-18	Lucianno Lamperti
2 nd Place	Kern County SR, Criterium	Juniors 15-16	Andrew Mathiesen
2 nd Place	NorCal MTB Stage Champs JV Girls		Sawyer Taylor
3 rd Place	Kern County SR, Prologue	Juniors 17-18	Parker Rous
3 rd Place	Kern County SR, Prologue	Juniors 17-18	Isaiah Chass
3 rd Place	Track Omnium	Pro W. 1-3	Sawyer Taylor
4 th Place	Kern County SR, Crit	Juniors 17-18	Isaiah Chass
4 th Place	Kern County SR, RR	Juniors 17-18	Parker Rous
4 th Place	Kern County SR, G.C.	Juniors 17-18	Gianni Lamperti
4 th Place	Kern County SR, Prologue	Juniors 15-16	Jonas Crean
4 th Place	Memorial Day SR, TT	Senior Category 4	Jonas Crean
4 th Place	Kern County SR, Prologue	Juniors 15-16	Andrew Mathiesen
5 th Place	Kern County SR, G.C.	Juniors 15-16	Andrew Mathiesen
5 th Place	Kern County SR, Crit	Juniors 17-18	Gianni Lamperti
5 th Place	Kern County SR, G.C.	Juniors 17-18	Isaiah Chass
5 th Place	Kern County SR, RR	Juniors 17-18	Lucianno Lamperti
5 th Place	Memorial Day SR, TT	Pro W. 1-3	Sawyer Taylor
5 th Place	Memorial Day SR, G.C.	Pro W. 1-3	Sawyer Taylor
5 th Place	Memorial Day SR, TT	Senior Category 4	Chase King
6 th Place	Kern County SR, Crit	Juniors 15-16	Jonas Crean
6 th Place	Kern County SR, G.C.	Juniors 17-18	Parker Rous

6 th Place	Memorial Day SR, Prologue Pro W. 1-3		Sawyer Taylor
6 th Place	Mt Hamilton Road Race	Pro W. 1-3	Sawyer Taylor
7 th Place	Kern County SR, RR	Juniors 15-16	Jonas Crean
7 th Place	Kern County SR, G.C.	Juniors 15-16	Jonas Crean
7 th Place	Kern County SR, Prologue	Juniors 17-18	Gianni Lamperti
8 th Place	Kern County SR, RR	Juniors 17-18	Isaiah Chass
8 th Place	Kern County SR, RR	Juniors 15-16	Andrew Mathiesen
8 th Place	Golden State Criterium	Juniors 13-18	Creighton Gruber
9 th Place	Memorial Day SR, G.C.	Senior Category 4	Jonas Crean
9 th Place	Mt Hamilton Road Race	Senior Category 4	Chase King
10 th Place	Memorial Day SR, TT	Senior Category 4	Jonas Crean
11 th Place	Kern County SR, Crit	Juniors 17-18	Parker Rous
12 th Place	Memorial Day SR, TT	Senior Category 3	Lucianno Lamperti
12 th Place	Memorial Day Criterium	Senior Category 4	Jonas Crean
14 th Place	Mt Hamilton Time Trial	Senior Category 2	Ben Cook
14 th Place	Folsom Criterium	Senior Category 2/3	Creighton Gruber
15 th Place	Mt Hamilton Road Race	Senior Category 3	Jonas Crean
15 th Place	Memorial Day SR, TT	Senior Category 4	Chase King
16 th Place	Folsom Criterium	Senior Category 3	Creighton Gruber
16 th Place	Folsom Criterium	Senior Category 4/5	Esteban Ramirez
19 th Place	Memorial Day SR, RR	Senior Category 3	Lucianno Lamperti
14 th Place	Memorial Day SR, TT	Senior Category 3	Isaiah Chass
22 th Place	Memorial Day SR, RR	Senior Category 3	Isaiah Chass
24 th Place	Memorial Day SR, TT	Senior Category 3	Gianni Lamperti
24 th Place	Memorial Day SR, RR	Senior Category 3	Gianni Lamperti
27 th Place	Golden State Criterium	Pro, 1-3	Creighton Gruber
29 th Place	Golden State Circuit Race	Senior Category 3	Creighton Gruber
29 th Place	Mt Hamilton Road Race	Senior Category 3	Creighton Gruber
31 st Place	Golden State Criterium	Senior Category 3	Creighton Gruber
45 th Place	Golden State Circuit Race	Pro, 1-3	Creighton Gruber

Rider Race Reports

1. Kern County Junior Stage Race 5/13-14/17 Bakersfield

Parker Rous

3 rd Place	Kern County SR, Prologue	Juniors 17-18
11 th Place	Kern County SR, Criterium	Juniors 17-18
4 th Place	Kern County SR, Road Race	Juniors 17-18
6 th Place	Kern County SR, G.C.	Juniors 17-18

Stage 1: Prologue

The Kern County junior stage race is a rare occasion where I can race in my home town. It was especially great this year because several teammates came down to race. The "time trial" is more of a prologue, if that. It's only 2.5 miles which seems simple on the surface but it requires a long and detailed warm up. Not only is a good warm up necessary but attempting a full sprint from the beginning will also leave you gassed with about a quarter mile or more left. With times projected to be similar on account of the short course, pacing is still very important as the difference between places could be less than a second. I had a solid warm up and headed over to the start. As I rode over I noticed that not only was there a small gravel section, but the course was is also technical. I started hard but quickly got into a rhythm and focused on one corner at a time because I knew precious time would be easily lost. The stage race is done on omnium not time, so seconds were everything. I came across the line and felt good, like I had given it my all. I ended up tied for 3rd. Not bad but not great. Luke won which allows us to easily designate a leader for the next stage.

Stage 2: Criterium

We had a plan in the crit. Having the one of the largest teams in the race our simple tactic was attack, attack, attack. Velosport from Southern California brought a large team as well so we geared for an aggressive race. From the gun Isaiah threw in one of his famous attacks into the first corner, although it didn't last long it let everyone know that we were ready to play and looking to dominate. The unconventional course was on a race track that featured multiple chicanes so it took a few laps for the group to get a grip on the lines through each corner. Through these laps we continued to attack, and at one point Gianni got a large gap. Velosport proved up to the challenge as they covered and brought back everything. It became very apparent that this was turning into a two team race, highlighting Team Swift as the aggressors and team Velosport riding defensively. This stalemate continued for the whole of the 45 minute race. Going into the last lap I tried a last ditch move that was shut down. I stayed on the front and drove around the last lap and going into the finishing straight the group jumped around me. Gianni, who was out in the wind for at least half the race was the closest to my wheel but because of his previous efforts he didn't have the jump to contest the victory. A rider from a smaller team came away with the win. He rode the race well, by staying out of trouble and letting the two large teams do the work. We

were frustrated afterwards and knew we could've done better, maybe if we would've tried attacking in twos it would've been more dangerous.

Stage 3: Road Race

Even with coming away with the win in stage one, and 3rd place on stage two the standings were very close. Recall that the race overall is done by points, not time. This changes tactics for us, now we either need to get Luke off the front or set him up well for the sprint. Velosport had a good sprinter currently on the podium, and the rider that won stage two was also in contention. We decided to let the race play out; sure we would attack but because the course was out and back and not a lap, riders in the group could always see riders off the front. The first lap went by fast this time with Velosport proving to be aggressive and maybe a bit ambitious considering the riders that we had in the group. Going into lap two a Velosport rider low on the standings was off the front with Gianni. This didn't mean much for the overall because both riders were far down on GC but still presented a great opportunity for a must wanted stage win. Velosport played it safe and told their rider not to pull through on the obviously stronger Gianni. This could not stop him as he attacked and rolled in ahead of the Velosport rider taking the win. The battle for GC was still going on out on course however, and climbing up to the final climb before a large downhill I attacked, just to put added pressure on Velosport. As I attacked no one followed immediately which allowed me to get a gap. Soon after a rider from a smaller team made the junction on the downhill. We worked together as the Velosport team chased. Rolling up the climb to the finish the rider sat on my wheel and didn't pull through. Fearing getting caught, I reluctantly pulled and then within striking distance of the line I went for it. It's hard to win from the front and on a windy day it proved harder. The rider pulled around me at the very end and beat me in a photo finish. I wanted the podium but I raced hard. Luke rolled in and won the group sprint, also winning the overall in the process. With two stage victories and a first in the GC it was a good weekend for the team.

-Parker

Lucianno Lamperti

1 st Place	Kern County SR, Prologue	Juniors 17-18
2 nd Place	Kern County SR, Criterium	Juniors 17-18
5 th Place	Kern County SR, Road Race	Juniors 17-18
1 st Place	Kern County SR, G.C.	Juniors 17-18

Stage 1: Prologue

I was really excited to be at the Kern County Stage Race. This was only a 3k race. I knew a big warm up was necessary. So I got a big warm up and went to the line. I started and quickly went to max effort. I knew it would come down to technical skills. I was really focused on my cornering. I was riding hard and taking the corners clean. Before I knew it I only had one lap on the race track. I sprinted all out and was finished. This was the shortest race I had even done but also the most painful. I was glad to take the win.

Stage 2: Criterium

This course was very technical but a great venue. I was happy to get things going after the TT earlier in the morning. Just as we got underway Isaiah attacked. Everybody instantly hopped on his wheel. We kept attacking for the first little bit. We had the pace super high and did not back off. Many of the riders were on the edge. Then we settled in and let some other people do work. With not many breaks sticking we started to change it up a little. In the last little bit we kept the pace high. In the sprint we were able to get second with some other riders in top 15. I was happy to maintain GC going into the road race.

Stage 3: Road Race

The road race was 50 miles in a hot valley. I was leading GC into this stage. This was the last stage. I just needed to keep my position and ride defensive. We rode together to the first climb. I was riding on the front a little just to keep the pace high. At the top of the climb a solo rider went off the front. Later on my teammate Gianni bridged. The race was on a points system so we did not care about time. We were in the perfect position. We had a rider with a chance at the stage win and I could still win GC. I had my teammates Isaiah and Parker with me. There were a lot of attacks from the riders trying to move up in GC. We were able to cover them all. With about 10 miles to go my teammate Parker attacked. One other rider went with him. No one chased for a second so they got a good gap. He needed to stay away and I waited for the field sprint. I was able to get the field sprint on a tough uphill. I was happy to win the GC but more important we rode really well as a team.

-Luke

Isaiah Chass

3 rd Place	Kern County SR, Prologue	Juniors 17-18
4 th Place	Kern County SR, Criterium	Juniors 17-18
8 th Place	Kern County SR, Road Race	Juniors 17-18
5 th Place	Kern County SR, G.C.	Juniors 17-18

Stage 1: Time Trial

I was really excited to race at the Kern County Junior Stage for the first time. The weekend started off with a really short prologue, which was about three kilometers long. This was my first time racing such a short time trial, but I was excited to see what I could do. When the official said, "go", I sprinted as hard as I could off the line, but my tires started to spin out because we started in a parking lot that had gravel on it. I got up to speed, and tried to keep as much speed as possible on the roundabout. I sprinted hard out of all the corners, and when I got to the final stretch on the racetrack, I gave it one last push to the line. I was really surprised how quickly the race went, even faster than I thought, but it was a fun course.

Stage 2: Criterium

After racing the prologue earlier in the day, I didn't do a super big warm up for the crit. The race started off, and I sprinted hard off the line into the first corner. There were some more attacks and it stayed pretty fast for the beginning of the race. My teammate Gianni got in a move with another rider, and they stayed off the front for a couple laps before getting pulled back. I made some attacks and the field was mostly on me, but I was able to get off the front solo for a little bit. We slowed up a bit, a little past halfway into the race, and everyone was kind of looking around not really wanting to work, but it stayed pretty fast towards the end of the race and got strung out on the technical course. On the last lap, coming into the last sweeper corner, a rider went around the outside and I followed him, but I couldn't quite get on his wheel. I gave it one last push to the line and managed fourth, but my teammate Luke held his GC lead, giving us something to work for on the next stage.

Stage 3: Road Race

The road race was on an out and back course, which we would be doing two laps on. We started off pretty easy, and then the pace picked up a little bit on the way to the first climb. There were a few attacks on the climb, and going over the top there was a strong attack, but it didn't get away. Coming into the turn around, it stayed fast and then there was an attack going out of the corner. There were more attacks but nothing really stuck until a rider got off the front going over the top of the last climb into the descent. He was opening up a solid gap, and then my teammate Gianni made a strong attack on the flat section before the turn around and got off the front. Gianni was in between the rider off the front and the field for a solid ways, but going into the climb he finally caught him. When Gianni got to the break he started opening up a good gap, and the field sat up and didn't want to do anything. It went easy up the main

climb, and then going over the top there was a big attack but it came back together going over the other side. After the turn around a rider got off the front and no one was really doing anything so I pulled it back. Coming into the descent, a rider got off the front, and then about half way down the descent my teammate Parker made a really good move and bridged across. On the final little hill to the finish, I waited to go until about the last hundred meters and then gave it everything I had to the line.

-Isaiah

Gianni Lamperti

7 th Place	Kern County SR, Prologue	Juniors 17-18
5 th Place	Kern County SR, Criterium	Juniors 17-18
1 st Place	Kern County SR, Road Race	Juniors 17-18
4 th Place	Kern County SR, G.C.	Juniors 17-18

Stage 1: Prologue

Going into the prologue, we thought it was going to be about 2k, which we thought was short. When we saw the course, we figured out that in fact it was shorter. It was a very technical course which was outlined by cones and barriers. I warmed up hard as it was going to be such a short effort. As I was rolling to the line, I saw Isaiah start and he stood up right away and lost traction as it started in a parking lot with gravel on the surface. I knew on my start that I should stay seated off the line so the same thing did not happen to me. I got going fast and came into the first left-hander way to fast. It cost me a couple seconds but I got going again and was in way too big of a gear when I came out of the corner. As I came into the stadium I kept it going as hard as I could for the corners. Coming out onto the track, I drilled it to the line and was four seconds down from the winning time. Luke won and we now had the GC lead going into the crit.

Stage 2: Criterium

The crit course was in the same location as the prologue, they just changed the cones around a little bit in order to make a longer course. It started out fast as Isaiah attacked into the first corner and got everyone going quickly. Once Isaiah slowed down, the whole field did as well. I attacked a few laps later and got off the front by myself for about two laps before a Swami's rider bridged to me. We worked together and stayed off the front for about 8 more laps before the field was about 10 seconds behind us. He sat up, and I kept going as I knew that the field would probably slow just as they were almost to us. I stayed away for another lap and then got caught by the field. Coming into the final lap, Parker got to the front and started to pull it into the finish. I

got swallowed up and rolled in. Luke barely lost the sprint and took second, keeping his lead for GC. We were in a good position going into the Road Race.

Stage 3: Road Race

The road race started off pretty slow as we rolled to the base of the climb. It went slowly up the bottom of the climb and about halfway up, a rider attacked and went hard over the top until we got to the left turn that leads to the turn-around. Once we made it there, we caught the rider that was up the road. There was a rider that attacked over the top of the climb before we started descending back down to the flat valley that took us to the finish. Ride Biker Alliance was the biggest team and they were not chasing it down. We were not very worried about either because we wanted all the points to go away, due to us having GC. Although, a few minutes later we were told by another rider the kid up the road was actually racing for Ride Biker Alliance, he just did not have a team kit. Once we got to the flats at the bottom, Luke attacked with Isaiah on his wheel and was chased down instantly. I countered and got a little gap. I started bridging to the rider who was now about a minute off the front. As we came to the turn-around at the finish to head out for another lap, I had the gap down to about 30 seconds. It took me another 10 minutes to get to the kid. Once I got there we were almost at the base of the climb and we started to gain time. By the time we got to the turn-around we had about 4 minutes. We went hard over the headwind climb on the way back and he started to take a lot shorter of pulls. I waited until we got to the bottom of the decent and were on the flats for a few minutes before I attacked him hard. I went hard to the finish for the last few kilometers and was super happy to take the win.

-Gianni

Jonas Crean

4 th Place	Kern County SR, Prologue	Juniors 15-16
6 th Place	Kern County SR, Criterium	Juniors 15-16
7 th Place	Kern County SR, Road Race	Juniors 15-16
7 th Place	Kern County SR, G.C.	Juniors 15-16

Stage 1: Prologue

This was going to be a difficult race for me. It didn't look like it on paper, but we were going to be racing with three combined fields, including the 17-18s. After getting to the stadium where we would be racing the crit and the prologue, I warmed up and registered. I got to the start line. The conditions were perfect for a short hard effort like this. The prologue course was around 2 miles, and it was fairly cool. The race was done

Omnium style, so time didn't matter as long as you placed first. I got on the starting block, not feeling very nervous. The official counted me down, and then I was off. Immediately I noticed that the parking lot that I started in was really gravelly, messing my pace up a bit. I went slower into the first corner, not wanting to wipe out on the gravel. After that I hit smooth pavement and then I started booking it. I turned the sharp second corner that led into the stadium. After a short ride into the NASCAR track, there were two 180 degree turns that I took really bad. Suddenly coming into the actual circuit on the track, I noticed that the finish line was not far off. I realized now that I had messed up and I opened up and gave everything until I finished. My big mistake on this course was that I didn't pre ride it, and I was unprepared for the technical parts of it. I knew that I had performed badly but I put that behind me and started focusing for the crit.

Stage 2: Criterium

After a bad performance in the prologue, I was eager to do better in the criterium. The course was a fun one, as it was on a NASCAR track. It had banked slopes for a lot of the race, and there was one little hill on the course which looked really fun. After lining up, the ref counted us down. "5,4,3,2,1, Go!" I was barely clipped in before people started attacking. The first lap was really sketchy as people were scrambling for position. The next few laps things mellowed out. Then coming around the banked part of the track I saw Parker swerve up. He used the momentum from the banking to launch a huge attack. After that the race began to stretch out. I saw lots of my teammates attacking, but I was just trying to hang on. With three laps to go I began to move up making sure that I had enough energy to sprint. With two to go more attacks went but nothing was working. On the final lap people began getting really aggressive and there were nearly multiple crashes on the hill and the chicane. I lost lots of positioning here and had a bad sprint, finishing sixth in the 15-16s. Another disappointing race, but there was still the road race.

Stage 3: Road Race

It was going to be a long hard stage. Right out of the gate it was a neutral descent into a hot and windy valley. After around 5 miles of this we started the big climb, a 3 mile slog before a fast descent. I was tired from the previous day of racing and could feel myself cracking on the climb. However, I made it over with the group. The descent was super fast and sort of technical. This allowed a gap to open up between the group and me. When I sprinted to close the gap, they surged as well, dropping me. Fortunately I was not the only one who was dropped and managed to form a group with some people. We rode the rest of the race together. It was a pretty disappointing end to a fun weekend of racing, but it was good experience.

-Jonas

Andrew Mathiesen

4 th Place	Kern County SR, Prologue	Juniors 15-16
2 nd Place	Kern County SR, Criterium	Juniors 15-16
8 th Place	Kern County SR, Road Race	Juniors 15-16
5 th Place	Kern County SR, G.C.	Juniors 15-16

Stage 1: Prologue

I never rode the course beforehand and I talked to one of my teammates and he made it sound way longer than what it really was. When I was at the line to start the prologue I felt decent and was hoping to do well. When it was my turn to go I got really nervous. When I left the starting line, I was in a full sprint and was going at a good pace until I got half way through to the switchbacks. I messed up on every turn, sadly costing me the race and putting me fourth in the general classification

Stage 2: Criterium

I was feeling good and was looking for the win; also I saw this as an opportunity to move up in the general classification. When we started the race, I was in the back of the pack with Jonas. Throughout the race we were moving up slowly, hoping to have a chance of winning. The last few laps were sketchy and I almost crashed a couple times. My team was working at the front keeping the pace high on the last couple laps. This made it harder to move up and people would push me out of the draft so I had to find a new place. One the last lap, I was in the top third of the pack and could not move up anymore because other riders were persistent to keep their spot in the group. Half way through the last lap one of my teammates attacked and the field started chasing him and everyone was fighting for wheels. I got boxed in at ninth wheel in the group which is where I finished ending up with second, in my category.

Stage 3: Road Race

It was stage three the road race and I was not feeling the best. When we started the race, I was at the very back and was with my teammate, Jonas. I did not want to be at the back so I moved up as much as I could before we hit the climb but I was tired already. On the climb the pace was moderate but I felt as if I had nothing in my legs to climb so it was difficult to stay with them. Right after we crested the top of the hill, I ended up at the back of the group. While going downhill I got dropped because I was not comfortable with my descending skills that day. I could not catch back up to the front group but one of my teammates also got dropped so we rode together until we caught some more riders and then we rode the rest of the race in a five person group.

-Andrew

2. Memorial Day Classic Stage Race

5/27-29/17 Livermore

Ben Cook

14th Place Mount Hamilton Time Trial Senior Category 2

Stage 1: Time Trial

After being slightly sick the last two days, it wouldn't be easy to get going again at Mount Hamilton. I woke up in the morning and felt pretty good heading down to the race. I warmed up on the road and gathered my gear to go to the start. The course was 5 miles, with the last 1.5 miles in a climb.

The start of my time trial was good, and I was able to maintain most of my power on the flats and wasn't feeling too stuffed up. When I hit the climb my legs began to feel hurt more and I kept it in the big ring, which probably made me more bogged down than before. I shifted to the little ring when it got steeper a few minutes from the finish, and finished feeling pretty fine. It wasn't my best time, but I was about halfway through the field and pretty happy with it.

Stage 2: Mount Hamilton Road Race

Needless to say, it was a difficult day at Mount Hamilton. I woke up early in the morning feeling sick struggling to battle the cold weather. Immediately the race was fast up the climb, and I had nothing left to give when riders began attacking. After surviving almost until the third climb, I finally was dropped and pulled the plug on the race. I turned around for home and decided it was best to focus on getting healthy before trying to push myself again.

-Ben

Gianni Lamperti

24th Place Memorial Day SR, Prologue Senior Category 3
24th Place Memorial Day SR, RR Senior Category 3

Stage 1: Prologue

The morning of the prologue it was pretty windy. I knew that the course started out flat for the first half and went up a good size climb for the second half. I got on the trainer and did my warm up and got off about 15 minutes before the start. I spun around for a few minutes then got in line to start. I got ready to start and as I started, I missed my pedal and almost crashed. I have no idea how in the world I almost crashed, but I did. I got going and thought to myself that I had to make up time from my mistake. I went a little harder on the flat than I should have and when I got to the base of the climb, I wasn't feeling so great. I went as hard as I could to the finish. It wasn't my greatest ride ever but I learned how important it is to control my pacing when something goes wrong.

Stage 2: Mt Hamilton Road Race

The start of the road race was pretty fast and stayed pretty steady until the second climb, where a rider attacked. I stayed towards the front and held on, although it was going crazy fast. Coming into the main climb, I was going pretty hard and was drifting back a little. I found myself at the back with about 8k from the top. I was fighting as hard as I could and was passing people who were dropping out the back. At about 3k to the top, the field finally pulled a gap on me. I kept going over the top and was by myself until the bottom of the climb where I caught another rider. I stuck with him for most of the first valley and as we came into the next climb I went harder than he did. I rode by myself for the rest of the day at a good tempo.

-Gianni

Luke Lamperti

12th Place Memorial Day SR, Prologue Senior Category 3

19th Place Memorial Day SR, RR Senior Category 3

Stage 1: Prologue

The prologue was a 5 mile course that started the first half flat and the second half up hill. I knew it would be a hard course especially with the wind. I got in a good warm up and then headed to the start ramp. I went off and got focused. I was trying to keep a higher cadence but my legs were really heavy so I kept catching myself in a hard gear. When I hit the climb I started to pick up my pace. I kept ramping up all the way to the top to sprint for the finish. I didn't have my best time trial but learned a little to help me in the future.

Stage 2: Mt Hamilton Road Race

We started neutral and immediately hit the climb and the race started. I knew from last year the climb is about an hour fifteen. When people started attacking at the very bottom I was surprised. I knew to sit on and try to conserve energy as much as I could have near the top the better. I was riding in the top 10 for the first half. I knew at the top it was going to be really hard to stay on. I was able to hang on until 3k to the top. I kept a super hard pace to stay as close as I could. As I went over the top I could see the field about 2 minutes down the descent. I went really hard down the whole descent. When I got to the bottom I could see the field. I timed the gap and it was about a minute. I was with 3 other riders. I was with them until about 20 seconds. When we hit a climb about 20 seconds from the field my group blew up. I went and was able to make it to them by the top of the climb. We had about 20k to go. I sat on

for a little bit before going into the rotation. There were only 15 guys in our group. With 5k to go a rider attacked. I was not able to get on him. Everybody chased but he stayed away. Going into the sprint I pulled back a flyer and then was 5th wheel. A rider swerved across our group taking me off my wheel. I sprinted after making it onto the back of the group again. I didn't have the best last 1K but I was happy to make the selection and ride strong.

-Luke

Isaiah Chass

14 th Place	Memorial Day SR, Prologue	Senior Category 3
22 th Place	Memorial Day SR, RR	Senior Category 3

Stage 1: Prologue

The prologue was five miles with about half of it being flat, and then the last half up hill. I started hard from the beginning, knowing that it wasn't that long I could keep my pace high for the whole time. I was feeling slow on the flat section before the climb, but when I hit the climb I started to feel a lot better and I caught my one minute rider. I kept it fast and when I saw one kilometer to go I started picking it up to full gas. I came around the last corner and could see the finish, so I gave it one last push to the line and gave it everything I had.

Stage 2: Road Race

I was super excited to race Mount Hamilton road race because I raced it last year and it didn't go very well so I wanted to see what I could do this year. We started off neutral for a few miles until we got to the main climb, which was about 31kilometers long and climbed about four thousand feet. This is probably the hardest part of the course, and it really decides who is in the front group. The pace started off high from the base of the climb, and it stayed hard the whole way up. Getting closer to the top, there were a few little moves, and then with about five kilometers a rider got off the front and kept a solid gap. Seeing one kilometer to the KOM, I was popped off the front group and was working with one other rider. Going over the top of the climb I was about thirty seconds off of the front group, but I lost some time on descent and couldn't get on. I was by myself for a good bit, and then a group four including my teammate Luke caught me. We worked together for a while, and after a little bit we could see the group. Coming into the second feed zone, I wasn't able to stay on my group, but they ended up catching the field. I rode by myself for almost the rest of the race, and then with about ten kilometers to go, a group of four caught me and we worked together to the finish.

-Isaiah

Creighton Gruber

29th Place Mt Hamilton Road Race Senior Category 3

A mile in and we were already climbing. The pace was fast but I was able to hang on. 30mins in and the pace really picked up and I cracked. For the rest of the climb I rode with other people that were dropped. One of the other dropped riders attacked and I couldn't hang with the attack. Once I was down the descent I caught and passed the riders that had attacked me. One other rider and I rode to the finish together.

-Creighton

Jonas Crean

10 th Place	Memorial Day SR, Prologue	Senior Category 4
15 th Place	Mt Hamilton Road Race	Senior Category 4
4 th Place	Memorial Day SR, TT	Senior Category 4
12 th Place	Memorial Day Criterium	Senior Category 4
9 th Place	Memorial Day SR, G.C.	Senior Category 4

Stage 1: Prologue

I was very excited to be racing the Mount Hamilton stage race! This was a big race, with a prologue, the brutal Mount Hamilton road race, an up and down time trial, and the Memorial Day criterium. It was all Omnium style, so placing mattered a lot. Also this was a close race to home, so it very convenient. I got to the start of the prologue, just south of Livermore. The prologue course was a 5 mile course with a 1.4 mile hill in it, so pacing was going to be crucial. After a good warm up, I felt very solid and lined up. Our cat 4 field had a good turnout, with 21 riders competing. I was fourth off. I lined up and the official counted me down. "5,4,3,2,1, go!" He said. I got clipped in on the first pedal stroke and was pleased I hadn't lost time there. I sprinted out for the first 100 feet and then settled into a fast cadence. I looked down at my Garmin and noticed that my cadence meter wasn't working. "Shucks", I thought. I tried to keep my cadence steady at what I thought was around 100 rpm. The first 3 miles pasted in a blur. I was keeping my speed steady with no power surges and my heart rate was right where I wanted it to be. Then the road began to tip upwards, and knew that the climb was about to start. I hit the 7 percent gradient and began to shift down, trying to keep my cadence high. Coming around the first bend in the road I saw two guys not far ahead. This motivated me to push harder, and I passed one of them with a mile to go.

I could see the other one nearby as the climb flattened out near the top. Once I rounded the final bend and saw the finish, I laid it all out there and sprinted to the finish. I finished with a time of 15:44. I felt that I could have gone faster on the last part of the climb, but overall I was pleased with my performance. I had felt good, but I knew that the GC was going to be decided on the next day, the infamous Mount Hamilton road race.

Stage 2: Mount Hamilton Road Race

I knew this would be a hard road race. This race goes over Mount Hamilton, down towards Modesto, before taking a sharp turn on mines road, taking you all the way out to Livermore. After a solid warm-up, I lined up. Once we started we had about two neutralized miles to the bottom of the climb. Once we started climbing, everyone started going full gas. The group was flying up the long sections of climbing. By the time we got over the first section, I was close to cracking. I was refueling as much as I could on the descent into the valley. The descent flattened out in a short stretch before resuming the climb. At the base of the climb someone attacked, stretching an already tired group apart. I didn't have the legs to surge and catch the lead group, so I fell back and tried to go at my own pace. After about another few miles of climbing, a fellow dropped rider caught up to me. I let him pace me up the climb. At the top of the climb, I realized we had done over 15 miles of straight climbing. We started the descent, down technical turns and rough pavement. Once we got to the bottom of the climb, we were joined by another 3 people. We all began working together, moving at a good speed. We continued to pick up dropped riders along Mines Road. After several climbs we started a long and fast descent. We came over the final roller towards the finish line. Some people tried to sprint, but overall most people were tired like me and had nothing left. I got 15th which was a dissatisfying result for me. I knew that I had given it my all, but I still felt bitter. Because of this placing I went from 10th overall to 13th. However, I was still determined to finish the stage race.

Stage 3: Altamont Pass Time Trial

After a bad result in the previous day's road race, I felt no pressure going into the individual time trial. In hindsight, this was good, because it allowed me to perform well without any distractions. The course was a 9 miles. For the first 4 1/2 miles, it was a fast, straightforward descent, then you had to turn around and go right back up. I did an easy warm up because I had to ride to the start. I noticed there was a huge tailwind on my way to the start, which would be a big factor in my performance. I lined up and got ready. After the guy in front of me went, they started counting me down from a minute. Then I was off. I sprinted hard right out of the gate and shifted to my biggest gear for the descent. I got up to speed and was spinning around 150 rpm. Once I got

to the turnaround, it was like night and day. On a climb like this, that only climbs 600 feet in 4 miles, I should be able to do it easily in 10 minutes. Instead it took twice that. This was because the tailwinds that had pushed me down at blazing speeds, acted as a roaring headwind on the way up. I could feel the strain, but I kept cranking the big gear. I knew I was doing pretty well when I passed my two minute man. With one mile to go I started giving everything I had left. Once I got to the top I knew I had done a good time. I finished 4th, which I was very pleased with. This placing bumped me back up to ninth on GC.

Stage 4: Memorial Day Criterium

After a quick warm-up, I spun to the start of the crit. I was stupid and forgot to pin my number on, which I was reminded of as I went through rollout. I got my number pinned on and made it back to start in the nick of time. I was pretty tired from three previous races, so my goal was really to have fun and finish. Right in the beginning I was attacking and following moves. I began to fade with 5 to go, and got dropped after a hard pull. I finished 12th. I knew this was not a good placing, but I had fun over the entire weekend and got a lot of good experience. Overall I placed 9th.

-Jonas

Chase King

5 th Place	Memorial Day SR, Prologue	Senior Category 4
9 th Place	Mt Hamilton Road Race	Senior Category 4
15 th Place	Memorial Day SR, TT	Senior Category 4

Stage 1: Prologue

The course for this opening time trial suited me quite well, with a 7% climb before the finish. It started off on a flat road, which comprised about half of the race, which I predicted to take around 15 minutes. I knew I wouldn't be the strongest rider on the flats, so for the first half, I rode at threshold, saving the anaerobic gas for the climb ahead. The final 7-minute ascent was the perfect length allowing me to give it all I had; I wasn't focused on my numbers as much, and just rode as hard as I could. At about a minute from the line, I caught my 30-second-man, giving me the extra motivation to push even harder. I crossed the line in 5th, just under two seconds behind 4th. I was very happy with my result, considering there were a lot of strong guys in the field who upgraded to Category 3 following the race.

Stage 2: Mt Hamilton Road Race

After talking to a few of my friends a few days before the race, I knew that if I could make it over the climb in the first group, then I would be in good position for the finish. A very strong climber (he won yesterday by nearly a 30" margin) set a high pace from mile 1. I made it a priority to stay focused and just hold the wheel in front of me. Cresting the first of three climbs on Mt. Hamilton, the field shredded from 25 to around 15. On the second climb, another 5 or 6 were dropped off the back. After over an hour of climbing, the observatory was finally approaching. Nobody in the group made an effort to attack for the KOM, rather it was just a group acceleration after exchanging looks, which quickly turned into riders sprinting for the line. I made it over 4th, missing the 3rd place points by about 6 inches. Our group sat up after cresting the climb, and two riders got off the front. Nobody made much of an effort to chase them down, and they managed to stay ahead of our 10-man chasing group by a minute or two at the finish. As I am not a strong sprinter, I tried to get my positioning correct coming toward the line. I was second wheel at around 500 to go, and after opening my sprint, five or six guys barreled around me. Oh well; lesson learned.

Stage 3: Time Trial

One word: windy. The out-and-back nature of the course made for rather interesting conditions that I've never experienced in a race. The downhill sector, though only at around 3%, was paired with a strong tailwind, resulting in speeds in excess of 45 mph. At the turn around cone, I was immediately hit with the wind that propelled me downhill, and my climbing speeds ranged from between 10-15 mph (despite it being a 3% gradient). I wasn't feeling as great as I was on the prologue, but I managed 15th. Jonas, one of my teammates, placed 4th, which is an amazing result considering the savage conditions and strong competition.

-Chase

3. Golden State Criterium

5/6-7/17

Rancho Cordova

Creighton Gruber

8 th Place	Golden State Criterium	Juniors 13-18
31 st Place	Golden State Criterium	Senior Category 3
27 th Place	Golden State Criterium	Pro, 1-3
29 th Place	Golden State Circuit Race	Senior Category 3
45 th Place	Golden State Circuit Race	Pro, 1-3

Junior Criterium

Right from the gun the race was aggressive. I knew the field would split so I went with every attack. About half way through the race, a cat 2 rider from team Specialized got up the road by himself. Nobody wanted to work together to chase so it became a race for second. Going into the last lap I was in good position. With one corner left in the race, the person ahead of me went down so I had to brake to get around him. I was able to get back on the tail end of the group, but not able to do any better than 8th in the group sprint. Then I headed home until I needed to get back for my next race.

Senior Category 3 Criterium

I clipped in right away and tried to be the first one through the first corner. I realized I had a gap and was hoping someone would bridge up to me but no one did so I set up and waited for the field. My goal in this race was to be aggressive and try to make a break stick, but all my moves were brought back. The race seemed very short. All the sudden we had five laps to go. I was in the middle of the field at this point so I moved up. With two laps to go the team Limitless lead out train was on the front, the Rio-Strada train was behind them and I was on their wheels. When Limitless ran out of guys on the front they pulled of leaving Rio-Strada's train on the front. With one to go Rio-Strada sat up and immediately the field swarmed us and I let myself get boxed in. I spent that last lap trying to move up but I wasn't able to get to past 30th. Because I had a 6 hour gap till my next race I went home and napped.

Pro, I, II, III Criterium

I was pretty nervous at the start line. The first few laps I stayed towards the back, but once I got comfortable I started moving up. Within a lap I was at the front of the 50 man field in about 5th position. I saw a five man break up the road and the pack had just slowed down, so I decided to bridge up to the leading group. I brought another racer with me making us a 7 man field. After around ten minutes in the break we increased our lead to around ten seconds to the main field. On that same lap a group of five guys caught on. The field decided that it was too big of a group and brought us back. Once the group got us I fell back in the pack to recover. With 30 min to go in the 75min race I decided to move up. I moved myself to the middle of the field, when coming out of a corner there was a crash. I almost slowed down in time to avoid it but somebody rode into the back of me, making me go down into the pile of people and bikes. I was fine so I checked my bike and realize my rear derailleur was bent. Michael Jasinski from Team Clif Bar checked to see if I was okay. He reminded me I had a free lap and he also calmed me down a bit. The mechanic at the wheel pit bent back my derailleur and then I got back in the race. I tried to stay at the front of the

pack but by the time we hit 5 to go my legs were cooked. I finish in the rear end of the pack.

Senior 3 Circuit Race

My legs were gone from the previous day. I tried to move up in the field, but when the field surged I fell back in the pack. Towards the end of the race I began to feel better and was able to hold a higher position in the field. With 1K to go a racer cut across the middle of the field, almost taking everyone out. The riders behind the position where the guy cut had to jump to get back on the field. I didn't have the snap in my legs to hold my position. I came into the sprint in the back of the pack.

Pro, I, II, III Circuit Race

I said goodbye to my dad because he would be headed to the airport before I finished, then I got to the start line. My legs were feeling better than my earlier race but they were nowhere near fresh. Like the crit, the race started off very fast, but I started in good position so I wasn't near the back. Unlike the crit, there was an open stretch that was very windy. On the windy stretch of the course it was easy to hide because the pack would bunch up. As the race went on it became punchier and I became more fatigued.

By the end of the race I was hanging on the back. With one lap to go the pack slowed down and a racer from the Storck elite team told me it would be a good time to move up. I moved from the very back to about twenty from the back and then the pace picked up from there to the finish. I held my position and finished in the back of the pack.

-Creighton

4. Folsom Criterium 5/27/17 Folsom

Creighton Gruber

16th Place Folsom Criterium Senior Category 3

14th Place Folsom Criterium Senior Category 2/3

Senior Category 3 Criterium

I rode to the start from my house because it was only 4 miles away and then rode around the area until my race started. I spent most of my race trying to bridge up to breaks. Nothing I reached stayed away for anything longer than a lap. The race

slowed down as we hit 3 laps to go. I found someone who I knew could sprint well, and I was in a good position. With one lap to go I tried to move up because I had drifted back. I didn't get to the front in time to be in position for the sprint.

Senior Category 2/3 Criterium

I knew this race was going to have the winner come from a break, so I followed everything that look dangerous. Within 10 minutes almost half the field was off the back. The group slowed down for a second and immediately a group of guys attacked. I happened to be on one of the first attacker's wheel so with little effort I got in the break. After our group got reeled back in everybody sat up. I launched a solo attack that was brought back a lap later. Right when the field caught me, the winning move got away. I wasn't successful in bridging to it. The main pack slowed up quite a bit because nobody wanted to chase. I tried to get a group to try and bridge to the leaders, but nobody wanted to go with me. On the last lap I attacked the group, going for a top ten, but I was caught at the last corner. I was still able to out sprint a few people for 14th.

-Creighton

Esteban Ramirez

16th Place Folsom Classic Criterium Senior Category 4/5

This was my first race of the season and it was also the most sketch race I have done. By that I mean it was the most dangerous race I have done. This is possibly the smallest and easiest crits there is but the course was absolutely filled up with 66 racers many of them being newbies. With the combination of these factors, people were just itching to crash. I saw about 10 near crashes, five of those being directly next to me or in front of me, with one actually crashing next to me and his bike colliding with my rear wheel. I somehow came out of the race unscathed; my quick wits saving my life. On some of the laps, I made it through everybody to the front, never staying there for more than a lap because a large, separate, echelon would envelop us and we would end up back in the middle of the pack. When I finished, I was only roughly four seconds from the leader, but I could not make my way back up to the front because I was stuck. The thing I realize I needed to work on from this race is my explosive power as in sprinting power, as it is not up to par with many of my other competitors.

- Esteban

Ben Cook

9th Place

State MTB Championships

Varsity Boys

After a tough few mountain bike races, about two weeks before states I threw myself in gear and began training for states. I rode most days with the high school mountain bike team and basically put as many hard hours on the bike as I could. Two days before states, our director offered me a new ride for the race, and I gladly accepted. It was a size larger than my current bike and so it fit me better, and was a full suspension too. I took my old Superfly for a lap of pre ride the day before, and then the new Top Fuel for a lap, and quickly decided which bike I would be racing.

Before racing I headed up onto course and cheered for the girls out racing, and then the freshman when they came through as well. It would be my last time cheering on my amazing team, so I made sure to hoot and holler for them. I warmed up with just a five minute spin and a few short efforts, but nothing major. It would be a long, long race, and I knew that survival would be key. I started about 8 rows back, halfway through the field or so. The start of the race was fast, and I lost some spots on the opening road section, but kept my cool and pushed forward when we hit the dirt. Quickly riders on hardtails began to fall back and struggle over the bumps made by cow hooves in the course. On the first lap I made my way up and through the top 15 or 20, but couldn't push into the top 10. To my pleasant surprise, I passed a few riders on the downhill and extended my lead. I held position and passed three or four more riders on the next climb, and came into the third lap nearing the top 10.

Then, I caught a rider from Redlands MTB at the bottom of the third lap, and we worked together well up the third climb. Our goal was not to get caught by anybody and hold our pace, so we traded turns and made our way up the climb in good position. On the downhill I began to cramp, but took a moment to stretch out my legs and recover for the next climb. The Redlands rider, named Thomas, gapped me off on the last downhill with Pearson from Tam High. At the bottom of the fourth and final lap I was in 10th place with Pearson and Thomas 15 seconds ahead of me, and three other riders working well about 40 seconds behind me, and I was really hurting. I suffered through the climb and made sure to only lose as much time as necessary, and actually caught Pearson by the top. The riders behind had fractured apart, but one of them was nearing Pearson and me. "We're in the top 10, Pearson." I said as he let me pass before the main downhill. He hopped on my wheel and we began the long descent. On one of the rollers about halfway down we noticed the rider from before only about five seconds behind us. We pushed over the roller but he was almost on our wheel by the top. I led the whole time, and pushed over the top of the roller and gapped the rider off. Thomas was five seconds ahead of us.

There was a one minute climb before the final downhill and sprint, and I was still leading. I knew that if Pearson were to lead he had the chance of dropping me, but if I stayed in front he might just let me ride my pace and not try to pass. At this point I thought I had to beat him to get into the top 10, so every moment mattered. I pushed up the climb, cramping horribly the entire time, but didn't show my pain to Pearson. I made it to the last downhill in the lead. On a bumpy flat stretch I attacked from the front, hoping that my suspension would get rid of him on his hardtail, but it was unsuccessful. We caught two JV riders in front of us with about a minute to the finish. The two JV riders led out and came in fast for their own sprint. We flew through the last sweeping turn and around the final corner to the sprint in third and fourth of our new train. When we rolled over the road, I jumped hard and took the smoother right line. I locked out my suspension and sprinted as hard as I could into the line. It was everything I had, every ounce of energy and every single pedal stroke was made to count. I threw my bike hard but wasn't sure if I beat Pearson or not. No matter what had happened, I had nearly the perfect race. My head was clear and everything was right where it should have been.

In the end, I did beat Pearson, and ended up as the 9th best mountain biker in California, a dream I never thought would come true. Every pedal stroke I took was backed by my screaming and cheering teammates, and all of the hours I had put into supporting them and training with/leading the team. There was truly no better way to end my four years of high school mountain biking, and I will never forget all of the amazing experiences I have had in high school racing. NorCal league, it's been fun!
-Ben

Sawyer Taylor

2nd Place NorCal MTB State Championships JV Girls

With less than five minutes to go, I was wrapping another racer's broken spoke around another spoke from the back of our field of over seventy racers. There was literally one row of racers behind me. Good thing this was a good course for passing because I'd be doing a lot of it.

"You aren't new to this whole racing thing, are you?" asked the girl with the broken spoke a minute before my start.

"You could say that." I answered before going harder off the line than I ever have. By the time we got over the first climb, I had passed all but the top twenty racers in my field. By the time I got over the second climb,



I had ten racers in front of me. The rest of the course was mostly descending with a few short climbs. I passed another racer on one of the climbs which put me in the top ten for sure. On my second and final lap, I hit the climb again this time even harder. The course was wide enough for me to pass on without losing a lot of time or speed which meant I was able to pass the JV and varsity racers I needed to in order to catch fourth and then third by the top of the climb. Then, I passed fourth and third which put me on a podium step. At this point, first definitely had a good gap but I could see second. About two thirds of the way through my last lap, I caught up to second. There were two short climbs before the finish. On the first, I passed second and tried to get a gap before the descent but she held my wheel. On the second climb, right before I was about to go for it again, she went down on a switchback. I knew this was my chance and I went for it really hard to cross the line in second. As soon as I finished my coach grabbed my bike and I fell into a heap on the ground. I had absolutely nothing left to give.

Getting second place at states is something that I'm extremely proud of for a variety of reasons. In addition to getting on the podium after starting from the very back of the field, I passed most of the varsity field and got lap times that were comparable to the top ten varsity girls. This is a really good sign for next season for me. Additionally, states showed me that I can't underestimate myself. Coming into mountain bike state championships, I was hoping for a top ten or maybe even a podium finish at best. I ended up in second and the only girl who I couldn't catch was the JV points leader from SoCal so she had a first-row call

up. On top of not having a good place on the line, by Wednesday the week of states, I didn't have a bike to race. I managed to get an Epic fsr. While this worked out really well in the end, I had never raced a full suspension before. One of the things I finally stopped doing in this race was stop telling myself the hundreds of ways my race could go wrong. I just stayed focused and kept on pushing. I'm really proud of how I did at states and am really looking forward to my next two years in the NorCal league!

-Sawyer

