

Team Swift Race Reports

March 2019

Race Reports for:

1. Tour of the Southern Highlands (TOSH)
2. Madera Stage Race
3. RKO #2
4. Land Park Criterium
5. Bariani Road Race
6. Redlands Criterium
7. Winchester Circuit Race
8. Auburn Criterium
9. CBR #3
10. Santa Cruz Criterium
11. San Dimas Stage Race (SDSR)
12. NorCal MTB #2

March Top Results:

1 st Place	Bariani RR	Juniors 15-18 1-3	Adin Jose
1 st Place	Bariani RR	Juniors 15-18 4/5	Riley Mullen
1 st Place	NorCal MTB #2	Junior Varsity	Riley Mullen
1 st Place	Norcal #2	Freshman	McKay Kinsey
1 st Place	Norcal MTB #3	Junior Varsity	Riley Mullen
1 st Place	NorCal Race #3	Sophomore D2	Blake Macheras
2 nd Place	Bariani RR	Juniors 15-18 4/5	Daryl Hopkins
2 nd Place	Winchester Circuit	Senior 2/3	Creighton Gruber
2 nd Place	Auburn Criterium	P/1/2	Creighton Gruber
2 nd Place	NorCal Race #2	Sophomore D2	Blake Macheras
3 rd Place	Land Park Crit	Pro,1,2	Creighton Gruber
3 rd Place	Land Park Crit	Juniors <15 4/5	Massimo Morson
3 rd Place	Madera SR, TT	Senior 4	Daryl Hopkins
3 rd Place	Bariani RR	Juniors <15 4/5	Massimo Morson
3 rd Place	Redlands Criterium	Senior 3	Eddy Huntsman
3 rd Place	Lank Park Criterium	P/1/2	Creighton Gruber
4 th Place	TOSH, CRIT	Juniors 15-16	McKay Kinsey
4 th Place	Santa Cruz Crit	Senior 3	Alex Akins
4 th Place	NorCal MTB #2	Varsity	Alex Akins
4 th Place	SDSR, Road Race	Juniors 15-16	Adin Jose
4 th Place	SDSR, Criterium	Juniors 15-16	Adin Jose
4 th Place	SDSR, G.C.	Juniors 15-16	Adin Jose
5 th Place	SDSR, Road Race	Juniors 17-18	Creighton Gruber
5 th Place	Winchester Circuit	Senior 2/3	Jonah Kellogg
5 th Place	Auburn Criterium	Senior 4	Matthew Amara
6 th Place	SDSR, Time Trial	Juniors 17-18	Aidan McNeil
6 th Place	SDSR, Time Trial	Juniors 15-16	Adin Jose

6 th Place	SDSR, Criterium	Juniors 15-16	Matthew Amara
6 th Place	Auburn Criterium	Senior 4	Jacob Gorman
6 th Place	TOSH, CIRCUIT	Juniors 15-16	McKay Kinsey
6 th Place	Bariani RR	Juniors 15-18 4/5	Blake Macheras
7 th Place	SDSR, Criterium	Juniors 15-16	Andrew Mattheisen
7 th Place	Land Park Crit	Senior 4	Jacob Gorman
8 th Place	TOSH, TT	Juniors 15-16	Adin Jose
8 th Place	Santa Cruz Crit	Senior 3	Cameron Stewart
8 th Place	SDSR, G.C.	Juniors 15-16	McKay Kinsey
9 th Place	Madera SR, Crit	Senior 4	Daryl Hopkins
10 th Place	SDSR, Time Trial	Juniors 15-16	McKay Kinsey
10 th Place	SDSR, Road Race	Juniors 15-16	Andrew Mattiesen
10 th Place	RKO #2	Senior 4	Matthew Amara
11 th Place	SDSR, Criterium	Juniors 17-18	Alex Akins
11 th Place	SDSR, G.C.	Juniors 17-18	Creighton Gruber
11 th Place	TOSH, TT	Juniors 15-16	McKay Kinsey
11 th Place	Land Park Criterium	Senior 3	McKay Kinsey
11 th Place	Land Park Criterium	Senior 4	Matthew Amara
11 th Place	Santa Cruz Crit	Senior 3	Jonas Crean
11 th Place	SDSR, Road Race	Juniors 17-18	Eddy Huntsman
12 th Place	SDSR, Time Trial	Juniors 17-18	Jonas Crean
12 th Place	Winchester Circuit	P/1/2	Creighton Gruber
12 th Place	Auburn Criterium	Senior 4	Travis Risley
13 th Place	TOSH, CIRCUIT	Juniors 15-16	Adin Jose
14 th Place	SDSR, Time Trial	Juniors 17-18	Creighton Gruber
14 th Place	SDSR, G.C.	Juniors 17-18	Eddy Huntsman
14 th Place	Bariani RR	Pro,1,2	Creighton Gruber
15 th Place	RKO #2	Senior 3/4	Matthew Amara
15 th Place	SDSR, Road Race	Juniors 17-18	Jonas Crean
15 th Place	Norcal MTB #2	Junior Varsity	Alex Frankel
16 th Place	TOSH, CRIT	Juniors 15-16	Adin Jose
16 th Place	TOSH, RR	Juniors 15-16	Adin Jose
16 th Place	TOSH, GC	Juniors 15-16	Adin Jose
16 th Place	SDSR, Road Race	Juniors 15-16	McKay Kinsey
18 th Place	Bariani RR	Senior 3	McKay Kinsey
18 th Place	SDSR, Criterium	Juniors 15-16	McKay Kinsey
19 th Place	TOSH, RR	Juniors 15-16	McKay Kinsey
20 th Place	TOSH, GC	Juniors 15-16	McKay Kinsey
20 th Place	Land Park Criterium	Senior 4	Blake Macheras
20 th Place	SDSR, G.C.	Juniors 15-16	Andrew Mattiesen
20 th Place	SDSR, Criterium	Juniors 17-18	Eddy Huntsman
21 st Place	SDSR, G.C.	Juniors 15-16	Matthew Amara
21 st Place	RKO #2	Senior 4	Travis Risley
22 nd Place	SDSR, G.C.	Juniors 15-16	Sean Strachan
23 rd Place	SDSR, G.C.	Juniors 17-18	Cameron Stewart
23 rd Place	Land Park Crit	Pro,1,2	Jonah Kellogg

24 th Place	SDSR, Time Trial	Juniors 15-16	Sean Strachan
24 th Place	SDSR, Road Race	Juniors 15-16	Matthew Amara
24 th Place	SDSR, G.C.	Juniors 15-16	Daryl Hopkins
24 th Place	SDSR, Time Trial	Juniors 17-18	Eddy Huntsman
25 th Place	Norcal #3	JV	Alex Frankel
25 th Place	SDSR, Road Race	Juniors 15-16	Sean Strachan
26 th Place	SDSR, Road Race	Juniors 15-16	Daryl Hopkins
26 th Place	SDSR, Time Trial	Juniors 15-16	Matthew Amara
27 th Place	SDSR, Time Trial	Juniors 15-16	Andrew Mattiesen
27 th Place	SDSR, Criterium	Juniors 15-16	Daryl Hopkins
28 th Place	SDSR, Criterium	Juniors 15-16	Sean Strachan
28 th Place	SDSR, Time Trial	Juniors 15-16	Daryl Hopkins
28 th Place	SDSR, Criterium	Juniors 17-18	Creighton Gruber
29 th Place	SDSR, Criterium	Juniors 17-18	Cameron Stewart
30 th Place	Santa Cruz Crit	Senior 3	Andrew Mathiesen
32 nd Place	SDSR, Time Trial	Juniors 17-18	Cameron Stewart
33 rd Place	CBR#3	P/1/2/3	Eddy Huntsman
33 th Place	SDSR, Road Race	Juniors 17-18	Cameron Stewart
34 th Place	SDSR, Road Race	Juniors 17-18	Jonah Kellogg
34 th Place	SDSR, G.C.	Juniors 17-18	Jonah Kellogg
35 th Place	SDSR, G.C.	Juniors 17-18	Alex Akins
38 th Place	SDSR, Time Trial	Juniors 17-18	Jonah Kellogg
39 th Place	SDSR, Road Race	Juniors 17-18	Alex Akins
43 rd Place	SDSR, Criterium	Juniors 17-18	Jonah Kellogg
44 th Place	SDSR, Criterium	Juniors 17-18	Travis Risley
47 th Place	SDSR, Time Trial	Juniors 17-18	Alex Akins
47 th Place	SDSR, G.C.	Juniors 17-18	Travis Risley
50 th Place	SDSR, Time Trial	Juniors 17-18	Travis Risley
52 nd Place	SDSR, Road Race	Juniors 17-18	Travis Risley

Rider Race Reports

1. Tour of the Southern Highlands

3/1-3/19

Georgia

Junior 15-16 year old Reports:

McKay Kinsey

Adin Jose

McKay: "I had a difficult time developing a good pacing strategy for the TT because there was so much climbing and descending. I ended up going about 8/10 on the climbs and 10/10 on the descents. Overall, I finished with a 28:40 but I feel like I could have done better."

Adin: "Since I had done this route multiple times and it seemed really hilly I decided to go with the road bike with clip on bars. As it turned out that probably wasn't the best choice but it felt pretty good to go fast on all the hills. Looking back, the best strategy was to keep up an insane speed down every hill and I didn't quite do that although I had some pretty good power numbers."

McKay: "The criterium was hard from the start, as the race started out very fast. I spent a lot of time floating on the back, chasing for a few laps, and burned a lot of matches doing so. I was able to avoid a crash late in the race and I ended up rolling in for fourth for the stage."

Adin: "From the start I wasn't too sure I liked the course in the wet so I hoped that it would go a bit easier at the beginning so I could get used to it. That wasn't quite how it went, as I should have expected it went hard from the start and I was immediately out of the draft due to my overly cautious cornering. I didn't give up though and kept motoring on for a mediocre placing."

McKay: "Since I didn't get a good start on the crit, I really wanted to make sure I got a good start with the circuit race, so I positioned myself in the front row. It really started to ramp up on the first climb. The descending in this race was very sketchy. I was able to avoid a crash by floating around the first 7-8 wheels most of the time. At one point, coasting downhill, I felt some pressure on my foot and I thought my toes were just going numb. But then we turned left on to the main downhill and I tried to pedal, but there was a lot of resistance. I looked down and saw my rear bottle cage and bottle had lost a bolt and fell onto my foot. I grabbed my bottle and put into my pocket. The group had passed me by a lot by the time I did this. I had to spend a minute chasing back on. I had to use a lot of energy doing this which was not good in the finish. Into the finish, I had fairly good positioning, but I was soon swarmed and lacked the energy to move up and sprint well. I ended up rolling in sixth which I was proud of considering how many 15/16's got dropped in the race".

Adin: "I started this race a little too far back and had to move up a lot in the first lap. I was doing pretty well going into a short climb when the person in front of me got a flat and crashed. I managed to avoid crashing myself but had to chase down the hill. At that point the main pack was going way too hard for me to catch back up but as it splintered later I kept catching more and more people. In the end I was in a group of about 10 and held the front of the group to the finish for 13th".

McKay: "The road race was challenging because we were combined with the 17/18's. I ended up being able to stay with the group the first lap as we went fairly easy up the climbs and I was even able to be up towards the front the first time going up the KOM hill to avoid any crashes behind me, but the second time up the first major climb, I was dropped (along with all the other 15/16's riders besides Brooks Wienke). I was now in the chase group and eventually got gapped off and lacked the energy to get back on. I rolled into the finishing straight solo and I remembered the chief referee telling us that if we were in groups of one or two, we needed to pull off because the weather was

dangerous. He said we would be given our same time. I pulled off and saw a Hottubes and Hincapie riders do the same shortly after I pulled over. We all spoke to the official and confirmed that we were able to do this without getting a DNF. The timing official told us that we would only get a very slight time penalty and thinking that this was what the referee wanted us to do, I pulled out. Right as I was returning my timing chip, I looked over and saw a humongous group of 15/16's that were behind me roll through and begin another lap. I had no idea that there was a large group of people behind me and I was extremely disappointed in myself that I didn't keep going and finish. I had lots of learning experiences from this race but the biggest was probably to keep going unless they tell me to pull out. They ended up fining be about an hour as far as time and I went from eighth or ninth in GC to about 20th. Hopefully I can take experiences from this race and apply them to races coming up in the season like San Dimas and nationals."

Adin: "Since I had done this race the last year I knew it would be hard from the start and I wasn't wrong. Up the KOM climb on the first lap there was a big attack from the 17-18s I moved up a lot during the climb but totally blew myself up chasing down the hill. Looking back I should have either moved up earlier or stayed back with the second group where I could have at least gotten a top ten. I ended up solo for way too long and couldn't hang on to any groups that caught me but I had told myself beforehand that I wouldn't give up no matter what happened so I just kept on going for another 16th place and the same for GC."

2. Madera Stage Race

3/2-3/19

Madera

Daryl Hopkins

Madera Stage Race

Senior 4

Stage 1: Criterium

Since the criterium and the TT where on the same day I wanted to do well in the crit but still save some energy for the TT. The course consisted was in the shape of a triangle with a 3 right hand turns and a right to left chicane and 40 minutes long. The course was also super windy with a killer 10mph right to left crosswind for a large portion of the crit. I sat in for the most of the crit then at 15 minutes in the race I attacked in the crosswind and tried to gutter anybody who jumped on my wheel. I managed to stay off the front for about a lap before I was caught. After being caught Pen Velo (they had six riders in the race) started a series of attacks that resulted in two of their riders going off the front until 5 laps to go. I tried to move up in the pack but when the sprint came I was too far back for it. So I just rolled in with the pack. After the crit I hopped on the rollers and did a spin down and started to prep for the TT.

Stage 2: Time Trial

I was very optimistic about the TT and knew that I would be able to move up to top three in the GC. My warm-up was just spinning for 20 minutes and a few warm-up sprints on the trainer. The course was 15 miles flat with a 15mph tailwind going out and head wind coming in. My plan was to hold ftp at 270 so I would still have energy to fight the headwind on the way back. I passed about 5 people during the TT which really helped me push just a bit harder. When I reached the turnaround point I started to dig really deep and raise my power to around 285 Watts and held it to the finish. I placed 3rd in the TT which moved me up to 3rd in GC. I was only 12 seconds behind the winner and 2 seconds behind second place.

Stage 3: Road Race

When I got to the road race I checked the official GC times to figure out how far off I was from 1st. Since the guy who had one the crit also one the TT he received a time bonus which moved him up to 43 seconds ahead of me. But I was still only 2 seconds behind second place. But I had a 1:30 ahead of the guy in 4th place. So my plan was to just sit in and wait for the sprint and try to grab a time bonus to move up on GC over all. After about thirty miles in Pen Velo did what they did in the crit and started attacking until they launched two guys off the front. I wasn't too worried about the break because me and first place agreed to keep the brake from getting no more than a minute's lead on the pack. Nothing too exciting happened in the road until mile 43 where I hit a massive pit hole and flatted my front wheel. I ended up not being able to finish the race. But I still learned a lot about controlling the race form a GC standpoint.
-Daryl

3. RKO #2 3/3/19 Livermore

Matthew Amara

10th Place RKO #2 Senior 4

The red kite criterium was an extremely fun experience. The forecast said it was supposed to rain all day but it was just cold and cloudy the whole time. It was fun to race with Travis again in the cat 4s. The race started off somewhat easy but a breakaway eventually got through and the group was chasing a lot. Not a lot of people wanted to work to catch the break. I took a few good pulls and tried to attack a few times just to get something going but it didn't work. Around five laps to go the group eventually picked up the pace to catch the break. In the second to last corner of the last lap to the finish we eventually caught the breakaway but there were many surges and attacks from other people going around the breakaway. It was hard for me to catch up to the leading riders due to people in my way and not taking the correct lines. I ended up with an okay result.

Matthew Amara

15th Place RKO #2 Senior 3/4

That category 3/4 race went the same as the cat 4 race except it was a little bit easier and I was the only junior. A breakaway got away halfway through the race and was pretty hard to catch back on especially when no one wanted to work. I tried to help the group catch back on but I was too gassed from the previous race. We never caught the break and I ended up with a decent result considering how tired I was feeling throughout the race.

-Matthew

Travis Risley

21st Place RKO #2 Senior 4

The second Red Kite Criterium race was super fun, as usual. The course has great quality road that are super wide. Since it had rained the days prior to the race, the roads were a little slick but luckily, did not cause any crashes. I worked for Matthew as much as possible, where I could since I knew he had a better shot at winning. I was able to bridge a few gaps as well as have a little three man break for a lap or so. I was in good positing coming into the second to last corner but had burned too many matches and was not able to give hardly any effort into the sprint. Matthew pulled away with a top 10, and I was towards the back in 21st. Overall, a great experience at the RKO in Livermore.

-Travis

4. Land Park Criterium

3/9/19

Sacramento, CA

Creighton Gruber

3rd Place Lank Park Criterium P/1/2

There was really strong wind so I knew the race was going to blow up. On the first lap I attacked and got away with one other rider. A lap or so later we were brought back and I followed a counterattack from a Mike's Bikes rider, and we ended up staying away for a few laps. Eventually a group of four bridges up to us, and we became of the winning move. We worked really well together, but with about six laps to go the two sprinters in the group started playing games. With three laps to go I attacked knowing that if I came to the line with the two sprinters I would not win. Over the next two laps I put in around four attacks to try and get away, but one of the sprinters had a teammate who would bring me back each time. With one to go I put a new one last unsuccessful attack, then settled in and got ready for the sprint. As I thought the 2 Sprinters rode away from the rest of us, but I was able to hang on for third place.

-Creighton

McKay Kinsey

11th Place Land Park Criterium Senior 3

The Land Park Criterium was a challenging race. It was a very windy day, so it was almost impossible to move up in the headwind. I attacked a fair amount but nothing seemed to stick. Going into the sprint, I had okay position, but I lost my positioning after the corners before the finish. I ended up sprinting and getting about 11 out of 31 racers.

-McKay

Matthew Amara

11th Place Land Park Criterium Senior 4

I was really looking forward for this race because I did really good on this course last time which was Cal Aggie. I almost had the same amount of teammates in the race as Cal Aggie. The race felt a little bit harder but it wasn't too bad. Jacob was able to snag a few primes but no major breaks happened. Ok the last few laps I wished I was positioned more up in the pack because I felt like I could've placed better.

-Matthew

Blake Macheras

20th Place Land Park Criterium Senior 4

I really like this course and wanted to make sure I stayed towards the front because it runs a lot smoother if you are. I had a pretty good race pulling back a few breaks and doing my fair share. Jacob, Matthew and I worked pretty well together throughout the Crit. On the last lap I was 5th wheel but the guys in front of me stopped the train. I should have jumped but I didn't react quick enough and got swarmed.

-Blake

Massimo Morson

3rd Place Land Park Criterium 14 & Under

The Land Park Criterium had a fast start. I couldn't hold the wheel with the second rider after first lap and ended up finishing in 3rd Place.

-Massimo

5. Bariani Road Race

3/10/19

Zamora, CA

Riley Mullen

1st Place Bariani Road Race Juniors 15-18, 4/ 5

The race started out really relaxed, and we were able to keep things under control because our team made up most of the field. We also had Adin, who was racing

with us but scored separately as he was in a different category. The whole field took a wrong turn around halfway through the course, due to missing course markers and the lack of presence of a course marshall at a turn. We all regrouped and went on our way. Almost right away, a guy attacked, and Adin went with him to pull him back. Everybody on the team was super grateful for Adin's work in the race, as he single-handedly pulled back almost all the strong attacks. We passed the one lap to go mark, and Adin and the rider who attacked dropped back to the group. Things went very mellow for the next half lap, until a Tieni Duro rider attacked on the first small rise in the course. Jacob was really kind and offered to take my empty bottle so I could save weight. We organized a lead-out around five minutes before the finish, and Adin did a lot of hard work at the front. We stayed in really good form until around 800 meters to go, when Adin pulled off, having completed a really solid pull. Everybody was spent from riding so hard, and there were no more teammates left to draft. All of a sudden, the two Tieni Duro riders appeared behind me. I made a split-second decision and started my sprint way too early at around 700m to go. The two Tieni Duro riders followed with Darrell right behind. We rounded the last corner, and I could see the Tieni Duro riders start to pass me out of the corner of my eye. I somehow gathered energy for a second sprint and got ahead just in time. I did a really good bike throw and barely crossed the line first, with Darrell in second place for the day! The whole team was super supportive during the whole race, and we did the best we could strategy-wise. My warm-up went well before the race, and I'm glad to say that there's not much I can improve on for next time in the preparation side of things.

-Riley

McKay Kinsey

18th Place Bariani Road Race Senior 3

The Bariani Road Race was brutal. I attacked from the gun, along with a Dolce Vita rider, and we were able to stay off the front for about 25 miles until a rider from Mike's Bikes bridged up to us. At one point we had a gap of about a minute and 10 seconds but the group slowly reeled us in. The rest of the day I spent mid-pack until about 10 Mi to go. At that point, Finn Thompson and about five or six other racers went down right in front of me. I ran into the mud to avoid this crash but my bike was stuck and I had to get off my bike to get it out. By the time I got back on my bike, the group had escaped, and I had to spend the rest of race chasing back on to the group. However, I never managed to reconnect with them.

-McKay

Creighton Gruber

14th Place Bariani Road Race P/1/2

We had a pretty good sized field, but the wind was blowing and it was drizzling at the start so I knew that would change. The first of the two 20 mile laps we took pretty slow, but on the third lap three guys got up the road. Then towards the end of the lap in a crosswind section another three bridged across. The group wasn't working

too well together so on the fourth lap former Swifty, Tyler Williams, went to the front in the crosswind and moved everyone into the gutter and blew up the field. I saw him move in to the front so I followed him so I was able to get protected from the wind. Once we made a right hand turn turning that crosswind into a tailwind we will look back to see the damage, and found only 12 guys left in the pack. Tyler attacked on the biggest "hill" of the day and was able to bridge to the breakaway. I got really close to the break but I wasn't able to close the gap fully, and when I flicked my elbow for someone to pull through everyone sat up. My group of six ended up rolling to the finish on that last lap together, and I sprinted too early and ended up getting a last in the group.

-Creighton

Blake Macheras

6th Place Bariani Road Race Juniors 15-18

The first half of the first lap was really slow. Nobody wanted to pull so we just sat in going really slow. When we got to the hills people started to attack but everything was pulled back really quickly. On the second lap everyone did a great job working. Adin did a great job with our lead out train. We were blocking everything off until the last corner when two Tieni Enduro kids got by on the left side. Riley jumped and Darryl followed. We got the top two spots so overall a good day.

-Blake

Massimo Morson

3rd Place Bariani Road Race Juniors 14 & Under

At the Bariani Road Race I had a bad start because I couldn't clip in the pedals for the first 2 minutes due to mud in my cleats. Two lead riders sprinted away and I tried chasing first 5 miles but could not catch them. I ended riding with 2 other riders but when the climb came I attacked them and rode solo for the last 6 miles.

-Massimo

6. Redlands Criterium

3/17/19

Redlands, CA

Eddy Huntsman

3rd Place Redlands Criterium Senior 3

I raced the Redlands Classic and I thought that it would be nice to ride for Tate Meintjes who tragically passed this week. Last year I was on Team California Juniors, the junior team of Team California (the team Tate was on). I decided to wear the Team California socks and race in tribute to Tate. I finished the day by getting 3rd in the race after being solo off the front for the first 20 minutes at the beginning, and then

hopping on the bridging group. We were 5 seconds from lapping the field. Today I found out that Tate was staying with one of the Team moms of the Team I used to be on, she told me how good of a kid Tate was.

Today I raced the Redlands Classic criterium. (Before the race I introduced myself to the announcer of the race, it was Todd Gogulski, we chatted and I got a couple of shoutouts during the race) I placed third. I broke away the second lap and then spent 20 minutes off the front hammering. After about 20 min my dad told me that there was a bridging group, a let them catch me. We stayed off as a groups of 4 for about 10 min, then another group of 4 caught us. I hopped on the the new bridging group and leaving the old break behind. We rode hard and got a gap of 50 seconds, just 5 seconds from lapping the field. The group and myself decided not to catch the field and sprint by ourselves because we thought it would be easier. On the last lap, a slower rider who was in front of me took a line that pushed me out in the corner. The two guys in front of me got about a ten foot gap, I had to jump back on the gear and get it rolling. The guy behind me passed me, but once I opened up my sprint, I pipped him at the line for third.

Lesson: I should have worked to lap the field. Because of my track experience, I would have done better in a more challenging environment.

-Eddy

7. Winchester Circuit Race

3/16/19

Meadow Vista

Creighton Gruber

2nd Place Winchester Circuit Race Senior 2/3

12th Place Winchester Circuit Race P/1/2

Category 2/3: The first few laps everyone took pretty slowly. The course was short but demanding with 3 short steep climbs and one steep climb, where the finish was. With two laps to go, one guy rolled off the front, but I wasn't too worried about it. The next lap on the finishing climb the field went really fast and there were only six of us left. I saw Jonah trying to bridge to us so I didn't pull thru until he got to us. On the second to last time up the finishing climb one of the guys attacked and I was the only one able to follow. With the other rider still up the road we were racing for 2nd. The guy I was with was a good climber and he would attack me on every hill, so I wouldn't pull on the flats since he didn't want to work together. We rolled into the finish together and I was able to out sprint him.

P/1/2: I was pretty tired from my first race, so I was trying to race conservatively. On the third lap up the big hill a group of 6 or 7 went up the road and I just missed it. I then rode hard in the group I was in to get a good work out. I rolled into the finish for 12th.

-Creighton

Jonah Kellogg

5th Place Winchester Circuit Race Senior 2/3

The race started and I felt pretty good. I did a preview of the course the day before as openers and to check it being my first time. The first 2 laps were pretty chill, not any real attacks, the third lap there was a split I was on the losing end of but Creighton was in the good one! I was in the group behind maybe 20-30 seconds, I told the group I had a teammate up the road and I didn't work, so when we turned a corner on to a steep pitch I attacked out of my group and bridged the gap, then everyone attacked and I got dropped. Then I popped into the back group and sprinted out the group to finish in 5th.

-Jonah

8. Auburn Criterium

3/17/19

Auburn

Creighton Gruber

2nd Place Auburn Criterium P/1/2

Right from the gun a group of three got up the road. On the next lap one other guy and I bridged up to the move. A few laps later one of the guys in the break attacked and that is the last we would see of him. Nobody else wanted to help me chase in the break, so for about 5 laps I was chasing by myself. A bit later one guy got dropped and one bridged up so there were still four of us. I attacked and dropped one of the riders and then the other riders started pulling through a little bit. With two to go I put in one last attack and was able to get away, so I rolled in for 2nd place solo.

-Creighton

Travis Risley

12th Place Auburn Criterium Senior 4

The Auburn criterium was a great race for me. I was able to try some new things and experiment during the race. Matthew and I were able to warm up and talk about the course a little bit together. We did a pre ride and then the race was on. The small climb at the beginning of the course led to a strung out field, along with the descent at the end. I was able to gain time back at the descent when people were not taking the right line. I raced aggressively trying to be in move and taking pulls on the front, allowing Jacob and Matthew to conserve energy. I attacked with 3 laps to go and was able to hold it for about a minute after I was gobbled back up by the field. Matthew and Jacob ended up 5th and 6th where I ended up 12th. The criterium was super fun and I am beyond stoked to race some more with these guys.

-Travis

9. CBR #3

3/24/19

Dominguez Hills

Eddy Huntsman

33rd Place CBR#3 P/1/2/3

I raced both the Junior 17-18's and Pro 1 2 3 at CBR. Half way through the Pro race I cramped up really bad. I tried hanging in but RCC sent Cory, Justine, and Sean up the road so InCycle was going hard at the front. I also wasted my legs because I raced the 17-18 before. I ended up 33rd out of 70.
-Eddy

10. Santa Cruz Criterium

3/24/19

Santa Cruz

Cameron Stewart

8th Place Santa Cruz Criterium

We had a team of 4: Jonas, Andrew, Alex, and me. At the very beginning I was extremely aggressive, making moves and getting into moves. After about 20 minutes of the race, nothing would stick and I didn't feel the need to work anymore, so I went to the back to recover and try a last lap flyer. Before we crossed the one to go sign I attacked, but nothing happened, I ended up towing everybody with me. I sat in and recovered as much as I can before the sprint. I was pretty far back about 10th wheel but I knew this sprint is hard and favors me because it is up hill. I sprinted and ended up getting 8th. I'm happy with the result and it gives me confidence knowing I can sprint.
-Cameron

11. San Dimas Stage Race

3/29-31/19

San Dimas

17-18 Race Reports by:

Aidan McNeil
Jonas Crean
Creighton Gruber
Eddy Huntsman
Jonah Kellogg
Alex Akins
Cameron Stewart

Travis Risley

Time Trail:

The 4.25 mile uphill Time Trial has an average gradient of 5.4 percent up the windy road of Glendora Mountain Road with a gain of 1257 feet. We had some really good rides, with Aiden McNeil (at his first race back from braking his elbow at VOS) coming into 6th and Jonah Crean in 12th. This set us up well for the upcoming road race.

Cameron – “I had some of the best form ever coming into the time trial. I ended up putting out my best ever 10 minute power but my time wasn’t the best. I want to improve on my time trialing for the upcoming season.”

Eddy – “I had a good warm-up and was expecting to do well. I had a planned on really picking up the pace with 2k to go and all out sprinting, but I missed to 2k sign because I got there faster than expected so I went from 1k because that’s the only sign I saw. I beat my time by 3:00 from last year.”

Creighton- “I got in a good warm up and was feeling good. I started out a little too hard, but I was able to recover and get 14th.”

Jonah – “In the TT I knew I wouldn’t be a GC guy considering my strength as a sprinter so I just went out to do my best. I did the best time I physically could.”

Travis – “Coming out of an injury, and into my first ever stage race, I didn’t know exactly how this would go so I warmed up and went up GMR. I under paced it but felt good for the road race the following day.”

Alex- “The tt wasn't suited to me at all so I just went as hard as I could. I didn’t have the greatest time but I didn’t let it affect me and it helped me learn more on how to tt.

Road Race:

The road race was six laps on a seven mile loop with two hills. One hill was not so steep, and that was where the feed zone was located. The other was short and steep up Heckler Hill which also had the KOM sprints. The race was fast from the gun the pack shrank each lap. After one move was brought back on the third lap, Creighton went up the road solo. After two laps by himself a group bridged up to him, but he was able to hold on to 5th place and take the sprint green jersey.

Creighton- "While I was up the road, I was able to win both intermediate sprints and one KOM sprint, and I became the leader in the green jersey competition. After that a chase group of 4 caught me at the start of the last lap. I held on until I cramped on Heckler Hill, but I was still able to hold onto 5th."

Jonah – "In the road race the goal was to work for Creighton, I didn't have much in my legs so I did everything I was able to while trying to make sure I was staying in."

Cameron – "In the road race, I wanted to be active and aggressive. On the first lap the feed hill was fast and I was out of position. I made my way through the dropped riders to get back on the field. The second lap I positioned myself better, by the third lapped I attacked and went off the front with 4 riders. We dangled for about 5 minutes then were caught on the KOM hill Then my teammate Creighton attacked and made a solo break to the line. I blocked for the rest of the race and rolled in with the peloton.

Travis – "My goal was to just stay with the pack since I knew I didn't have a shot to win. I wanted to work for my teammates but my goals were soon forgotten when I was dropped off of Heckler's Hill on lap 2. I spent the following 2 laps in a grupetto then the last 2 by myself. It was windy and miserable while riding alone but I powered through it and finished the race solo so I could do the criterium the next day."

Alex- "My job was to be aggressive, try to get the sprint points for the green jersey and try to do well in the final sprint. I was doing well on this and I even was able to block the front to set up Cameron in a breakaway for half a lap but I was too aggressive. after the first sprint point. I was very burnt and needed recovery, unfortunately Lux was pushing the hills very hard and I started to get gaped by a few seconds on the top of each climb making me have to work super hard to catch back on. I was "yo-yo"ed like this about 5 times with me getting no real recovery I finally got dropped for real and at this point I just rolled in and set my sights on the CRIT."

Criterium:

The criterium was fast off the gun on the 6 corner course. It was a 45 minute race with one Hot Spot lap for sprint points. Creighton and Eddy jumped from the gun to the first corner. They stayed at the front for most of the race and were covering moves. Then Alex had a good dig on the backstretch and made people hurt. Creighton had a good couple of attacks but there weren't enough of us to hold LUX back. The race came down to a sprint, our top place rider was Alex who got 11th.

Eddy- "I smashed to the first corner and kept the pace high for the first couple of attacks. I got the sprint KOM while covering a move from LUX, that was pretty cool. I continued to cover moves hoping to get Creighton up the road with a counter attack."

Cameron – "The crit was extremely rough for me, the first 20 minutes I felt strong, but wasn't in good positioning, after 20 minutes my legs felt like stone. I struggled to hang on, and in the end I made the front split. Wishing I could do more but the legs just were not there."

Creighton- "It was pretty cool to get to ride in the green jersey, and the goal was to try and keep it. The plan was to get up the road to win the intermediate sprint, but it was too fast for anything to stick. I still tried to sprint, but I went too early and didn't get any points. Gianni, the rider who won the intermediate sprint also won the race, so I lost the jersey."

Jonah – "In the crit, the goal was to make sure the other high up points jersey contenders wouldn't get the jersey, about 5 laps in there was a sprint I marked Lucas from KHS, and he didn't get the sprint and 10 laps in on the hill my legs completely gave out and that was it for me."

Travis – "I stayed with the pack for the first 8 minutes or so, catching back up after it bunched up and attempted to move up but didn't have the power too. I was then dropped off the back and was pulled by officials after 22 minutes when the pack had almost lapped me. Overall, it was just a learning experience for my first ever stage race and my first year of racing."

Alex- "My job was to keep Creighton in the green jersey and snag sprint points so others couldn't. I went for the first sprint point and kept the KHS rider from getting any sprint points but after this I didn't have the legs to keep going for primes. I sat in with Lux pushing a crazy pace and didn't have good positioning for the last corner (14-15) but I came away with 11th which I'm not sad about but I'm hoping to do better. Overall the fastest and one of the most fun crits I have done to date."

15-16 Race Reports by:

Adin Jose

McKay Kinsey

Matthew Amara

Andrew Mattiesen

Daryl Hopkins

Sean Strachan

Time Trial:

The San Dimas Stage Race Time trial was on a challenging 4.25 mile uphill course. It featured several switchbacks with gradients ranging from four and a half to six and a half percent and a total elevation gain of roughly 1260 ft.

Adin: "I think I did just about everything I could for the TT. I matched my power goal of 360 or more watts. I kept a good cadence of about 95 rpm and I reached my goal speed of 14.5 Mph average. There were only two small areas I could have done better in. I went a little hard at the beginning flat section and my form was a little off at the top right before the finish. Overall I met my goals and got a 6th place which isn't too bad."

McKay: "Coming into this race off of a sprained wrist and a few days off the bike as a result was daunting and made me question whether I should be going or not. I decided that if I didn't feel halfway bad I would go race so I could help the team. Going into the TT, I didn't feel amazing, my legs didn't feel too great but I wanted to go out there and give it my all anyway. I had a good warm-up and felt relaxed before the TT. I started and felt OK but not amazing. I gave it my all doing basically my best 17.5 minute effort from the gun and blew into pieces with about 30 seconds to go, finishing with a time of 18:12 and a finished tenth."

Andrew: "I was coming into this stage race to do very well because of how I was feeling in the weeks leading up to this. The time trial did not go well since I could not focus and keep a steady pace up the climb. My numbers looked great but it just wasn't my day."

Sean: "The time trial went well but I think it could've gone a bit better. I nailed my warm up and was feeling good after the gate. I had met my coach the weekend before the race and he advised me to keep it around 215 watts for the TT. I did this and it seemed way to easy. I think I could've got a better time but it was a fantastic learning experience."

Matthew: "I wasn't expecting too good of a performance at the TT because it was my first year and I've never done an uphill time trial. I was hoping to get in the top half of the field and get sub 20 min. I ended up with a 20:17 time which was what I was expecting but I was able to set a new ftp by almost 20 watts, so I knew I did my best and was 24th."

Daryl: "I was super excited to do the TT since it was uphill. I felt like I had some experience with uphill tt's since I do power test on climbs. My strategy was to go out super aero so I wouldn't lose time on the flat quarter mile leading up to the climb on the course. I ended up doing the whole climb on the drops trying to be aero which did not work out for me. I felt like I was not able to breathe as well compared to when I climb on the tops. I have since learned to always climb on the tops."

Road Race:

The road race was 5 laps of a 7 mile course so about 35 miles in total. There are two sprint points on the course one at the finish for the green Jersey and two on a 45 second steep hill called Hecklers Hill for the KOM Jersey. Our plan as a team was to be really aggressive and go for the Green Jersey. So we would have to be ready to sprint on the 3rd lap and recover in time for the finish two laps later. We got part of our goal done by winning the sprint points on lap 3 but since we only got fourth in the finish we didn't have the sprint Jersey by the end of stage two.

Adin: "In the road race I had two main goals, getting the green Jersey and being aggressive. After a hard first lap I found the right opportunity to go for a break on the first roller of the course. One guy bridged up to me but as we were going through start finish for the start of the third lap we could tell it wasn't going to stick, so we let ourselves recover a bit before returning to the pack. This lap was a sprint for some green jersey points and a good simulation of the finish so I got to the front and went for it as if it were the finish. I won pretty easily and thought I was feeling pretty good. At this point I knew I was in contention so all I had to do was stay in until the last lap. Everything went pretty standard until the last time up Heckler Hill, the group split a little but came back together on the downhill. By three kilometers to go we were really sitting up ready for a drag race to the finish. It would have been nice to have someone attack there but nobody thought they wanted to do it themselves. I made a pretty race changing mistake here as I thought being at the front would be a good idea but I ended up on the front with everybody watching me. As we started to ramp up more and more people started surging with me following every one of them I realized I had gone too early. I followed one last attack by the race winner and just couldn't do it anymore, two more people passed me and I ended up with a rather disappointing fourth place. Especially after getting third last year.

McKay: "The RR started fast and stayed fast for a good bit. Going into Hecklers, I dropped my chain but by the time it was back on, I was 50 ft off the back. I gave it my all to get back on and I ended up being 3rd wheel by the end of the climb. This was basically the story every time we went into Hecklers besides the last lap where I figured out if I put my chain mid cassette, it wouldn't fall off, which meant I couldn't pedal on

the downhill but my chain wouldn't fall off. I attacked four or five times but Viggo, Noah and Colby were doing their job bringing me back. Midway through the race, I started to have stomach cramps, they weren't affecting my performance but it was just nagging. I was well hydrated but I think it may have been some food I ate which I had not tried the flavor before, which was 100% avoidable and I am going to be way more careful about this type of stuff in the future. Adin ended up winning the hotspot sprint and everyone attacked a good amount during the race. Into the final kilometer, I was second wheel on an El Grupo rider leading out his teammate. He left off at about 800M which kinda left me getting swarmed. I should have attacked right there but I was not sure if it would have worked or not. I tried to make up as much placing as I could in the finish but sadly it wasn't much and I ended up finishing 16th."

Andrew: "For the start it was fast and attacks all the time so every couple seconds someone would go for it and get up the road a bit but not go anywhere. During the race I felt horrible and couldn't do anything to help Adin or have any chance at contending for the win. In the race on Hecklers Hill there would always be an attack and most of the time I was spit off the back and would have to claw back to the group. On the last lap I got dropped and there was a gap. I caught up right when the pack started sprinting so I was spent to I put myself in the middle and finished with the pack."

Sean: "Right from the start the pace was high and I knew it was going to be a hard race. I got dropped right at the end of the first lap and spent a lot of time chasing. When the field got neutralized I was able to get back on. I was able to stay on until the very end when we were on the flat and the pace was high. I had a lot of fun and can't wait for next year."

Matthew: "I was hoping to do well in the road race because I like small punchy climbs and there were 3 main ones each circuit. The race was definitely hard and a great experience for me. I was able to move up on one of the climbs without putting out a lot of wattage. And I was able to move up in the descents. I got gapped off after Hecklers Hill on the last lap. I was able to catch on with the group with the help of one more guy."

Daryl: "The night before the road race I started to be heavily affected by my allergies which gave me a slight headache and prevented me from getting a good night's rest. When I woke up the day of the road race I felt very sick. From the gun on the first lap I felt sick and did not think I would be able to finish the race. I was dropped from the pack on the first lap on Hecklers Hill but I was able to catch back on. I was dropped again a second time on the hill but was unable to catch back on. I was able to get a

few guys who had also fallen off the back to start rotating so we could try to catch the group. We were actually able to catch back on since our field became neutralized. I had to also dig very deep so I could stay with the group over Hecklers. Going in to the final lap was the best I had felt the whole race (even though I still was sick). So I decided to attack and try to solo away for the win. I was able to stay off the front for 15 minutes before I was caught. Unfortunately I was unable to hang with the group up Hecklers and came in off the main group. Even though this was the worst race I felt like I ever did. I was still proud of myself for finishing and attacking even though I was sick."

criterium :

The Criterium course was an "L" shape with six corners. There was one climb in the course that was somewhat draftable and a descent which was more of a power descent where you really had to pedal to move up. Our goal for the criterium was to secure Adin the sprint jersey by leading him out for the hotspot sprint.

Adin: "Coming into this race I was still doing pretty well in the green Jersey points, all I had to do was beat Cole Rasser, and Colby Simmons in both the intermediate and final sprint. The race was fast from the gun but I was expecting it so I stayed in the front ten wheels pretty much the whole time up until the intermediate sprint. I think most people didn't realize it was happening because they let me and one other guy gap everybody going in to the top of the hill heading towards the finish. McKay came up and led me into the final corner just like we practiced and I held my ground through the finish picking up all the points on the way. Neither of my two rivals got any so I was feeling pretty positive after that. All that was left was the finish. As we were heading into the last ten minutes of the race there were more and more attacks most of which were brought back quickly but one with five to go really got everybody's attention. The guy sitting in 3rd on GC got a pretty good gap up the hill and was looking pretty fast. We all knew we had to chase it. McKay and some guys higher up in GC got to the front and absolutely hammered. But as the laps went by it was looking pretty good for the solo break. Coming into the last lap I thought it was anyone's game we might still be able to catch the break it was all so close. I was in the front five wheels going down the hill and third into the last corner, the break was ten feet away! But I went too wide with somebody coming up my inside. I tried to recover and accelerate but it was a little too late and I got fourth place again with the break barely keeping us off his heels. Although I lost my chance at the green Jersey to him, great ride to Luke! A win off the front solo at a selection race is awesome. Overall I was pretty disappointed to not get a top 3 or the green Jersey but 4th place in the RR Crit and GC at this top level of racing really isn't something I should complain about so good job to everybody who helped me through the races and all my opponents!"

McKay: "Going into the criterium, I didn't even know if I was going to start because for about 2 hours after the road race, I was having severe stomach cramps. But by the time we pre-rode the crit course, my stomach felt good enough to race the next day. By the time we got to the race, I felt pretty good but my injuries were hurting. The plan was to work for Adin. I rode the front for a fair amount of the race and led him out for the hotspot. About 4 or so to go, Luke Feuerhelm went off the front and Colby Simmons and I went up front to chase. Going into the last lap I found myself mid-pack, and after helping out Adin for most of the race, I was pretty tired. I ended up being mid-pack going into the last turn and almost went down when a kid nearly crashed twice in front of me in one turn, but we all ended up staying upright and I came in for a finish of 18th place."

Andrew: "Coming into this race I was depressed from my last race and I was not planning to race for the win. The entirety of the race I was sitting on the back. The race was fast just like the day before but it did not as many attacks. Coming into the last laps I started moving up but not as fast as I should have. On the last lap I was in the middle of the pack and could not move up. On the last straight away I saw an opening so I went for it. After I did so a kid almost pushed me into the outer barriers. Coming into the last corner I was behind my teammate Adin Jose. He followed someone that took the turn to wide causing all of us to slam on the brakes then start sprinting. I finished next to my teammate Matthew in which he took the inside line."

Sean: "This was my first big crit so I wasn't sure what to expect. It started out way faster than I thought and the field slipped away. I was with a group off the back and we were trying to chase back on but we were no match for the big field, and ended up getting pulled."

Matthew: "I was really desperate for a good result in the crit because I haven't done very well the past 2 days or a few weeks ago at Valley of the Sun. So I really wanted to redeem myself. The crit was hard due to the small uphill but I managed to push myself enough to stay with the group. Up the climb McKay told me "oranges" which was our attack word. I was a little gassed but I dug deep to attack. It didn't do any damage to the field or didn't get away too far. A guy from the team ABC got away long enough to win the race but the group wasn't too far behind. We tried to catch him but when I was upfront pulling I was starting to feel a cramp coming and I was getting gassed. I knew if I kept going I was sure I was going to be dropped. When it came to the last lap of the descent and El Grupo kid came around and luckily I saw it and was able to catch his wheel. He brought me to the front of the race and I was able to get 6th place which I was happy about."

Daryl: "Since I was sick I really did not have any big plans for the crit I was just trying to survive and finish the race. Immediately from the first lap I was dropped. I went as hard as I could to try not to get pulled but they pulled me with 5 to go. But since it was 5 to go they calculate my finish time so I technically finished the stage race."

12. NorCal MTB #2 – Granite Bay

3/16/19

Folsom

Riley Mullen

1st Place NorCal MTB #2 Junior Varsity

I went into this race really well set up by careful training the week before. Blake and I pre-rode the course together. We looked at spots to pass and which lines to take. I ate a good dinner and got a good night's sleep. The morning of the race, I helped set up my MTB team's tents and tables, and gave advice about the course to the newer riders. I ate breakfast, rested, and got my bike ready while I waited for my start time. I warmed up around an hour before my race, ate a Clif Shot and rolled over to the start. I had the best race start of my season so far, and led the first lap. Two other riders and I had a gap by the time we started the second lap. One of the riders kept attacking, and the other guy wouldn't work so I pulled back all of the attacks. I took a bottle going into the third lap. I hammered every climb as hard as I could while still saving energy in an effort to tire the other two riders out. This took its toll on them about halfway through the final lap, when only one rider was left on my wheel. I could hear him breathing hard and saw he was really suffering. I attacked on the flat road section and flew into the final section of singletrack solo. I left it all on the course and went as hard as I could to the finish. I crossed the line first by around 30 seconds. I'm super happy about my result because the Granite Bay course was really technically challenging for me last year, and I don't normally do too well on these types of courses. Also, I was racing against people that know the course very very well. Strategy wise the race went good. I stayed on the front for the whole race, so none of the riders could get a gap on the descents. I feel like my nutrition and preparation were really good, and I'm really pleased with my result.

-Riley

Alex Frankel

15th Place Norcal MTB #2 Junior Varsity

Right off the gun I had a good start and was positioned well. The front pack of about 16 riders started to get strung out and I was hurting. I slowed up and stuck to a group of 2 other guys where I felt the pace was better suited to pace well. After that some guys passed us going up the climbs I had a bit of trouble through some of the technical sections because my right hand was in a short cast from a thumb injury. I had already done a few rides with the cast so I felt somewhat confident and it did not hurt at all. Going into the second lap one guy dropped off and we caught two more riders

ahead of us. Once we caught them a Nevada Union Miners rider and I went off ahead. We kept switching off until the middle of the 3rd lap where he passed a slower rider and I got stuck behind him. I hammered to the finish trying to catch up to him but he beat me by 3 seconds so I got close. I finished with no energy left which I was happy about. Next race I can work on drinking more water and staying with a group ahead of me.

-Alex

Blake Macheras

2nd Place NorCal Race #2 Granite Bay Sophomore D2

My legs weren't feeling the best coming into this race but that's not what cost me the win. My start was great and got out front immediately. The same thing happened where another kid and I got off the front gaining time. We stayed together and were taking turns for the entire race. Coming in to the last few climbs I tried to pass some kids and got stuck in some mud. I ended up having to get off and run but by that time the kid I was with was gone. I went full gas from there but it was too late. It was my fault but I'm still happy with my result.

-Blake

McKay Kinsey

1st Place Norcal #2 Freshman

For my first high school mountain bike race, I started in about 60th place, so I was worried about being able to get to the front before the main group took off. The gun went off and I immediately started squeezing through little gaps to try to make my way up front. About a mile in, I was sitting fourth wheel. A quarter mile later I made a move to get up to the top three and it ended up working out. We ended up dropping the winner of the last race at one point but about a quarter of the way through the second of two laps he caught back on. Eventually, about half way through the second lap, the leader attacked. I bridged up to him and then countered him. I rode the rest of the race solo and ended up coming in first with a gap of 32 second on second place.

-McKay Kinsey

Riley Mullen

1st Place Norcal MTB Race #3 Junior Varsity

I got to the venue a day before the race to pre-ride. I rode the course with Blake, ate a good dinner, and got to sleep at a reasonable hour. The next morning, I helped my team set up and ate breakfast. I relaxed for a couple hours before I got my stuff together to warm up. I warmed up for about an hour, and rolled over to the start. Before I knew it the race had begun. I had the best start of my season so far, and came out of the start chute in first. I led until the first climb, where I discovered the race was going to be more tactically complicated because everybody wanted to draft me, and

they would slow down a ton to make sure I couldn't fall back and draft others. I slowed my pace quite a lot so I wouldn't expend too much energy, and things went smooth until a rider attacked halfway through the second lap. I pulled him back myself, but used a lot of energy doing so. The rider that attacked and I then had a small gap on the shrinking lead group. We were caught a little bit into the third and last lap. I was able to get on someone's wheel and draft for a while. I attacked on a steep hill, and went into the following fire road at full sprint. I got a very small gap, and still had a quarter lap to go. I gave it all I could and the finish steadily got closer. I could no longer see the lead group behind me, and stepped up my pace a little bit more. I came through the last corner, and crossed the line in first, super happy to be taking my third MTB win in a row this year.

-Riley

Alex Frankel

25th Place Norcal #3 JV

I was not feeling the best coming into this race after being sick and three days in bed. Starting off I dropped to 19th from 15th. From then I kept on getting passed. I was getting a little annoyed with myself because I was with people who I know I am stronger than. On the last lap I picked up the pace and got 25th. Very bummed out by the result but shouldn't have expected much.

-Alex

Blake Macheras

1st Place NorCal Race #3 Sophomore D2

This was the closest race I've ever been in and probably seen. The day before I felt really great and thought my legs would show up but that wasn't quite the case. We went off and one kid was on the gun immediately, but he was pushing a little too hard and slid out on a corner. About a minute later it was just me and another kid named Mark like every other race. We switched off working but I was definitely weaker than the other kid. On the second lap there was a open flat right before a single track hill. I attacked and got around him. I had to go one more time to get to the last corner first and I made it. It was a sprint finish and it was close. You couldn't tell who won even on the cameras. I got it by millimeters, even the time on the chips were exactly the same.

-Blake

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