

## Team Swift Race Reports

### June 2017

#### **Race Reports for:**

1. Nevada City Stage Race
2. USA Cycling Junior National Road Race Championships
  - Time Trial
  - Road Race
  - Criterium
3. Pescadero Road Race
4. IC3 Criterium

#### **June Top Results:**

1 <sup>st</sup> Place	Nevada City Classic	Juniors 15-18	Parker Rous
2 <sup>nd</sup> Place	Nevada City Classic	Senior Cat 3	Isaiah Chass
2 <sup>nd</sup> Place	Nevada City Classic	Juniors 15-18	Gianni Lamperti
3 <sup>rd</sup> Place	Nevada City Classic	Senior Cat 3/4	Gianni Lamperti
4 <sup>th</sup> Place	Nevada City Classic	Juniors 15-18	Isaiah Chass
4 <sup>th</sup> Place	USA Jr National Champ Crit	Juniors 15-16	Lucianno Lamperti
5 <sup>th</sup> Place	Pescadero Road Race	Senior Cat 4	Chase King
5 <sup>th</sup> Place	Nevada City Classic	Senior Cat 3/4	Parker Rous
6 <sup>th</sup> Place	Nevada City Classic	Juniors 15-18, 4/5	Jonas Crean
8 <sup>th</sup> Place	USA Jr National Champ TT	Juniors 13-14	Andrew Mathiesen
10 <sup>th</sup> Place	USA Jr National Champ RR	Junior W. 17-18	Sawyer Taylor
10 <sup>th</sup> Place	Nevada City Classic	Juniors 15-18	Lucianno Lamperti
11 <sup>th</sup> Place	USA Jr National Champ Crit	Junior W. 17-18	Sawyer Taylor
11 <sup>th</sup> Place	USA Jr National Champ Crit	Juniors 13-14	Andrew Mathiesen
11 <sup>th</sup> Place	Nevada City Classic	Juniors 15-18	Creighton Gruber
13 <sup>th</sup> Place	USA Jr National Champ RR	Juniors 15-16	Lucianno Lamperti
13 <sup>th</sup> Place	IC3 Criterium	Senior Cat 2/3	Ben Cook
15 <sup>th</sup> Place	Nevada City Classic	Senior Cat 3/4	Creighton Gruber
16 <sup>th</sup> Place	Nevada City Classic	Senior Cat 3/4	Andrew Mathiesen
19 <sup>th</sup> Place	USA Jr National Champ TT	Juniors 17-18	Ben Cook
19 <sup>th</sup> Place	USA Jr National Champ RR	Juniors 15-16	Gianni Lamperti
19 <sup>th</sup> Place	USA Jr National Champ RR	Juniors 17-18	Isaiah Chass
15 <sup>th</sup> Place	Nevada City Classic	Senior Category 3/4	Creighton Gruber
22 <sup>nd</sup> Place	Nevada City Classic	Pro/1/2	Ben Cook
25 <sup>th</sup> Place	USA Jr National Champ TT	Juniors 15-16	Lucianno Lamperti
29 <sup>th</sup> Place	USA Jr National Champ RR	Juniors 13-14	Andrew Mathiesen
30 <sup>th</sup> Place	USA Jr National Champ Crit	Juniors 17-18	Isaiah Chass
36 <sup>th</sup> Place	USA Jr National Champ TT	Juniors 15-16	Jonas Crean
41 <sup>st</sup> Place	USA Jr National Champ TT	Juniors 15-16	Gianni Lamperti
43 <sup>rd</sup> Place	USA Jr National Champ TT	Juniors 17-18	Isaiah Chass
45 <sup>th</sup> Place	USA Jr National Champ TT	Juniors 15-16	Creighton Gruber

48 <sup>th</sup> Place	USA Jr National Champ RR Juniors 17-18	Ben Cook
49 <sup>th</sup> Place	USA Jr National Champ Crit Juniors 17-18	Ben Cook
50 <sup>th</sup> Place	USA Jr National Champ Crit Juniors 15-16	Creighton Gruber
59 <sup>th</sup> Place	USA Jr National Champ Crit Juniors 15-16	Gianni Lamperti
61 <sup>st</sup> Place	USA Jr National Champ RR Juniors 15-16	Creighton Gruber
74 <sup>th</sup> Place	USA Jr National Champ Crit Juniors 17-18	Parker Rous
86 <sup>th</sup> Place	USA Jr National Champ RR Juniors 17-18	Parker Rous

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## Rider Race Reports

### 1. Nevada City Classic 6/18/17 Nevada City

#### Parker Rous

1<sup>st</sup> Place Nevada City Classic Juniors 15-18

With the exception of nationals, and maybe valley of the sun Nevada City is one of the further away races that I attend. It is also a great way to gauge fitness going into nationals as I found out last year when former Team Swift rider Ethan Frankel had a great race at Nevada City that carried him into a solid performance in Kentucky (nationals). The field wasn't huge, and with Team Swift heavily represented I knew it was crucial that we have a good race, a podium was necessary but little did I know we were going to pull off something much better than that. The start was hot, almost 100 degrees and because the course literally only consists of a demanding climb, rolling descent and a technical corner, the race started slowly. This didn't last long however as Isaiah Chass, my teammate, attacked in pursuit of a cash prize. This began a phase of small attacks that eventually brought Isaiah back into the main group. He looked at me as we joined him and all he could say was "it's really hot out there". Weather can sometimes neutralize a race, but that wasn't to be the case here. Shortly after catching Isaiah I decided to attack. I tried this last year in similar conditions but two things were different this time around, first; I was in better shape than last year, and two; I knew how to pace myself better than last year. While solo I started to count down the laps, back in the group Gianni attacked and we both were opening up gaps for the remainder of the race. We rolled across the line first and second with the field nowhere in sight. This was for sure one of my finer races, and I was thrilled to contribute a win to the team.

-Parker

#### Gianni Lamperti

2<sup>nd</sup> Place Nevada City Classic Juniors 15-18

At the start of the race, we went pretty easy on the first lap. It got going a little harder, and then Isaiah attacked to go for the prime on the third lap. He stayed away

for around two laps before he got caught. Parker countered and got a pretty good gap. After he was away for another lap, a Tiene Duro rider attacked and I went with him. I sat on him for a lap, and then attacked him over the top. I got a gap and held it down the descent. He caught me again about halfway up the climb, and when he got to me, I sat on for a few seconds before attacking again. I got away and held the gap for a few more laps, to the finish. I was excited about the next Cat 3 race.

-Gianni

## **Isaiah Chass**

4<sup>th</sup> Place      Nevada City Classic Juniors 15-18

When the official blew the whistle, we rode neutral into the first two corners and then we were off. It stayed together for the first couple laps, and then the announcer said there was a cash prime on the next lap. Coming out of the second corner, I attacked into the climb and got a solid gap. I held it for the lap and got the prime, and then the field wasn't going very hard so I stayed off the front for another lap and a half. When I came back, my teammate Parker attacked and got off the front solo. A couple riders followed his move including my teammate Gianni, so now there were three riders up the road. My group wasn't very big after some more attacks, but nothing else got up the road. With a couple laps to go, we knew that we had the win with Parker off the front. My group stayed together for the rest of the race, and on the last lap I attacked on the climb and got a gap. A rider caught me near the top, so I got on him going over the top and then jumped him going down the descent and got a little gap.

-Isaiah

## **Luke Lamperti**

10<sup>th</sup> Place      Nevada City Classic Juniors 15-18

We started off pretty slow. We were neutral through the first corner of the race. Then we just rolled somewhat slow the first lap. The second lap I attacked up the climb. Everybody was on my wheel so I just rode a good tempo to the top. I pulled downhill and then pulled off. The next couple of laps there were attacks but nothing got away. Then my teammate Parker attacked and no-one went with him. We let the other riders rotate on the front. His gap was getting bigger because as we went by the announcer we could hear the gap. Then we sent Gianni up the rode with one other kid. The rest of the field had 2 to go. I set a good tempo up the climb and down the descent. On the last lap I pulled hard for the first half of the climb. Isaiah attacked and got a good gap as I hung on to the back go our group for the finish. I was happy with how we did and how we raced as a team.

## **Creighton Gruber**

11<sup>th</sup> Place      Nevada City Classic Juniors 15-18

I didn't know how well I was going to do because I was sick earlier that week. I warmed up for about ten minutes, and then got on the start line. The pace was fast and I was just hanging on the tail end of the pack. With 3 laps to go somebody attacked right as the hill began and I couldn't hang on the group. Parker caught me at the top of the hill and I watched him ride into the finish for the win.

-Creighton

## **Jonas Crean**

6<sup>th</sup> Place      Nevada City Classic      Juniors 15-18, 4/5

I knew that I was going into this race with bad form. I had been sick for a whole week before and only managed to get in two days of training before, so my expectations were pretty low. After warming up I took a lap of the course and knew that it was the hilliest criterium course I'd ever seen. It was extremely hot out so we had umbrellas at the start to keep us cool. After a fast start we went around the two corners at the bottom of the hill and started the uphill. The hill was difficult already, and it was the first lap. Thankfully the hill had a shower that riders could cool off under. After three or four hard laps I was cracked and dropped off the back. I was working with some guys for the rest of the race and finished 6th. This was definitely a disappointing result for me and I knew I had to get better form for nationals.

-Jonas

## **Isaiah Chass**

2<sup>nd</sup> Place      Nevada City Classic      Senior Category 3/4

After racing the junior's race earlier in the day, I just spun for a few minutes before the start and then rode to the line. The race started off, and was pretty steady for the first little bit. There were consistently accelerations and small attacks on the climb, but they were covered and nothing got off the front. I stayed near the front and followed some accelerations but it all stayed together. The whole race was pretty similar and it stayed all together except for some riders dropping off the back. I kept myself top five towards the end of the race and was in good position with a few laps to go. Going into the last lap I was second wheel, and stayed on that wheel up the climb. Coming into the final descent, I saw my teammate Parker come around me, so I jumped on his wheel, and then started my sprint down to the finish. I was side by side with another rider but I wasn't able to get past him before the line.

-Isaiah

## **Gianni Lamperti**

3<sup>rd</sup> Place      Nevada City Classic      Senior Category 3

After the first race, we were extremely hot, so we went in the cold river next to where we parked. When we got out, we got our kits on and got ready for the next race. When we got to the line, we waited for a few hot minutes in the sun before starting.

Once we got going it was a pretty constantly hard pace. Luke was at the front covering almost everything. It was awesome as all 4 of us were in the top 15 for the first half. It was extremely hot and people were getting dropped like crazy. It got down to a group of about 15 and stayed that way for the rest of the race. Coming over the top on the last lap, I jumped up the left side and was in perfect position to go. Ben Gomez jumped up the right with Isaiah on his wheel. It stayed the same order to the line with Isaiah in second and me in third. It was a good and very hot day of racing!  
-Gianni

## **Parker Rous**

5<sup>th</sup> Place      Nevada City Classic Senior Category 3/4

After a quick team meeting following the junior race, and a quick dip in the stream to cool off the team suited up for another tough race on the demanding circuit. Rolling up to the line it was obvious that it had gotten hotter, almost touching 103 degrees. Hailing from Bakersfield, it felt like I was stepping out to do a training ride. When racing in an elite category the riders are more mature and this means there will be a more consistent average speed. Having already done one race this was good news for the team because multiple jumps and attacks would wear on us. As the race started the pace was quick but not unbearable. The group was splitting with every lap, and some of the fresh riders tested their legs. There was one obvious threat to our chances of winning, a Muscle Milk junior on his first race of the day. Seeing this, we kept an eye on him and made sure to draft on other riders as often as possible. Isaiah was looking good mid way through the race so we devised a plan to work for him. If the group was still together on the last lap, I was going to jump over the top of the climb, forcing a rider to chase and giving Isaiah an easy ride to the finish. Going into the final lap, the field was together and as we reached the summit of the climb I jumped but failed to get a gap. The Muscle Milk rider got on my wheel and was able to get a draft. Seeing this I pulled off but it was too late and the spin out race was on down the hill. Isaiah lost the sprint as he weighed less than the other rider. Gianni rolled in for third, and I for fifth.  
-Parker

## **Luke Lamperti**

Nevada City Classic Senior Category 3/4

We started off slow and then slowly got going on the climb. Each lap on the climb the pace was high enough so nobody wanted to attack. We pretty much kept it there for the first half of the race. Then the attacks started coming. I was only able to hold onto about 20 minutes of then before getting dropped. With Nationals coming and being sick the week prior to Nevada City I decided to pull out of the race. I always hate to pull out but in this case it would only benefit me.  
-Luke

## **Creighton Gruber**

15<sup>th</sup> Place    Nevada City Classic Senior Category 3/4

The pace of this race was faster than the junior's race and after the first hill I was already on the back of the group. 15 minutes in, somebody attacked halfway up the hill and I got dropped. I rode hard for the rest of the race so I would still get a good workout in. I rolled into the finish for 15th.

-Creighton

## **Ben Cook**

22<sup>nd</sup> Place    Nevada City Classic    Pro/1/2

Nevada City was a hot, steep, brutal, and fan filled race as always this year. I waited on the start line after a trainer warm-up and a few minutes in the icy mountain creek running through the bottom of town as temperatures hit 95 degrees. The famous Dave Towle counted us down and rallied the crowd to "launch us into orbit" for 75 minutes of pro/1/2 racing.

Immediately the pace was fast as I struggled to hang onto the top 10 with my former teammate Ethan. I took a dunk under the running hose at the top of the course each lap to try to keep cool, and then braced for the downhill and the painful climb back up again. Each corner was a sprint, each pitch was another load into my legs, but I knew that if I made it 20 minutes into the race I'd have a good shot at making it all the way to the finish.

Well, I made it 20 minutes in with the lead 15 riders with some fighting, but unfortunately today's race was not a typical flat criterium. 25 minutes in I got dropped towards the bottom of the climb, and caught back on two minutes later. I hung on for another lap and a half or so before finally getting dropped once again in the middle of the climb. I saw the riders each lap just a few seconds ahead of my on the downhill, but they pulled away again and again on each uphill. I survived the next 20 or so minutes on my own, and made it through with the cheers of my family and friends on the sideline each lap.

With about 15 minutes to go I caught a few more riders to work with. We paced the last few laps hard, and got lapped once again by the leaders with 2 to go, making that lap our sprint. I attacked over the top of the climb and dropped a few of the riders in our group, then hung on to another wheel and finally came around him in the end and won the sprint out of our group.

Once the race was over, I spun my traditional lap around the course as fans cheered and applauded as I rode by with other racers. I waved and chatted and thanked everybody for coming out, and they all said congratulations. Whether or not I was a winner, or even a contestant, this race was still a total blast, and all of the spectators cheered their heads off for everybody. By the time I come back to Nevada City next year I'll have been through my first year of college, and who knows where I'll be in my racing career then, but I sure hope I get to come back to this race next year.

-Ben

## 2. USA Cycling National Championships

6/29-7/2/17 Louisville, KY

### Time Trial Reports

#### **Ben Cook**

19<sup>th</sup> Place    USA Jr National Champ Time Trial    Juniors 17-18

Well, the first race at nationals was already upon me. I drove out at about 8:30 to the time trial course in preparation for my 10:37 start time. We had done a lot of recon of this course and I had done a lot of preparation on my bike to be ready for this race, and I was feeling really good about it. I hopped on the trainer at 9:20 to get in a long, long warm up. After lots of water, ice, and music on the trainer, I finally hopped off at 10:20, only to find that there was a 20 minute delay in all the start times. I hopped back on the trainer, put my headphones on, and just spun for an extra few minutes before heading to the start line.

Finally, at 10:52, I was approaching the start house. It was slightly overcast and there was a light tailwind breeze on the way out. I paced hard on the way out as the course was uphill, and tucked on my top tube the moment I started spinning out. I went hard on the last climb heading to the turn around, and then tucked on the following downhill.

Heading back up the next climb, I noticed myself hurting and slowing down, and a strong headwind. The entire way back was brutal, and there were times when I was swung across the road by the crosswinds. I tried my best to keep my pace and knew that I was basically racing for the top of the last roller, as the rest was downhill. I went as hard as I could until that moment, and then tucked the last downhill for most of it, then spun in to the finish. When I came across the line I heard that I was in 6th. I was overall really happy with my ride and had a great time on course, and I'm glad I could be so competitive in the top level of the national championships.

-Ben

#### **Isaiah Chass**

43<sup>rd</sup> Place    USA Jr National Champ Time Trial    Juniors 17-18

I was super excited to finally start racing at nationals in Louisville, Kentucky. The time trial was a good course with some solid rollers and a lot of wind. In the starting house, the official counted me down, and then I was sprinting down the ramp to start my 20K time trial. I got up to speed quickly and then got settled in before the largest hill on the course. It was important to keep my speed up on the hill, but I didn't want to go too hard and blow up too early when there was still a lot of course left. Before long, I saw the 5K marker on the way out, which meant I had 15K to go still. I was keeping my pace high, but my heart rate was a little too high too early, so I tried to back off a

tiny bit. I caught my 30 second and 1 minute riders pretty quickly, but then I got unfocused and couldn't really concentrate on my own ride. Coming up to the turn around my ride wasn't really going the way I wanted it to, but I tried to 'restart' at the halfway mark turnaround. I built up my power on the way back and tried to stay steady with the rollers and the wind. Coming into the final stretch I gave it everything I had and stood up to sprint to the line.

-Isaiah

## **Lucianno Lamperti**

25<sup>th</sup> Place    USA Jr National Champ Time Trial    Juniors 17-18

After a good warm up I got off the trainer and out on my race wheels and helmet. I rolled to the start house for rollout. I then got up on the start ramp and went off. I started at a good pace but not super hard. I got comfortable and into my effort. I did not feel great but started to feel a little better as the time went by. When I got to the turnaround I noticed I had time on the people that started behind. I was able to keep a good pace until about 5k to go. I did not have anything left in the tank. I pushed through and made it to the finish. I know I have a lot to work on and this is one race that will help me improve in the future.

-Luke

## **Jonas Crean**

36<sup>th</sup> Place    USA Jr National Championship Time Trial    Juniors 15-16

This was the race I had been training for all season. I was super stoked to be in Kentucky racing against the best juniors in the country! The morning off the TT I had a light breakfast and went to the parking lot where everyone was warming up. All morning I was hydrating and consuming lots of sugar so I wouldn't bonk out on the course. All morning I could feel a crosswind, so I switched my front wheel to avoid getting blown around on the course. I got a good long warm up in and rode over to the start. I rolled out and was very nervous in the lineup. Once I was on the block I took some deep breaths and tried to focus. Soon I was being counted down, and then I was off. Immediately my foot somehow became unclipped, costing me around a second. I didn't let it startle me and I got up to speed. Right out of the gate there was a long drag up a hill. I knew that I could gain seconds here but I was careful not to blow myself up. On the way out I felt super good and passed my 30 second man and my 1 minute man. Before I knew it I was on the turn-around hill. After powering over the top of that climb I made the turn around. I was going pretty fast on the way back until I came over the first roller. Then I got hit by a huge headwind. I began just cranking the gear. I was faltering in this headwind and with 3k to go I got a painful cramp in my left leg, which cost me a lot of time. I managed to make it to the top of the last hill before someone came flying by me. I was spun out on the descent and sprinted to the line to place 36th. Maybe not as good a result as I could have done, but I was happy to see that I could compete with some of the best.



-Jonas

### **Gianni Lamperti**

41<sup>st</sup> Place      USA Jr National Champ Time Trial      Juniors 15-16

When I got on the trainer to warm up for the TT, it was very hot. I did my warm up then hopped off to go to the start. I started off at what I thought would be a good pace to start at but it wasn't. I did all I could do as far as pacing but I knew I was off. I basically learned that I need to train on my TT bike a lot more often in order to learn how to pace myself better as well as just efficiently ride my TT bike.

-Gianni

### **Creighton Gruber**

45<sup>th</sup> Place      USA Jr National Champ Time Trial      Juniors 15-16

I got a good warm up in before heading over to the starting ramp to begin my first nationals. After going through rollout I had to move my rear wheel back because it was too close to my frame. Once I did that I got on the starting ramp. I was nervous but it all went away when I started. I started out feeling good and strong. I felt like I was holding a steady pace. When I got to the turn-around I was feeling good. I looked down at my heart rate and it said 210 bpm. I then decided to not look at my Garmin anymore. On the way down the rollers I had to get out of my aero position because the wind almost pushed me off the road. With 3k to go I was really hurting, giving it all I had. When I reached 1k left I was spinning all the way to the finish because of the steep descent. I was happy that I went as hard as I could, but I wasn't too happy with how fast my hardest was.

-Creighton

### **Andrew Mathiesen**

8<sup>th</sup> Place      USA Junior National Championship Time Trial      Juniors 13-14

On the time trial I left the start house in a full sprint and when I got done with my sprint, I started climbing the only big hill of the course at full speed. When I got over I was still feeling good and pushed on at a threshold pace. At the turn around I messed up and had to slam on my brakes to stop me from hitting the side of the road. When I finally stopped myself from falling I could not pick up speed and I was not moving too fast. Right as I got over that roller I finally started gaining speed again when I was 2 kilometers from the finish it was all downhill so I was spinning all the way down to the finish line. I thought if I took the turn super sharp I could have kept my speed where we had to turn around and my time would have definitely been better.

-Andrew

## **Road Race Reports**

## **Sawyer Taylor**

10<sup>th</sup> Place USA Junior National Championship Road Race Junior W. 17-18

"And in fourth place on USAC's rankings, Sawyer Taylor from Team Swift!" yelled the announcer as I rolled to the line for my start. My results from early season races got me a great spot on the line with only three people called up before me. Because of my crash, the pressure was off. I was excited to race my heart out and have a blast while doing it. My race was going to be fun and fast. We would be doing 11 laps for a total of 52 miles on a fast, fun, and technical course.

No cannon this year, but a whistle proved itself to be plenty loud. I moved somewhere in the middle of the pack. I knew that I wanted to be farther up on the second half of the course but on the flat sections it would be better to be sheltered. All laps of our race were pretty similar; we were pretty relaxed on the flats but hit it hard after the first climb. I knew that the key to this race would be staying near the front on the technical parts, keeping a high cadence, and eating and drinking a lot. I had started with two 24-ounce bottles with mix. I ended up drinking three 24-ounce bottles (all with mix) and sips of ice water that my mom gave me in the feed zone. In addition, I ate six Clif Shots in a race that was less than three hours long. This helped me so much and kept me from cramping in hot conditions.

Our first two laps were pretty relaxed. No attacks happened. Going into the third lap, the pace picked up a little and we started to see some attacks although nothing stuck. Last year, this race was won from a break so I tried to stay near the front in case anything went and I needed to jump on it. Our race was neutralized as the 15-16 girls passed us. Katie Clouse and Megan Jastrab were at the front talking while the rest of their field was killing themselves just trying to hold on. Megan won the race even after crashing on the first lap and chasing back on and Katie took second. Clearly, there are seriously some very fast junior girls on the rise!

Feeding started on lap four. I had already finished a bottle of mix so I took another. Coming up the second half of the feed hill, I knew that the pace would be picking up a lot so I had my mom stand somewhere towards the bottom. I wasn't able to fully appreciate what a good job my mom did feeding me until I was feeding racers in the feed zone in the 17-18 boy's race. My mom gave me three bottles in the heat in a tricky feed zone. She made herself visible and did not miss a single feed. Then, she somehow managed to find every single bottle I threw. I would not have finished this race if I didn't get water. Thank you mom!

I was fine and was able to hold position on the course until we hit Cochran Hill on the last two laps. On our second to last lap, I started falling off the back of the field as we crested the top on Cochran. I hit it hard on the top of the descent before the feed hill and was first wheel heading into the corner at the bottom of the hill on the second to last lap and the last lap.

With three kilometers to go before the finish, I was riding great position. I had Summer Moak's wheel and was fourth wheel in the pack. With less than one kilometer left, I heard the noise of carbon hitting asphalt. The girl next to me went down and I

lost the wheel. With less than one kilometer left, I was not where I needed to be. I took the inside line on the descent to the finish and took 10th.

-Sawyer

### **Lucianno Lamperti**

13<sup>th</sup> Place USA Junior National Championship Road Race Juniors 15-16

After getting a call up I was on the front line. We started pretty slowly. Our race was 10 laps around a rolling course. The first few laps it was around tempo just riding. Then people started to attack and the pace became high. I was riding aggressive and attacking as well as covering most of the moves. This was happening until we had about 3 to go. Then a Hot Tubes rider attacked. I had just come back from a small move. Nobody chased right away. One other rider got on his wheel. They slowly got a bigger gap. When we came through with 2 laps to go they had 45 seconds. I started to try to create gaps and get away. The field was getting smaller. I was attacking pretty much every climb. We had our field down to about 20 riders. With 1 lap to go we just set a hard tempo. In the sprint I gave it my but was pretty sore. I was happy with how I raced in a hard road race.

-Luke

### **Gianni Lamperti**

19<sup>th</sup> Place USA Junior National Championship Road Race Juniors 15-16

At the start of the road race, it was hot. The course was open before our race, so we spun one lap before coming back to the start line. We lined up about 50m before the line and they started to do call ups. I was 10th call-up, but they called from 10th down to first, so I was the first one to roll up to the line. It was a good confidence boost for me and helped me put the TT behind. We rolled pretty slowly for the first three laps with just small attacks on the climbs. On lap four it got harder as people were trying to keep the race going after hard attacks. Lap five was extremely fast and I got away with two other riders over the roller following the feed zone climb. We held it to just before the finish on that lap, where we got caught. On the next few laps, it was constantly hard. Eli Husted got away and I plainly could not do anything about it. I was staying hydrated and eating as well, but I managed to cramp on the 8th lap. I was keeping my cadence as high as I could and staying as light on the pedals as possible. It went away for the rest of the lap. Michael Garrison was attacking pretty much every climb trying to get away. I stayed in and came in about mid-field. It was definitely not one of my greatest races but I feel like I did everything I could.

-Gianni

### **Creighton Gruber**

61<sup>st</sup> Place USA Junior National Championship Road Race Juniors 15-16

On my way to the road race I was really nervous to the point it felt like my stomach was all twisted up. After taking a lap of the course with Luke and Gianni I went through roll out and went to the line. I started at the back of the group. When the race began, I started moving up. The pace up the first hill wasn't bad and I was able to make up more places in the field. At the top of the feed zone hill, somebody ahead of me got cut off in the corner. He unclipped and everybody behind him got sent to the back. On the descent my cornering felt horrible and by the time I finished that lap my front tire was totally deflated. I pulled over to the side of the road, took off my wheel, and placed it on the side of the road. After a minute of waiting for the neutral service car I got a wheel and started chasing. After two laps by myself and another lap with one other rider, I got pulled from the race.

-Creighton

## **Isaiah Chass**

19<sup>th</sup> Place    USA Jr National Champ Road Race    Juniors 17-18

The road race was a fairly short circuit for a road race, where we would be doing fifteen laps. It had a couple short and punchy hills on it and would be hard the whole course without much place for recovery. The race started off pretty fast and with such a big field there weren't a whole lot of places to move up yet. Things started to string out pretty quickly, and there were a couple crashes on the first few laps that I managed to barely get past. I knew this race was going to be super hard the whole time, so I stayed conservative early on and slowly moved up on the hills as people were getting dropped.

The first five or so laps were really hard for me and my legs felt blocked up. I wasn't sure that I was going to be able to do very well, but I started opening up and I was able to follow the hard accelerations when the race really started to get going. When we were allowed to start feeding, I grabbed a bottle almost every lap and stayed on top of my hydration. Although the race wasn't super long, it was still really important for me to stay hydrated and keep eating because if I didn't it could become a lot harder real quick. About an hour in, the field slowed up for a little bit for the first time and I had a chance to get some food in me. After that small pause, it kept going hard again and there were some really hard accelerations going over the hills that narrowed down the field quite a bit. About half way through there was a big move that went over the top of the first hill, and I was able to get on the back of a group of about ten. It came back together in the feed zone but was full gas going over the top. The rest of the race stayed fast and was consistently hard over the hills, but it was just like the training I had done for this so I felt really prepared and knew I could stay up there. With a few laps to go, my group was down to about twenty with a group of six off the front that was going to stay. I was a little far back on the last lap coming into the final corners, so I wasn't up there for the field sprint, but I was happy to have finished with the small group that finished.

-Isaiah

## **Ben Cook**

48<sup>th</sup> Place USA Junior National Championship Road Race Juniors 17-18

The junior men's road race would be fast, brutal, and hot, and would see many of the race starters be pulled before the finish. My goal for this year was to make it to the finish line and hopefully be competitive in the final sprint. From the gun the race was fast and I had to be aggressive to hold my position in the twisting and winding corners of the course. The first few laps were relatively tame with a few attacks from well known riders, but things largely held together. About five laps in, I noticed kids taking feeds on the climb, which wasn't supposed to be legal until lap seven. I looked for my parents on the side of the road and couldn't find them anywhere, most likely because feeding wasn't yet legal. I made it the next two laps with a little water, and finally found my dad on lap seven. When I saw him in the turn of the feedzone, I tried to make my way over there but narrowly missed the bottle from him. At this point there were about 50 riders left and I was starting to hurt and get dehydrated. Nobody else in the feedzone was giving neutral bottles, so I rode my hand out in desperation, but crested the climb with no water. By the time I made it to lap 8, I was already coming unglued from the remaining 45 riders in the field, and finally got two bottles from the feedzone, but it was too late for me. I chased with another few riders the next lap, and finally rode lap 10 with one other rider quietly. We were pulled with five laps to go, and we chatted a bit as we made our way over to the feedzone together. There I caught up with coach and we debriefed the race.

Overall I was very upset not to finish the road race for the second year in a row, and was bummed that I let the distraction of having no water get to my head. I hopped in the car and drove to the finish to watch Isaiah finish the race, an amazing ride for him, and then we went back to the hotel as a team.

-Ben

## **Parker Rous**

86<sup>th</sup> Place USA Junior National Championship Road Race Juniors 17-18

Last year I had a rough run at nationals, coming off of a tough year of crashes and mediocre results I knew I could've been better prepared. This year I was able to train more specifically to the course having already seen it. I felt good about my training and I was the best shape of my life, riding wise. I warmed up for the race with my teammate Isaiah, who ended up having a phenomenal race. We both felt good, and I was even able to find and meet one of my soon- to- be teammates in the tour of l'Abitibi. I like to climb, the course has plenty of hills, I weigh more than the average junior rider so I can descend quickly and the course also contains a long straight downhill. Everything about the race seemed on paper to be my kind of course. What I soon found out during the race was the tough truth about the national championships; they are not raced like other races. From the gun it was a full effort from hammering it on the flats and sprinting up every climb. Mix this hectic racing with three non related

crashes in the first 10 miles and it was already a hard race by any accounts. I tried to take the race in thirds, five laps at a time. Going into the fifth lap the pace simply got too hard, I got dropped from an already reduced field. I was pulled soon after.

-Parker

### **Andrew Mathiesen**

29<sup>th</sup> Place      USA Junior National Championship Road Race      Juniors 13-14

I was not feeling good at the start line of the race; I felt tired and was yawning for the last thirty seconds before the race started. When it did it was really fast off the right away and people were attacking everywhere in the race. There were no breaks during the race and I was able to stay with the front group for the first two and a half laps. My leg seized up on the feed zone climb and I was dropped off the back for the rest of the race I was chasing but never caught back on. With half a lap of the race left I was caught by the chase group and I stayed and finished the lap with them.

-Andrew

## **criterium Reports**

### **Lucianno Lamperti**

4<sup>th</sup> Place      USA Junior National Championship Criterium      Juniors 15-16

I had a call up so I could start on the front line. It started pretty hard from the gun. There were a lot of attacks and I had to be on most of them. Then when we started to slow down I attacked. Nothing ever really formed. It stayed really hard for the next few laps. Then we had some big crashes that took a lot of people out. As people were coming back into the race it slowed down a little. My teammate Gianni crashed out so I had to cover moves, not having the man power to pull it back. Before we knew it we had 3 laps to go. Attacks were going everywhere. On the last lap I got into position. In the sprint I came out of the last corner around 5th which I knew was too far back to go for the win. I was happy with my result and another aggressive race.

-Luke

### **Gianni Lamperti**

59<sup>th</sup> Place      USA Junior National Championship Criterium      Juniors 15-16

The morning of the crit, it was pretty hot and I had a good feeling about it. For the last two days, we had not gotten results, and I thought we could do something about it today. After roll out and before the race started, they had a neutral lap. It was pretty fast and I ended up at the front after starting at the back. We started off at a pretty good pace and there were attacks instantly. As we came through the finish for the second lap, it all went bad. I was on the outside and came up next to a rider. His bars were in front of mine, so he was in complete control. He decided to push me wide and I went straight into the barriers. I was okay, so I got up and ran to the pit. My bars

were completely sideways and I broke my front wheel. I was super lucky that that's all that happened. I got a new wheel from the pit and got back in. I made it back to about midfield, and then another crash happened right in front of me. I kept going and tried to chase down the field, but never made it back. It was a rough nationals, but I am looking forward to the rest of the season.

-Gianni

## **Creighton Gruber**

50<sup>th</sup> Place USA Junior National Championship Criterium

Juniors 15-16

After rollout I was the first on the line. I made one of the biggest mistakes by ending up at the back of the field at the end of the neutral lap. The race was full gas right from the start. At each corner I had to sprint around gaps that other riders were making. With 15 laps to go I was a little bit off of the back of the group. Around the next corner a crash happened so I got a free lap. When I got back into the race I slowly fell to the back just because I had nothing left in the tank. With two laps to go I got dropped again. I rode as hard as I could for those 2 laps. I got last of all the riders who didn't get pulled.

-Creighton

## **Sawyer Taylor**

11<sup>th</sup> Place USA Jr National Champ Crit Junior W. 17-18

With less than an hour before my start, I was hammering it out on rollers. My crit was only thirty minutes long and was going to be hard and fast. This was a great course for me and I was super excited to race. Usually in crits I'm not super aggressive and usually just wait for the sprint. Today I planned to be more on the aggressive side as I knew my sprint was not where it needed to be to beat some of the people in my field.

My race started fast. I was in second row on the start line so I wasn't in the top four wheels (which is where I like to be in crits) for the first lap. In the second lap, I was able to move up. Holding position on this course wasn't easy as everything shifted around quite a bit on the climbs and descent. For the most part I was able to stay near the front. 2020 started their race pretty aggressive launching attacks from all of their riders in the first 15 minutes. None of their attacks or anyone else's attacks actually went anywhere. One girl got off the front for a lap or so with 10 minutes to go but she was caught. With three laps to go, I went for it. I attacked as hard as I could and was off the front before getting caught with two to go. I got back into the group and fell to the back. I made a mistake not moving back into position on the second to last lap in the slower sections. With one lap to go I did move up a little but it was too late to get in the position I needed to be in especially as the pace really picked up. I came around the last corner way too far back and sprinted for 11th.

Every year, I look forward to road nationals. Despite being hit by a car less than four weeks previous (which resulted in one broken rib and several bruised ribs), this year was no different. After all that had happened, I was honestly so excited to actually go to nationals and be able to race with the nation's best. Originally, I was focusing on the time trial as I lost a lot of my top end after my crash. However, my time trial bike ended up breaking less than a week out. The part that my shop needed in order to fix by bike wouldn't arrive in time so I decided to skip the TT and focus my energy on the road race and crit instead. I'm not disappointed with how I did at nationals given my circumstances. However, I am definitely disappointed that I got hit so close to nationals. I know I could have done better if not for this stupid accident that could have been avoided if the driver was only more aware and more careful. There's always next year for road nationals. Additionally, I have track nationals at the end of this month. The best thing to do is to keep on moving forward and focus on future races. Through track nationals, I am taking somewhat of a break from road racing simply so that I can really focus on track. I'll still send in results and the occasional report. And of course, I'll be back to racing road in no time! For any Swifties interested in track, feel free to reach out to me with any questions. Track racing is super fun and will help your road racing in countless ways. Additionally, there's a tremendous amount of support at our local velodrome for juniors wanting to get into racing. Why not give it a try?

-Sawyer

## **Isaiah Chass**

30<sup>th</sup> Place    USA Jr National Champ Criterium    Juniors 17-18

I was really excited to race the crit on the last day of racing at nationals. It was a good course with a lot of corners and a little hill before the last corner making the race a whole lot about positioning. I started a couple rows back, but I was able to move up quite a bit in the first few corners. As the race started picking up, I couldn't really hold my position and started drifting back a little. My teammate Ben was super helpful and helped move me back up. It was full gas and I just didn't really have a whole lot left after the road race, so it was hard for me to get closer to the front. About halfway through I got caught up in a crash and got a free lap. I got back into the field and tried to hold my position. I moved up a little bit towards the end but I didn't have a whole lot of punch left in my legs to get to the front with the big teams controlling the race and keeping it fast. The last few laps went by pretty quickly and coming into the last lap there was a crash right before the last corner that split up the field quite a bit. The last lap was super hard and coming out of the last corner I gave it one last sprint. It was a really fast race but I was glad to be able to finish safely and not get hurt in some of the big crashes.

-Isaiah

## **Ben Cook**



49<sup>th</sup> Place      USA Jr National Champ Criterium      Juniors 17-18

After yesterday's road race, Isaiah, Parker and I were looking for another good finish as a team in the criterium. The course was technical with a small and steep uphill, and was later out in a figure-8 fashion. After a good trainer warm-up, we all rolled to the start line with the intent of working for Isaiah, who had a strong finish in yesterday's race as well.

The first few laps were hard and hot, but Isaiah and I worked hard in the first 20 minutes to make it to the front of the race, and I did my best to move him up when I could. We made it into the top 20 riders at one point, but were quickly set back by a crash in front of us. We both hit some riders and barged our way around, and took a free lap with a few other riders. We rolled over to the neutral service tent, watched the field roll by, and hopped back in the race. We were both caught on the tail end, and I soon realized my rear brake was rubbing. I tried to fix it, and tried my best to help Isaiah move forwards, but eventually had nothing myself to hang on to the now only 50 person group. I stayed solo for as long as I could, and made it until 8 laps to go, but finally was pulled by the officials, ending my race in 49th place out of 125 riders. It was upsetting to have another unsuccessful day on the bike, but I was really proud of Isaiah for hanging on to the group. I also made the mistake of only bringing one bottle, which I should have learned after yesterday's race, and was out of water pretty quickly in the hour long criterium. It was upsetting not to finish again, but I tried my best and helped Isaiah as well as I could before I was finally pulled, and I'm happy that I could do that for him if anything.

-Ben

### **Parker Rous**

74<sup>th</sup> Place      USA Junior National Championship Criterium      Juniors 17-18

After a disappointing road race I was looking for a fresh start in the crit. When I went to scout out the course during the 13/14 race I noticed the quality of the course. It had a hill, multiple 90 degree corners, with and sweeping downhill on large wide roads. I noticed that the course was also demanding enough to split a field. With a large field in the 17/18 race it would be important to get to the start first. Unfortunately even after an early warm up, there was already half of the field in line. I slipped in towards the back and started in one of the back rows. Being at the back of a 130 person group is not ideal and as gaps started to form, closing them became too much and I was unable to continue riding with the group.

-Parker

### **Andrew Mathiesen**

11<sup>th</sup> Place      USA Junior National Championship Criterium      Juniors 13-14

The criterium started off at a slower pace than the road race which made it easier for me to move up to the front part of the group because I started off in the

back. After the fourth lap I was sitting nicely at fifth wheel and after ten minutes in the race the pace started getting faster and faster. When the race had five laps to go I moved up to third wheel and kept it that way till the last lap. Coming into the last lap people were getting anxious and were attacking. I fell back two spaces half way through the lap and when we got to the fourth to last corner I got swarmed and at this time the main contenders for the race attacked. Right as I started to see them get away I got around the group that swarmed me and I started my sprint to try to catch them. I caught up to them but could not stay with them and I started falling back. There was a group of five riders that were just behind the front group that caught me then passed me but I got on one of the guys wheels and I sprinted it out to the finish.  
-Andrew

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### **3. Pescadero Road Race**                      6/3/17                      Pescadero

#### **Chase King**

5<sup>th</sup> Place              Pescadero Road Race              Senior Category 4

This was one of my favorite races that I did last year as a Cat. 5 (minus the part where I got dropped), with the beautiful scenery and quiet roads. This year, we had a larger-than-usual field, with 42 starting. Knowing the course, I made my way up to the front part of the bunch on the first hilly section, not wanting to get caught behind riders if the pace picked up. There weren't any attacks made until the first time up Haskins, a roughly 7-minute climb at 7% gradient. A strong climber in our group got on the front and destroyed the group; only 2 riders were on his wheel. A gap between me and them opened up when riders couldn't follow wheels, but I kept them in sight and was about 10 meters behind them at the crest of the climb. I caught them at the descent, and another 4 or 5 riders were on my wheel. We had a strong breakaway of 12 guys, and Fredy (the Cycle Sport Specialized rider who won the Mt. Hamilton RR in a break) got the group going with a hard peline. We had a lead from the bunch, and held it till the finish. On the final Haskins, I was sitting mid-bunch. There was an acceleration on the front, and the rider in front of me overlapped wheels with the rider to his side, and he jerked in front of me, forcing me to grab my breaks. I sprinted around him as soon as I found space, but there were already 6 or 7 guys about 10 meters up the road. Using them as carrots, I rode my own tempo up the climb. While I may have gotten a better result had I been on the right wheel, I was able to confidently ride at my own pace up the final climb, managing to catch up to and pass a few guys, and get on the podium.  
-Chase

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### **4. Dash for Cash Criterium**                      6/10/17                      Pleasanton

#### **Ben Cook**

13<sup>th</sup> Place    IC3 Criterium    Senior Category 2/3

It was a hot and windy day out at the IC3 criterium. The course was flat and had open corners and wide roads, and last year I won the category 3 race solo. This year I was looking for a repeat in the 2/3's, and I was going to try to do it from the break. The race started off with an attack from the gun, which I hopped into about 4th wheel to chase. The first half of the race was fast and hot, and attacks came one after another. I followed but didn't make my own moves, and found myself off the front with a few others more than once. It didn't take me long to notice the wind on the last stretch before the sprint. All the moves came back within a lap or two, making a breakaway difficult. In the second half of the race I began trying my own moves, and found myself off the front a number of times, mostly with a rider from LOW Factory Racing and a rider my age from Limitless Cycling. We tried multiple times to make something stick, and though I was one of the stronger riders in the field that day, I couldn't beat the headwind and stay away. At 500 meters to go I jumped hard and tried to bridge to a solo rider off the front, but ended up dragging the same rider from LOW with me, and blew myself before the sprint. I went as hard as I could but had nothing in the end, and though I may have messed up the finish, I was glad to have gotten out there and raced hard. As a friend said afterwards, "You can't hit a homer unless you take a swing, and you took a heck of a swing today, but it didn't work out."  
-Ben