

Team Swift Race Reports

April 2019

Race Reports for:

1. Turlock Road Race
2. Lodi Criterium
3. Sea Otter Classic
4. Copperopolis Road Race
5. Regalado Road Race
6. CBR#2
7. Barrio Logan SoCal Criterium Championships
8. NorCal MTB #4

April Top Results:

1 st Place	Sea Otter Circuit Race	Juniors 15-16	Adin Jose
1 st Place	Sea Otter Road Race	Juniors 15-16	McKay Kinsey
1 st Place	Norcal MTB #4	JV	Riley Mullen
1 st Place	Sea Otter XC MTB	Juniors 17-18, Cat 2	Riley Mullen
1 st Place	NorCal MTB#4	Sophomore D2	Blake Macheras
2 nd Place	Sea Otter Criterium	Senior 3	Alex Akins
2 nd Place	Sea Otter Road Race	Juniors 15-16	Adin Jose
2 nd Place	Sea Otter Circuit Race	Juniors 17-18	Creighton Gruber
2 nd Place	Sea Otter Road Race	Juniors 17-18	Eddy Huntsman
3 rd Place	Sea Otter Road Race	Juniors 17-18	Alex Akins
3 rd Place	Lodi Criterium	Senior 3/4	McKay Kinsey
3 rd Place	Sea Otter XC MTB	Juniors 17-18, Cat 1	Nathan Davis
3 rd Place	Copperopolis Road Race	Juniors 14-15	Massimo Morson
3 rd Place	Copperopolis Road Race	Juniors 15-18,4/5	Daryl Hopkins
3 rd Place	Sea Otter XC MTB	Juniors 17-18	Nathan Davis
4 th Place	Copperopolis Road Race	Juniors 15-18,4/5	Alex Frankel
4 th Place	Sea Otter Road Race	Juniors 17-18	Aidan McNeil
4 th Place	Sea Otter Road Race	Juniors 17-18	Aidan McNeil
4 th Place	Sea Otter Circuit Race	Juniors 15-16	McKay Kinsey
4 th Place	Lodi Criterium	Pro/1/2/3	Creighton Gruber
4 th Place	Turlock Road Race	Pro/1/2	Jonah Kellogg
4 th Place	Barrio Logan Crit	Juniors 15-16	Matthew Amara
5 th Place	Sea Otter Circuit Race	Juniors 15-16	Matthew Amara
5 th Place	Copperopolis Road Race	Juniors 15-18,4/5	Sean Strachan
5 th Place	Sea Otter Road Race	Juniors 13-14	Massimo Morson
6 th Place	Lodi Criterium	Pro/1/2/3	McKay Kinsey
6 th Place	Sea Otter Road Race	Juniors 15-16	Daryl Hopkins
6 th Place	Barrio Logan Crit	Juniors 15-16	Eddy Huntsman
7 th Place	Sea Otter Circuit Race	P/1/2	Aidan McNeil
7 th Place	Sea Otter Circuit Race	Juniors 17-18	Alex Akins

8 th Place	Regalado Road Race	Senior 3	McKay Kinsey
8 th Place	Sea Otter Circuit Race	Juniors 15-16	Daryl Hopkins
8 th Place	Sea Otter Road Race	Juniors 17-18	Creighton Gruber
9 th Place	Sea Otter Circuit Race	Juniors 15-16	Sean Strachan
9 th Place	Sea Otter Circuit Race	Juniors 17-18	Eddy Huntsman
9 th Place	Turlock Road Race	Senior 3	McKay Kinsey
9 th Place	Norcal MTB#4	JV	Alex Frankel
10 th Place	Sea Otter Road Race	Juniors 15-16	Matthew Amara
10 th Place	CBR#2	Senior 4	Matthew Amara
10 th Place	Sea Otter XC MTB	Juniors 17-18, Cat 2	Blake Macheras
11 th Place	Sea Otter Road Race	Juniors 15-16	Sean Strachan
11 th Place	Sea Otter Circuit Race	Juniors 17-18	Riley Mullen
12 th Place	Sea Otter Road Race	Juniors 15-16	Alex Frankel
13 th Place	Norcal Race #4	JV D2	Grant Feige
14 th Place	Sea Otter Road Race	P/1/2	Aidan McNeil
17 th Place	Sea Otter Circuit Race	Juniors 17-18	Cameron Stewart
20 th Place	Sea Otter Circuit Race	Juniors 17-18	Travis Risley
21 st Place	Sea Otter Circuit Race	Juniors 17-18	Blake Macheras
22 nd Place	Sea Otter Circuit Race	Juniors 17-18	Grant Feige
24 th Place	Sea Otter XC MTB	Juniors 17-18, Cat 2	Grant Feige
32 nd Place	Lodi Criterium	Senior 3/4	Matthew Amara

Rider Race Reports

1. Turlock Road Race

4/6/19

Turlock

Jonah Kellogg

4th Place Turlock Road Race Pro/1/2

The morning of the race I had oatmeal, toast, and a protein smoothie. The drive was pretty long so we got there early enough to where I was able to stretch out my legs before the start. The start of the race I was on the front doing a good pace and 2 people went off the front, I wasn't worried considering we had 90 more miles to go. I felt good for the first 2 laps no one did any real attack's. We brought back 2 guys off the front at the end of the first lap and I was just trying to sit in and preserve my legs for the finish. On the 3rd lap one of the rollers caught me not paying attention and it seemed like everyone attacked so I was off the back. I was able to bridge back up, so I knew I had to pay attention for the rest of the race and be tentative to the stronger guys. On the backside of the 3rd lap 3 guys went off the front who were on the teams Aevolo, Mikes Bikes and a SP2 and they did stay away unfortunately. On the last lap I was always in the top 10 being ready for attacks, so after the rollers on the flat toward the finish, I was trying to keep good positioning. An SP2 guy and I were bumping and throwing elbows for a wheel to lead out for the sprint. I did a short jump to get ahead

of him and I did so I knew I was in good positioning about 200 meters to go I jumped for the line and beat out everyone else in the group to line.

Jonah

McKay Kinsey

9th Place Turlock Road Race Senior 3

The Turlock Road race provided me with good learning experiences as well as a good time. The race was about 65 miles and the course was predominantly flat with roller sections coming and going throughout the race. I went with several moves and tried to get one going after a prime 6 miles in as well as on all the roller sections. All moves were chased down pretty quickly sadly but I am glad I kept trying to get moves going anyway. The race ended with a 2 mile flat section and was eventually decided in a bunch sprint. My sprinting legs sadly were not there on this day as I came in for ninth but I am still glad I came out because I learned lots about hydration and nutrition. I felt like I ate a really good amount and drank a lot which has been a problem in road races in the past for me- undernourishment.

-McKay

2. Lodi Criterium

4/7/19

Lodi

Creighton Gruber

4th Place Lodi Criterium P/1/2/3

I attacked from the second I clipped in. Immediately my four man group got a gap. As people bridged to and got dropped from the break the gap continued to grow. At one point the break got up to 8 guys and 3 of them were on Mike's Bikes. At that point the break became uncoordinated and split up into 3 groups. I was in the last group and spent the next few laps jumping forward from group to group. I eventually got to the 3 leaders and 4 of us would stay together for the rest of the race. In the last 15 minutes we were attacking each other and it really brought down our lead. With one to go we were all looking at each other and ended up going 12 mph. On the back side of the course I saw the pack closing in and I decided to lead out the sprint so we wouldn't get caught. I was just able to hold off the pack for 4th.

-Creighton

McKay Kinsey

3rd Place Lodi Criterium Senior 3/4

6th Place Lodi Criterium Pro/1/2/3

Lodi Cycle fest (Course was mostly flat but had many brick sections and 8 turns. Adding to this it was very technical).

Senior 3/4's:

The E3/4'S started out fast and stayed fast. I tried to get a move going from the gun and I succeeded for maybe one lap with a rider from SunPower. After that another move went off which we were not represented in. I kept chasing but no one else really wanted to chase. Eventually they came back and Alex and 5 others went off the front. This was good for my legs because I did not have to chase and I had an excuse to sit in and try to disrupt the pace lining at the front. Every once in a while a bridge attempt would go and I would get on their wheel but there were not really ever times where these attempts were successful. With about 5-6 to go maybe the group got caught and it looked like a bunch sprint would occur. I was able to maintain good position on the last lap and improve it so I was about 3-4th wheel going into the last corner. A rider from CBRE dive-bombed the last corner cutting me, Alex and Andrew off and almost sending us into the ground but luckily we were okay. I ended up with a sixth place.

P123'S

The P123'S was super tough but I am so glad I did it. I learned so much from racing with the P12's and I wish there were more opportunities to race with these guys. The pace was blistering but luckily I did not have to ever go up front because Creighton was off the front from the gun. I started out the race with really good positioning and at one point I was second wheel. Going deeper and deeper into the race I kept asking myself "When is thing going to be over?" When cards came out at 8 to go, I told myself I was going to hang on to the group no matter what. Big gaps kept opening up in front of riders ahead of me so it took a lot of work to try to get in front of the riders who were opening them. And it was super frustrating when riders that were opening gaps kept sprinting around me and riders in front of us and then would proceed to open up gaps again. But in the end, I finished with the pack. I am not sure exactly what place I got but I was super excited because it was the first P123 race I had ever finished. This race was so much fun and the venue was amazing. It would be super cool to see more Swifties out there next year!

-McKay

Matthew Amara

4 th Place	Lodi Criterium	Senior 4/5
32 nd Place	Lodi Criterium	Senior 3/4

Senior 4/5:

I was going into the Lodi crit with a winning mindset. I wanted to win or podium really bad for Cat 3 upgrade points. I'll be racing with Daryl and Jacob in my category. At the start of the race it was hard to line up front because they used a big floaty arch that took up a lot of the space to line up. Luckily some guys let me squeeze in up front. When the race started I put out a decent effort and I was first into the first corner. I told myself not to burn my matches too early, so I slowed down and waited for the group to catch me. I was up front most of the race so I don't get gapped off. I didn't

want to attack because I knew how strong the field was and I wanted to stay fresh for a potential field sprint. The race was mainly calm with few attacks. Jacob was able to get away for a little bit but the group brought him back. Around 5 laps to go a Tieni Duro and one other guy broke away and stayed away for the whole race. Near the end of the race I was following this guy on a Pink Specialized bike because I've raced with him before and I know he does well in crit races. On the last lap he pulled me into the finishing stretch, almost catching the two man breakaway. I couldn't match his sprint and I was a wheel length behind him landing me a fourth place.

Senior 3/4:

For the 3/4 race, I was just trying to hang on because most of my matches were burnt in the 4/5 race. About 2 laps into the race there was a break of 2 guys, I dug deep to try to close it but I was starting to get gassed so I peeled off. The chase group still caught the break of the two guys but I got pushed back. For the last half of the race I had trouble moving up due to the lack of energy I had. In the last few laps I found myself at the back of the peloton. Every time I looked up ahead gaps would be opening up going through the corners, eventually a gap opened and no one closed it. I tried a few times to connect my chase group with the main group but no one else wanted to work with me. We never caught the lead group and I just rolled to the finish line.

-Matthew

Jacob Gorman

9th Place Lodi Criterium Senior 4-5

This is always a great race, it's later in the day and I had some teammates to work with. Our main plan was to try and form a break and if not that get Matthew up front for the sprint finish. I attacked relentlessly throughout the race. Sometimes I stayed away for a few laps but always being brought back. During two of my attacks I was able to pick up 2 primes and sit back in for the finale. Last corner I got bumped out of 7th wheel and fell back 2 spots for 9th place, but we were able to get Matthew up for 5th.

3. Sea Otter Classic

4/12-14/19

Monterey

Sea Otter Juniors 15-16 Reports

McKay Kinsey

Alex Frankel

Adin Jose

Matthew Amara

Daryl Hopkins

Sean Strachan

Circuit Race Description

This race is a pretty fun one because we get to race on a real race track for cars. Since normally you would be going way faster than a bicycle the turns seem really wide and nothing is too tight. The circuit race is about an hour and fifteen minutes or as it turned out, eleven laps. The course itself is pretty simple, one fairly big hill that's only about 2 minutes and then the even steeper descent on the other side. The descent is so wide that it's not a problem at all you don't even need to brake. The finish is right before the hill so although the race is splintered by the hill it often ends in a small group descent.

Adin – “Going in to the race I was feeling pretty confident with our team having five people and the only other big team having fewer than usual. Right from the gun McKay went for a little acceleration just to see who wanted to follow and I immediately countered the Velosport who brought it back just to string it out going in to the hill. Little did I know that would be the key move. Super strong out into the hill it was me, a mountain biker named Ethan, McKay, and Peyton from Velosport. Ethan immediately attacked up the hill and there it was, we had a pretty big gap already and due to the difficult nature of the course that gap just kept lengthening. A while later maybe four or five laps Ethan decided to attack again on the steepest part of the hill I followed him as he came off my wheel but McKay stayed back to let Peyton do the work. But Peyton may have been closer to the limit than we thought because me Ethan and I kept lengthening the gap. After a few laps of swapping pulls and fully realizing we were going to stay away Ethan dropped his chain in the middle of the hill! I considered what to do, there were two good options. Keep a good pace as to not tire myself out and wait for him to catch me, or plan on time trialing for the remaining twenty minutes. Since I know I have a pretty good sprint I decided on the first option. Exactly one lap later Ethan caught me but I'm pretty sure he was close to the limit, at the time however he wasn't letting me on. So we kept swapping pulls granted we were going quite a bit slower than before. As the laps ticked down we finally got the bell, one to go. I attacked down the hill knowing I was probably heavier after an uneventful climb. I got a bit of a gap but not enough and settled down. Ethan had the opposite idea, he attacked up the small kicker with about 1k to go. I got on his wheel almost immediately. We went into the hairpin at the highest speed so far and I went a little wide letting Ethan pull away a little. But nonetheless I got back in the draft before the final turn, 150 meters to go. I went all out and came around Ethan very quickly and even at 50 meters I knew I had it. One race down, one to go!”

McKay – “The race started out and Adin and I were off the front immediately. We were with one independent rider and one rider from Velosport. Adin and I attacked fairly often and the two other riders would chase us back. Eventually, Adin attacked and created a split the Velosport rider did not want to close. I did not want to chase Adin down and knowing that he could most likely beat the rider he was with, I let the Velosport rider chase him down. He did not want to chase so I sat on for a few laps.

Eventually after a few laps of sitting in, I knew the gap would not close. I began to trade pulls with the other rider but not at 100%. Into the sprint, I went in second wheel. I think I should have gone in first wheel but having never done this course I did not know. I almost outsprinted my competitor but, sadly in the end, I just barely missed the podium getting 4th. I did hit a new max wattage though so that was pretty cool.”

Matthew – “Going into the circuit race I was feeling good and fresh. I made sure I got a good warm-up because I knew there would be some hard climbing involved. At the beginning of the race Adin attacked, and McKay followed with a Velosport rider. I was with the remainder of the pack and we were gaining on the lead group. McKay told me to back off, so I pulled off to see if any of the Velosports or DNA cycling would follow, but none of them did, this caused a split. We never caught them again and it was just me and 4 other guys. The rest of the race was sometimes easy and sometimes hard. The DNA cycling would attack on the hill but we did not let him get away. I won the field sprint and landed a 5th place overall.”

Daryl – “I was very excited to do the circuit race since it takes place on the Laguna Seca race track. From the start of the race McKay attacked and he and three other riders got away. On the second lap we came close to making contact with the lead group. I decided to slow down to protect are riders in the breakaway. After that I just sat in the chase group and sprinted at the finish for eighth place.”

Sean – “It was a really hard race. Right from the start it went out hard and I knew at that pace I couldn't hold on the whole race. I got dropped on the climb on the 4th lap and got on with another kid and pace lined. We got with more people and on the last lap I attacked on the climb and finished ahead of the group. I finished about 30 seconds behind the field in 9th.”

Road Race Description

The Sea Otter Road Race was a 20 kilometer loop with about 410 meters of climbing each lap. It featured many kickers as well as a few 2-5 minute climbs and a 3 mile wall into the finish on the last lap. Our race ended up being 39 miles.

McKay – “Since the race had a lot of climbing, I was pretty excited. I had been climbing a lot better this season than in previous seasons so I was looking forward to this race. The race started out fairly chill but once we hit the first climb, Adin and I went to the front and started drilling it. A lap or two in, I had Sean attack. He got a good gap with another Velosport rider and they were up the road by a lot. Eventually, Adin attacked and went with another Velosport rider. I sat in for a lap waiting for the right time to come to try to get up into the move. Alex attacked and that set me up for a perfect counter to bridge up to the break. The kid that beat me in a sprint yesterday went with me. I was hesitant about helping him get up into the break because of how he beat me

yesterday but I knew he was not as strong on prolonged climbs so I decided to take the risk. We caught the main group in about 1/2 a lap. When we got there, Sean was doing a really good job driving the break. Eventually we dropped the Velosport kid that Sean was off the front with and also Sean. Which left four of us in the break: two Velosports and me and Adin. Adin and I attacked a little bit to try to wear out the competition. Eventually we saw that Payton, who got third in the circuit race was getting really tired. I knew that he probably would not be able to contend on the climb. At this point in the race, the break wasn't working together well. The group was coming back because of our slow pace up the road.

I negotiated with the Velosport riders for all four of us to take 15 second pulls to try to avoid getting caught by the group. We did this for a while. The next lap after this, going into the downhill, we stopped working together and told each other we would start pulling again once we got to the long uphill. When we made the left turn onto the hill, I started pedaling normally. About five seconds later, out of nowhere, my chain went into my spokes causing my wheel to skid to a stop and me having to stop. If it weren't for the SRAM car that helped me out, I don't think I would have been able to chase back onto the break. After 40 grueling seconds, my chain was back on my bike and I was chasing. I saw up the road the two Velosport kids attacking and I just thought to myself "Oh shoot, I'm not going to be able to get back on." I kept chasing though to hopefully maintain a gap over the field and finish 4th. At one point I almost gave up but I saw the SRAM car in the distance and I decided I was going to get back onto the group. After half a lap of chasing full gas, I was back on the group. The pace chilled a lot after that and it was good because it gave me time to recover. Into the last climb we dropped Payton early and rode a steady kind of hard pace up. I saw the 200 meters to go sign and decided I was going to attack there. We dropped the other Velosport rider quickly and I rode in for the win with Adin following behind me in second. In the end, this weekend was super awesome."

Alex - "I was stoked to be at Sea Otter for the first time. I had a very short warm up due to me being very disorganized. After the moto pulled off some attacks went. Matthew and a Velosport rider got off the front for about 7 minutes before the pack pulled them back. After a few more laps McKay told me to attack and I went off. The pack caught me but McKay attacked immediately after and got separation with a velosport rider. At this point the legs were hurting. On the start of the second lap pushing beyond my limit which was sick. At 2.5 laps I dropped my chain and wasted 40 seconds being angry. If I grabbed my chain immediately and put it back on I probably could have got back to the pack. I finished the race with a rider named Nick."

Adin - "Going into the road race the day after the circuit race I wasn't feeling too bad but I knew if anybody skipped the circuit race that they would be feeling better. So making my decisions with caution, I decided it would be best to chase up to the early established break of Sean and one Velosport rider. One more Velosport rider named Alex came with me. On the hill a few laps later we noticed that Peyton from Velosport and McKay were bridging up too. They were easier to notice looking back down the hill

than any other time. This didn't improve our odds but it at least kept them equal with three. Soon enough after doing a lot of work Sean got dropped out of the group and the original Velosport rider was later that lap too leaving us with just four people. Not much else happened due to an agreement to work we all made until about 2 to go. When McKay's chain dropped at the bottom of the hill! Alex, having immediately noticed McKay's absence, decided to pick up the pace. After we got to the top and Peyton recover some, it was a one-two attack over and over for me. But I followed all of them without much problem just waiting for McKay to catch on. Due to some insane time trialing McKay was already right on us a half lap later. Very soon after that a motorcycle official came up to us and said this was our last lap which was pretty surprising as I thought we had one or two more. Judging from their expressions, so did the others. We quickly accepted our new race distance and descended down to the final hill frantically trying to plan out the finish. I'm still not sure why, but Alex decided to set the pace at the bottom. Quickly dropping his teammate, leaving just the three of us. At about 800 meters Alex was looking to the right at McKay and I came around him on the left hoping to catch him off guard. It didn't seem to work too well but I still wasn't sure how fresh he was. So we just kept a steady pace until About 150 meters where McKay suddenly accelerated like his life depended on it. I followed him immediately hoping to not let Alex get in his draft but he was nowhere to be seen. So I pulled up next to McKay briefly considering what to do. But after all his work to be there at the finish after losing his chain and how much he worked for me at VOS and San Dimas I let him have his well deserved victory! One, Two on the podium for Team Swift!"

Matthew – "I was still feeling good and fresh the day of the road race. We started off together and the group stayed together for most of the race. First a Velosport attacked and Sean covered, and then Followed by Adin. A few Velosports in the chasing pack tried to make some moves but McKay and I would follow them. Later on McKay attacked to catch up and I tried to stay with the Velosport who followed McKay but I was burnt from all the previous attacks. Later in the race we were catching the lead group but when we were just about to catch them a Velosport attacked in the lead group causing a bigger gap I couldn't close. When it came to the final climb Daryl attacked 250 meters from the line. My legs weren't there on the climb when Daryl attacked.

Daryl – "The Sea Otter road race course is my all time favorite course so I expected to do well. A Velosport rider attacked on the first climb and Sean followed him and we let them go up the road. After that another Velosport rider attacked which Adin followed. Since we had two guys up the rode I planned on just sitting in the pack and waiting for the final 3 mile climb. About an hour in to the race McKay attacked and a Velosport rider followed him. After that it was only Matthew and I left in the pack. With a solo Velosport rider, two Byrds and a G.S Andiamo rider. After McKay's attack the pace slowed but the remaining Velosport rider went to the front and start drilling to catch up to the break. At one point we came within 10 meters of the breakaway but Matthew

and I slowed down after McKay told us to chill out. We then sat in the chase group being only 200 meters behind the breakaway for a couple miles. Going in to the final two laps of the race Sean and a Velosport fell back from the break. When the Velosport rider rejoined the chase group he and his teammate started a series of attacks to try to create separation from us but they finally gave up. When we reached the base of the final climb Matthew and I sat behind the Velosport riders so we could react to attacks. With about a mile left my left quad started to cramp so I started to climb out of the saddle. With 250 meters left I decided to go but I was passed in the final 50 meters by a Byrds rider and rolled in for six place.

Sean – “The road race was really hard. The first descent was neutral so nothing happened there but on the first climb I was feeling really strong and on the front. Before the race they told us to stay on anyone going off the front to work for our team leader. One kid went a little hard up a roller so I stayed on his wheel. I looked back and we had a huge gap. We pace lined and were ahead for a lap until two kids had bridged up to us. We rode with them for about a lap and a half before two other kids bridged up to us. I knew I wouldn't be able to stay in the break so I decided to bury myself for our team leader who was also in the break. I worked as hard as I could and got dropped. I did a lap with the field and then got dropped and finished behind the peloton in 11th.”

Sea Otter Junior 17-18 Reports:

Aidan McNeil
Creighton Gruber
Eddy Huntsman
Alex Akins
Cameron Stewart
Riley Mullen
Blake Macheras
Grant Feige

Circuit Race Description

This was a 75min circuit race around the famous Laguna Seca race track. The course consisted of wide sweeping bends and a few sharp hairpins. Eddy had a early solo attack that stuck for a while, then Creighton went up the road solo. A group of 5 bridged up to him. Then Alex and Eddy got back to the front group. The best finisher was Creighton in 2nd.

Creighton – “I felt pretty good, especially when I went up the road solo. Of the final lap, a rider went away solo on the final climb. I won the 4 man sprint for second.”

Eddy – “The circuit race was a grind, not really that fast. The headwinds were tough on the backstretch. I soloed for 2 laps the when I got caught Creighton attacked and got a

solid gap. We couldn't really block that well because Velosport knew what was going on. I got dropped last lap and finished 9th."

Alex – "The circuit race was not crazy fast overall but the hard part was every time Kyle Chromy attacked on the climb. Halfway in he put an attack that I couldn't follow and the field splintered up. Velosport had too many in the break so I knew I had to get up there, unfortunately I had to do most of the work but we eventually we caught back on. On the last lap I covered an attack and Kyle countered I got gapped and finished 7th."

Cameron – "Starting the day I didn't know what to expect. With back problems last week and chiropractor appointments all week, I expect my back to be completely fine. I was wrong. I felt really good for the first 35 minutes of the race, following every move. But once 40 minutes hit, my back started to lock up and shoot sharp pain causing my legs to hurt and feel extremely fatigued. At this point all I could do is struggle for the last 30 minutes. In the end I came in 17th."

Riley – "This was my first time racing Sea Otter, so I tried to do a lot of work beforehand to prepare for the course (race videos from last year, consulting teammates and people I know, etc). I got a good warm-up in, and rolled over to the start. We started, and I was able to stay with the front group for maybe the first four laps. A rider attacked on the climb, and I fell back to a group of two other riders. I did a ton of work to try to catch up to the lead riders, but I wound up cracking even more. At this point the field was completely spread out because there was a large variation of skill levels in the race. I didn't wind up catching up, and started to focus on preserving my energy to sprint as the race approached two laps to go. Two more riders caught onto our group, and I moved into second wheel on the last lap. I opened up my sprint a little after the 200m mark, and beat the riders in my group to the line for 12th. I'm satisfied overall with my performance, but I feel like I definitely could have paced myself better on the climb. Next year I need to remember that heavier riders like me can catch up with the main group on the descent if they get away on the climb."

Grant – "Blake and I arrived with our MTB friend Taj very late the night before but the race wasn't until 1 or so which allowed us to sleep in and still have plenty of time to pick up our numbers for both races. After we got all our kit on Blake brought his trainer over to the Team Swift van as Taj and I rode around to warm-up. I was pretty nervous considering the group I was racing with but I was excited to race on the track with some kids on the team that I hadn't ridden very much with before. The first lap wasn't too crazy but on the second climb a group of us got dropped a little before the Corkscrew but we managed to get back on just in time for the climb where the field accelerated again. I couldn't hold the pace up the steep bit and ended up spending the rest of the race racing other kids who had been dropped. I was ahead of Blake for a while but he got by me with another group towards the end of the race. When I finished I was okay with my result, the race was fun and I hope to come back next year feeling stronger."

Road Race Description

The road race was 44 miles of a very diverse course. There were some headwinds on the downhill and nice tailwinds to help you up the hills. Some parts of the roads were bad, especially through the corners.

Eddy – “I felt really good at the beginning of the race. I attacked with 4 laps to go and was accompanied by Connor Bentley (Velosport). After 1 lap we had a 2-minute gap. We pulled consistently and opened up a gap of 5 minutes by the last climb. We hit the bottom and I tried to do as much pulling as possible because I know that if he pulled I wouldn't be able to hold his pace. He ended up dropping me with 1k to go.”

Alex – “I didn't expect much coming into this race due to the topography and knowing my strengths and weaknesses. But even with getting gapped twice and pulling myself back on I was able to stay with the front group of climbers. I thought I wouldn't be able to hang with them up the climb and I was eager to try to help Aiden who we were working for. The plan was that I would attack on the last downhill and they would have to chase, but at the bottom of the climb I had about 18 seconds on them so I knew that I had to hammer up the climb and somehow I stayed away for third. I'm very proud of my effort because I'm not a stellar climber but I put up a time only a few seconds slower than the group of amazing climbers chasing me.”

Aidan – “It was a completely different race than I had predicted. Eddy went up the road with a Velosport rider and there were only two riders obligated to pull them back, Kyle and Spencer who didn't have a teammate in the break. They gave up their chances of getting on the podium and Swift went 2-3-4. Although we had hoped for a win we definitely played the race well as a team and I hope we continue to progress better as a team in bigger races.

Well before I raced I woke up before the sun to get ready to take my ACT! The ACT I thought wasn't too hard but the time to answer the questions was extremely pressuring. After the test I turned my thoughts toward the race. This time I actually knew how many laps we were doing, which was 6. The race was around 50 miles long on the same course as the Pro race. The temperature was significantly warmer than the previous day and the winds were not as strong. The race started off very, very, very slow. I was still sore from yesterday's race so the slow start was a good warm-up. Probably about halfway into the first lap attacks went but nothing stuck. Riders were dropped and going into lap 2 the field was only around 10 riders. On lap 3 Eddy (teammate) and a Velosport rider rolled off the front. The field was mostly Swift riders and Velosport riders, so if someone wanted to win the race other than those two teams, they had to start pulling the break back. The break was never pulled back. Two riders who didn't have a teammate in the break, Kyle (Lux) and Spencer (Birds) began to pull on lap 4 and brought back probably 20 or 30 second from the 2 minute gap the break

had on our group. They stopped pulling and I think they accepted the race for 3rd place. But we weren't going to give 3rd place away. 1st place was not a guarantee because that was on what Eddy did in the break but 3rd place was the new goal. On the 5th lap Creighton (teammate) decided to do a little false attack and once he was caught, I attacked and opened up a gap of about 20 or so seconds. I was later caught on the downhill to the final lap as my weight did not carry me as much as the riders behind. Going into the last lap the break had over 3 minutes on us and we were all together. Creighton, Alex (teammate), and I decided we had to get someone up the road again to make Kyle chase. We already figured out that Creighton and I were looked at as strong riders but the other riders didn't really know how strong Alex was. So on the last lap I attacked on this little riser before the downhill to the final climb and everyone followed and I was caught at the top of the riser. About 10 seconds later once we were all together and the pace slowed, Alex attacked on the downhill. He is a bigger rider so this was a perfect move for him rather than a smaller rider like me. Alex probably had 20 seconds at the start of the climb and Kyle and the Velosport rider in our group took turns pulling on the front. Their pulls were not super strong and I had a feeling we weren't going to catch Alex. With about 300 meters to go and no Alex in sight, Kyle attacked with the Velosport rider on his wheel and I was following right behind. They slowed with about 200 meters realizing they didn't drop anyone and that's when I made my attack for the line. I ended up dropping them by a couple of seconds and winning the field sprint with Alex just a couple of seconds ahead of me. Eddy ended up not winning and was 2nd, Alex got 3rd, and I got 4th, Even though we didn't win it was a good race to practice team tactics for bigger races yet to come."

Creighton – "Eddy went up the road early and I was in the chase group of six with Aidan and Alex. The surging nature of junior racing made for an interesting race, but our team ended up doing really well. Eddy got 2nd, Alex got 3rd, and Aidan got 4th and I was 8th."

Cameron – "With severe back pain I knew the day wasn't going to be long for me, I ended up trying to make the race as hard as I could for the first portion of it and ultimately DNF'ing in the end."

Criterion Description

The 50 min race went along the pit lane and back along the finish straight of the race track and since one corner had a steep pitch with a headwind coming out it made the race fairly interesting.

Alex – "I was the only one to do the Cat 3 criterium and I knew it was of lower priority so I needed to save energy for my other races. Michael Machata broke away with ~20 min to go and managed to stay away and even though I did most of the work pulling him back when I was trying not to work he stayed away by a literal second and I won the sprint to get second.

Pro/1/2 Road Race & Circuit Race

Aidan McNeil

14 th Place	Sea Otter Road Race	P/1/2
7 th Place	Sea Otter Circuit Race	P/1/2

On April 12th was the P12 road race at the Sea Otter Classic. 70 miles around a rolling course in Fort Ord. The road surface was alright with some sand and dirt in the corners and there was a strong wind coming from the ocean. I decided to do the P12 road race last minute debating between this race or the Junior circuit race depending on how my elbow was feeling, since I broke it almost 8 weeks ago. I did the P12 road race because I felt it would be better preparation for the Tour of the Gila in a couple of weeks from now. I also wanted to get fit as I was not sure what form I was in and I knew the Pro race would be a lot harder than the Junior race. The Pro race started out super fast as Team Illuminate got their guys on the front to attack on the very first climb. I hung on towards the front not wanting to get dropped. Many riders did get dropped the first lap and more were dropped throughout the first couple of laps till there was a select group of about 12 riders with a breakaway of 6 riders up the road. I was in the group of 12 and riders kept trying to attack and bridge to the group of 6 up the road. On one lap I ended up in a break with 2 other riders chasing the breakaway group. The other 2 riders were an Aevolo rider and an Illuminate rider. The Illuminate rider didn't seem to want to work and we were caught about half a lap later by the group of 12. Our group of 12 stayed together but it we were not organized in trying to bring the group of 6 back. Riders kept attacking and nobody wanted to chase in a pace line. On the last lap going up the final climb to the finish there was an attack at the 1 kilometer to go sign. We all chased and once we slowed up a bit I began to feel a cramp coming on. Another attack went at 500 meters to go and I could not hang on to the group any longer as my left leg cramped really hard. I basically pedaled to the line with one leg and my arm squeezing the area that was cramping of my other leg. I came across the line exhausted but mad at myself for cramping, since my nutrition intake throughout the race was poor. I finished 14th overall and I began to feel affects of not racing this hard in a long time with really sore legs and a sore back, which I think was caused because of the lack of core I had been doing since I broke my elbow. Definitely need to work on nutrition in these long races, since Gila is right around the corner.

The last day of Sea Otter had come on the best track, Laguna Seca! I had 2 days of racing already in the legs and I was very nervous for the Pro circuit race, since I knew there were going to be a lot more strong riders than in the Pro road race. It was also very windy and cold before the start and I was shivering. I had not brought a jacket because I had not expected the colder weather. When everyone was lined up for the race I did my junior rollout before everyone and it gave me a mental boost as if I was psyching everyone out showing them I am just a small junior with small gears. I then plopped my bike toward the front behind my old teammate, Kyle Kirby. I just followed his wheel for the first couple of laps, since I knew he was good at positioning

himself in these fast circuit races. A couple laps in I started to realize the field had gotten significantly smaller. When we started it looked like there were probably 50 or 60 riders but the group I was in was only about 10 riders. I also kept hearing the announcers say that we were a breakaway and I started to get really excited. There were some strong guys in the breakaway group like Cam Piper (winner of road race), Chris Riekert, Sam Boardman, and Colby Lange. They kept attacking one another as I just followed. With around 3 laps to go, Cam Piper attacked really hard up the Corkscrew climb with only Chris Riekert following. I then attacked to get back up to them because I feared of being dropped if someone else attacked. Down the Corkscrew it was just Cam, Chris, and I and I thought to myself this could be the winning break. We had about 5 or 7 seconds on the field, which wasn't much but these two riders I was with are super strong. Then all of the sudden they both sat up. I didn't know why they did but we were caught and attacks began as soon as we were caught. That was the last time our group split apart before the finish. Going into the last lap we were still a group of 10 riders and I didn't think to myself of how I was going to win this race. The finish was this slight downhill with a massive tailwind going into it so I knew junior gears would not win it for me. There was this slowing of the group for a couple of seconds with about 1 kilometer to 800 meters to go before the finish. I thought to myself that I should attack right here because I am feeling good and I don't think anyone would expect it from me. I didn't attack. I was too scared to. I feared getting caught and placing worst than what I would if I sat with the field. Going into the sprint I was near the back and I was not psyched up for this sprint. I ended up 7th in the sprint and 2 places off the podium. I had mixed feelings after the race. I kept thinking of when I should've gone in that last lap but I had to realize the race was over. I should've taken the risk that could have been so rewarding but because I didn't, it's just another lesson learned. I am glad I got to race with some experienced and strong riders before heading into Gila and to be able to see what kind of form I am in after my injury in February."

Sea Otter Classic Cross-Country Mountain Bike Race

Juniors 17-18 XC, Cat 2

Riley Mullen

Blake Macheras

Grant Feige

Nathan Davis

Riley – "I was super excited to compete in this race because Laguna Seca is by far my favorite mountain bike race course. I pre-rode the day before with my teammates Blake and Grant. We all warmed up together before the race, and Blake and I got a front-row starting position. Before I knew it, the race was off! I led the race up the backside of the corkscrew and briefly fell behind after the technical rocky descent section. I pulled back into first wheel on our way up the extremely steep face of the corkscrew. I felt really smooth on the following longer descent, and maintained my position. The trail

pitched upwards towards the first longer climb, and I started to put some hard effort in. I opened a gap after a few minutes, and it steadily grew bigger as I climbed. The climb changed into a very fast fire road descent, where I used my road strength to increase my gap by a substantial amount. I kept my speed through the following descents and punchy climbs. A rider I was passing on a steep rocky climb turned in front of me and I had to get off, but I was able to get on very fast and resume racing. I turned onto the final fire road climb, and got into an aero tuck to preserve what little energy I had in my legs, which were full of lactic acid from the circuit race. As the climb got steeper on the final section, I looked back and saw that there was nobody in sight. I realized that I was about to win a race at Sea Otter. I went really hard on the road racetrack to the finish, and crossed the line with my hands in the air. This was pretty much the perfect mountain bike race for me. I was able to pace myself well, and make a gap and hold it. Nutrition-wise I did well, and was not overly thirsty or in need of extra food for the whole race.”

Nathan – “After last year’s Sea Otter Classic, I was looking to get a solid result this year. Last year I was unable to finish due to crashing out in the first fifteen minutes, but this year was different! I pre-rode the course a few times just to make sure that I had all of the lines dialed in, and then on Sunday morning at 7:50 AM we lined up to race. Within the first 5 minutes, the front 9 of us formed a group that continued to stay together for quite a while. No real attacks were thrown until about half way through when I took off up a 3 minute road climb. My attack dwindled the group a bit, down to 6 or 7 of us. The next thirty minutes were back to a high tempo pace, until the bottom of the last climb -- a gravel road called The Grind. Just before we reached the bottom, Max McFadden got a thirty second gap on the rest of us due to rider traffic on the downhill. Matthew Saldana initially attacked to go catch him, and then I paced us up to Max and the rest of the way up the climb. When we reached the top, I looked back and there were still 3 people on my wheel: Matthew Saldana, Max McFadden and Cameron Adams. When we pulled onto the raceway for the final couple minutes, we started to go pretty easy and prepare for the sprint. Cameron Adams got a quick jump on us for a early (and successful) sprint, and Matthew and I battled it out for 2nd with Max just a wheel length or two behind us. In the end, I ended up third, and needless to say it went much much better than last year’s race!”

-Nathan

Grant – “After pre-riding the course I was excited for this race. I had already raced some of it in NICA races the previous years and I felt pretty good before the start but didn't know what to expect from the people we were racing. We started on the race track and turned off it at the top of the climb. I was happy with my position which was sort of in the middle but considering the fast pace up the hill and the long race ahead it was okay. I saw Blake fixing his bike a little bit before the rock section then he caught up to me and we were chasing up to the lead group of about 10 maybe 15 guys. We were almost to the top of the corkscrew again and the group was right there but Blake had to get off again to attend to his front wheel. I felt bad for him because he was

looking strong and could've had a good result if he didn't have to stop twice. I was behind my teammate Jack at the bottom of the first big climb and after Blake caught up with us I was ready to try to get as close to the front as possible with the two of them but towards the top of the climb I realized I had no water. It had fallen out where many other bottles had on a bumpy section. I let Blake and Jack come by and stuck with them as long as I could. I slowly lost spots until the feed just a few miles from the finish. I got water and was able to battle with some kids on the fire road climb back. Despite going down on the last descent before the finish I held off the group behind me. Overall I was a bit unhappy with my results at Sea Otter but it was a great experience."

4. Copperopolis Road Race

4/20/19

Sacramento, CA

Alex Frankel

4th place Copperopolis RR Junior 15-18 4/5

Got a good warm up with Daryl and Sean before the race. I knew there was only Team Swift and Tieni Duro racing so it would be interesting. It started and everyone was chilling before the hill. When we started going up the hill the pace was harder. In the middle of the climb Lucas and Artun attacked and got a gap on me. Kept on going and by the top of the hill Sean, Daryl and I were together with Artun and Lucas from Tieni Duro while two other riders got dropped on the first climb. Sean and I started doing hard pulls to catch up to them. Artun dropped his chain and got pulled back to us. We saw Lucas ahead but he slowly went away from us. Sean and I then started doing tempo efforts at the front. When we got to the downhill I was feeling confident and sending it and got a little gap from the field that got pulled back. On the second lap we got up the climb and I told Sean and Daryl that I was planning to attack before the downhill because Artun was not looking confident on it. When we got to the climb before the downhill I went and Artun jumped onto my wheel. We went down the hill and Artun stayed with me. We were then Daryl Artun and me with 1 k to go, Sean dropped his chain. We were all playing games until the sprint where I went to the front and did a threshold effort on the short hill. I then opened up my sprint and Artun and Daryl jumped by me. We then got 3rd, 4th and 5th and Tieni Duro got the win. As a team we should have taken turns attacking to hurt or get away from Artun because the middle of the race was too easy. Anyways it was a lot of fun.

-Alex

Sean Strachan

5th Place Copperopolis RR Junior 15-18 4/5

The race started out good. I was at the front for the first few miles. A kid attacked on the climb and I was able to cover it but the pace was too high and I couldn't hang on. Alex, and Daryl and I were in a chase group. The kid who attacked dropped his chain and hopped on our group. He was with one other kid so there was still someone out front. We chased for the rest of the race but couldn't catch him. At the end I knew I couldn't stay on for the sprint so I attacked on the final climb. I got caught and dropped. I was gaining on the descent but I dropped my chain and finished a little off the back.

-Sean

Daryl Hopkins

3rd Place Copperopolis RR Junior 15-18 4/5

I was not really expecting anything big to come from Copperopolis. The course doesn't exactly suit me due to the cobble like feel of the roads. I had two teammates in the race, Sean and Alex. The race was basically just us three Swift guys vs the four Tieni Duro guys. The plan was to try to sit in for the first lap. Then start a series of attacks on the climb going into the last lap. From the start of the race Tieni Duro sent two guys to the front of the group to set a high pace before the climb. Then once we reached the climb a Tieni Duro rider attacked which Sean followed. After the attack the Tieni Duro riders who set the high pace fell off the back while the one remaining Tieni Duro rider in the group tried to attack and bridge up to his teammate. I followed his wheel but the climb was so rough I couldn't really hold the power and dropped the wheel. After we made it over the climb it was only Sean, Alex, and me. So I was not too worried about closing the gap since they only had around 40 seconds on us. I tried to start rotating at around 300-310 watt pulls. But the climb took a lot out of Sean and Alex and the chase was not effective. So I lowered my pulls to around 250 to keep the group together and try to stabilize the gap. After about ten minutes or so I saw that a Tieni Duro rider in the brakeaway dropped his chain so I attacked to catch up to him. By the time I caught up to him he was able to fix his chain and get back on. After about a minute Sean and Alex caught up to us too. Since the Tieni Duro rider dropped his chain his teammate up the road seemed to slow a little hoping that he would get back on. I considered bridging up to the Teini rider going solo but I knew that Artun (the other Tieni Duro rider) was strong and that he would sit on my wheel and counter attack one we caught his teammate. So we decided to just do tempo hoping that Lucas (the Tieni Duro rider up the road) would fall back. Unfortunately he did not and ended up going all the way to the line solo. After halfway through the first lap I realized that we would not catch Toby and that we were racing for second. So as team we switched the plan to 2-3 on the podium. Alex told me that he was going to attack on the downhill to force Artun to chase him. On the last kicker before the descent Shawn made a small attack to try to make Artun work but it didn't really work out. So Alex stuck to the plan of attacking the downhill. The plan worked for awhile but Alex couldn't quite hold the attack end of the descent. At this point Sean dropped so it was Alex and I left with Artun. So I told Alex to let Artun take the front. The last mile or so of the race then

turned into a track sprint. The sprint was a bit uphill and I sat on Artun's wheel then he made a jump and held it to the line and I came in right behind for 3rd. I learned that when the sprint is kinda of uphill it's a better strategy not to sit on the wheel but kind of be side to side then attack and hold it to the line.

-Daryl

Massimo Morson

3rd Place Copperolis RR Juniors 9-14

It was a very hard course. When the main climb started Rozek and Nolan attacked a lot but I managed to stay with them all the way to the top. It was slow on the flats, no one wanted to attack. After the final long descent we dropped a few riders, it was just 3 of us together.

Then on the last roller, 200m, Rozek attacked, I didn't have the strength to go. Rozek beat Nolan for the sprint, I came in 3rd. Overall I thought it was a good race, especially since I was able to follow the top riders on the climb and to the final sprint finish. In the future, when I get stronger, I would like to take advantage of when the speeds slow down on the flats and try to attack on my own.

-Massimo

5. Regalado Road Race

4/27/19

Oakdale, CA

McKay Kinsey

8th Place Regalado Road Race Senior 3

The race started out fairly chill because we were combined with the P12's. The group noodled along until we hit the .75 mile long gravel section. The section was flat with not too much gravel and mainly hard packed dirt. I wanted to be up front every time through this section in order to string out the field and avoid crashes. First time through I did exactly this. I went to the front and drilled it. Every once and a while, someone would sprint by me but after a few seconds, they would die out and I was able to stay up front through the whole section. Right as the section ended, I went to the back to see how Adin was doing and I realized he was a few hundred feet off the back. I dropped back very slightly to help him get back up but by the time I was maybe 10 ft off the back, he was close enough to where I knew he would be able to get back on. Later this lap, the early break went and I missed it but with only one team being represented in this one man solo break with 60 miles to go, I knew that it could most likely not succeed. Either the lap after this or the lap after, Adin fell off so I was all on my own for the rest of the race. I repeated my same strategy through the gravel each time. After two laps, the pack was chilling at about 23 mph and I knew that the solo break was coming back. About one or two laps to go, the field picked it up to about 25

and the break was brought back. I tried a few attacks, but no one wanted to let it go.

Last lap, through the gravel was very chaotic. There were several crashes and everyone was screaming and yelling at each other but since I was at the front, I was able to stay safe through here. After the crash, a few people were off the back. Once we got off the gravel, I attacked up a hill leading out of the gravel. Everyone wanted to follow. I tried one or two more times but since we were so close to the finish, everyone chased. I settled in and got prepared for a hectic bunch sprint. I was able to tuck in fourth wheel in a pack that was about 3 wide. When the sprint started, the position I had chosen was not the best. I had gotten pushed nearly off the road and I was barely able to muster 8th. Next race, I want to work on my positioning a lot more. I feel like I am a little too scared to try to take someone's wheel and rub elbows every once in a while because I think it will pay off in the long run if I can be slightly more aggressive so I can have better finishing positioning.

-McKay

6. Barrio Logan SoCal Crit Champs 4/27/19

San Diego, CA

Eddy Huntsman

6th Place Barrio Logan Crit Juniors 17-18

There were 6 Velosport riders, 3 SCvelo riders and me and 3-4 other individual riders. I attack right away but got no ground. Velosport sent 4 riders up the road, I tried bridging but no matter what I did they chased. The 4 Velosport and one SCvelo rider lapped the field. When they lapped the field then they let me go off the front. I attacked with 4 to go with 2 other riders and we finished off the front, winning from the field who didn't lap the field. I ended up 6th. But oddly enough they did podium down to 6th.

-Eddy

Matthew Amara

4th Place Barrio Logan Crit Juniors 15-16

The Barrio Logan course was similar to the Valley of the Sun crit course, with the figure 8, with the exception of a small incline. Barrio Logan was the state championships for Southern California but since I live in NorCal I am ineligible to compete for the championship jersey. Before the race I was able to meet up with Eddy and his dad, they gave me information about the course and who to watch out for on Velosport. They suggest to look out for Peyton Hart because he's strong and smart, he rides for Velosport and would have a worker from the team too. My race field consisted of 5 Velosports with a total amount of 9 riders, including myself. When the race started I made sure I was up front the whole time and that I would always have my eyes on Peyton. During the race Peyton and his worker on Velosport would attack and I'd have to cover. Eventually there was a break of 3, two Velosport riders and myself. They took

turns attacking me and I could only cover so much. On a prime lap Peyton's worker on Velosport attacked I couldn't cover it and Peyton was just soft pedaling. The rest of the group eventually caught us and still no one wanted to chase, he ended up lapping the field. It eventually came to a field sprint and I felt like I should've jumped earlier for the sprint and ended with a better result, I ended up getting fourth.

-Matthew

7. CBR#2

4/28/19

Carson, CA

Matthew Amara

10th Place CBR#2 Senior 4

Going into the CBR race I knew it was going to be hard and fast. There were a lot of people registered so I knew there was a chance I could get upgrade points for Cat 3. When the race started I made sure I was at the front of the race the whole time and I wouldn't be pushed back or gapped off. Throughout the first half of the race there were a few attacks but none of them stuck. The race felt short and fast with very few attacks throughout. About 5 laps to go, a guy in front of me attacked. I was able to cover and ended up in a 3 man breakaway taking turns pulling for 2 laps before we got caught. The last three laps were hard and I dug deep to keep my position up front. Last lap I pushed hard up the little incline that led into the final stretch. The last corner was a little sketchy because everyone was all over the road trying to get in a good position, I was able to take an okay line and I got 10th.

-Matthew

8. NorCal MTB #4

4/27/19

Six Sigma Ranch, Clearwater

Riley Mullen

1st Place Norcal MTB #4 JV

I got in a good warm up and headed over to the start. I lined up, and within a few minutes we were off the start line. I had a great start and was first wheel, where I stayed for most of the two laps. I kept the pace low until we reached the climbs, where I tried to push it a little. Unfortunately, a slower lapped rider from a different category couldn't make it up a steep section and stopped in front of me. Somebody behind us attacked, got around me and the stopped rider, and gained a pretty large gap on the lead group I was in. I jumped back on my bike as fast as I could, and was able to reel in the attack within a few minutes. I caught the rider right as we went into the feed zone. I didn't reach out fast enough to grab my bottle, and it slipped out of my hand.

This was a huge mistake for me. Not only do I usually use the water to recover after the climbs, the course was coated in a layer of dust. I spent the last lap with my mouth and throat completely dry and full of dust. I was able to attack on the main climb, and got a good gap. I held it until the finish and crossed the line in first. I did everything very well in the race except for dropping my bottle. Next time I need to be more focused in the feed zone.

-Riley

Alex Frankel

9th Place Norcal MTB#4 JV

Got a good warm up before the race. It started off and ten seconds in there was a crash and pile up. I was fourth row and chose to be far right so I went by it with little trouble. Now it was basically the top 12 and everyone else behind us who crashed. On the climb I was feeling great and passed the group I was with. When we passed the road a rider passed me but then he dropped his chain and I was ahead. I then was solo for the rest of the race. I kept around threshold and was drinking a lot since it was very hot. On the end of the last lap I was getting close to the next rider. By the end I got 9th and was super stoked. At the end I was still a little fresh and was not destroyed. As that is good that I have more potential I have to race to have no legs by the end (smartly). I'm feeling my legs getting stronger which is also awesome. Sick race!

-Alex

Blake Macheras

1st Place NorCal MTB#4 Sophomore D2

This course was really fun with almost all of it being single track. Out of the start shoot I was in second. I decided to let Mark the guy in front pull and sit on for a while. I was worried about not being able to get by slower people but I was able to make it by relatively smooth. I had a few mistakes but recovered quickly and stayed in the race. On a long downhill I came around and went into it first. I kept the lead until the last big hill and then I attacked. I got a little gap that was enough to hold it off until the end. I came across the finish with around three seconds on him.

-Blake

Grant Feige

13th Norcal Race #4 Six Sigma JV D2

I was starting in 9th, second row and due to the heat our 3 lap race was reduced to two laps which I actually didn't like very much because that meant it was all going to be a lot faster and this wasn't my best course. There was a really long wide start and we were all sprinting hard due to the minimal passing chances for the first half of the course. I was in 7th or so with the front group for the first few climbs but ended up

falling back to 8th. The bumpy parts of the trail were really sucking all my energy out and I struggled to maintain position. By the end of the last lap I saw the kid who started the day in 2nd which surprised me and for the last few miles I made sure he didn't catch me. 13th was not even close to what I hoped for but I'm glad I had a chance to go for it again at the same venue soon for the Norcal Championships.

-Grant

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