

Team Swift Race Reports

February 2019

Race Reports for:

1. Folsom Winter Criterium
2. Paskenta Road Race
3. The Bump Circuit Race
4. Cherry Pie Criterium
5. Valley of the Sun Stage Race
6. Cantua Creek Road Race
7. Snelling Road Race
8. Merced Criterium
9. CBR #3
10. NorCal MTB #1

February Top Results:

1 st Place	Valley of the Sun, RR	Jr 15-16	Adin Jose
1 st Place	Folsom Winter Criterium	Senior 2/3	Creighton Gruber
1 st Place	Cherry Pie Criterium	Jr 15-18	Riley Mullen
1 st Place	Cherry Pie Criterium	Jr W 15-18	Lisa Mullen
1 st Place	NorCal MTB #1	JV	Riley Mullen
1 st Place	NorCal MTB #1	Soph D2	Blake Macheras
2 nd Place	Valley of the Sun, GC	Jr 15-16	Adin Jose
2 nd Place	The Bump Circuit Race	Senior 2/3	Aidan McNeil
2 nd Place	Cherry Pie Criterium	Jr 15-18	Blake Macheras
2 nd Place	Cherry Pie Criterium	Jr U14	Massimo Morson
2 nd Place	Snelling Road Race	Jr 13-14	Massimo Morson
3 rd Place	Snelling Road Race	Senior 3	Jonah Kellogg
3 rd Place	Valley of the Sun, TT	Jr 15-16	Adin Jose
4 th Place	Folsom Winter Criterium	Senior 3/4	McKay Kinsey
5 th Place	Folsom Winter Criterium	Senior 2/3	McKay Kinsey
6 th Place	Valley of the Sun, RR	Jr 17-18	McKay Kinsey
6 th Place	Valley of the Sun, Crit	Jr 15-16	McKay Kinsey
6 th Place	Folsom Winter Criterium	Senior 4/5	Matthew Amara
6 th Place	Merced Criterium	Senior 4/5	Matthew Amara
7 th Place	Valley of the Sun, GC	Jr 17-18	Aidan McNeil
7 th Place	Folsom Winter Criterium	Senior 3/4	Matthew Amara
7 th Place	Paskenta Road Race	Open	Creighton Gruber
8 th Place	Valley of the Sun, RR	Jr 17-18	Aidan McNeil
8 th Place	Valley of the Sun, Crit	Jr 17-18	Jonah Kellogg
8 th Place	Valley of the Sun, Crit	Jr 15-16	Andrew Mathiesen
8 th Place	Folsom Winter Criterium	Senior 3/4	Daryl Hopkins
8 th Place	Folsom Winter Criterium	Senior 4/5	Jacob Gorman
8 th Place	Cherry Pie Criterium	Jr 15-18	Grant Feige

9 th Place	Folsom Winter Criterium	Senior 4/5	Daryl Hopkins
9 th Place	Snelling Road Race	Senior 3	Jonas Crean
10 th Place	Valley of the Sun, RR	Jr 15-16	Andrew Mathiesen
10 th Place	Cherry Pie Criterium	Jr 15-18	Travis Risley
11 th Place	Valley of the Sun, GC	Jr 15-16	McKay Kinsey
11 th Place	Valley of the Sun, Crit	Jr 17-18	Alex Akins
11 th Place	Folsom Winter Criterium	Senior 3/4	Cameron Stewart
11 th Place	Cherry Pie Criterium	Senior 4	Travis Risley
12 th Place	Valley of the Sun, TT	Jr 17-18	Jonas Crean
12 th Place	Valley of the Sun, TT	Jr 15-16	McKay Kinsey
12 th Place	Folsom Winter Criterium	Senior 3/4	Jacob Gorman
13 th Place	Valley of the Sun, GC	Jr 17-18	Creighton Gruber
14 th Place	Valley of the Sun, TT	Jr 17-18	Aidan McNeil
15 th Place	Valley of the Sun, TT	Jr 15-16	Daryl Hopkins
15 th Place	NorCal MTB #1	JV	Alex Frankel
16 th Place	Valley of the Sun, Crit	Jr 15-16	Adin Jose
16 th Place	Cantua Creek Road Race	Senior 5	Massimo Morson
16 th Place	Cherry Pie Criterium	Jr 15-18	Massimo Morson
17 th Place	Valley of the Sun, TT	Jr 17-18	Creighton Gruber
17 th Place	The Bump Circuit Race	Senior 2/3	Alex Akins
18 th Place	Valley of the Sun, GC	Jr 15-16	Andrew Mathiesen
18 th Place	Valley of the Sun, Crit	Jr 15-16	Matthew Amara
19 th Place	Valley of the Sun, Crit	Jr 15-16	Daryl Hopkins
19 th Place	Cherry Pie Criterium	Senior 5	Grant Feige
19 th Place	Merced Criterium	Senior 4/5	Daryl Hopkins
20 th Place	Valley of the Sun, TT	Jr 15-16	Andrew Mathiesen
20 th Place	Valley of the Sun, Crit	Jr 17-18	Eddy Huntsman
21 st Place	Valley of the Sun, RR	Jr 17-18	Creighton Gruber
23 rd Place	Valley of the Sun, RR	Jr 17-18	Nathan Davis
23 rd Place	Valley of the Sun, GC	Jr 17-18	Eddy Huntsman
24 th Place	Valley of the Sun, TT	Jr 17-18	Eddy Huntsman
25 th Place	Valley of the Sun, GC	Jr 15-16	Matthew Amara
25 th Place	Valley of the Sun, RR	Jr 15-16	Matthew Amara
26 th Place	Valley of the Sun, Crit	Jr 17-18	Jonas Crean
26 th Place	The Bump Circuit Race	Senior 2/3	Cameron Stewart
26 th Place	CBR #3	Pro/1/2/3	Eddy Huntsman
27 th Place	Valley of the Sun, GC	Jr 17-18	Nathan Davis
27 th Place	The Bump Circuit Race	Senior 4	Sean Strachan
28 th Place	Snelling Road Race	Senior 3	McKay Kinsey
28 th Place	Valley of the Sun, TT	Jr 15-16	Matthew Amara
29 th Place	Snelling Road Race	Pro/1/2	Creighton Gruber
30 th Place	Valley of the Sun, RR	Jr 15-16	Daryl Hopkins
30 th Place	The Bump Circuit Race	Senior 4	Daryl Hopkins
31 st Place	Valley of the Sun, GC	Jr 17-18	Alex Akins

32 nd Place	Valley of the Sun, RR	Jr 17-18	Alex Akins
33 rd Place	Valley of the Sun, Crit	Jr 17-18	Aidan McNeil
34 th Place	Valley of the Sun, RR	Jr 17-18	Eddy Huntsman
35 th Place	Valley of the Sun, Crit	Jr 17-18	Creighton Gruber
41 st Place	Valley of the Sun, RR	Jr 17-18	Cameron Stewart
42 nd Place	Valley of the Sun, GC	Jr 17-18	Jonah Kellogg
43 rd Place	Valley of the Sun, TT	Jr 17-18	Nathan Davis
43 rd Place	Valley of the Sun, Crit	Jr 17-18	Nathan Davis
51 st Place	Valley of the Sun, RR	Jr 17-18	Jonah Kellogg
52 nd Place	Valley of the Sun, TT	Jr 17-18	Alex Akins
56 th Place	Valley of the Sun, GC	Jr 17-18	Jonas Crean
57 th Place	Valley of the Sun, TT	Jr 17-18	Jonah Kellogg
58 th Place	Valley of the Sun, TT	Jr 17-18	Cameron Stewart
59 th Place	Valley of the Sun, Crit	Jr 17-18	Blake Macheras
59 th Place	Valley of the Sun, GC	Jr 17-18	Blake Macheras
69 th Place	Valley of the Sun, TT	Jr 17-18	Jacob Gorman
69 th Place	Valley of the Sun, RR	Jr 17-18	Blake Macheras
70 th Place	Valley of the Sun, RR	Jr 17-18	Jonas Crean
72 nd Place	Valley of the Sun, TT	Jr 17-18	Blake Macheras

Rider Race Reports

1. Folsom Winter Criterium

2/2/19

Folsom

Creighton Gruber

1st Place Folsom Winter Crit Senior 2/3

It was raining for the first part of the race so I tried to stay at the front of the race. I think because of the rain people were riding very cautiously. My teammate McKay and I put in a couple of attacks. On the third lap, I got away from the group. A lap later, Michael Claudio on the Thirsty Bear cycling team bridged up to me. We worked really well together and we got a good gap. We tried to trade off turns every 20 seconds, but then we pulled by sections of the course. With 4 laps to go, I got ready for the one on one sprint. I knew Claudio was with was a good sprinter so I knew I would need to get the early jump on him. Each lap I took a little bit longer pulls so I could be on his wheel going into the final corner. 100m before the final corner I made my attack and got a small gap and I was able to hold it to the line.

-Creighton

McKay Kinsey

4th Place Folsom Criterium Senior 3/4

5th Place Folsom Criterium Senior 2/3

The 3/4 race at Folsom was pretty wet, but also a lot of fun. The race was pretty uneventful. I tried to get a few moves going, but they would always get chased down. At one point I sprinted for a prime and ended up getting it. Our plan for the day was to try to get someone in a move, and if not, the team would lead me out into the sprint. We could not get any moves going so Jacob, Matthew and Daryl were planning on leading me out. The race really got going around three to go. About halfway through that lap, maybe two and a half to go, I saw Matthew, Jacob and Daryl go up to the front to begin the lead out. However, about half way through two to go, they ended up getting swarmed by the field, so I proceeded to surf wheels until the finish. Going into the last straight away, I was about fourth or fifth wheel. It ended up in a bunch sprint and placed fourth overall.

The Folsom 2/3 Race was a wet race and I gained a lot of experience racing in the rain. Before the race I asked Creighton what the plan was for the race. He said "just don't crash," which sounded pretty good to me. We went in, tried to get a few moves going, and took turns attacking. I helped out with chasing down a move or two before Creighton went off the front with another guy. At one point I heard "pack prime" being called so I put in a little dig which no one chased and I got it. Then, I proceeded to go back to the back and relax for the rest of the race. With about five to go, I knew that there was no way that the move was coming back so I sat in and prepared for a sprint. About two or three to go, someone went up the road and no one chased him, perhaps fearing a counter attack against them, so he went up the road with little resistance from the main field. I ended up attacking with about 500-600 meters to go and got a substantial gap on the field along with one or two other riders. We turned into the last straightway, and I was about second wheel. I began to sprint around the guy in front of me but in the end he was able to just barely finish ahead of me for fourth, with me finishing in fifth.

-McKay

Matthew Amara

6th Place Folsom Winter Criterium Senior 4/5

7th Place Folsom Winter Criterium Senior 3/4

The 4/5 race was one of the very first races of the morning. It was raining and it was very cold. Luckily I came somewhat prepared with two kits and arm warmers. But I

should've packed an extra helmet and shoes. I had two teammates with me in the race, Daryl and Jacob. Our plan was to stay on wheels most of the race, take a few pulls, cover attacks, and sprint for the finish. The race was relatively easy most of the time with a few attacks but nothing too serious. When it came to the last corner of the last lap I was up front and in a good position. Then someone attacked and no one could follow him and I couldn't keep up in the sprint with the rest of the guys. When the race was over the hardest part of that race was the extreme cold.

After the 4/5 race Jacob, Daryl, and I would be racing the 3/4 category in an hour with McKay. Jacob and I, immediately after the 4/5 race, dried off and went to the warmth of my car with McKay. Our plan was to work for McKay, because he had the freshest legs, and do a lead out train for the sprint. The 3/4 race was a tad bit faster than the 4/5 race. With about two laps to go Jacob and I went up front to start the lead out for McKay. When it came to the last corner of the last lap, Jacob and I were in a good position with McKay but got swarmed. McKay followed the lead group and got fourth.

-Matthew

2. Paskenta Road Race

2/3/19

Paskenta

Creighton Gruber

7th Place Paskenta Road Race Open

The Paskenta Road Race is a 100 mile road race with 4 miles of gravel. A small group showed up due to the bad weather, so for the first 15 miles so it was slower than it typically starts. About 25 miles into the race a strong local rider, Rich Thurman, went up the road and got about a three minute lead, so I told McKay to put in an attack to get people to start attacking. People started attacking after that so I started putting in an effort. I went with whatever move looked dangerous which ended up being a lot, and about 35 miles in I got in a group with Anthony on AMain Cycling Team and Joel on the Chico Cycling Team and a couple other guys off the front but they didn't want to work. After awhile an AMain guy got off the front and I was able to bridge to him alone. After 40 minutes of time trialing we got to Thurman about 5 miles before the gravel. When we got to the gravel the AMain guy got dropped, but Thurman and I made it past the gravel. At the end of the gravel on a crappy pothole filled section, the reduced group of 10 caught us. Over the rollers people kept on attacking and I slowly tried to hold the group together. With about 15 miles to go I started cramping really bad and a group of five got off the front. I tried to get people working to catch it but no one wanted to work, so I kept on rolling off the front. I eventually got in a chase group of three, and we worked well together until one of the guys got dropped. With about 3 miles to go, the two of us caught the group but I got dropped once we hit a foot deep

puddle of water. Then the guy who got dropped from the chase caught me and we rolled into the finish for like 7th or 8th.

-Creighton

McKay Kinsey

Even though it was raining, windy and pretty fast, the Paskenta Road Race was awesome! Creighton gave me some advice before the race started on when in the race I would want to be up towards the front and what I should be expecting at different points of the race. At about 20-30 miles in Creighton flatted so I slowed down to help him back onto the main group. He got a new wheel and we started to get back into the field. When we got back to the field, I brought him back up to the front and about 5-10 miles later; he started talking to me about having me attack to start getting the field chasing the rider that was currently up the road. So, once we got through a town that had a fair amount of stoplights, I attacked over an overpass and was caught maybe half to three quarters of a mile later. Creighton's plan worked and now the whole field was attacking and chasing at a much greater speed than they had been before. I attacked one or two more times until Creighton went up the road where I did not see him again until the finish. The pace slowed once he and one other rider from A-Main got away. Going through the gravel I was gapped off and had to expend a great amount of energy to get back on the field. Once I got back on, we ran through a rutted out puddle and I heard a bang. Assuming I flatted, I got off my bike, but I guess that was not my flat. A lesson I learned from this was that I should probably not dismount to begin the process of changing a flat until I am 100% sure I really do have a flat! I remounted and kept going with another group that started out with about 10 and boiled down to about 6. We pacelined for about 20-30 miles. I questioned why I did this race several times while I was hammering away with this group towards the finish. Eventually, we caught what I believed to have been the main group but I am not sure. We were about 95 miles in and we rolled into the finish from there. With about 25-30 guys in this group, I was happy I could now go back to the back and rest. With about a mile to go, we went through some flooded farmland and I dropped off from the main group along with an A-Main guy and rolled in from there. I am glad I did this race ride for a few reasons. First off, I now know a lot more about what to expect for Chico if I end up going in 2020. Additionally, I learned valuable lessons for future races such as new strategies and helping out teammates with getting back on after mechanicals.

-McKay

3. The Bump Circuit Race

2/3/19

Livermore

Aidan McNeil

2 nd Place	The Bump Circuit Race	Senior 2/3
4 th Place	The Bump Circuit Race	P/1/2

My first race of the season was The Bump Circuit Race, which consisted of a 7 mile loop of rolling hills and flat paved roads. The finish was on top of a little hill (or bump) that was about 50 feet long and averaged probably about 12%, so it was not super steep but I still liked it being the finish. The weather was predicted to be very windy and rainy and the wind direction before the right turn on to the finish stretch was cross winds coming from the right side and a brutal headwind coming straight at you on the finish hill. The category 2/3s race was 3.5 laps of the 7 mile loop. We started in the pouring rain, surprisingly this was my first race in the rain but I also really like the feeling of riding in the rain. Before the race began I thought how it might play out. With the brutal weather, the race would probably break up easily and I figured it might just end up in a bunch sprint with the lead group. I started toward the front because the first part of the course we start on the wind is cross-windy from the right side, so I knew it would probably be easier to echelon toward the front. For the first two laps not much happened but some unmotivated attacks and I think people liked being huddled in the pack and not braving the howling winds and cold rain, solo. So right before the end of the second lap that is exactly what I decided to do. I attacked about 2-3km from the finish and it felt good to be solo and brave the weather! I wasn't out for very long though. I guess everyone gets really excited when a junior attacks. I want to grow a nice mustache or beard and show the grown men I am one of them. I was probably out on my solo excursion for about 1/4 to 1/2 a lap so it was longer than I expected but the biggest gap I had on the field was probably 20 seconds or so. In the last lap I decided to stay nice and "warm" in the pack and I wasn't sure how the finish would play out. I would for sure think a field sprint but you could also use the weather to your advantage and break up the already small group. About where I had attacked on the previous lap, a rider from the Olympic Club team attacked and I followed as well as one other rider. Then with about 500 meters to go, before the right hand turn to the finish stretch, that same rider attacked and I matched his pace and stayed with him but I made a grave mistake. I let up just a bit right before the right hand turn to the finish and he got a little gap and then the other rider and I made the turn and the wind hit me like a wall. I was trying to crawl my way back to the Olympic Club rider but as I sprinted up the last steep hill to the finish there wasn't enough road left to catch him. I felt alright about the 2nd place but there was no time to dwell about any mistakes I made because my next race started in less than 30 minutes and I still had to ride 3 miles back to the start. As I was changing I saw that the storm was picking up and figured the next race would be hard mentally.

About 7 minutes before the start of the P/1/2 race I decided to get out of the car to use the restroom and find shelter closer to the start so I wouldn't be soaked before the race started. The P/1/2 circuit race consisted of 4.5 laps of the same 7 mile loop. As everyone waited at the start line (only like 15 riders), I was already shivering because I was already soaked and the wind was howling. I saw who was racing and only recognized two riders and thought to myself how this next race would finish. I figured it would be similar to the previous race where it just broke up and people were coming

into the line in small groups. The start of the race wasn't any fun, as I was very cold and other riders were attacking from the start. At the start of the race when I was shivering and trying to get warm, one rider got off the front and he ended up soloing to win in the end. The group was very unmotivated and I think after the end of the 1st or 2nd lap, about 5-7 riders already dropped out. The storm kept getting stronger as the race went on. I just decided to try to conserve my energy as much as possible because I had just raced before and knew I wouldn't be as strong as the other fresh riders. Not much happened for 3 laps besides for a couple moves that were unmotivated and were easily followed. On the last lap, two riders attacked on a little riser about 2-3km from the finish and I tried to follow but then I felt a cramp coming on and I decided not to. At the end of the race I thought it was a mistake not to follow even though I had a potential cramp. I wasn't sure why I was on the verge of cramping if it was the cold weather or not drinking or eating enough. As those two riders who attacked, slowly went up the road, I tried my best to chase them down with one rider on my wheel who refused to help. My hands were so cold at this point that I couldn't shift gears and just decided to go at my own pace and try to catch the two riders that just attacked. I pulled all the way to the right hand corner to the finish stretch and I was less than 20 meters or so from the other two riders but the finish was too close to catch them. All of the sudden the rider that was riding my wheel the whole time attacked. I tried to sprint back up to him (not feeling any cramps now) and I caught him about 5 feet before the line and beat him to come in 4th. I now had accepted my first result of the day and was pleased about it, but I wanted to know why I had that cramp feeling. I realized I probably should've rode through it but what's done is done and I can't dwell on something that already happened. I was happy I was pretty consistent through both races and was one of the only riders to do both the 2/3 and the P/1/2 race. It was a nice race to start the season and figure out how fit I am.

-Aidan

Nathan Davis

22nd Place The Bump Circuit Race Senior 2/3

"The Bump" is a race known for its steep, short finish. I headed up to Livermore to get some pre-season road racing in the legs before heading to Valley of the Sun Stage Race in Arizona, and was looking to get some good efforts in the legs before then. Unfortunately, with some mechanical issues before the start of the race regarding my rear derailleur, I was only able to fit in a mere 10 minute or less warm up, which is far from my preferred warm up of 30 minutes to an hour. Regardless, I headed up to the start line just as the rain started to fall.

The first few minutes of the race were neutral, but then the moto pulled off and everyone picked up the pace going up the climb. I struggle a lot when I am faced with headwind, as it has never been my strength. The unfortunate thing is that I am a climber, but there was an extremely fierce headwind up the entire climb, so the group was tougher to separate. The first lap downhill was very fast and we reached speeds

upwards of 45 miles an hour, which was very hard to sustain in a tailwind with junior gears on.

The first couple laps entailed a couple small breaks in the field, including a solo break by my teammate Aidan McNeil. However, every move that went was very quickly brought back and nothing was a large threat to the main pack. With one lap to go, our pack hit the climb super hard, and many people were getting dropped and opening up gaps. Due to some positioning mistakes on my part during the last lap, I got stuck behind a pack that opened up a gap.

I went around the racers and put in an effort as hard as I could to catch back up to the front group, but I was unable to pull it off. My teammate Alex Akins bridged up to me along with a few others, and we rolled to the finish line together, where I took 22nd on the day

-Nathan

Alex Akins

17th Place The Bump Circuit Race Senior 2/3

It poured the whole day pretty much so it was very wet and extremely windy. The wet didn't affect the race all that much other than it was uncomfortable but the wind really affected the race especially for us juniors. The way the wind was galling on the course, on the downhill if we weren't in the draft we would get dropped with junior gears and on the climb if we weren't in a draft we could blow up. The first two laps were fine and nothing really happened, we all made it up the climb just fine. The third of the 4 laps was the lap where Nathan, Cameron, and I got dropped on the climb. (There were only about 10-15 guys ahead of us so this was a big split) Some guy blew up a wheel in front of me and opened a huge gap and I tried to close it but I couldn't close it by myself and the person behind me didn't follow my chase so I was stranded for a bit until Nathan passed and I jumped on his wheel but neither of us could catch on once the downhill started again, Nathan was only about 20 feet from the group too. We started a chase group of about 8 guys for the last lap that never got close to catching them and I attacked on the last lap early and won the grupetto sprint. (I know it doesn't mean anything but it was fun). Aidan was the only one who made the split and got second so he did really well for the team and that's good. Other than that this wasn't that fun of a race because of the wet cold and windy but there's nothing we could've done about that.

-Alex

Cameron Stewart

26th Place The Bump Circuit Race Senior 2/3

I raced the 2/3's with Aidan, Alex, and Nathan. It was windy, extremely cold, and extremely wet. Honestly have to say one of the coldest times I've ever been. After my warm up, we went up the climb the first time and I felt really stiff, struggling to stay with the group. The second time up the climb I felt much better and flew up the climb

with the front group. The last and final time up the climb, the cold started to get to me, and I got dropped hard, my legs felt like popsicles and I could barely peddle 200 watts. In the end I was extremely cold and couldn't do anything about it, a hard day out.
-Cameron

Sean Strachan

27th Place The Bump Circuit Race

I did the RKO race #1 The Bump. It was a circuit race. Right after the race started I didn't feel too strong. I got dropped on the third climb and spent the rest of the race trying to chase back. I finished 27 out of 35. It was a fun race and I really enjoyed it. --
-Sean

4. Cherry Pie Criterium

2/18/19

Lisa Mullen

1st Place Cherry Pie Criterium Junior women 15-18

I was really excited for the Cherry Pie Crit because I finally had someone to compete with in the Juniors 15-18 category. My goal was to come in first by keeping competition in sight and sprinting hard at the end. Fortunately, there were Team Swift members, who were willing to help me before the race. Travis provided great tips about course and how to handle the tricky roundabout. Riley also pre-rode the course with me and showed me where to sprint and what gears to use in certain locations. The morning was cold and windy, but I was dressed warm and ready to go. I felt really good at the start as we lined up with the Women's 4/5 category, who were also racing at the same time. The Category 4/5 Women were fast and split off at the first lap. The other Junior 15-18 rider and I stuck with each other for the whole race. Managing the challenging roundabout was hard and we really slowed our pace through this section. Toward the end of the race, I got tired and was worried I wouldn't be able to sprint to the finish. I really wanted to come in first, though. At the last lap, I got in a good position behind the other rider. When we came toward the finish and I knew I could maintain a sprint, I gave it my all. The other rider was so close that I made sure to push my bike forward at the finish line. I won by half a wheel! Overall I was happy that I pushed myself and sprinted well. I was also grateful to have tips from more experienced Team Swift riders. For next race, I plan to practice riding faster in lower gears and working on pulling up on the pedals more.

-Lisa

Riley Mullen

1st Place Cherry Pie Criterium Juniors 15-18

I had a very fun time at this race once it warmed up later in the morning. Blake, Travis, and Grant all showed up for the Juniors race as well. Blake and I pulled out our trainers and got a good warm-up. I still felt the lactic acid in my legs from doing the Grasshopper gravel ride, and Blake had arrived home late from Valley of the Sun in Arizona at 2:00 in the morning the night before. We were both kind of tired but the lactic acid in my legs cleared out when I was done warming up. We did roll-out and lined up for our 25-minute race. Travis attacked straight at the whistle and held a gap for about three laps. The field caught him, and before we knew it there was a prime. I sprinted, got a gap, and held it for half a lap. I let off to save energy, and I was pleasantly surprised to see that Blake and two other riders had caught me also off the front with a gap in between them and the field. I pulled in behind them and the gap got bigger and bigger. We each took turns on the front and everything was going smooth until three laps to go, when one of the other riders with us attacked. We caught him almost immediately, and right as we were riding through a corner his tire exploded off his rim. The break was now down to three riders. The race was so short that the first time I looked at the lap card was when it said 2 to go. Blake and I sat behind the other remaining rider, and let him pull until halfway through the last lap. Blake pulled around him with me on his wheel, and we both set up for the sprint. Blake gave me a perfect lead-out and I started my sprint at 200m to go. I went full throttle all the way to the line and crossed it in first. Blake and I went 1-2! Everything went very smoothly strategy wise during the race and with preparation, so I'm super happy with that and the cherry pie I got.

-Riley

Blake Macheras

2nd place Cherry Pie Crit Jr 15-18

Coming off of a hard three days at VOS I didn't know how my legs would feel at this race. I got a good warm up and the legs felt pretty good. The race had a few attacks from the start but they were all pulled back quickly. On the third lap Riley went for a prime and 2 kids followed. I decided to go with them to make sure Riley had a teammate. We got a few corners in and realized we had about 10 seconds on the group. From there the four of us worked and increased are lead. I got one prime and Riley got one. One kids tire blew up so we had 3 guys with 2 to go. On the last lap I pulled through and gave Riley a lead out and then sprinted for second.

-Blake

5. Valley of the Sun Stage Race

2/15-17/19

Phoenix, AZ

Valley of the Sun – Junior 17-18 Reports

Aidan McNeil

Creighton Gruber

Eddy Huntsman

Nathan Davis
Alex Akins
Jonah Kellogg
Jonas Crean
Black Macheras
Cameron Stewart
Jacob Gorman

Valley of the Sun – Junior 15-16 Reports

Adin Jose
McKay Kinsey
Andrew Mathiesen
Daryl Hopkins
Matthew Amara

Time Trial:

The time trial took place on a mostly flat out and back course, with a total distance of 14.5 miles. The first part of the course is slightly uphill, with the reverse being true on the way back. On the day, there was a strong cross-tailwind on the way out, and a cross headwind on the way back. Riders who paced the first half wrong could pay for it later.

Eddy: "It was a fast and flat course; I didn't go hard enough on the way out and had to grind on the way back.

Creighton: "I thought I could have paced it better, but I was happy with my time because I improved on last year and got in the top 20."

Cameron: "This was my third ever time trial and I realized how much I need to train for time trials if I ever want to be a GC rider."

Aidan - "Felt good on the way out and wanted to practice being aero and using just my legs and no upper body and I was successful at that. I improved my time by almost 3 minutes from the previous year and finished 14th in GC, which I thought was respectable for an early season TT."

Jonas: "In such a long time trial, getting pacing right is essential. I managed to negative split my power and ended up just outside the top ten in the 17-18s"

Blake: "This was the longest TT I had ever done so I tried to pace myself as best as possible. I averaged the speed that I thought I could for this distance so I was happy with that.

Nathan: "My first and most recent TT was last year's Chico Stage race TT, so I did not know exactly what to expect going into the VOS TT. I was told to start my TT at 300 watts, and to pick it up in the second half. Unfortunately, my execution wasn't great, and I ended up going too hard in the first 10 minutes and burning up towards the end. I have lots to learn to put towards my next TT!"

Alex: "This was the longest TT I've ever done by far and knowing I'm much better at short TTs I wasn't expecting much from myself. One thing I learned is that I might do better in a TT if I don't use power and just go off feel and speed because I'm my TT position I don't put out as much watts although I'm going faster. I learned a lot about this TT and I can't wait to put that knowledge towards improving on my next one".

Jonah: "I knew I wasn't going to be a serious contender coming off of being sick. So my main goal was to just ride the TT at a good pace that I felt I could do for that amount of time, I think I did pretty well for the circumstances I had".

Jacob: "I arrived at the course about an hour early which once I got going I learned it wasn't enough to get properly warmed up but I did with what I had. I never really trained for time trials so I wasn't expecting anything great and I finished 69th overall".

Adin: "The tailwind on the way out was stronger than I expected so I thought I was really flying in the first half. And as usual, that meant I was really hurting in the second half. Thankfully I held out and achieved my goal speed and time for 3rd spot on the podium".

McKay: "I was super happy with how I did in this time trial. I paced myself exactly how I wanted to (280 watts and 25mph) and ended up cutting 4 minutes off my time from 2018."

Matthew: "I wasn't expecting too good of a result because I wasn't very good at time trialing. I still wanted to do my best and go full gas all the way. When I was in line for the ramp/start coach Laura was talking to me about staying focused for the TT. When it was my turn to start I felt like I went too hard on the way out and by the time I got to the turn-around I felt gassed. When I finished my TT I was really tired because I really emptied the tank. The result I got is what I expected but I hope to improve it over time".

Daryl: "I was a little nervous going in to the time trial I was a little sick and on Antibiotics. But I knew I had been training hard so I knew I had a chance to do well. I felt super powerful and fast going out thanks to the tailwind going out. Three miles in to the time trial I passed a rider which gave me feel even faster. The time trial was a lot longer than what I was use too in 13-14 so my mind started to wander a little after the turn around. On the way back the wind was a cross headwind. The head wind

the bother me to much more so it was the crosswind that I was fighting from pushing me around. But I clicked down a gear and kept pushing and just focused on my power and my distance to the finish. Before I knew it I made to the line and I finished with a time of 34:53 and 15th place”.

Andrew: “Coming into this race sick I was not expecting to do all too well in the time trial. During the time trial I was not putting the power that I was supposed to. The course was very windy with a tailwind going out and a headwind coming back. Coming back I could not keep my speed up and that really impacted my money.”

Road Race:

The road race course was a mostly flat 16 mile loop with one short climb per lap. However, with the finish and bonus seconds on top of that climb, positioning on this course is important. The 17-18’s would do 4 laps, and the 15-16’s would do 3. On the day conditions were very windy, with some sections of road having aggressive crosswinds. Judging the crosswinds were very important and many riders tried to get away but all were brought back and the race ended in a field sprint.

Cameron: “The Road Race was extremely fast, I believe we averaged about 25 mph. I felt really good, getting into 3 moves that ultimately didn’t stick. On the final lap, I positioned myself terribly in the cross wind section and ended up getting dropped before the final climb. I learned how to move throughout the bunch better and I have to better position myself for crosswind.”

Eddy: “The road race was fast with crosswinds on the back stretch. I need to work on my power after an intense day because I got dropped at the end”

Alex: I felt good in this RR and had lots of fun. I was up at the front almost the whole time and I got in two breaks and one was on the flat before the finish with Aidan and two Hottubes that we thought was going to stay away but Lux pulled our gap back. The break killed my energy for the finish and I got dropped in the last 1k meters. I learned two main things from this race: I need to focus on helping my teammates whenever I can, and that if I want to have a good finish I should be careful what breaks I get into.

Blake: “The road race was fast from the first turn but was manageable to stay in. On the second lap around I stopped to try and help Jonas with his seat but was unable to help. When I got back on the bike it was too late to catch back on, so I rode 3 laps solo”.

Jonas: “I felt good during the beginning of the race, and found positioning to be very easy in this race. On the second lap the race leader, Matthew Riccitello, crashed right before the second turn. Hottubes immediately slammed it in the crosswind, guttering most of the field. Thanks to Jonah, I had no problem rejoining the group after the

crosswind, but soon after, for no apparent reason, my saddle clamp loosened and the saddle fell out. I stopped and asked teammates for their bikes. Jacob and Blake were great in trying to help me out, but there was no recovering from a mechanical like that at that point in the race. I finished the rest of the race out of respect for my teammates and in order to start the crit the next day”.

Creighton- “I was able to ride what I thought was a smart race, and was staying towards the front. On the last lap I made the mistake of eating at the wrong time and missed a field split. Luckily my teammates Jonah and Nathan helped me cross the gap. I got gapped from the lead group on the final hill, but I moved up on GC.”

Aidan - “I wanted to win the road race and I know I’m not much of a big field sprinter so I tried to go in as many breaks as possible and have them stick”.

Jonah: “The main goal for today was to work for Creighton and Jonas and Aidan. I knew what I was supposed to do! On lap 2 there was a crash that Jonas had got caught behind, so I eased up and waited for him to come to me, once he did we started the chase back and I was able to bridge him back up to the main pack! Unfortunately he had a mechanical shortly after that. Now it was time to help Aidan and Creighton the best I could. On the last lap there was a big split between the field that was going to take some serious work to close. So I moved up on the outside got next to Creighton and told him “LETS GO!!!!” And once he got on my wheel I put in an effort that expended all of my energy for the final climb, however I was able to get him up to the main field! I soft pedaled it in to the finish keeping in mind of what the next day was”.

Jacob: “I did a small warm up before the race just to loosen up my legs. 1st lap was fine but about a mile after the finish I was involved in a crash. I was fine just some blood. I got back up and began chasing. I soon came upon Jonas and Blake on the side of the road. Jonas had a broken saddle, so I gave him my bike to finish the race and I DNF the rest of the race”.

Adin: “The road race was a rather typical junior race where it isn't really fast but it has tons of surges. This time it was due to Noah Ta-Perez using teammates to keep any breaks from going. One solo rider did end up going but we brought him back before the final turn before the hill to the finish. After catching him Noah's team had nothing left to accomplish but sit in so we needed someone to pull or the race would turn into a track stand contest. Thankfully Andrew was there to pull us up to the sprint. And his work was not in vain because it set me up perfectly to follow an attack from Noah's team, Velosport and win the sprint! As I side note, I ended up in 2nd for GC but that was due to Will Sharp from Hot Tubes getting a mechanical.

McKay: “The road race was very fun and full of good challenges and learning experiences. I crashed when another rider went down in front of me and had to chase back on. Then I snapped my derailleur hanger about 10 miles later and had to take my

teammate Daryl's bike. I eventually got back on. A few laps later Andrew and I got gapped off and had to chase back on once again. Soon after a threat to Adin's GC went off the front and Andrew and I chased him as hard as we could and I soon got gapped off about 5 miles to go. I got back on after about three minutes of chasing. Going up the climb Andrew put in an absolute killer pull and we all ended up sprinting and getting sixth in the end with Adin winning and Andrew finishing right by me."

Daryl: "I was super excited to do the road race especially with my teammates. After about a mile in to the race we turned on to a cartel guard which caused McKay and couple other riders to go down. Luckily the pace didn't surge so and McKay was able to catch back up. The race then stayed calm for a while. After about 10 miles in a rider made an attack and I followed his attack. We established a gap of 10 seconds on the field. But the rider was sitting the 9th on GC so I decided not to work with him. We were soon caught by the pack and the pace steadied out. When we became the main climb the pack started to become surge. With a little less than 3k to the end of lap one I noticed one of our riders start to fall back through the pack. He then started to call for help and I went back to help him. I then noticed it was McKay and I saw his derailleur had fallen off his bike. He was the team road captain and higher on the GC so I decided to give him my bike so he could continue the race".

Andrew: "The road race was like every other junior race with a lot of surges and changes in pace. In this race I was working for Adin because he was in contention for the overall lead of the race. We decided that we would work for him. On the second lap I got spit out of the back because I dropped my chain right as someone attacked I spent a half lap chasing. After I rested on the back for a few minutes a rider that was a couple seconds behind Adin in the general classification attacked and started gapping the field so I had McKay help pull with me to bring him back. Once we did get him back there was a counterattack and I got spit out the back. When I did come back to the field I attacked because we were approaching the final hill. After the field caught me I kept my pace high so nobody could attack and possible drop Adin so I kept the speed high until two kilometers from the finish. After the pull I feel to the back again, not thinking I would be able to sprint. The field slowed up and stayed slow until one kilometer to go. By that time I rested up and was ready to get to the front again but the pack started sprinting. I was moving up the outside but could not put a good result in because of the choice I made to go to the back after the pull".

Matthew: "I was feeling pretty good compared to yesterday. When it came to the last lap someone attacked which split the field. I got dropped back with a few guys and Andrew, we all worked together to catch back on but Andrew was doing monster pulls. The last 5 kilometers I was up front next to the first place GC rider. Around the feed zone I was still up in position when I gave it to Adin who was next to me. When the sprint happened I was too far back and ended with a pretty bad result".

Criterion:

Jonah: "The race goal was to go out and leave it all out there. The start happened and it was very very fast. I was somewhat ready for what was about to happen, my nerves were rushing through! I was able to test moving up in areas I was 100% sure about and I found out when and where would be the most effective to do that, this was for the first 1/4-1/2 of the race. I tried to keep in the top 15 rider position for the remainder of the race however sometimes the swarms happened and pushed me back but I was able to move up! On the last lap I was about 25-20 wheels back, I knew I had to move up, so the last lap I used more energy than I should've. On the final straight there was a big touch of wheels and bumping and someone had crashed and taken out most of the races behind me. I came into the last corner about 10th wheel, I wasn't sure how it was going to go, but I was able to sprint to 8th in the finish!

Cameron: "It was very fast and sketchy; people wouldn't hold their lines and be very aggressive in unnecessary places. On the final lap, my teammate Aidan crashed in front of me; I avoided the crash but came to a complete stop and began to help the downed riders."

Eddy: "The crit was fast because Lux was hammering at the front, it was hard to move up but I managed to get into top 10 before the crash happened. I finished 20th"
Jonas "The Crit was the Lux show; people rarely touched the front except riders from Lux. I wasn't surprised by the speed but found positioning very difficult. I eventually made my way to Jonah with three to go but was separated. With one to go a big crash took out a bunch of teammates and split the group, and Jonah finished 8th in a stacked field. Despite the crash, overall it was a good week for the team!"

Alex: "My job this race was to help Jonah for the sprint and to go for primes when I could. I went for two primes and got 4th in one and that let me know how important it is for us to have teammates in order to battle Hottubes and Lux because despite my sprint I was no match for them without a lead out. I tried to keep Jonah in my sight the whole race and to make sure he was doing ok. In the last 3-4 laps I got to him and told him to get on my wheel so I could move him up but after a lap he told me to get behind him and sweep for him as the original plan was and I did that for about a lap but then a Lux rider broke me off from him in a corner and I was always about a two to three bikes behind him until the finish when he got 7th and I got 11th. I think that a lead out to get him into top 3 before the sprint would have worked better than me sweeping and that that would have gotten a top5 - top3 finish for the team. I saw the crash that took out Aiden and Creighton and it looked really nasty, heal fast boys".

Creighton: "For most of the race I was staying towards the front and following moves. The crit wasn't too sketchy because it was so fast, but on the last lap there was big crash that Aidan and I went down in. I didn't get too hurt but Aidan broke his elbow."

Adin: "At this point in the stage race my only goal was to finish to keep up my second place in the GC. Although my teammates did some great attacks I just sat in mostly, but a few times I did chase down Colby Simmons to keep him from getting to much time, as he was in third only 25 seconds behind me. All was going well until right when the last lap started there was a fairly big crash in the front of the field. Thankfully nobody was too hurt, but Matthew and I were held up by it a good bit. I got going as quickly as possible and chased with everything I had including some help from Darryl. Somehow I managed to chase the gap to the peloton down to about 8 seconds by the line leaving me with enough room to hold second in the GC. But thankfully they gave everyone involved it the crash the leaders time anyway".

McKay: "The VOS criterium was fast and fun. I spent a little time off the front and got a prime too. Once caught, I spent the rest of the race up towards the front preparing for a sprint. Last lap a crash happened behind me. We had a good gap on the field and without anyone willing to drive it; we got caught with about 400M to go. It ended in a bunch sprint where I got sixth."

Matthew: "I was really looking forward for this part of the race because I usually do better in crits and they are more enjoyable for me. At the line up of the race I wanted to be up front so I don't get gapped off the front at the start. When the official told us to go I went off sort of easy, then I heard McKay yelling at me to go and I remembered to attack off the gun so I'm first rider into the first corner, so I started going harder and was fourth rider into the corner. Mid way through the race there was an attack by a guy named Javier, I followed his wheel but it didn't stick. The last lap was the worst because people crashed in front of me and ruined my positioning and results".

Daryl: "Due to me not being able to finish the road race the chief official informed me before the start of the race that I could not contest any sprints or make any attacks. So I was only able to sit in the pack during the race. But on turn one with one lap to go a rider went down which caused a pile up. I don't notice at the time but Adin and Matthew where caught in the crash. As I entered turn two I noticed Adin going full out to try to catch the main group. At the time I did not know that he would be given the time of the race finisher. So I slowed my speed a bit so he could hop on my wheel and I started to pull him doing 700 Watts as far as I could so he could catch up with the lead group".

Andrew: "The criterium was fun and it was the race I could play around in I was able to get the first prime of the race and had a little bit of a gap on the field and decided to hold it for a little until I saw that the field was chasing them I dialed it back and prepared for the sprint at the end. I was seventh wheel coming around the first corner on the last lap when a kid cut in front of me and slammed on his brakes cause me to do the same resulting in a serious crash behind me. After I got into focus that I was back on my bike I started chasing the people that were trying to break away as a result of

the crash. I caught back up by the end of the lap and by that time I am died and could not contest for the stage”.

Aidan McNeil

Valley of the Sun Stage Race

Stage 1 Time Trial: 14th (32:18)

Stage 2 Road Race: 8th

Stage 3 Criterium: DNF

GC: 7th

Stage 1: Time Trial

Stage 1 time trial consisted of a 20km, flat out and back on smooth pavement. The time trial for the juniors is limited to just a road bike and no aero equipment besides a TT helmet. The wind the on the way out was tail-cross coming from your left side and on the way back a head-cross wind from your right side. My goals before the TT were to stay aero with my head tucked down as I am not very aero when it comes to TTs. Another goal was to know where the wind is coming from and to conserve a bit of energy for the way back since it would mostly be a head wind. The wind was ranging from about 7-10mph with gusts. Another goal was to be Zen like on the bike, just getting into that aero position with a still upper body (my upper body does move a bit sometimes) and a smooth leg speed and rhythm so I can get into that Zen mode for the whole TT. On the way out I felt really good (as does everyone usually does) and I didn't think I went out too hard. On my way out I was also passed by Jared Scott who started 30 seconds behind me. I wasn't super bummed about him passing me but I was a little bit more motivated with someone I knew was fast to keep in my sights. On the way back I still felt really well and just decided to keep the pace I was going at. The head-cross wind gusts kind of messed with my rhythm toward the 3rd quarter of the TT. In the last 5km I definitely was lacking and just needed to hold the pace I was going for just a bit longer. Once the finish was in sight I kept pushing more and more and using the last bit of energy I had left. I finished in 14th with a time of 32:18, which was a 2 minute improvement from the year before. I was bummed I didn't go under 32 minutes but was looking forward to the road race.

Stage 2: Road Race

Stage 2 road race consisted of a 62 miles of a 16 mile loop that we did 3.8 times. The course was mostly flat, smooth roads but with a 2km climb at around 2-3% to the finish. The weather was 15-20mph winds and the start was a little bit chilly for me as I was wearing just a jersey and shorts. My goals coming into the road race were to get into a break, which hopefully turned into a winning break, positioning because the strong winds and looking at how Lux is riding and which riders they are conserving. I knew Gianni Lamperti on Lux is one of the better sprinters on their team and the goal

was if he was doing work the whole race then Lux either was saving someone else for the sprint or they wanted a breakaway to win. If Gianni was conserving his energy then Lux would most likely want a field sprint, since Lux is a big team that can control the race. I knew if it came down to a field sprint my only way of winning or doing well in the stage was positioning but I wanted it to come to the finish in a breakaway. The first breakaway I was in was right before the packed turned onto the finishing road. It was a break of Creighton, Max Ritzow, a rider I didn't know, and me. As we hit the false flat before the climb I could see everyone in our break was pretty tired but all seemed motivated. The one rider I didn't know was not doing as much work and he could've been tired or faking it for the bonus seconds for this laps KOM. The KOM was only on the second lap with bonus seconds of 3, 2, and 1 seconds. I was not really going for them, I just wanted to keep the group together and motivated for the rest of the race. As we started the climb, two Hottubes riders also joined us. For most of the climb I was doing most of the work pulling but the Hottubes riders never really pulled for the first half up the climb. Once they did decide to pull I just sat on their wheel and took a little break and still felt good. Then with about 200 meters to go to the KOM the rider who I didn't know attacked and one of the Hottubes riders went with him. I tried to get on their wheels but I wasn't really expecting an attack since we were in a breakaway and had around 20-30 seconds on the field. I just rode hard back up to them and also got 3rd on the KOM sprint but they were pretty gassed and no one really wanted to start the break up again so we were caught on the slight downhill after the climb. On that slight downhill there were a couple attacks when we were caught and Matthew Riccietello (race leader) crashed. Later a couple of his Lux teammates went back for him to try to get him back to the field but he ended up pulling out of the race and I hoped he was alright with no broken bones. A couple of those Lux riders that did go back for Matthew never came back on and I think going into the 3rd lap Lux had only 4 of their original 7 riders in the field. The 3rd lap was pretty uneventful but started very fast going into the crosswind section as Hottubes just found out Matthew had crashed and wanted to split the field, hopefully shelling most of the Lux riders that went to help Matthew. In the crosswind section I was positioned poorly and I saw the field had split in front of me with Hottubes on the front but all of the sudden the group was back together and Hottubes was pedaling easy on the front. I'm not sure why they stopped going hard but I was just glad I hung on. Not much happened after that on the 3rd lap to my knowledge and I think riders were sitting in and not trying to breakaway to conserve for the field sprint. The last lap was also pretty uneventful until another break formed on the road before the finish stretch. Once the break was settled in on a hard pace it consisted of I think either 3 or 4 Hottubes riders, a Lux rider (Jared), a couple of riders I didn't know, and then Alex and I. The Hottubes riders were the ones pushing the pace and this could've be the winning break I wanted. Everyone was working and I could see the field was all strung out about 15 seconds behind us but it didn't seem like they were ever closing. Then all of the sudden the Hottubes riders and a couple others decided not to work and began to drop. Again I am not sure why the Hottubes riders decided to slow down because that could've been the winning move and would've certainly move some of their riders up on GC and threatening Lux's dominant GC

positions. The break went from around 8 riders to just a Hottubes rider and I. We hit the turn to the final climb to the finish and had about a 10-12 second gap but we were only about 4km from the finish and I was feeling good so I continued to go hard. But what is a two man break against a motivated field in the last 5km, not much. The Hottubes rider on my wheel ended up going back to the pack and I realized I probably couldn't solo to the finish with a 7 second gap so I sat up and tried to conserve a bit, since I knew attacks would come as soon as I was caught. Attacks did come and I tried to go with them as best as I could. In the last 1km or so Lux counterattacked a Hottubes attack and I couldn't accelerate as fast as them to get on their wheels. There were probably about 4 riders, 2 of which were Lux ahead of me and had a small gap on the field but I wasn't sure who was behind me so I decided to close the gap. I closed the gap with about 500 meters to go and soon after attacks started and I was swarmed. I was not in good position and with about 200 meters to go I saw a little gap open up on my left side so I shot through it and tried to sprint up to the other riders who were already sprinting for the finish. I sprinted as best as my little body could go and I ended up 8th on the stage. I felt pretty good about that and I was amazed on how I did in the field sprint even though I got swarmed toward the end. After the road race I shot up to 8th overall and I was pretty proud of myself. I knew if the final break worked I could've had a better finish but those were not the circumstances and I am glad I could be flexible toward the end.

Stage 3: Criterium

Stage 3 consisted of a 45 minute, flat, L-shaped criterium with good road surface. The race itself started about 1 hour late because the race directors still had to set up haybails for our race. The race started early in the morning and I decided to wear a thick undershirt with my long sleeve jersey and just shorts for my legs. During the criterium I found myself mostly toward the head of the race but still in the middle of the pack. Sometimes I found myself at the back even. Not much happened as Lux and Hottubes were controlling the race at the front. With about 5 laps to go I found myself toward the back of the pack and I knew this was not a great place to be. So for those 5 laps I began to slowly move up and as I did I saw Jonah toward the middle of the pack and I told him to move up for the sprint. I think he heard me because a couple laps later as I was slowly moving toward the front, he was close to me. Going into the last lap I was in good position toward the front and saw Alex and Jonah both in front of me in good position for the sprint. Then on the back stretch as we were getting ready for the second to last corner, 2 or 3 riders in front of me (not Jonah or Alex) locked handlebars and crashed. There was nothing I could do as we were going very fast and it all happened in an instant. I ran over one rider's bike and maybe a leg and I already knew I was going down. I hit my head pretty hard and I was sitting in the road holding my left arm. I didn't think my arm was broken or anything, it just felt sore but my head really hurt. My teammate Cameron was behind me but didn't crash and asked if I needed help but I didn't really want anyone around me I just told him my head hurt. Creighton also went down. I got up and walked myself to sit on the curb still holding my arm as it was sore and I thought I just had bruised it. Soon later the paramedic

came to check everyone out in the crash and I told him my head hurt and my arm was a bit sore. He told me I probably had a concussion. He then inspected my left arm and cut my ruined jersey and undershirt open with his scissors and he told me I probably broke my elbow, by the way I could move it (or not move it) and how it looked. I was not happy to hear that. I didn't finish but I kept asking if I had to finish because I would've definitely wanted to ride through the finish to still hold my position in GC. I walked back to my teammates with the help of my dad (he also has a broken elbow) and Adin Jose's mom and they all helped me take off my shoes. They were bummed I crashed but I was so thankful to have teammates to help me out and I hope I can help them soon. Later I found out I didn't hold my position in GC but actually moved up to 7th overall. I was proud of that but I was more bummed I broke my elbow. I was already looking forward to San Dimas, which is in 6 weeks (same time for my elbow to be healed). I accepted by broken elbow and was glad it was still early in the season. A lot of time on the trainer will come from this, which will make me both mentally and physically strong and I will definitely come back very hungry to win.

-Aidan

6. Cantua Creek Road Race

2/16/19

Snelling

Massimo Morson

16th Place Cantua Creek Road Race Juniors 15-18

2nd Place Cantua Creek Road Race Juniors U15

My first road race with all ages was in the Juniors 15-18 category. It was challenging because it was windy and hard to protect myself, I lasted for almost the first lap (just before the climb). Then I got dropped mid way up the climb. I rode with another rider the second lap. Looking back at the race I probably should not have been in the front quarter of the group so much in the first lap and should have dropped back more to get a better draft. There was a mentor skills class too.

In the 15U, my goal was not to let Nolan (my main competitor) get away from the start. I had a better start this time but he attacked me halfway in the crosswind and dropped me. Another rider was with me (Tiene Duro) and I felt I might be able to get away so I attacked him and did stay away for the rest of the race. Overall I had a good weekend of racing. I want to work on shorter but harder efforts to stay on my competitor's wheel when they attack me.

-Massimo

7. Snelling Road Race

2/23/19

Snelling

Jonah Kellogg

3rd Place Snelling Road Race Senior Cat 3

The start of the race was freezing. The race started not very hard then the attacks came often. I tried to be in every move, and I pretty much was, that was the goal today, once I noticed no break was going to get away I decided to sit on for the last lap, I felt good enough to have a decent sprint at the end. The final rollers I was feeling good, going into the last turn I got pushed to about 10th wheel. I was able to make up 5 spots in the final straight! I sprinted before everyone else and got 3rd in the sprint.

-Jonah

Jonas Crean

9th Place Snelling Road Race Senior 3

I was excited to line up for Snelling, as this had been one of my first races. The course is a rolling, non technical 12 mile loop. We would be doing five laps. In the 3s, Team Swift had 3 riders: Jonah, McKay, Adin and me. Our plan was to race aggressively and get a move up the road with at least one of us in it. If no break went, Jonah was a good option for the sprint. The race started out very aggressively, with people attacking every few minutes. Unfortunately, for some reason, actual tactics took a backseat for many teams. I saw at least three moves in the first two laps that contained up to 3 or 4 Dolce Vita riders, only to be chased down by their own teammates. This type of negative racing was extremely annoying. Jonah, McKay and I tried attacking in every possible spot, countering after attacks, but there was always someone who wanted to chase us down. After about 4 laps of this, everyone pretty much gave up and rested for the sprint. On the long drag to the final corner, I rode near the front, knowing there would be a swarm soon. About 200 meters from the corner, I looked back and saw Jonah on my wheel, and I knew we had a good shot. I came out of the corner about 4th wheel and sat on the lead three as they started sprinting. I jumped as hard as I could around them and had the lead for a bit, then Jonah came flying around me to take 3rd. I managed to finish 8th. It was ok, but a little disappointing. I learned that I need to work on my jump. If I position myself right, there is no reason I shouldn't be able to compete for the win in a bunch kick, and I need to work some sprinting into my training.

-Jonas

McKay Kinsey

30th Place Snelling Road Race Senior 3

Snelling was lots of fun and good experience for TOSH. Jonah, Jonas and I spent the first few laps trying to force a break and cover moves but nothing was working. Around 2 laps in, I lost both of my bottles and had to get a feed. As a result, I got nicer bottle cages after the race that will hold my bottles more securely because this is the second time I've lost both my bottles in the past two weeks. The race ended in a

chaotic bunch sprint where I was planning on leading out Jonah. However, we got slightly separated and he had a really good sprint and ended up third with Jonas finishing in seventh and Adin flattening out with about two laps to go. I finished in 30th place.

-McKay

Adin Jose

Snelling Cat 3 race turned out to be a learning experience rather than a chance to show what I have learned by getting a good placing. I flattened with about 26 miles left in the 63 mile race. I got a wheel change, but it was too slow for me to catch back on. I really tried to chase by myself, time trialing at my best TT power for about 10 minutes. Eventually, I caught some other dropped people and we worked together but I could see there would be no rejoining the main pack. I decided to finish another lap for full race distance anyway since I am preparing for Tour of the Southern Highlands and could use the miles. If I had not flattened, the plan was for me to attack with 2K to go and try to get a gap. If I could stick it, that would be amazing, but mainly it was to setup Jonah for the sprint as no Swift riders would be chasing while other teams used some energy.

Things I learned:

-91 psi in a 25c Tubular is not enough to prevent pinch flats (at my weight) when there are that many inescapable pot holes.

-my crash prediction and avoidance skills are improving - early in the race I moved away from a part of the pack that seemed like they were going to crash into each other, and sure enough, they did, right near the feed zone

-This Cat3 race was just like a bunch of juniors: They chased everything and would not give anyone a chance to even start to move out of sight. Cat 3 races used to seem harder than my Junior races, but now I guess they are about the same.

-Adin

Travis Risley

DNF Snelling Road Race Senior 4

The Snelling Road Race did not go well for me. After a solid warm up, I was feeling good but had no real intentions of winning, just working for the team. It started at a nice pace and was sustainable. Attacks were chased and didn't get far. The roads were below par but it was expected. I spent a lot of time on the front of the pack and took some pulls for Matthew since I knew he had a chance at winning. After feeling a little frisky on the third lap, I made an attack on the front straightaway. Waiting for a chase, but was left out in the wind for a couple minutes. I was reeled back in and dropped off the back, then caught back on for the rest of that lap. At the start of the next, there was an attack from Mike's Bikes and I was cooked. I dropped off, finished the lap and took a DNF since I didn't have the legs for it.

-Travis

Matthew Amara

DNF Snelling Road Race Category 4

The Snelling road race was definitely a hard race. I was feeling good the morning of the race and my legs felt really good as well. I was able to race with two other of my teammates Travis and Daryl. The race was hard due to some attacks and breakaways, but I was able to hang on and recover on the flats. On the second lap of the race I got a flat which ruined the race for me. Travis was able to help me with the flat and I was able to finish the race with Adin Jose who also suffered from a flat.
-Matthew

Massimo Morson

2nd Place Snelling Road Race Juniors U14

My goal for this race was to try and stay on Nolan's wheel, the rider who's been beating me). For the first 18 miles he kept attacking me but couldn't drop me. I felt strong. With 2 km left I was taking a pull and when I tried to pull out to let Nolan take a pull he stayed on my wheel. When I looked back I was surprised to see his Father riding on the course next to his son. This felt very unusual. I had to pull until the finish straight where he passed me with 50 meters to go. After the race I felt a little disappointed but teammate Jonah shared tips on what to do in this situation which made me feel better. It was also really neat to have Mathew and Darrel's dads come up to me and say nice things. I am very glad to be a part of this team.
-Massimo

Creighton Gruber

29th Snelling Road Race Pro/1/2

The race began with a 3 mile neutral start. I got to start early so I could be at the front. When the race really started attacks happened immediately. I got in a few moves but it seemed like nothing was going to stick. A little bit later into the race I got in a move that looked promising, but too many people joined and the group was too big. When we were brought back a counter attack got away and they stayed away until a kilometer to go. I was in bad positioning going into the final corner, and I finished around the back of the pack. One of the things I learned in the race was to pick the moves I go with more carefully.
-Creighton

McKay Kinsey

4th Place Merced Criterium Senior 3/4

I went into the Merced criterium wanting to make a break happen. Throughout the whole race I was going up the road and trying to get something going. At one point, a Team California rider and I had a substantial gap on the field but we were chased down in the end. Going into the last lap, it was very tight and sketchy with people not taking corners super well but I was able to anticipate surges and move up when I began to feel people moving up behind me. Going into the last corner I was about second or third wheel and I ended up being sprinted past by one or two riders and ended up fourth.

-McKay

Matthew Amara

6th Place Merced Criterium Category 4

The Merced criterium was a fun course that started if really fast. As soon as the race started I put in a good effort so I would be in first position into the first corner. Second lap into the race someone attacked and a few other people followed causing a breakaway. The breakaway lasted the whole race. The rest of the group didn't want to help catch the breakaway except me and 5 other guys. I was working really hard with a few other guys but we never caught the breakaway but I'm happy with my result considering how much work I did.

-Matthew

9. CBR #3

2/24/18 Dominguez Hills

Eddy Huntsman

26th Place CBR #3 Pro/1/2/3

It was a Pro123 race. Very fast with constant attacks. I stayed out of the wind for the first 3/4 of the race then tried to get in a couple of breaks. When 5 laps to go came I moved up the Justin Williams lead out train, but then got popped out like a pimple. I tried to hold my position at the front but with 2 laps to go I got a little scared and hit the brakes. I finished 26th out of 96 people. As these Pro races go on I will push myself to become more aggressive in the final 5 laps.

-Eddy

10. NorCal MTB Race #1

2/24/18 Monterey

Riley Mullen

1st Place Fort Ord High School MTB Race Junior Varsity

I went into the race weekend feeling very fresh and well hydrated. I pre-rode the course the day before with Blake and we looked for places to pass and attack. I had a good dinner and got to sleep at a reasonable time. The morning of the race, I helped set up the tents for my team and fixed some of my teammates bikes. Before I knew it, it was time to warm up. I did that for about an hour, refilled my bottle, and headed over to the start, where I took a Clif Shot while we were staging. The announcer set us off the line, and I couldn't clip in right away. I went out of the start chute in around 9th place. I passed four people, and reeled in the lead group before the first climb. At the top of the first climb I moved into second position. I attacked all-out halfway through the first of three laps on a series of flat sections. I gained 30 seconds on the lead group that I had struggled to stay in the later part of last season. I paced myself evenly up the climbs and didn't lose any time on the descents. I took a bottle hand up going into the second lap, and kept riding as hard as I could. I added another 30 seconds to my lead on the climbs, and went into the third and last lap still feeling very fresh. I dug as deep as I could, and started to hurt on each steep section on the climbs. I recovered on the descents and hammered the flat sections as hard as I could. I rode hard up the last steep climb and came through the finish line with my hands in the air. I didn't know at the time, but I came in with a lead of almost two and a half minutes. This was a breakthrough race for me. I'm so happy with my result, and my preparation was perfect. The only thing I need to remember for next time is to pack sunscreen. Blake and I both walked away with the same result!

-Riley

Blake Macheras

1st place NorCal Race 1 Fort Ord Sophomore D2

Coming into this race I really wanted a top 5, I had been putting in quite a few miles on the mountain bike and was really ready, probably the most ready I've been for a race ever. The race started and around the second corner I looked back and me and another kid had around 10 seconds on everyone. I told him we should work together and we could break the whole race. We worked together but he did more pulling than me for sure. My positioning was better and I didn't have to pull in headwinds. On the second lap he attacked up a short climb but I was able to stay with him. On the last corner before the big hill I came around him and took the front. I attacked on the last hill with all I had. By the end of the switch backs after the hill I looked back and saw I had a gap. With only a few more turns I knew I had it. I came across the line with 10 seconds on 2nd and we had around 4 minutes on the group.

-Blake

Alex Frankel

15th place Norcal Race #1 Junior Varsity

The race started out fast. While I was sprinting out of the saddle my rear tire was slipping and I went back about one to two rows. Now I was playing the catch up game. The first lap I was with two other guys and got a good draft on the flat sections. By the second lap they were toast and I passed them and I was by myself. The next group of three riders was about 15 seconds ahead of me. I eventually caught the group and it split apart from an attack by a redwood rider. I followed him but eventually I let off thinking the pace was too fast. That was a mistake. I paced myself through the next lap and finished. When I finished I still had some power still in me. Learning lesson: get a good start/position and hammer the whole time.

-Alex