

Team Swift Race Reports

June 2019

Race Reports for:

1. Cascade Cycling Classic
2. Pescadero Road Race
3. Nevada City Classic
4. ICCC
5. USA Junior National Championships
6. Ford Ord State Road Race
7. Leesville Gap Road Race
8. Watsonville Criterium

June Top Results:

1 st Place	Nevada City Classic	Juniors 17-18	Riley Mullen
1 st Place	Leesville Gap Road Race	Senior 3	Jonas Crean
1 st Place	Ford Ord Stage Road Race	Juniors 15-16	Adin Jose
2 nd Place	Ford Ord Stage Road Race	Juniors 15-16	Daryl Hopkins
2 nd Place	Cascade Classic, Stage 2	Senior 2	Creighton Gruber
2 nd Place	Nevada City Classic	Juniors 13-14	Massimo Morson
2 nd Place	Nevada City Classic	Juniors 15-18	McKay Kinsey
2 nd Place	Cascade Classic, Stage 3	Senior 3	Adin Jose
3 rd Place	Cascade Classic, Stage 4	Senior 2	Creighton Gruber
3 rd Place	Leesville Gap Road Race	Senior 5	Ben Chi
4 th Place	Cascade Classic, G.C.	Senior 3	Cameron Stewart
5 th Place	Cascade Classic, Stage 4	Senior 3	Adin Jose
5 th Place	Leesville Gap Road Race	Senior 5	Alex Frankel
5 th Place	USA Junior National RR	Juniors 17-18	Aidan McNeil
5 th Place	Cascade Classic, Stage 3	Senior 2	Creighton Gruber
5 th Place	Cascade Classic, G.C.	Senior 3	Cameron Stewart
6 th Place	USA Junior National RR	Juniors 15-16	Adin Jose
6 th Place	Cascade Classic, Stage 1	Senior 3	Cameron Stewart
6 th Place	Cascade Classic, Stage 3	Senior 3	Cameron Stewart
6 th Place	Cascade Classic, Stage 2	Senior 3	Adin Jose
7 th Place	Nevada City Classic	Senior 3/4	McKay Kinsey
8 th Place	Cascade Classic, Stage 1	Senior 3	Adin Jose
8 th Place	Cascade Classic, Stage 1	Juniors 15-16	Daryl Hopkins
8 th Place	Cascade Classic, Stage 2	Juniors 15-16	Daryl Hopkins
9 th Place	USA Junior National RR	Juniors 15-16	Andrew Mathiesen
9 th Place	Cascade Classic, Stage 2	Senior 3	Cameron Stewart
10 th Place	Cascade Classic, Stage 4	Senior 2	Alex Akins
10 th Place	Brisbane Criterium	Senior 3/4	Jacob Gorman
11 th Place	USA Junior National Crit	Juniors 17-18	Alex Akins
12 th Place	Cascade Classic, G.C.	Senior 2	Creighton Gruber

14 th Place	USA Junior National RR	Juniors 17-18	Creighton Gruber
14 th Place	ICCC	Senior 2/3	McKay Kinsey
15 th Place	USA Junior National Crit	Juniors 15-16	McKay Kinsey
16 th Place	USA Junior National TT	Juniors 17-18	Jonas Crean
17 th Place	Pescadero Road Race	Senior 3	McKay Kinsey
17 th Place	Cascade Classic, Stage 5	Senior 2	Creighton Gruber
18 th Place	USA Junior National TT	Juniors 15-16	Adin Jose
19 th Place	USA Junior National TT	Juniors 17-18	Aidan McNeil
19 th Place	Watsonville Criterium	Senior 4/5	Ben Chi
22 nd Place	USA Junior National TT	Juniors 17-18	Eddy Huntsman
22 nd Place	USA Junior National TT	Juniors 15-16	McKay Kinsey
23 rd Place	USA Junior National Crit	Juniors 15-16	Matthew Amara
25 th Place	USA Junior National RR	Juniors 15-16	Matthew Amara
27 th Place	USA Junior National TT	Juniors 17-18	Creighton Gruber
29 th Place	USA Junior National RR	Juniors 17-18	Alex Akins
32 nd Place	USA Junior National RR	Juniors 15-16	McKay Kinsey
32 nd Place	USA Junior National Crit	Juniors 15-16	Adin Jose
37 th Place	USA Junior National TT	Juniors 15-16	Daryl Hopkins
37 th Place	USA Junior National Crit	Juniors 17-18	Creighton Gruber
40 th Place	USA Junior National Crit	Juniors 15-16	Andrew Matthiesen
41 st Place	USA Junior National TT	Juniors 15-16	Andrew Mathiesen
42 nd Place	USA Junior National TT	Juniors 15-16	Matthew Amara
42 nd Place	Cascade Classic, Stage 1	Senior 2	Creighton Gruber
46 th Place	Cascade Classic, Stage 2	Senior 2	Alex Akins
46 th Place	USA Junior National RR	Juniors 17-18	Cameron Stewart
46 th Place	USA Junior National Crit	Juniors 15-16	Daryl Hopkins
47 th Place	USA Junior National RR	Juniors 15-16	Daryl Hopkins

Rider Race Reports

1. Cascade Cycling Classic

5/29/19-6/2/19

Bend, OR

Creighton Gruber

42 nd Place	Cascade Classic, Stage 1	Senior 2
2 nd Place	Cascade Classic, Stage 2	Senior 2
5 th Place	Cascade Classic, Stage 3	Senior 2
3 rd Place	Cascade Classic, Stage 4	Senior 2
17 th Place	Cascade Classic, Stage 5	Senior 2
12 th Place	Cascade Classic, G.C.	Senior 2

Stage 1

The race was three laps of a 15 mile circuit with 2 sectors of gravel. The first sector was a mile long and straight and roly, and the second sector was three miles long and had a hairpin corner. I was feeling good and riding aggressive, but on the last lap I got a flat and watched the race and my GC hopes ride away from me. As I rolled into the finish it started hailing on me, the perfect end to an epic day.

Stage 2

The stage started with a 5 mile climb, then an 8 mile descent, right into a 12mile climb, then another 12 mile climb (4 up, 2 down, 2 up, 2 down, 2 up to the finish). It started raining right as we started to roll and I didn't want to go into the 8 mile descent with the group, so 2 miles into the race I attacked and the race leader followed me. At the top of the 5 mile climb we had 30 seconds on the group and one other rider joined us. At that point it was down pouring so I knew I made the right choice getting ahead of the group. At the bottom of the twisty descent the race leader and I had over a minute on the group. We dropped the other guy who was with us at some point on the descent. The race leader and I started working really well together, so at the top of the 12 mile climb we had well over 2 minutes on the group. The group started chasing harder and we hit a headwind, so at the top of the first 4 miles of the final climb we got caught by the reduced group. On the second to last 2 mile climb I followed an attack and the two of us got a good gap. Two other guys bridged up to us including the race leader. We got over a minute gap on the field heading into the final kilometer. We really played cat and mouse and the group was closing in. With 300 meters to go I slowly started my sprint so we wouldn't get caught. With 150 meters to go one of the guys jumped me, but I was able to hold on to second place.

Stage 3

The stage started with a 7 mile descent, then two 30 something mile laps with 2 miles of gravel/sand/rocks, and then we would head back up the 7 mile climb. The race wasn't very active until we hit the gravel for the first time. Toward the end of the gravel I got dropped, but I was able to catch back on a couple miles later. Before I caught back on a solo rider went up the road and would end staying away. On the second time through the gravel I got dropped right at the beginning. I kept the power down and caught back on right before the climb started. Thanks to a headwind on the climb the group took it pretty slow. One other rider went up the road too and the rest of us rolled into the finish together. A rider started his sprint with 400 meters to go and surprised all of us. I messed up the sprint and got boxed in, but after a sketchy bar to bar corner I came out 3 in the field for 5th.

Stage 4

In this technical criterium I attacked from the gun and was riding solo for about 5 laps before a group of three bridged up to me. We continued to gain time each lap, until two to go when we lapped the field. I was really cracked, so when we caught the

field I was struggling to move through the lapped riders. The strongest rider in the break got to the front of the lapped field quickly, so the rest of us from the break were sprinting for 2nd. I lost the sprint for second by less than a wheel length. The rider who got second was also sitting on the back of the break the entire race because his team was in the race leader's jersey, so I was pretty happy with my 3rd.

Stage 5

The circuit race consisted of a 6 minute climb with two pitches over 20 percent and a steep technical downhill. With two laps to go there was one guy up the road and the rest of the group was together. I attacked on the descent and got away from the group. On the climb I caught and dropped the leader, but at the top of the hill two guys caught me. We went down the descent and into the hill with a good gap on the pack. When we hit the 20% pitches on the climb my leg finally gave out and I got dropped from the leaders and a kilometer from the finish the pack caught and dropped me, so I rolled in for 17th. The whole weekend was a good learning experience and a great last race as a cat 2.

-Creighton

Cameron Stewart

6 th Place	Cascade Classic, Stage 1	Senior 3
9 th Place	Cascade Classic, Stage 2	Senior 3
6 th Place	Cascade Classic, Stage 3	Senior 3
5 th Place	Cascade Classic, Stage 4	Senior 3
4 th Place	Cascade Classic, G.C.	Senior 3

Stage 1:

With a finishing climb nothing happened much in the first 50 miles, Adin J attacked hard through the gravel 5k before the climb and made a break of 2, I blocked for as long as I could but eventually Adin got caught. Going up the climb an attack went that I couldn't follow and stayed my pace, ultimately riding in for 6th.

Stage 2:

A 5 mile TT that I was honestly so worried about. Never really had a good TT but this one had a climb in the middle. Paced the flat section perfect and the climb even better, I rode in for 9th and moved into 5th GC.

Stage 3:

A 30 minute criterium that I wanted to make hard from the gun and Adin and I did just that. We attacked many times and tried to get a break, nothing stuck but the GC leader attacked and got a gap and soloed for the win. Adin made a last lap flyer allowing me to set up for a sprint, and got 6th. Still 5th in GC.

Stage 4:

A hilly circuit course and a fast descent. Felt really comfortable on the entire course, following moves and one stuck, we had the top 3 on GC, Adin, two solo riders, and I making a 7 man move. The 4th place GC rider missed it so Aiden and I did most of the work trying to stay away. On the last lap we got caught, but Adin made it hard for the last K. He pretty much did a full lead-out and still sprinted for 4th, I got 5th and we dropped 4th place GC rider making me 4th overall and Aiden 5th! Overall an amazing race, feels good and my back feels much better!
-Cameron

Adin Jose

8 th Place	Cascade Classic, Stage 1	Senior 3
6 th Place	Cascade Classic, Stage 2	Senior 3
2 nd Place	Cascade Classic, Stage 3	Senior 3
5 th Place	Cascade Classic, G.C.	Senior 3

Stage 1

Cascade is a race in Oregon with 4 stages. It was really fun and I'm planning on doing it as a cat 2 next year. The first stage was a road race with a 2 mile gravel section and a 7 mile hill at the end. I attacked in the gravel but got a puncture which re-sealed so I got caught but I managed to hang on for 8th.

Stage 2

The second stage was a short time trial which was slightly uphill but I wouldn't call it a hill climb. I think I got 6th here.

Stage 3

The third stage was a crit. It was a technical course and the guy who won the last two races went solo from the beginning. I decided to attack on the last lap hoping to avoid crashing but I was caught with about 600 meters to go. I somehow stayed on the front and attack up the steep ramp. Apparently it was pretty sketchy back there which slowed up the field and I managed to barely stay away for 2nd.

Stage 4

The final stage was a crazy technical circuit race and my plan was to try to get up to 5th in GC since it was extended podium. It was crazy fast up the hill every time and on the last time up I attacked and dropped a ton of people and got the group down to 8 people. I had nothing left for the sprint but I did drop 5th place in GC so I reached my goal for GC.

-Adin

Daryl Hopkins

8 th Place	Cascade Classic, Stage 1	Juniors 15-16
8 th Place	Cascade Classic, Stage 2	Juniors 15-16

Stage 1

I had been training for a month specifically for cascade. Unfortunately I wasn't able to train as much as I would like going into the final two weeks due to a stomach bug and a cold. But none the less I still tried to do light rides to keep my fitness up for Cascade. I feel like the road race was the best stage. It started with a short downhill that was followed by an attack. There wasn't much of a chase due to how tough the course was so the pack let him go knowing we would real him in before the finish. After 30 minutes the pace became super jerky with riders launching attacks that would create a 5-second gap and would come back in 5 seconds later. The 15-16 race was also mixed with the 17-18s which made it hard to keep track of who was in what race. Two 17-18 riders attacked and were able to stay away. The 15-16 riders did not know that they were in 17-18 and we started to chase for no reason. A few riders started rotating to try to catch the 17-18's. I took a few pulls because I didn't want to have to respond to any more attacks. But I soon decided it was just a waste of energy. After that it stayed pretty chill until we hit the 2-mile gravel section. The whole group seemed to explode once we hit the gravel section and at least 10 riders feel off the back in the gravel. I had never really ridden on gravel and it was insane. Once I turned off the gravel I took a deep breath and started to rotate with the rider just behind me to get back on to the main group. We were able to catch on to a group of 5 riders ahead of us. I then tried to encourage them to work so we wouldn't lose too much time but they did not seem really interested. So I attacked and I dropped all of the guys in the chase group except one who came with me. We kept rotating until we reached the final climb. When we hit the climb is when my cold finally caught up to me. I was barely able to hang on with the other rider. But I just kept pushing myself until we got to the finish line. We came in 7 minutes behind the leader and I came in 8th in the road race. It turned out that a lot of the riders we passed were 17-18s.

Stage 2 TT

I knew that I had a lot of work to do in the TT to move up in the GC. I felt better than I did before my nose was still running a little and I still had a cough but I felt ok. So I did my standard TT warm up and my heart rate was a little higher than it should have been but I still felt that I could do good in the TT. Everything went perfect for the first two miles of the TT my power was at threshold and I was gaining time on the rider ahead of me. Then all the sudden I started to slow down and breathe heavy. Then my power plummeted to 230 watts 40 watts lower than my FTP. I gave it everything I got to get to the finish line and came in 8th in the time trial but I moved up one GC spot to 7th place. As soon as I finished the TT I rode back to the start took a recovery drink and headed back to the hotel to rest.

Stage 3 Criterium

I started to feel like every stage my performance was decreasing. My warm-ups started to feel harder and harder. At the start of the crit the whole field became strung out and I did my best to stay with the front group and I just could not do it. A few

other riders and I formed a second group and they were not interested in chasing and sort of were just riding to finish the stage. I tried to attack a few times to get out of the group but I couldn't put any power down to get away we got lapped right before the finish.

Stage 4 Circuit Race

I knew the circuit race was going to be hard from the beginning. But I know felt super fatigued and my cold was doing me any favors. I knew from the first climb I was going to half a tough day. The group then hit an even steeper climb and I tried my best to get over it but I just did not have the energy and I took a DNF.

Cascade summary

I really liked the course of all the stages they were all super challenging. I had high expectations for myself going into the race but I knew that being sick and the elevation was going to take a lot out of me. But nonetheless, I still feel that I did the best I could possibly do.

-Daryl

2. Pescadero Road Race 6/1/19 Pescadero

McKay Kinsey

17th Place Pescadero Road Race Senior 3

Pescadero started out pretty well. I felt amazing on the first lap, and I ended up getting into a few breaks and starting a few too. Going up the main climb, which was about 1.5 miles at an 8% grade, I was able to stay second wheel and I felt super good over the top. Eventually, on the second biggest climb on the second lap, I was hurting really bad after having to chase really hard on the descent after getting gapped off. Feeling really tired after the second biggest climb, I was feeling pretty tired going into the main climb. 500 meters to go I got dropped. I ended up getting into a chase and eventually got dropped out of the chase. I passed a few guys and ended up finishing 17th out of 25 starters.

-McKay

3. Nevada City Classic 6/2/19 Nevada City

Riley Mullen

1st Place Nevada City Classic Juniors 17-18

I went into this race really tired from a four hour ride the day before. I got a short but good warm-up and rode the course a few times. We lined up and the race was off. The race organizers put a cash prime on the very first lap, so the pace was all-out from the beginning. Two Bear Development riders, (Quinn Felton and Cameron Adams) and I separated from the group immediately. Cameron took the prime, and I attacked a lap later to find a good spot to attack later in the race. I was pulled back just after the finish line, and we rode as a group for the rest of the race. At two laps to go, Quinn and Cameron pushed the pace so hard that I started to get dropped. I fell off their wheels and was way too far back going into the last lap. I dug very deep and caught them right before the descent, entering the last corner in second wheel behind Cameron. We both started to sprint at the same time, but Cameron's cleat slipped out of his pedal. I kept sprinting and crossed the line first. Next time I need to get a longer warm up, and conserve my energy by drafting more. I also needed to stay on their wheels, because if I had not burned so much energy trying to catch up, I may have attacked strong enough that I wouldn't have needed to worry about sprinting.

-Riley

McKay Kinsey

2 nd Place	Nevada City Classic	Senior 3/4
7 th Place	Nevada City Classic	Juniors 15-18

A few breaks went, and as my legs were wrecked from Pescadero, I did not have a lot of energy to be able to hang on to the breaks. A solo rider lapped our field and ended up driving the field. I was hurting but I managed to hang on fairly well. I tried to be first into the last corner and I ended up being second after the Moto told us to go behind the winner because he wanted to get a photo of him posting up through the finish. I sprinted up the final climb but my legs were dead and I got passed by a few others in the final sprint.

-McKay

4. ICCC Dash for Cash 6/8/19

McKay Kinsey

14 th Place	IC3 Dash for Cash	Senior 2/3
10 th Place	IC3 Dash for Cash	Senior 3/4

This race started out fast and was 10X more fun than the 3/4 race, I tried to be super aggressive and I ended up getting in a few moves, I got a dash for cash prime at one point and had a steady gap on the field. Though, my breakaway partner flatted with 20 minutes to go and soon after, I was not able to hold off the field by myself. I ended up sprinting and I won the best junior competition.

This race started out pretty fast but eventually slowed down. I was feeling sort of tired from earlier so I knew I would have to use my energy sparingly. Adin and I went for a few attacks, but unlike the 2/3 field, the 3/4s were less content with moves going up the road. The dash for cash laps were heavily contested by 3 other guys I knew were much better sprinters than me, so I decided to save my energy for the finish. Adin got dropped with about 10 to go so after that it was all up to me. I had pretty bad positioning last lap after I got pushed back in the last few corners. I tried to have the best positioning I could by 200M to go and I was able to move up a good 15 wheels by the last corner. I sprinted from about 15th wheel and barely passed the other junior that was in contention for the best young rider competition at the line. Overall, I had lots of fun and was happy to walk away from the day with \$110.
-McKay

5. USA Junior National Championships 6/20-23/19 Hagerstown, Md.

Juniors 15-16 Reports:

Adin Jose
McKay Kinsey
Daryl Hopkins
Andrew Mathiesen
Matthew Amara

Time Trial

The time trial is 22k long out and back. No turns or descending, really simple. However it is pretty open to the wind and a little bit hilly so it isn't completely boring. Because of the hill it is faster on the way back by a lot, so a good strategy is to go out hard since you can recover a bit on the way back.

Adin: "I got 18th which isn't too bad, but it is one place lower than last year even though I went 45 seconds faster. I decided on a good heart rate, power, and speed long before the race came up and practiced it exactly. But when it was time to race I just couldn't quite hit my target. No specific mistakes but I could have done better I think."

McKay: "The TT went pretty well. After feeling pretty dead for the first few weeks coming into nationals, I feel like I did OK. I had excellent pre race prep and felt good on the bike and in the warm-up. On the day though, I just did not feel as if I had the legs to have had as big improvements as I did at VOS and SDSR."

Andrew: "In the time trial I started out not expecting much because I was on a road bike and everyone was on their time trial bikes. When I first started I was going at a hard pace that I believed I could hold the whole 12 miles. After the first couple minutes

my hamstrings were starting to cramp up and the person behind me started to catch up so got disheartened and feel back soon after a couple more riders came in and passed me. So I decided to ride in easy to the line.”

Matthew: “The time trial was the most disappointing result I’ve ever gotten. I got second to last due to a mechanical issue as soon as I left the ramp. My brakes rubbed and it was so bad that I had to get off my bike to fix it. Getting off the bike and then getting back on messed up my pacing mentally and physically. This was really disappointing to me because I was feeling good that day as well.”

Daryl: “I knew going in the TT it was going to be really hard. I only had my TT bike for a month before the race. But I tried to get some serious hours on it before the race. I felt like I should have kept a higher cadence over the climbs on the course. I was a bit disappointed in my performance but I felt I went as hard as I could go.”

Road Race

The road race was a 3 lap circuit race with a few small hills and finishing on a fast, slightly uphill tight sprint.

McKay: “First lap of the road race, my legs were feeling pretty capped. Second lap though, they felt like a million bucks. I soared up the rollers and found myself riding at the front of the group for most of the race after that. I gave a little dig with 5k to go but it was brought back pretty quick and then countered very hard right after, which sucked because I lost a lot of positioning. 1k to go, I had perfect positioning. 500M to go, I was sitting in the top 5. Suddenly though, I got rammed by a Hot Tubes rider which took my chain off, forcing me to coast into the finish unable to pedal. Though I did not finish super well, my teammates Andrew and Adin both had exceptional rides both finishing in the top ten, which helped cheer me up.”

Adin: “My road race plan was very simple, stay towards the front the whole race. And stay on the left in the sprint. I managed to do both but even then I got a bit boxed in. I only made one mistake in the whole race, but it cost me the win. I needed to jump a half second sooner in the sprint if I wanted to win. But 6th isn't too bad so I'm not super disappointed.”

Andrew: “Coming into the road race I wanted some redemption from yesterday’s race. Right as the race started my derailleur was not shifting right because some kid hit it while I was being rolled out and I did not figure out that it would knock it out of true. During the race it was fast just because of the attacks that were going off in the field. Throughout countless attacks were attempted and I attacked once trying to get away but was not able to go anywhere. Throughout the race I was near my teammate McKay. We were mid-pack for most the race until the last 6 kilometers. I was following up to the front when we knew it was going down to a sprint when I got pushed into a

ditch because some rider pushed into me almost having me hit a mailbox. Then I was pushed back into him making him almost fall over. After the incident I was making my way toward the front again but I was about 20th wheel when the sprint started so I decided to go outside and try to avoid everyone that was drafting off the leaders. I was able to pass a lot of people on the sprint to the line and was able to come away with a decent result of 9th.”

Matthew: “The road race was kind of flat with a few punchy climbs and a short 5 minute climb. I was able to push myself a lot through the punchy climbs. I’m happy I was able to hang with the group the whole time. The race felt hard to me in the crosswind sections where I used a lot of energy where I shouldn’t have. The final kilometer was fast and my legs weren’t there for the sprint. I ended 25th in the end.”

Daryl: “The road race made me very nervous. I am not use to big tight packs like there are at nationals. I felt really hesitant to move up in the pack during the race. So I got pushed to the back a lot and fell off the back of the pack.”

criterium

The criterium was a fast race because it had long straights and a steep, but short, downhill. The last corner to the finish line is about 150 meters, so who ever got to the last corner and jumped first had a really high chance of winning.

McKay: “At the start of the criterium my bike broke (shift lever) which left me riding a neutral bike which 1) I was not familiar with, 2 the shifting was off and 3) it did not have race geometry I was used to on my Bianchi. I missed my call up which left me chasing from the start in this fast crit (which averaged 27.5 mph)! I ended up being able to move up to the front and even attack towards the end. I went into the last corner with bad positioning, and ending up finishing 15th.”

Adin: “The criterium was insanely fast and there was only one thing to do. I had to stay at the front the whole race or I was done for. However I never quite got there. I stayed at the back the whole time because it was all I could do to not get dropped. In the end I maybe could have moved up a few positions in the sprint but I backed off hoping not to crash. I still got 32nd in the end so it's not like I did terrible.”

Andrew: “In the criterium I expected to come away with a very good result because of how I thought criteriums was where I was the strongest. At the start of the race I started at the back and through attacks I was able to move up and stayed at the front part of the group for twenty minutes and I started to not feel as if I did not have the power I usually do. I started to move back and after I few attacks I was spit out the back.”

Matthew: “I knew I would be able to do better in the criterium than the road race. When the crit started I was immediately pushed to the back of the group. It was hard to move up throughout the race, and when I was able to move up it was hard to stay up front. At the back it got really strung out through corners, so I would have to sprint and waste

energy to stay with the group. Nonetheless the race was still fast and I got 23rd in the group.”

Daryl: “The crit course didn’t seem very technical except for turn 3 which narrowed a bit. The pace was super high from the start. On the third lap I got stung by a bee. So I went to the med tent then and then I got a free lap and got back in the race. I tried to hold on but I got pulled with 10 to go.”

Juniors 17-18 Reports:

Aidan McNeil

Creighton Gruber

Jonas Crean

Eddy Huntsman

Alex Akins

Cameron Stewart

Time Trial

The Nationals Time trial this year was rolling, windy, and about 20k, or 12.4 miles in length. Conditions on the day were variable: the early starters enjoyed the benefits of little or no wind, while the last starters had to contend with a fickle headwind. With tricky conditions and a hard course, a good pacing strategy would be essential.

Creighton: “I started out pacing myself pretty good, but on the way back I was having trouble keeping my heartrate down. I ended up 27th.”

Jonas: “I knew with the wind that all the time would be made on the way out. I smashed it on the way out but didn’t get the expected tailwind on the way back, rolling in for 16th on the day.”

Aidan: “I started the TT what felt too fast but looking at my speed it seemed too slow. My legs weren’t feeling that great but after the TT I was already looking forward to the road race. I finished up 19th.”

Eddy: “The TT was good. There was a tail wind on the way out but the head wind got me on the way back. I didn’t think it would be as hard as it was. It really surprised me. I was on a Bianchi TT bike for the first time too!”

Road Race

The Nationals road race consisted of a 20km loop that was to be done 6 times for a total of around 120km. The course was good pavement, rolling hills, and some wind. The race started and there were already attacks with a Swift rider in the early

move. That ended up being the race as more riders bridged to that move and the break stayed away till the end.

Aidan: "As soon as I saw Gianni Lamperti (LUX) attack from the gun, I knew that would probably be the winning move as LUX wanted their riders to bridge to it. So I went with Gianni and was in the break the whole day but I didn't keep my nutrition up as I cramped on the beginning of the last lap when all the LUX riders in my breakaway started to attack. I ended up crossing the line in 5th."

Creighton: "I almost bridged to the early move, but I couldn't quite reach it. On the last lap I attacked and was able to stay away for a top 15."

Jonas: "We started off really well with Aidan in a strong early break. I saw Creighton bridging across so I relaxed, but he came back. I was going to get across on the 4th lap but I crashed and had to abandon."

Eddy: The road race was fast until Lux attacked. Aidan and Creighton got up the road and I did some blocking, not too much because I wanted to make sure no one else got up the road to bridge. I finished in the pack and got 30th."

Cameron: "At the beginning of the day I was honestly extremely nervous as it was my first nationals ever and didn't know what to expect. As I lined up for the race call ups began, and I was pretty much dead last which set me up poorly for the race. As the whistle blew I tried my best to move up but sadly couldn't do better than 10th to last wheel. A break went that had my teammate Aidan McNeil and from then on I sat in the pack, followed moved, and made sure that nothing went up the road to bridge to Aidan's group. In the end I came across the line with the peloton and enjoyed my first nationals."

Alex: "This was my first nationals and surprisingly I wasn't that nervous but I also wasn't expecting much from myself. I got myself into the biggest break away of the day but Lux was attacking like crazy to drop people off so they could guarantee 100% win and they did going 1,2,3,4 on the day and Aidan was 5th. I ended up winning the sprint of the 35 man main pack for 29th which shows how shattered the breaks were in front of us. It was a good first nationals."

Criterium

The criterium was 1 hour of racing and it averaged 27 mph. The course consisted of 3 corners and a deciding bump in the back stretch. The speed was constant with no large accelerations so it was easy to hang on.

Creighton: "I started off really aggressive in the first few laps and then settled back in the pack. I moved towards the back of the pack at the end to stay safe and avoid crashes."

Eddy: "At the beginning of the crit my rear tire exploded on the start line. When the crit started I quickly made my way to the front and asserted myself as a dominant rider by not giving up the wheels that I was on. Almost halfway through the race Michael Garrison, Nick Carter and I got up the road. Since the other two riders weren't Lux's and Hot Tubes' main guys, the teams didn't block and we were brought back. I made sure to do no work to minimal work. I got another flat with 7 laps to go. With 2 laps to go I was on Braiden Boss's wheel when he rode into the back of a Lux rider. I went over the handle bars and completely wasted a good top 10 position coming into final lap."

Alex: "This might have been the sketchiest crit I've ever done and it definitely was the fastest. After avoiding the crashes I managed to make it in for 11th in the finish."

6. Fort Ord State Road Race 6/20-23/19 Monterey

Adin Jose

1st Place Fort Ord State Road Race Juniors 15-16

This year the State road race was at Fort Ord with 7 laps of a short 4.5ish mile circuit. Since it was just me and Daryl the plan was simple. Go for one-two attacks until one of us gets away. And that we did. Halfway through the second lap Daryl and I went to opposite sides of the road to force people to choose sides. Since the most dangerous rider was on Daryl's wheel I attacked and got a pretty good gap. Since it was right before the hill there was a pretty good gap by that time we weren't spun out anymore so I decided it would be a good idea to stay away. And after that there wasn't much to write about. I time trialed as fast as I could for the next hour not wasting a second. I even passed the 17-18 field that started 5 minutes before us. It felt like forever but I eventually finished all seven laps and by the end I felt like my legs were burning. I didn't really need to go that hard but I got a ten minute gap and some really good training. And Daryl even won the sprint for 2nd. Overall it couldn't have gone any better!

-Adin

7. Leesville Gap Road Race 6/30/19 Leesville

Ben Chi

3rd Place Leesville Gap RR Senior 5

This was my first USA cycling event. Not a lot of people registered for this event, and the race organizers combined a lot of categories. Cat 4 and 5 were combined at the start but the results were listed separately. The group started out at a really fast pace

that was not sustainable for 64 miles. I got dropped at the first gravel section, which was only 5 miles in. The group eventually slowed down by mile 10, and I caught back up. I rode with Alex Frankel from the team for a while before moving on. The gravel roads were uncomfortable. I ran 90 psi in the tires and had a really bumpy ride on the washboard roads. A lot of riders flatted in the gravel section. I'm not sure if it was from pinch flats or punctures. I constantly felt that I was drifting towards the soft gravel towards the edges and had to slow down. There were two feed zones, even though only one was listed. One was just a crate of reused bottles on the side of the first climb. I ran out of water even with two 750 ml bottles, so I ended up not taking any gels.
-Ben

8. Watsonville Criterium 6/6/19 Watsonville

Ben Chi

19th Place Watsonville Criterium Senior 4/5

I raced in a combined 4/5 race and finished 19th. The course was 0.7 miles with a short climb. At two of the corners, there were two speed or drainage dips. Those gave the derailleurs a really nice rattle. The race started and was well paced. I never moved to the front of the pack because they were simply moving too fast and winning was out of the question. By mid race, people were getting lapped and that made it more difficult to pass and they slowed me down at corners. I was surprised by how fast this criterium was going. I averaged 24.5 mph for 50 minutes with 400 ft of elevation gain and everyone after me got lapped. Some guys got lapped 4-5 times.
-Ben

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