

## Team Swift Race Reports

### July 2017

#### Race Reports for:

1. Davis 4<sup>th</sup> of July Criterium
2. Watsonville Criterium
3. Red Kite Criterium
4. Lakeport Criterium
5. Colavita Gran Prix
6. Cascade Cycling Classic
7. San Rafael Criterium
8. Albany Criterium

#### July Top Results:

1 <sup>st</sup> Place	Lakeport Downtown Criterium	Senior Category 3	Isaiah Chass
2 <sup>nd</sup> Place	Davis 4 <sup>th</sup> of July Criterium	Juniors 15-16	Creighton Gruber
4 <sup>th</sup> Place	Davis 4 <sup>th</sup> of July Criterium	Juniors 17-18	Andrew Mathiesen
5 <sup>th</sup> Place	Davis 4 <sup>th</sup> of July Criterium	Juniors 15-16	Jonas Crean
6 <sup>th</sup> Place	Colavita Grand Prix	Pro/1/2	Gianni Lamperti
6 <sup>th</sup> Place	Cascade Classic Circuit Race	Senior Category 2	Gianni Lamperti
9 <sup>th</sup> Place	Lakeport Criterium	Senior Category 4	Andrew Mathiesen
10 <sup>th</sup> Place	NCNCA District Champ RR	Juniors 15-16	Creighton Gruber
10 <sup>th</sup> Place	Colavita Grand Prix	Senior Category 2	Gianni Lamperti
12 <sup>th</sup> Place	Lakeport Criterium	Senior Category 4	Esteban Ramirez
13 <sup>th</sup> Place	Watsonville Criterium	Senior Category 4	Esteban Ramirez
13 <sup>th</sup> Place	Davis 4 <sup>th</sup> of July Criterium	Senior Category 3	Creighton Gruber
17 <sup>th</sup> Place	Colavita Gran Prix	Senior Category 4	Esteban Ramirez
19 <sup>th</sup> Place	San Rafael Criterium	Senior Category 3/4	Isaiah Chass
29 <sup>th</sup> Place	San Rafael Criterium	Senior Category 3/4	Andrew Mathiesen
32 <sup>nd</sup> Place	Cascade Classic, G.C.	Senior Category 2	Gianni Lamperti
36 <sup>th</sup> Place	Cascade Classic Criterium	Senior Category 2	Gianni Lamperti
81 <sup>st</sup> Place	Cascade Classic Time Trial	Senior Category 2	Gianni Lamperti
81 <sup>st</sup> Place	Cascade Classic Road Race	Senior Category 2	Gianni Lamperti

### Rider Race Reports

**1. Davis 4<sup>th</sup> of July Criterium**      7/4/17      Davis

#### **Jonas Crean**

5<sup>th</sup> Place      Davis 4<sup>th</sup> of July Criterium      Juniors 15-16

I had just returned from Nationals in Kentucky after only racing the time trial, so I felt fresh. After doing some laps of the course, I felt very confident that I could get a podium or a win here. I did a short warm-up with Creighton and we rolled out and lined up. We had a decent sized field of about 20 guys, so it was going to be a fun race. As the whistle blew the pace immediately picked up. I was about sixth wheel however I was pushed wide on a few corners. A couple laps in attacks started going. Despite this being a junior criterium the pace was pretty fast and aggressive. I was about 9th wheel when the field split and maybe six guys including Andrew and Creighton went up the road. I knew that group wasn't coming back so I put in a big effort and bridged up. As soon as I made it up another guy attacked and really strung out our little group. I was hurting a bit and still was trying to recover from my effort so I just hung on the back. With three to go I knew I didn't have the juice to sprint so I tried moving up a few places. With one to go Fraiser Burch from Tieni Duro made a strong move and no one really had the legs to chase. He jumped out of the final corner about 5 yards in front of the next guy and nobody could catch him. I was really impressed by how much he had improved over the season and knew he deserved the win. Creighton also did well with a second place and Andrew placed 4th in the 17-18s. My race did not go as well as it should have and I know what I need to work on to get better.

-Jonas

### **Creighton Gruber**

2<sup>nd</sup> Place      Davis 4th of July Criterium      Juniors 15-16

In the opening laps of the race there were some attacks. For most of the race the team WeTri was keeping the pace somewhat high at around 24 mph. With 2 to go I was on Andrew's wheel. Going around the last corner on the 2nd to last lap, Andrew clipped his pedal. After that I tried to get back in position, but I was a little too far back. I thought I got 5th, but 15-16's were scored separately from the 17-18's, so I ended up second.

13<sup>th</sup> Place      Davis 4th of July Criterium      Senior Category 3

My legs are really tired after the junior race so my goal was to go for a prime and try to get in a break away. After I got second in the prime, I went with couple of moves. Nothing stuck and all I could do was stay in the pack. I tried to move up before the finish but had no legs to sprint.

-Creighton

### **Andrew Mathiesen**

4<sup>th</sup> Place      Davis 4<sup>th</sup> of July Criterium      Juniors 17-18

I was not feeling too well and I was longing for a good result because Nationals did not go as well as I hoped. When, the race started it was fast right from the time they let us off the starting line. By the end of the first lap half of the field that started

was dropped. After, the first few laps I started following the strongest guy and I stayed on his wheel until the last two laps when everything turned for the worst. I started feeling a burning sensation in my legs which was extremely painful. On the last lap the guy I was following attacked and once he did, someone cut me off of his wheel. The guy that cut me off tried to go with him but he did not have enough power to stay with him so he fell back and by then it was the second to last corner from the finish line. On the last corner someone took the turn super sharp and almost hit me so I had to touch my brakes to stop him from hitting me. That caused me to slow down, so I had to sprint back up to speed and by the time I caught the person that almost hit me. He was already starting his sprint to the line and I did not have enough to get around him and one other at the line.

-Andrew

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## **2. Watsonville Criterium**                      7/8/17                      Watsonville

### **Esteban Ramirez**

13<sup>th</sup> Place      40<sup>th</sup> Annual Watsonville Criterium Senior Category 4

This was a good course, good group of riders, and somewhat of an easy race; except that it wasn't that easy of a race for me. I don't know why I lose energy so quickly during a criterium. I was able to stay with the leading group for around five or six laps until a rider crashed directly in front of me and I had to undergo a hard deceleration to avoid contact. Because of this I fell way behind where I was, and I was not quite able to ever sprint back to the leading riders. For the remainder of the race I was mainly pulling the rest of the riders that had fallen back but I did get in a break for half a lap because of the aid of another rider. There were a few riders that took advantage of this to rest for a little bit and attack, but they would only ever get 50 meters ahead and I quickly caught them again only a few seconds after their attack. The rhythm I maintained for the rest of the race was to be in my sitting power position to get up the hill, and on the straight streets I would pedal standing because it felt the most efficient way to maintain my position. It stayed this way for the rest of the race and on the last lap; a guy racing for Ciena helped me and another racer maintain a good position so that we would have energy for the big finish. On the final straight away he pulled off and said "Alright go get him!" referring to the rider about 40 meters ahead of me. When I crossed the finish I was 5 meters away from catching him.

- Esteban

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## **3. Lakeport Criterium**                      7/ 15/17                      Lakeport

### **Isaiah Chass**

1<sup>st</sup> Place      Lakeport Downtown Criterium      Senior Category 3

The Lakeport Criterium was super hot, so it was important to stay hydrated and keep the body temperature down. I kept ice on my neck, and stayed on top of my hydration. The race started off pretty quick with a rider going hard off the line. The field stayed together for the first couple laps, and then there was a cash prime that I decided to go for. I attacked on the hill on the backside of the course, and held it solo to pick up the prime. I wasn't feeling super good in the beginning of the race, and the heat was really getting to me. About halfway through the race they started handing cold water bottles to us on the hill, and that helped a ton, as I would pour it down my back. A rider got off the front solo and was holding a pretty good gap, but I could tell that he was struggling on the hill and I didn't think he would be able to hold it much longer. He eventually came back and then it was altogether again. The last couple of laps I stayed near the front and it was pretty easy to move up if I needed to on the hill. On the last lap there was an attack over the hill. I followed the move, and took the last two corners with more speed than the other rider. Coming out of the last corner I sprinted to the line and was able to get passed the other rider for the win.

-Isaiah

### **Gianni Lamperti**

DNP Lakeport Criterium Pro,1,2

This was the first year of the Lakeport crit and I was excited. It started out pretty fast and I was not feeling my best. I got towards the front, but it honestly didn't matter that much as there were not that many people. I did as much as I could, but about 50 minutes in, I just could not hang. I just recently upgraded to Category 2. This was not such an amazing race for me, but I learned that pro races are a lot faster.

-Gianni

### **Esteban Ramirez**

12<sup>th</sup> Place RRP Hobby Lakeport Downtown Criterium Senior Category 4

This was another difficult race as it was 103 degrees out and there was a large hill that quickly deteriorated my energy and I fell behind. I do not perform well in crits and this race really showed it. I don't know whether I'm not eating correctly, I'm not warming up correctly, not training properly, or the combination of all of these factors. It was just a flat out difficult race; I was alone for most of the race for me I never do well in any kind of crit with a hill in it. Still though, not as difficult as Cats Hill crit or Nevada City. But I will return to race this one because the race was organized brilliantly by my friends at the Main Street Elite Team. They even had a designated area where anyone could use their trainers to warm up with fans and everything, which I used. They had fantastic primes and prize money, just a brilliantly executed race.

- Esteban

## **Andrew Mathiesen**

9<sup>th</sup> Place      Lakeport Criterium      Senior Category 4

A few minutes before the race I was having stomach problems and it was extremely hot around one hundred and five degrees Fahrenheit. When we first started the race I was in excruciating pain which was coming from my thighs which made it hard for me to follow attacks. The pace was hard for me at the time and I was barely hanging on because my legs hurt so badly. At the middle of the race the field started attacking each other and on every attack I was behind wheels trying to stay with the main field. There were attacks until the end of the race and only three people managed to escape from the main group. I kept with the main group and when the last lap came there was a sudden speed difference in the race. The whole last lap was a sprint and it could barely stay with them and on the finishing straight I could not sprint so I stayed behind someone who was sprinting and stayed behind him until the line.

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## **4. NCNCA Junior Championship Road Race**      7/ 15/17      Monterey

### **Creighton Gruber**

10<sup>th</sup> Place      NCNCA District Championship Road Race      Juniors 15-16

I was on good form going into this race and I was excited to see how I would do. The first lap of the 4.3 mile course was really slow. After the final hill my bike started to make rattling noise. Soon after, my pedals locked up so I got off my bike to see what happened and my dad who was the follow car pulled up. My cassette had fallen apart and while taking the wheel off, I ripped off my derailleur. Luckily my dad had his bike in the car, but the seat was nowhere near my saddle height. Although it felt like I was riding a clown bike I got back in the group. When I got back on I realized I didn't have junior gears so I had to stop again to change wheels. I got back on although I couldn't get a full pedal stroke in because the seat was so low. With 2 to go a group of 6 Riders got away and I couldn't follow because my hamstrings were tightening up. Next time I'll tighten my cassette.  
-Creighton

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## **5. Colavita Gran Prix**      7/ 16/17      Rohnert Park

### **Gianni Lamperti**

10<sup>th</sup> Place      Colavita Grand Prix      Senior Category 2

The start of the race was pretty fast, and I got to the front by the end of the second lap. LOW racing was there, and they had about 7 riders in the race who were all decently strong. They were completely controlling the race without any competition from other teams. There were quite a few times where people would try to get away and LOW would either have somebody in it or they would pull it back immediately. At some point, in the second half of the race, two guys got away and they were pulling a big gap as one of them was a LOW rider. Coming into the last lap, it got fast and I was towards the front. As we came around the last corner and headed towards the finish a couple people overlapped wheels in front of me and to the right. They went down and I had to swerve around to left and luckily made it by. I did not race my best race, but I was hoping to do well in the next race.

-Gianni

### **Gianni Lamperti**

6<sup>th</sup> Place      Colavita Grand Prix      Pro/1/2

At the start of the race, there were less than 20 of us on the line, so I knew it was going to be a good hard and fast race. It started out at a good pace, as expected. Dolce Vita was attacking and trying to get away. They got a few good breaks, but everyone was too organized to do anything. Finally two riders got away and it was a Terún rider with a Dolce Vita rider who got away. Two laps later, I went for a prime with two other guys and we got a gap. We worked well together and held the gap for a long time. We couldn't catch the riders out front, but we kept the gap on the field. Coming into the last lap, we were caught by the field, and I knew it was coming, so I recovered for a few seconds before they got there. It was lucky I did, because a Dolce Vita rider attacked as soon as I got back in. I stayed in and as we came around the last corner, I was fifth wheel and came around one more rider for fourth. It was a good race and I was happy after not such a good weekend of racing leading up to this one.

-Gianni

### **Andrew Mathiesen**

10<sup>th</sup> Place      Colavita Gran Prix      Senior Category

It was a nice morning and I was feeling decent so I was suspecting a good result that day. When the race started I was playing it super defensive and staying in the middle of the pack. I stayed there for the first couple laps until they started calling primes. On the first prime I was not in good position but on the second prime I attacked and got away but got caught a couple meters from the finish line. A few laps later I attacked with a rider from Mike's Bikes and we held it for a lap until we got caught. I was never paying attention to the lap cards and I didn't have my Garmin. When I decided to look up I saw there was only one lap left and I started moving up as fast as I could. I never moved up enough and when it came to the finishing straight I never had a chance and I was boxed in so I could not move up any spots.

-Andrew

## **Esteban Ramirez**

17<sup>th</sup> Place Colavita Gran Prix Senior Category 4

I was fairly certain I had done all the things I was supposed to do before the race like warm-up and eat right, but after this race I vowed not to participate in anymore crits because of how poorly I perform in them. Again, I have no idea whether my poor performance was due to improper warm up procedures or a lack of training and nutrition, probably the combination of them all. On the first lap I even had a mechanical malfunction so I had to wait for everyone to come around again! I was able to stay at the very front of the pack up until two laps to go when I started to fall behind; either I just loose energy and power or everyone has a lot more power in reserve so they can increase the speed of the overall peloton. At any rate, on the last lap I was at the very back and did not have the power to simply just catch up again. I was falling further and further back and I was thinking how did everyone just "start going faster?" and sure enough I was the last one to cross the line.

-Esteban

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## **6. Cascade Cycling Classic**

7/ 20-23/17 Bend, OR

### **Gianni Lamperti**

81 <sup>st</sup> Place	Cascade Classic Time Trial	Senior Category 2
81 <sup>st</sup> Place	Cascade Classic Road Race	Senior Category 2
36 <sup>th</sup> Place	Cascade Classic Criterium	Senior Category 2
6 <sup>th</sup> Place	Cascade Classic Circuit Race	Senior Category 2
32 <sup>nd</sup> Place	Cascade Classic, G.C.	Senior Category 2

#### Time Trial:

At the start of the TT, I was excited and hoping for a solid TT. I had not yet had a good one all season and I was hoping to have one where I at least felt good and could focus on going hard without thinking how tight my gluts and lower back are. I felt pretty good for the climb on the way out and was riding as hard as I could by the time I was at the top on the way out and was a little blown going over the top. I thought I was going to be able to tuck on the way back, but I ended up having to pedal more than I thought I would. I got across the line and even though I didn't place, I was not completely bummed as I felt like I had taken a step in a good direction to improve my TT.

#### Road Race:

At the start of the road race, I was confident with how strong I was and knew if I really wanted to, I could make the select lead group. On the first climb, I was in the top 20 and constantly moving up, as if I were not, I would be going backwards. I felt

really good and was keeping a high cadence because I knew it was going to go hard over the top of the climb. At the top of the first climb I was in top 10 and I knew I was going to be set until the last climb. As we came into the first feed, a rider in front of me took my feed and I was completely out of water. By this time, I was at the back of the field as I was going slowly through the feed trying to see if anyone would give me a feed. I got through the feed and we started to head down the hill as I hit something sharp in the road. I put a big gash in my tire and pulled over and took off my wheel. I was waiting for the neutral car for a long time and when they finally got there, they had my front wheel, but my junior rear wheel was in the other car. I didn't have a choice, so I grabbed a regular wheel and jumped back on my bike 6 or 7 minutes later. I chased as hard as I could for a long while before I caught a group of 7 riders. I jumped in the rotation and took my turn pulling. I knew that I was the strongest rider in the group, because these riders had actually been dropped over the first climb. I pulled the majority of the day and when we came into the bottom of the last climb, I just kept a hard tempo to the top and was happy to make the time cut as I came across the line. I went to the head ref and asked him about my wheel situation and he said it was ok as I was so deep in results. I was excited for the crit the next day.

#### criterium:

I was riding around the crit course and was excited about the course. I was getting ready to line up and decided to do one more lap and when I came back around, the whole field was lined up, all 130 riders. I pulled up to the left and when they blew the whistle I went as hard as I could up the left side and passed a good amount of riders. It took me 2 laps to get to the front and when I did, I was pretty tired. I figured out after a few laps that I was going to have to be constantly moving up or I would go straight to the back of the field. I also figured out that the finishing straight was a downhill with a headwind and the back straight was an uphill with a tailwind. This meant that when it got strung out and going fast, I would be spun up on both sides of the course. I was constantly moving up and was at the front the whole time. Surprisingly there was a huge field split in a crit and more than half the field got pulled. Around three to go there was a crash towards the back of our group and it got down to 40 riders. I was completely spun up and going as hard as I possibly could to stay in. I didn't position myself to sprint, but I was really happy with how I raced and it was a good confidence boost for the circuit.

#### Circuit:

At the start of the circuit, I was confident and knew that the course suited me very well. It was neutral for 5k before we got to race. As the neutral ended, I was at the front. On the back straight I got in a move with 5 or so riders and one of them was second in GC by 45 seconds or so. The yellow jersey pulled it back after only being away for 3 minutes or so. It went really hard over the last two rollers on the course. As I was halfway up the second roller, I was still fifth wheel and I debating fading back a little as I could save some matches and I could roll back to the front on the downhill coming up. I decided that I should stay aggressive and I pushed it really hard to keep



the wheel over the top. As we started to go down, the rider in front of me was tucking, and hit a large pothole. He turned to the right and his front wheel broke off and he crashed to the right of me as we were going upwards of 70kph. I looked back as I was a few seconds past and I see the whole field piling up onto of each other, thinking about how lucky I was that I had gone hard over the top. I made it back to the group of 10 riders and the yellow jersey suggested that we neutralize for a while to try and get the field to catch us. Soon after, the moto ref came up and told us to officially neutralize. We did for about 10 minutes and a good group of riders got back on, but over half the field went down. Only about 50 riders made it back to the group. As soon as the race was back on, it was full gas immediately. I had figured out by this point that the last two climbs would be the deciding factor in the race. I was at the front over the top and got in a small break with the yellow jersey and a few other riders, but second place was not in it, so he pulled it back. This lap, on the last two climbs, 10 or so more riders got dropped again. Coming into the last lap, second in GC kept attacking and he finally got away and yellow hesitated for a few minutes. Once yellow finally came to the front in the crosswind at 15k to go, second was 45 seconds up the road. I was second wheel all the way to the bottom of the last two climbs and I was first up and over the first one. Over the top of the first one, two riders attacked and I could not hang with them. I went as hard as I could over the top and was now back to around 10th wheel or so. I slotted into third wheel before the last left hander up the hill to the finish and spirited as hard as I could to the finish. I came in third in the field sprint and was super happy about it. It was a really hard race and a ton of fun. I hope to come back next year and contend for GC.

-Gianni

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## 7. San Rafael Criterium

7/ 29/17

San Rafael

### Isaiah Chass

19<sup>th</sup> Place

San Rafael Criterium

Senior Category 3/4

The San Rafael Crit is always a super fun race, so I was excited to be there. It started off a little slower than I would've thought, and I opened up a small gap off the start line. I wanted to be aggressive in this race, so I stayed near the front the whole race. The first few laps I was stayed top three, and I stayed in rotation to pull. The field would slow up a lot on the backside of the course, and it would swarm a bunch, so I made sure to anticipate moves going into the last two corners so that I wouldn't get swarmed and pushed to the back. The pace started to pick up with the announcer, Dave Towle, getting everyone excited and calling out primes almost every other lap. I was feeling really good, so I went for a couple of primes to test my legs and see about positioning for the final sprint. A little over halfway through the race, a Sun Power rider got off the front and was opening up a solid gap. I tried bridging up to him, but after a couple laps I couldn't get the last little bit to him by myself. After returning to the field I helped put in some hard pulls and bring him closer, as no one was trying to bridge up

to him. We finally pulled him back and the end of the race was getting closer with ten laps to go. After a couple laps, the Sun Power rider attacked again and got a gap, but he was also pulled back. I should've anticipated his attack and followed his move, because he was riding really strong and I think he could've had a shot at staying off the front with another rider. In the last few laps it started to get a lot faster, and riders that were sitting in the whole race were starting to get to the front. Seeing one lap to go I was fifth wheel, and the three riders at the front were opening up a gap. I got around the rider ahead of me but took the first corner wide and slid my rear wheel. I was able to save it but I lost a lot of momentum and positioning. I tried to move back up but it was too late, so out of the last corner I gave it one last sprint to the line. It wasn't the result I wanted, but it was a really fun race and good venue.

-Isaiah

## **Andrew Mathiesen**

29<sup>th</sup> Place    San Rafael Criterium    Senior Category 3/4

This was the first race after my growth spurt that I was feeling good about, when the race started I was in mid field. I was building confidence and moving up throughout the first few minutes. After about ten minutes of the race it started getting extremely hard to stay with the main group for some reason. In less than a lap I started in the front and went to the back of the pack and then spit out of the back. I was working with a guy until the group caught us. It was still harder than usual to turn the pedals so I loosened my back brakes and it was way easier to stay with the group. I moved back to mid pack of the field and stayed there for the rest of the race. On the last lap, the pace was super high and it was difficult to stay with them because people were getting dropped so I was weaving in and out of people to try to stay with the front group. I was separated from them on the finishing straight but I sprinted anyways and overtook one guy on the line.

-Andrew

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## **8. Albany Criterium**

7/ 30/17    Albany

## **Isaiah Chass**

2<sup>nd</sup> Place    Albany Criterium    Senior Category 3/4

After San Rafael Crit, I wanted to race a little differently, and be a little more conservative instead of being so aggressive. The race started off, and before long, a rider got off the front and was picking up a lot of primes. I was pulling to keep him close, but I wanted to have him stay off the front for a little bit, knowing that I could pull him back or bridge up to him if I needed. Eventually he was brought back, and he ended up saying that he just wanted the primes and didn't care about the finish. The course had quite a few corners, so a lot of the race was about positioning. There were

some small attacks, but everyone seemed pretty fresh so they were getting right on the moves. The race was pretty short, so before I knew it we were seeing laps cards with five to go. I stayed near the front, and then seeing two to go, I was farther back than I wanted to be, so I moved up in the next couple corners. I got to where I wanted to be, and coming into the final lap I was third wheel behind two Mike's Bikes riders. They were starting their lead out, and then I attacked into the last corner. I managed to get through the corner first, but I went way too wide and another rider came past me.

-Isaiah