

Team Swift Race Reports

May 2019

Race Reports for:

1. Golden State Criterium & Circuit Race
2. Tour of the Gila
3. Berkeley Hills Road Race
4. Modesto Road Race & Criterium
5. CBR #6
6. Folsom District Criterium Championships
7. Mt Hamilton Road Race
8. Barry Wolfe Gran Prix
9. NorCal MTB #5

May Top Results:

1 st Place	Folsom Crit Champs	Juniors 15-16	Andrew Matthiesen
1 st Place	Folsom Crit Champs	Juniors 17-18	Riley Mullen
1 st Place	Folsom Crit Champs	Juniors 11-12	Massimo Morson
1 st Place	Norcal MTB #5	D2 Sophomore	Blake Macheras
2 nd Place	Berkeley Hills Road Race	U23	Aidan McNeil
2 nd Place	Golden State Criterium	Junior 13-18	Riley Mullen
2 nd Place	Folsom Crit Champs	Junior girls 15-16	Lisa Mullen
2 nd Place	Folsom Crit Champs	Juniors 15-16	Matthew Amara
2 nd Place	Norcal MTB #5	JV	Riley Mullen
2 nd Place	Folsom Crit Champs	Juniors 17-18	Creighton Gruber
2 nd Place	Golden State Circuit Race	Senior 3	Adin Jose
3 rd Place	Golden State Criterium	Junior 13-18	McKay Kinsey
3 rd Place	Folsom Crit Champs	Juniors 15-16	Sean Strachan
3 rd Place	Folsom Crit Champs	Juniors 17-18	Blake Macheras
3 rd Place	Mt. Hamilton RR	Pro/1/2	Aidan McNeil
3 rd Place	Mt. Hamilton RR	Senior 3	McKay Kinsey
4 th Place	Folsom Crit Champs	Juniors 15-16	Adin Jose
4 th Place	Folsom Crit Champs	Juniors 17-18	Grant Feige
4 th Place	Tour of the Gila, Stage 2	Pro/1	Aidan McNeil
4 th Place	Tour of the Gila, Stage 5	Pro/1	Aidan McNeil
4 th Place	Tour of the Gila, GC	Pro/1	Aidan McNeil
5 th Place	Golden State Circuit Race	Senior 4/5	Matthew Amara
5 th Place	Folsom Crit Champs	Juniors 17-18	Jonah Kellogg
6 th Place	Golden State Criterium	Senior 3	McKay Kinsey
7 th Place	Folsom Crit Champs	Juniors 15-16	McKay Kinsey
7 th Place	Folsom Crit Champs	Juniors 17-18	Taj Kriege
7 th Place	Modesto Road Race	Senior 4/5	Daryl Hopkins
7 th Place	Tour of the Gila, Stage 1	Pro/1	Aidan McNeil
7 th Place	Tour of the Gila, Stage 3	Pro/1	Aidan McNeil

8 th Place	Tour of the Gila, Stage 4	Pro/1	Aidan McNeil
8 th Place	Folsom Crit Champs	Pro/1/2/3	Jonah Kellogg
8 th Place	Golden State Criterium	Junior 13-18	Jonah Kellogg
9 th Place	Golden State Criterium	Senior 4/5	Matthew Amara
9 th Place	Norcal MTB #5	JV D2	Grant Feige
9 th Place	Norcal MTB #5	JV	Alex Frankel
10 th Place	Golden State Criterium	Junior 13-18	Andrew Matthiesen
10 th Place	Golden State Circuit Race	Senior 3	McKay Kinsey
10 th Place	Berkeley Hills Road Race	Senior 3	McKay Kinsey
12 th Place	Golden State Criterium	Senior 3	Andrew Matthiesen
12 th Place	Barry Wolfe Gran Prix	Pro/1/2/3	Eddy Huntsman
12 th Place	Modesto Criterium	Senior 4/5	Daryl Hopkins
13 th Place	Berkeley Hill Road Race	Senior 4	Daryl Hopkins
14 th Place	Berkeley Hills Road Race	Senior 3	Cameron Stewart
14 th Place	Modesto Criterium	Pro/1/2/3	McKay Kinsey
16 th Place	Golden State Criterium	Pro/1/2/3	Jonah Kellogg
24 th Place	Golden Stage Criterium	Pro/1/2/3	McKay Kinsey
24 th Place	Berkeley Hills Road Race	Senior 3	Adin Jose
27 th Place	NorCal MTB State Champ	JV A	Grant Feige
31 st Place	Golden State Criterium	Senior 3	Adin Jose
32 nd Place	Golden State Circuit Race	Pro/1/2/3	Jonah Kellogg
38 th Place	Folsom Crit Champs	Pro/1/2/3	Creighton Gruber
41 st Place	Golden State Circuit Race	Pro/1/2/3	Creighton Gruber
42 nd Place	NorCal MTB State Champ	JV –Sophmore	Alex Frankel
48 th Place	Golden State Criterium	Senior 4/5	Riley Mullen
48 th Place	Golden State Criterium	Pro/1/2/3	Creighton Gruber

Go For Gold Drone Shot:

https://www.instagram.com/p/ByoBQQBF_2R/

<https://www.facebook.com/TeamSwift/videos/2215589455226100/>

Rider Race Reports

1. Golden State Race Weekend

5/4-5/19

Rancho Cordova

McKay Kinsey

Golden State Race weekend.

3 rd Place	Golden State Criterium	Juniors 13-18
6 th Place	Golden State Criterium	Senior 3
24 th Place	Golden State Criterium	Pro,1/2/3

10th Place Golden State Criterium Senior 3

Day 1

13-18's 3rd

This race started out very slow, a few attacks went. I involved being in a few but none did anything. At one point Riley had a very promising gap but after 3 or 4 laps, he was caught. Then, a move went with all the teams and I was in it. I was working on conserving energy and faking being tired. It was working pretty well. Finn I guess though wasn't happy with the person that was in the break from his team, so he brought it back with one to go. It ended in a sprint. Riley came under me in the 2nd to last corner so I jumped on his wheel and followed him. We were 1-2 going into the last straight. Then I began to sprint up next to him and then Finn came around me and him, posted up, hit a manhole cover and proceeded to hit the deck. Bummer for him.

E3'S 6th

The E3's was pretty fast. I was able to chase a few moves early in the race but nothing was sticking. Eventually, later in the race, the attacks started up again. I went for two or three but none stuck. Eventually someone went off the front and they were probably going to stay but Adin went up front and was a big help in bringing him back. I had bad sprint positioning, but second to last straight, I knew I needed better positioning. I sprinted past about ten people, took a good line through the corner and ended up sprinting past a few guys for sixth.

P123'S 24th

The P123's was super cool. After getting dropped at my first P123 race (Cal Aggie this year) and then barely being able to hang on to my second P123 race (Lodi this year) to being able to have a decent top 1/3 finish was super cool. I came into this race wanting to help out my team mates. At one point, Creighton and I were pretty far back so I pulled him up to the front. He told me he wasn't feeling super good and not to worry about him so I decided to put my focus on Jonah and Andrew. I went for a few moves that I didn't see the team in but mostly I sat in the top 1/4. I was separated from Jonah most of the race so I was not able to help him. Last lap, going into the second to last straight, Andrew was about 5 wheels ahead of me so coming up on him, I yelled at him, "Andrew, hop on my wheel." I went past him and after the corner, I looked back and he wasn't there. I hopped on someone else's wheel and then was able to hold my position and finish 24th out of about 68.

Day 2

E3'S 10th

The E3's started with me immediately going off the front. I was able to stay solo for about a lap and then two others bridged up to me. One was strong enough to hold

25-26 mph but one could not. We had to go around him but eventually, we were caught after about a lap and a half of the 2.5 mile circuit race course. Adin went soon after this as well but got caught. Eventually the race winner went off and the field did not see him again. I went up front numerous times, pulled for about 15 seconds, but Mike's Bikes was doing a good job blocking right behind me. Then, I went a second time, only lasting about a lap. After this Adin and I got into an unspoken attack counter attack mentality with each other trying to force a break so one of us could get up the road. After what seemed like a million tries of me and him attacking and us getting chased back, he got off with two or three others late in the race. He ended up getting 2nd. 2nd to last straight I knew would be decisive. I jumped up to third wheel knowing that would be pretty good positioning to jump out into the chicane leading into the finish. Half way through the long second to last straight, the Mikes Bikes 3 man train jumped from the right leading into the chicane, I followed but got pinched in between a few guys on the last corner. I was able to sprint to about tenth.

-McKay

Creighton Gruber

48th Place Golden State Criterium Pro/1/2/3

41st Place Golden State Circuit Race Pro/1/2/3

I started off pretty aggressively in the Criterium and got in a break 5 min into the race. Up in the break I got a weird chest pain and wasn't able to hold high power. When we got back to the pack I tried to recover but I was really struggling. I tried to get in a few more moves but it wasn't my day. I just rolled into the finish with the group.

I felt a little better than yesterday for the Circuit Race, but I still didn't feel 100%. With the high winds I knew a break would stick so I rode aggressive. About halfway through the race a move of ten went up the road I attempted to bridge to it, but I waited too late and sat in no-man's-land until I fell back into the pack.

-Creighton

Riley Mullen

2nd Place Golden State Criterium Juniors 13-18

The race started off pretty fast, and this was not very ideal for me because I hadn't had time to warm up. We sustained a high pace for the next few laps, and I went off the front for a lap. I fell back into the field, but I was still feeling very strong and not worn out at all. The whole field was going very slow under (20 mph). I took the opportunity that looked good in the moment, but it was the choice that wound up losing me the race. I sprinted and got a pretty big gap. I spent a lot of time and energy off the front, but I was pulled back at 6 laps to go. I slipped through to the back of the field, right as an attack went. My teammates Jonah and Andrew pulled me up to the break, which we caught at two laps to go. I sat in and waited for the sprint. I rounded

the last corner in first wheel, and opened up my sprint early. I usually would've held my sprint all the way to the line, but my legs had nothing in them from going off the front. My sprint collapsed a few feet from the line and I was passed and wound up second. I learned some really valuable lessons about pacing, when to start my sprint, and taking some easy time in the start of the race to warm up.

Senior E4/E5

I barely got to the start of the race after doing the Juniors category. I was very tired, thirsty, and lightheaded so I stayed towards the back for the start. The race started out at a decent pace, and a few riders went off the front. When they got caught, I attacked and held it for a lap. I had completely blown up and had started cramping when I was caught, and couldn't help drifting back to the rear of the field. I stayed there for a few laps, and moved up bit by bit. At around 8 laps to go, several riders crashed right in front of me, and I had to slow down to near a stop. I accelerated back up to speed, but by then it was too late to catch up to most of the group. I kept up a hard pace alone until the last lap, and passed a lot of other dropped riders before the line. Not the result I was looking for, but I still had fun.

-Riley

Matthew Amara

9th Place Golden State Criterium Senior 4/5

5th Place Golden State Circuit Race Senior 4/5

The Golden State race series was a last minute decision for me. It was to either race or do a long training ride. The field of the race would be big with 60 riders which means there's a chance for upgrade points. At the start of the race I noticed a few strong guys I've raced with before, so I knew who to follow for near the end of the race for a good result. When the race started I put down some power so I can get to the first corner ahead of everyone else so I'm in a good position. About 10 laps to go there was a crash that almost took me out. I managed to squeeze my brakes and skid around the crash. After the crash there were three splits in the field, I was in the last chasing group. My group managed to catch the first chasing group in front of us, but we still had to catch the lead group. We chased for about 2 laps and we were really close, but then the guys upfront in the chase group decided to sit up. Luckily I was also upfront and saw that no one was chasing, so I jumped with one more guy and we caught the lead group. The chase group followed the two of us and we connected the chase and lead groups together. The last lap was sketchy because everyone was all over the road trying to move up. There were a few opening but it wasn't worth the risk. I took the last corner as fast as possible to move up but I was boxed in to contend first.

Senior 4/5

The morning of the race was a little windy and cold. Wind would be a factor in this race because there was one long straight away where you can get exposed and waste a lot of energy. I'd be racing with Jacob and our plan was to stay upfront for the whole race. The circuit race had a lot of turns, so I knew the trick to moving up and keeping my position up front is to pedal through the corners. When the race started it felt a little slower than the crit. It was easier to stay with the pack, and the field was holding their lines well. The circuit race was only about 9 laps so I had to think of where to be positioned in the last lap. Throughout the race a few people would try to make moves but none of them stuck, I was saving my energy for a field sprint. In the last lap things got a lot sketchier. When going through corners the field would be all over the road fighting for positions. When I tried to move up I almost touched bars with another rider. In the last lap Jacob and I were 5 wheels from the front of the group. With only a few corners left someone attacked and the pace really picked up. I tried to move up but I would've hit the curb or pushed out Jacob. The final stretch was short and I landed a fifth place.

-Matthew

Jacob Gorman

4th Place Golden State Circuit Race Senior 4/5

Another great NorCal race. I didn't have a plan going into the race. I was just thinking of conserving energy for the finale. That's exactly what I did. I stayed towards the front and only pulled once when I saw a threatening move. Last lap I picked the sprint points leader to follow. He had picked up every prime that day so I knew he was a good wheel, plus he had teammates to lead him out. My plan worked perfectly. His team came to the front with him in front of my now sitting in 4th wheel. I had to fight a little to hold it and with about 300m to go 2 attacked, I followed the sprinter who caught up and won while I took 4th and Matthew who stayed on me and took 5th.

-Jacob

2. Tour of the Gila Stage Race

5/1-5/19

Silver City, NM

Aidan McNeil

Stage 1: 7th

Stage 2: 4th

Stage 3: 7th

Stage 4: 8th

Stage 5: 4th

GC: 4th

Stage 1:

Stage 1 was a 95 mile road race starting in Silver City and finishing on the infamous Mogollon climb. About 10 miles into the race a group of 4 broke away and would stay away for the rest of the race (one rider being Michael Garrison of Lux). The field was very unmotivated to chase the break down, even the riders who didn't even have any teammates up the road. It was quite frustrating and there were a couple of times I got in a break with a couple of Lux riders but the field was motivated at those times to pull us back. For most of the race we were going very slowly until we hit the final climb, the Mogollon. Matthew Riccitello and Jared Scott of Lux took turns pulling up the climb. I just sat on their wheels waiting for something to happen. Then it did. Matthew attacked and I followed. I looked back and saw Jared had gotten dropped but I was still feeling good so I decided to counter attack Matthew. Big mistake by my part because I didn't realize I could not hold the pace I was setting for very long. I eased up a bit and that's when both Jared and Matthew caught back on and Matthew attacked me. I followed his attack but soon after I was completely empty. It was not good that I was already empty because we still had over 2 kilometers left to the top. Jared was still about 100 meters or so behind me but I really had nothing left. Jared caught me with about 1 kilometer to go and attacked me and I tried to stay with his move but ended up getting dropped. I finished the stage about 40 seconds from Matthew and about 15 seconds from Jared. The break put over 10 minutes on the rest of the field, with Michael Garrison winning by over 6 minutes from his breakaway mates. I had the strength in the race but I didn't have the brains on the final climb but it felt really good to know I was right there with Matthew and Jared.

Stage 2:

Stage 2 was a 75 mile loop with some categorized climbs and a rolling valley for about 20 miles of the race. I was told before the race by Roy Knickman (Lux Director) that the Lux team would try to send a couple of their riders up the road before the first categorized climb to form a strong break. I was told this because Roy wanted strong riders in the break. Jared attacked before the first climb and was solo. Michael attacked toward the top of the first categorized climb and I followed him. After the descent and 2nd categorized climb, which was right after the 1st climb, I was in a break with 3 Lux riders (Michael, Jared, and Matthew). We had all broken away in the first 15 miles of the 75 mile race and by the beginning of the valley we already had 3 minutes on the field. We all took even pulls but I think I pulled more than I had too because there was 3 of them and only 1 of me so my odds of winning would be slim. By the KOM to the final climb we had over 9 minutes on the field and about 10 miles to the finish of the stage. That's when the attacks started. I however was not ready for the attacks. The first hour of the race was extremely hard and I didn't eat or drink anything and was not really consistent with eating after the first hour. Matthew attacked first and I followed and in the process Michael was being dropped. Then it was just Jared, Matthew, and I. Jared attacked soon after and I followed him with Matthew right on my wheel. I was pretty tired and could feel a cramp coming on at this point. Matthew attacked and I cramped a bit when I tried to jump across. So I sat down and just put a steady pace on to keep within eye distance of Matthew but not cramp. Then with about 5 miles to go

and Jared attacked over this little riser and I tried to follow but I felt my left leg seize up. Later Michael Garrison caught me on a downhill and I was still chasing Jared and Matthew without trying to cramp. Once Michael and I hit the 1km to go sign, he attacked and I just kept my pace till the finish, trying not to cramp. After the day I moved up to 4th overall with Jared about 45 seconds ahead of me, Matthew about 1.5 minutes ahead and Michael still retaining his massive lead.

Stage 3:

Stage 3 was a 26km out and back time trial. Since the start order was reverse GC all the Lux riders would have been together but were split up between 5th place and me. I was going 2nd to last with Michael Garrison right behind me (who was 10th at TT World Champs). Matthew Riccitello would be my minute man. The wind was picking up before my start with a head crosswind going out and a tail crosswind coming back. I didn't feel too great on the way back and I kept thinking Michael was going to pass me fairly soon. Once I hit the turn-around I saw Michael was probably 30 seconds behind me. Michael caught me right at the bottom of the final climb but I dropped him once we hit the climb. Over the top of the last climb it was a 5km descent to the finish. Michael caught me again with about 3km to go as he was super tucking and weighs about 30 pounds more than me. I tried to super tuck but my elbow does not bend that far to allow me. For the next 3km I was spinning at probably 140 rpm's and going about 40 mph. I finished the TT with a time of 37:13 minutes, which was over 4 minutes improvement from the year before. But I lost some time to Michael, Jared, and Matthew. I was still 4th overall but wanting to be on the podium, which was about 1.5 minutes away.

Stage 4:

Stage 4 was a 52km criterium in downtown Silver City. It's a super fun course with mostly safe corners and a little hill on the back side of the course. My plan going into the race was just to follow Jared since he was closest to me in GC and I didn't want him to get any time on me. I sat in for most of the race besides getting into a break with just Matthew and me and another break with just Jared and I that were both pulled back. On the last lap Michael made a last minute attack right after the 1st corner and stuck it until the end to win the stage. I came in near the front of the group in 8th.

Stage 5:

Stage 5 was the longest stage at 103 miles with over 8000 feet of climbing. Again I was told what Lux would do in the race and that was just set a good pace and rotate at the front for most of the race until we hit the 2nd category 2 climb. After the 1st category 2 climb we started to descend and Michael Garrison started opening a gap with his sheer weight and descending abilities. Once we got to the valley, he already had a 2 minute gap. Again nobody wanted to pull him back in the field so Lux started to attack sending Logan and Matthew in a break up the road. I was watching Jared and following his moves and possibly bridging up to Matthew and Logan. Jared attacked and no one followed but me and we got a good gap and began to bridge. The wind was a gnarly crosswind coming from the left and Jared was trying to gutter me a bit, since he

didn't want to pull me up. We ended up agreeing to work with one another to bridge the gap. Once we joined Matthew and Logan and a couple other riders who followed their move earlier, we began to not communicate very well as Lux didn't want to pull back Michael who was up the road. About 5 miles before the first feed zone Matthew and Logan attacked and separated from our group. I'm not sure what I was thinking at the moment to not get on their wheels but I was just focusing on Jared, which I think ended up being a mistake. So now it was just Jared, two other riders, and I with Michael, Matthew, and Logan up the road. Once we hit the 2nd category 2 climb, Jared started to set a high pace. We dropped the other two riders after Jared and I kept attacking each other to get away but we were very evenly matched. Toward the top of the cat 2 climb we caught Logan who Matthew had dropped. A couple long rollers and steep pitches later, Jared and I dropped Logan. It was just us two to the finish and we just kept the pace steady so we wouldn't get caught by anyone else. Going into the last climb we attacked one another but still couldn't drop each other. With about 500 meters to go I thought it would be a good place to attack on a steep pitch and I was dropping Jared but once we made the corner to the finish stretch a huge gust of wind hit me head on and Jared caught my draft. He passed me in the last 100 meters as I was completely spent. I rolled in 4th on the stage but I was not satisfied. I really wanted to get on the podium but it didn't happen. I later accepted my 4th place and realized how close I was to some of the best juniors in the country.

-Aidan

3. Berkeley Hills Road Race

5/11/19

Orinda

Aidan McNeil

May 11th, 2019

Orinda, CA

7th Place

Berkeley Hills Road Race

Pro/1/2

Berkeley Hills consisted of a 93 mile race around 20 mile loops with two major climbs in each loop. The race was the Elite NCNCA District Road Race Championships, so there were some stronger NorCal teams there like Mike's Bikes. The race began with Mike's Bikes attacking and trying to send a couple of their riders up the road, like they do in most of the races they are in. They definitely had the numbers in the race but not the strength. Other riders like Sam Bassetti and Tyler Williams were both in the race (Sam currently a Pro, and Tyler who was formerly a Pro and both are Team Swift graduates). An early break formed of about 4 or more riders, 2 of them being Mike's Bikes. The race was pretty chill for the first 2.5 laps but the last 2 laps were when riders tried to attack and form another breakaway to bridge to the one already up the road. On the second to last lap I was going for a feed but the rider in front of me grabbed from my dad and I was pretty mad at the rider. I only had used 3 bottles so far in the race and I definitely needed that forth bottle. It was fast but nothing really stuck once

both Tyler Williams and Sam Bassetti got on the front to pull back the original breakaway back on the last lap. We caught the break on the first climb of the last lap with about 7 miles left to the finish. I was assuming people were going to attack on the climb but some riders just got to the front and set a steady pace. It was the same pace over the rollers to the feed zone with about 1 mile left to the finish up the last hill. The pace started to crank up as riders were attacking and being pulled back, while I was beginning to cramp. With about 500 meters to go that is when the real attacks went and I tried to go with them but every time I stood out of the saddle, I felt a cramp coming on. I rode to the line a steady pace on the verge of cramping. I ended up 7th overall. My fitness felt good from the Tour of the Gila a week before but I still need to get on top of my nutrition in order to feel good for the end of a race.

-Aidan

McKay Kinsey

10th Place Berkeley Hills Road Race Senior 3

Going into this race off of a hard training week and me not being a super good climber was scary, but I knew that this would be a super good race to do and it would definitely make me stronger. The race started out fairly chill, but once we hit the first climb, the field went super hard. The next two climbs were hard but not too bad. On the finishing climb, the pace picked up but I worked on staying up front to avoid getting gapped off. The next lap, I started to get hot so I started to shed my warmers. I got everything off successfully but dropped a glove so I'm going to work on this a little more for in the future. Second lap was about the same as the first but this lap everyone started going hard earlier in the lap. Third lap I was still feeling good and was looking forward to the race being over. I went with a few moves that had all the big teams in them – Terun, Sunpower, Dolce Vita and us. The solo guys would always chase them down pretty well so nothing was really working. The three main climbs were hard and my legs were tired by the end of the lap but I knew just finishing with the group would be good. Going into the fourth lap, we went hard on the main downhill after the finish but afterward on the flats we were cruising and I had a little time to recover. Adin ended up getting dropped so I knew the race would be up to me and Cameron. I felt OK but my legs were burning a little going into the three main climbs. The first and second climbs were a sufferfest, and when we hit the third climb, about 3-5 minutes to the finish at the top, I was in horrible position. I was so gassed I didn't even think about moving up. One to one and a half minutes to go, a split happened and a few riders ahead of me, about 10 riders rode away from the rest of the field. I was pretty close to saying "I'm done" and just spinning into the finish but I just kept telling myself, 1 minute all out and you'll be done, so I was able to attack, bridge up to a Sunpower guy that was off the back from the group that gapped us off, passed him and finished in tenth place. Overall, this race was awesome and I surprised myself a lot with a top ten in a pretty big field.

-McKay

Cameron Stewart

14th Place Berkeley Hills Road Race Senior 3

I raced with McKay and Adin Jose. We rode well the entire day, letting the big teams control the race and dictate breaks. A move got away with none of us represented, but we didn't panic and sat in the pack. On the final lap we caught the break and McKay and I made the front split. On the final climb I was feeling really good but made a tactical error causing me to lose positioning and ultimately get dropped from the lead 7 riders. I came in 14th; I'm disappointed with the result but happy to be racing again after my back issues.

-Cameron

Daryl Hopkins

13th Place Berkeley Hill Road Race Senior 4

The race had an early start and it was a bit chilly for the first lap. After the neutral roll out a rider launched an attack. The pace was steady so I wasn't worried about not catching him. Halfway through the first lap a huge crash happened taking down at least 5 riders. I took this time of confusion to launch an attack. I stayed off the front for 6 miles and caught the guy who attacked from the gun. When I was caught there were two Mikes Bikes guys on the front pushing the pace pretty hard to make sure nobody attacked on the climb. After that the pace remained high all the way over the Papa Bear Climb. After that it slowed down a bit on the downhill. Going in to lap two half of the field was gone. The pace then picked up again over the climb and I lost contact from the main group with 5 other riders. Five other riders and I started rotating to try to get back on the pack but it did not work. But we did finish with the main group only being a little under a minute ahead of us. I think I could have stayed on top of my nutrition a bit better other than that I felt it was a pretty good race. I finished 13 out of 37 and was the first Junior to finish the race.

-Daryl

4. Modesto Road Race & Criterium 5/18-19/19

Modesto

McKay Kinsey

14th Place Modesto Criterium Pro/1/2/3

Getting to this race due to my friends car tire flatting on the way over was not super good, I didn't have time to get too ready and warm up. But when the race started, everything was good. I tried to get in several breaks, I got in one with all the teams in it but it eventually got chased back by riders without teams. Another break went and I missed it so I just tried to focus on either bridging or sprinting. Since it was

pouring, the streets were flooded and there were several crashes in front of me that I was narrowly able to avoid. I spent the whole race trying to bridge, but I would always get chased down. Eventually it ended in a sprint and I finished 14th place.

Modesto road race 3's (DNF)

This race was one of my favorite races of the year. It had less than 500 feet of climbing for the 70 miles it was supposed to be. So, unless wind broke out, it would not be too hard. From the gun, I saw 3 guys go that were all from the big teams and I jumped across. We held a gap for about a minute before some riders without teams brought us back. The next 15 miles was spent trying to get in breaks. Nothing was really working. About 20 miles in, it really started to pour. The winds broke out and they were brutal. The roads were so flooded I, at some points, I couldn't tell the difference between the road and the flooded field next to it. I went to the back to eat and I saw Adin back there so I told him to go up towards the front just in case something went. Once he got up front, the group got guttered. I was going as hard as possible with almost no draft. The group that started with about 30-40 people, was reduced to about 15 people. I was the last wheel in the group and eventually, I could not hang on for any longer. The race ended up being reduced to only 40 miles due to torrential rains. I ended getting dropped, and DNF'ing that same lap. Even though I got flicked, this is still one of my favorite races of the year and I can't wait to come back next year for redemption.

-McKay

Daryl Hopkins

12th Place Modesto Criterium Senior 4/5

The Modesto Crit course was a technical 9 corner race much like V.O.S. My plan was to attack from the gun and try to create space I was solo for the first lap. Then I was caught on the second lap by another rider who bridged up to me. I tried to work with him but instead, he attacked me and I lost his wheel. So I made the decision to drop back to the pack hoping we would catch back on. I stayed about mid-pack for the whole race with about 5 to go when we caught the solo breakaway. After that things started to get sketchy and I started losing the position in the pack. When we got to the sprint I was too far back to contest it. What I wish I would have done when we caught the breakaway was launch an attack or get on the front so that way I wouldn't get pushed back at the corners.

-Daryl

Daryl Hopkins

7th Place Modesto Road Race Senior 4/5

Before the race, the weather forecast showed that it would rain the whole race except for the last half hour. The course consisted of a pan flat wind exposed 7-mile

loop. I knew that because of the rain and high winds there would be a high chance of crashes and brakes in the group due to crosswinds. For the first hour or so there were a lot of attacks that did not pan out and we quickly chased back. After that, there were two guys who remained on the front keeping the pace at a low tempo to around the last lap of the race. During this time the wind started to really come down and it started to get hard to see. Soon after a crash occurred taking out three riders. I had to take off my riding glasses just so I could see. Thankfully the heavy rain didn't last too long and went away soon after. The last lap of the race there were a lot of attacks. The race was decided by what seemed to be a sprint to the corner 500 meters from the finish line. After that, there was a nice tailwind to the finish.

-Daryl

5. CBR #6

5/19/19

Carson, CA

Matthew Amara

6th Place CBR #6 Senior 4

The morning of the race I was feeling strong and relaxed. The weather was cold, wet roads, and a slight drizzle of rain. At the start of the race one guy attacked. The field chased for one lap before catching him. When we caught the break a group of 3 guys counter attacked. I took a few pulls to do my share of work and to catch up with the 3 man break. The group wasn't working too well together because some people would skip pulls. Around 5 laps to go there was a crash that took out half of the field, and almost got me involved. After swerving around the crash I had to chase back on to the main group. When I caught up with the main group (consisting about 10 riders) only a few guys, including myself, wanted to work. The non workers were riding really sketchy, and one of them almost took me out in a corner. The last few laps of the race were completely hectic because of the few people in the peloton, sketchy riders, and everyone just giving up on chasing the break. The last lap wasn't too hard or fast compared to other races. I followed a strong rider who pulled me up the final stretch. I got third in the group sprint and a non worker getting first.

-Matthew

Matthew Amara

21st Place CBR #6 Senior 3/4

The time gap between the elite 4 and the elite 3/4 was about one hour. I made sure I drank some recovery mix and cooled down on the trainer. The weather conditions were looking much better, with the sun shining and the roads were much dryer. I wasn't too sure if I still wanted to race because I was still gassed from the elite 4 race. I did a few hard efforts on the trainer to see how I was feeling, my legs felt a little tight but I registered anyway. When the race started I was feeling good and kind of strong. I was able to control my breathing and I kept my heart rate low. A few

attacks tried to happen but none of them stuck because of the bigger field we had compared to the elite 4 field. I was able to move up and down the pack with ease and I was feeling surprisingly strong. When it came to the last lap I positioned myself up front and followed a rider that I knew could pull me up the pack. There were a few open spots where I could move up but they were way too risky to take. The last corner was sketchy because I got pushed out and I wasn't in a good position to contend in the sprint.

-Matthew

6. Folsom NCNCA District Crit Champs

5/25/19

Folsom

Riley Mullen

1st Place Folsom Criterium: Junior District Championships Juniors 17-18

I got a good warm-up and then headed over to the start line. Our strategy for the day was to always have somebody off the front. The race started with an attack from another team, which was pulled back immediately. I went off the front around four minutes into the race. I paced myself really well and held a good aerodynamic position on the bike. Creighton caught me a little after 20 minutes into the 40 minute long race. He let me know that I could go for the sprint, and he would sit back (thanks Creighton). We lapped the field and sat in for the rest of the race. Blake also pulled in behind us, and we had a guaranteed podium sweep at that point. I sprinted and crossed the line in first. I feel like the teamwork went really well, and I'm super happy with my result.

-Riley

Creighton Gruber 5/25/19 Folsom, Ca

2nd Place Folsom Criterium Juniors 17-18

38th Place Folsom Criterium Pro/1/2/3

Jr 17-18

Our goal for the race was to have somebody up the road at any point in time. The team did a really good job and eventually Riley got up the road. Later in the race I bridged up to him and we ended up lapping the field. Going into the last lap I led Riley out for the sprint and I ended up 2nd with Riley 1st and Blake 3rd.

P123

For the first 30 minutes I didn't really attack, but I did get the first prime. I was waiting for a good move to be established. About 40 minutes in a strong rider was up the road so I bridged up to him. We were working really well together but when 5 guys bridged up to us we became uncoordinated. We got caught with 8 to go and my legs were pretty trashed so I just rolled in with the group.

-Creighton

Jonah Kellogg

5th Place Folsom Criterium District Championship Juniors 17-18

On the first few laps Riley attacked and got away, then Creighton attacked and he caught Riley. They lapped the field then Blake attacked and lapped us and so did Grant from Team Swift. With 5 to go I sent a flyer and stayed away for the rest of the race.

8th Place Folsom Criterium District Championship Pro/1/2/3

The start of the race I attacked with 3 others we stayed away for about 1.5 laps then we got caught. So I knew I needed to persevere and see how my legs would feel for the rest of the race. There were a lot of attacks, none got far out. With about 6 laps to go I started to get in better position following the better wheels. With 2 laps to go I felt good, then a rider attacked and I lost some spots. But I made them up on the last lap taking the gutter and pushing through the main group. Into the last turn I was about 10-12 wheels back which was too far back. I sprinted in for 8th.

-Jonah

Grant Feige

4th Place Folsom Classic Criterium (District Crit Champs) Juniors 17-18

Heading to the race with Taj, he and I discussed how we thought it might go. I was expecting a big hard race full of kids much stronger than me. So I was surprised when there weren't a ton of kids on the line but I was glad we outnumbered the other riders as a team. It wasn't long before we had Riley, Creighton and Blake up the road. We had about 7 laps to go and when Taj was pulled back from an attack I went and wasn't chased. After opening up my gap I settled into a pace which I held for 4th place. I was happy with it but I wish I tried to go earlier so I maybe could've been on the podium but we swept it anyway and that was a lot of fun.

-Grant

Taj Krieger

7th Place Folsom Classic Criterium (District Crit Champs) Juniors 17-18

This was my first race with Team Swift, and my first USAC crit. After attending several TNT's and joining the team I felt ready to contribute to a team win. Before the race we discussed our tactics to take the win for the team. We decided that it would be best to repeatedly attack and try and tire out the other riders in our field so that we could guarantee 1st, 2nd and 3rd. I continuously made false attacks early in the race and on one of the attempts I managed to get the other two riders to follow me, which

left them tired and allowed Creighton to get away and off the front. We then slowed down and allowed a large gap to develop before we tried to send another person off the front. Our relentless attacks allowed us to secure the top five.

-Taj

Matthew Amara

2nd Place Folsom Criterium District Championship Juniors 15-16

My goal for the Folsom Crit was to get top 2 so I could get the last two upgrade points I need to go to Nationals. The morning of the race McKay and Adin both knew how badly I needed the upgrade points, so McKay made a plan where Andrew and I were supposed to break away from the pack, and that he and Adin would block. At the start of the race Sean attacked to set Andrew up for his attack. Once Andrew attacked no one went after him to chase. McKay wanted to bridge back up to Andrew to help him out, but Artun from Tieni Duro would follow McKay. We didn't want to bridge an opponent to Andrew. About 10 minutes after Andrew broke away McKay whispered to me to attack out of the first corner. As soon as I exited the first corner I attacked and kept a steady pace, I used different muscle groups to avoid cramping. I kept looking back and didn't see anyone chasing me, so I kept pushing trying to catch up with Andrew. Around 5 laps to go I saw a Swift rider behind me. I thought it might've been McKay or Adin bridging up to me to help out in chasing Andrew. Then I saw there was a motorcycle behind him, and when I looked closer I saw it was Andrew who had lapped the field. I slowed down so I could work with him. We rode together to the finish line and posting up together at the end. McKay and Adin really made sacrifices that day to ensure Andrew and I did well. McKay was really making smart decisions throughout the race and was really helping me out to make sure I was able to breakaway. Adin also made sure I was always with the pack by making sure I was always on his wheel, he was also working well with McKay by slowing down the chase group from catching me and Andrew.

-Matthew

McKay Kinsey

6th Place Folsom Criterium District Championship Juniors 15-16

This race was super cool because I got to help out my teammates and have lots of fun. The main goal was to win but secondary goals were to get Andrew a jersey and Matthew his points so he could go to Nationals. We accomplished both of these. Andrew went off one lap in and stayed away, lapping the field once and almost lapping them again. Then, I saw the Tieni Duro rider in the back boxed in so I had Matthew attack. He was able to stay off the front. Then, Sean attacked and he was able to stay away for the rest of the race too. Adin and I took turns attacking later. I went and then he went and Artun kept chasing. Eventually I attacked on the right, I saw he was on my wheel and Adin went up the left side, and he didn't chase. I kept attacking him but he was able to stay with my accelerations. Last 500 meters, I attacked and I got a pretty

good gap. I started to coast in and then I saw he was catching me, so I started sprinting, but 1) I was sprinting too late and 2) I was on my hoods. He ended up passing me and I rolled in for sixth on the day.

-McKay

7. Mt Hamilton Road Race

5/26/19

`Livermore

McKay Kinsey

3rd P lace Mt. Hamilton Road Race Senior 3

Going into Mt. Hamilton, I was pretty nervous. I had been dropped in this race last year in the 15-18 Cat 4/5's so I did not know how I would do this year. I went up the road immediately with six other guys and we stayed away. I made sure I was super on top of my nutrition and hydration. There were several attacks and I was able to respond to them all. Towards the top, it began to snow, which was crazy. Two riders went for the KOM and everyone said they were going to come back, so I waited. Going down Mt. Hamilton, I was super freezing. We got to the bottom and we had dropped one of the guys. Me and several others went up front and began to drill it to try to catch up to the two riders up the road. This never happened though. I made sure I kept on top of my hydration, and it paid off when with 20k to go, we dropped a rider and I was still feeling good. Going downhill towards the finish with about 5k to go, I kept attacking to try to drop the other riders. I was able to drop one but the other stayed with me. We kept rotating until about 1k to go when he attacked. I responded to his attack super well and he stayed up front into the finish. He kept looking back at me to see when I was going to attack. With 200 to go, I started my sprint. It was fairly close, but I was able to keep him away through the finish to place third on the day. I was super happy with my performance, though, in the future, I think trying to go with the guys that went for the KOM was definitely the way to go. Three things I worked on were making sure I was sprinting in my drops, using the last 200 meters as my finish line and making sure I was well nourished and hydrated.

-McKay

Aidan McNeil

3rd Place Mt. Hamilton Road Race Pro/1/2

The Mt. Hamilton Road Race consisted of a 63 mile point to point race climbing up and over the 20 mile climb of Mt. Hamilton and punchy rollers and wind for the next 40 miles. It was predicted we might get rain at the top of Mt. Hamilton and through the valley below and those predictions were spot on. The race had a large Mike's Bikes presence and Pro mountain biker, Alex Wild who I knew could climb from past races like San Bruno Hill Climb, where he demolished the field. The race was neutral for about

2 miles to the turn off to Mt. Hamilton. Once we turned onto Mt. Hamilton, Alex Wild immediately got to the front and was pushing a hard pace. I sat second wheel in the group (directly behind Alex) and was feeling pretty comfortable with the pace but I could see Alex's upper body moving a bit, realizing he probably couldn't keep this pace for 20 miles up the climb. He pulled off about 3 miles up the climb and I decided to push an even harder pace wanting to split the field and I was feeling good. I ended up dropping everyone because I may have started off too fast. I looked behind wondering if I should just wait for the group but I decided to keep going because I liked the pace I was setting. At the top of the climb I had a 1.5 minute gap over the field. I was not too worried about the gap as I was more worried about the weather. At the top of Mt. Hamilton it was about 35 degrees and raining and there was still a descent afterwards. I took the descent very safe even though I probably lost a bunch of time there. At the bottom of the descent I could not feel my toes and I was shivering. About 5 or so miles later I was caught by a group consisting of Alex Wild and 3 Mike's Bikes riders. It was not the ideal group to be in because Mike's Bikes had the upper hand with the amount of riders they had present. We worked in a rotating pace line until after the feed zone at mile 40 when one Mike's Bikes rider attacked. I went with him knowing I was going to have to pull him back if I were to stay in the group. We lasted on the front for about 5 or 8 miles until Alex Wild pulled us back. We all rode steady for a bit wondering who was going to attack next. The same Mike's Bikes guy who attacked earlier, attacked again and I hesitated to get on his wheel and he was already gone. Huge mistake on my part because I knew it would have to be Alex Wild and I working together to pull him back. The closest we got was about 50 meters but Alex Wild stopped pulling at that point and I was not sure why. I didn't want to go super hard to catch the Mike's Bikes guy when he was so close because I knew as soon as we caught him there would be another attack. So for the next 5 miles or so Alex Wild or Chris Riekert (Mike's Bikes) tried to attack to bridge, while I made sure to stay on their wheels. Soon we got to this more exposed part of the course before the downhill to the finish. We had a massive headwind and Alex Wild was just setting an easy pace on the front. There was a little uphill pitch in the road in probably the most exposed part until the finish. I decided to attack at this point into the massive headwind hoping no one got on my wheel. The only rider to get on my wheel was Chris Riekert and we were out of sight from Alex Wild and the other Mike's Bikes rider in an instant. Chris and I worked together to create an even bigger gap between us and the Alex Wild group. Soon we came to the finish stretch, which was a flat headwind sprint. At the time of the sprint I was not paying attention the wind and I led the sprint out, which was a mistake since I know Chris can out sprint me. He had my draft the whole sprint and he got me just as the line. I was really happy about this race because I felt like I was really strong compared to everyone else. It might not have turned out to be a win but I came away happy with a hard and epic day of racing!

-Aidan

Eddy Huntsman

12th Place Barry Wolfe Gran Prix Pro/1/2/3

I raced the Barry Wolf GP Pro 1-2-3 on May 26. It was 1.5 hours long and was 40 miles. This race was particularly fast because Justin Williams whole squad was there. I wasn't very active during the race, except for a couple of times when I gave it a go off the front, but not expecting much because Cory Williams was on my wheel both times. I stayed out of the wind, which was pretty easy since there were 60 people in the race. With 2 laps to go I got on Justin's lead-out train, then I saw the SC Velo train and hopped on that cause they were moving a little faster. Coming into the second to last corner, I lost the wheel and then hopped on to another fast guy that I know called Jasper Verkujil. I placed 12th in the finish. But at the end of the day I got the KOM for the fastest lap ever because of how quickly I moved up last lap. The lesson that I learned is that you can never be too far up in the last corner.

-Eddy

<https://youtu.be/V83S2kGQ5Fg>

9. NorCal MTB #6

5/18/19

Tehachapi, CA

Grant Feige

27th Place Norcal MTB State Championships JV A

I liked the course after pre riding it. There was a good wide start, the single track was fun and there were a few good sized climbs. The only concern was the weather, it was pretty chilly and it was likely going to rain. I went to the start with my arm warmers on and did my best to get close to the front at the start. It was windy and the bunch grouped up. I ended up getting by Blake but didn't notice at the time. The hill before the single track was tough because passing would hard after that so everyone was fighting for a good spot. I was in the top 20 but dropped some places through the rocky bits and on the hill back to the single track for lap 2. I rode with the same guys for the rest of the race until the guy in front of me fell on a tight turn close to the finish because of the rain and wetter conditions than the first lap. I hopped off my bike and got around him then managed to pass 2 more kids before the finish. It rained a good amount during my race which made it pretty tough but a lot of fun. I'm excited to focus more on the road for the rest of the year.

-Grant

Alex Frankel

42nd Place Norcal race State Champs JV+ sophomore

Starting off my placement was all the way in the back for the start. When the race started I went off and 5 seconds in I got caught in a crash. I tried to avoid it but ended up on the ground, but got up quickly. Now I had to catch up to the pack and was going all out. I caught up to the second pack and the front group of 30 guys was up ahead. On the first steep climb I passed about 5 riders. I then passed another 10 riders going into the second lap. It was extremely rainy, windy and muddy which made the race harder. On the start of the second lap I was drafting off another rider although there wasn't much benefit. Then that rider went off since the pace was too high and I filed into a group behind me. Then that group caught up to the rider who passed me before and I passed another few riders on the steep hill. I kept it hard until 2 minutes before the finish I dropped a chain. I lost 30 seconds but only lost one place from it. Ultimately the race didn't go to plan and the legs weren't feeling 100 percent, but it was very fun. Stoked that I passed 30 riders.
-Alex

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