

Team Swift Race Reports

July 2019

Race Reports for:

1. Junior Tour of Ireland
2. Davis 4th of July Criterium
3. Watsonville Criterium
4. San Rafael Sunset Criterium
5. Manhattan Beach Gran Prix

July Top Results:

Rider Race Reports

1. Junior Tour of Ireland

July 9 – 14, 2019

Ennis, Ireland

Team Swift Riders:

16-18 year olds

- Aidan McNeil
- Creighton Gruber
- Jonas Crean
- Eddy Huntsman
- Jonah Kellogg
- Alex Akins
- Cameron Stewart
- Adin Jose
- McKay Kinsey

Event Details: <http://www.juniortouofireland.com>

Route Details

<http://www.juniortouofireland.com/2019/05/route-announcement-2019-eurocycles-eurobaby-junior-tour/>

The 6 Day international cycling race for under 18 year olds will once again return to their now traditional base at Ennis, County Clare for the sixth consecutive year. County Clare has great racing roads, the scenery and the wonderful reception we receive from the local community.

Team Swift had 9 riders up from 5 last year along with a number of parents traveling with us. We would like to give a special thanks to Alice Sherratt (race director), Stephen Enright (our team driver), Laura Ryan (team masseuse), everyone at Treacy's West County Hotel, the race volunteers and all the parents for help with cleaning bikes, laundry and lunch meals. All a great effort and we plan to return in 2020!

Traveling:

Aidan: The Weather God was angry and our flight got delayed because of thunderstorms but we still made it to Ireland.

Eddy: I had a lot of fun traveling with the team. It was great how we all bonded and got closer. The flights were late but smooth and I slept well on the plane. We all played cards in the terminal!

Creighton: I had a great time traveling with the team and playing cards in between our flights.

Jonas: We had a long delay in Newark but I really enjoyed the down time with the team. Super excited to race in Ireland again.

Cameron: A baby was crying for the entire second flight, and I could barely sleep. The food service at the Newark airport was terrible because we had zero service. I'm really happy to be racing in Ireland for another year.

McKay: I had lots of fun at the airport and on the plane with my friends. I was happy to have a whole row to myself on the plane as well as unlimited pizza on the plane which we got from the Newark restaurant that was closing as we departed. When we got to the airport in Shannon, we were picked up by the race organizers and went on a super fun ride after we put our bikes together.

Adin: My flights weren't too bad as I didn't have any delays or missing luggage but it was difficult to adjust to the time zone in Ireland. It was also weird to have to ride on the left during my pre-rides.

Alex: I had a good trip overall. I had some good moves that I watched and I even got 4 hrs of sleep on the next flight. Despite the jetlag that hit me the next day it was a good trip.

Stage 1: The race, which is in excess of 540 kilometres in length over six days consists of some changes to its previous editions. The traditional opening Time Trial has now been replaced with a short Road Race of 48km from Barefield towards Gort and Tubber before finishing at Barefield on Tuesday 9th July. The departure from the opening Time Trial format should see some more open racing throughout the remainder of the week with time bonuses being awarded at the stage finishes instead.

Aidan: There was one point in the stage where I was in a break with Magnus and Quinn but it didn't last long as Magnus didn't want to work. Other than that the stage was very fast and I just sat in.

Jonas: I was happy to ride good position and have good legs. The finish was fast but manageable.

Eddy: Staying at the front was very important because there were many crashes and I got 24th

Creighton: My plan for the day was to lead Eddy out. Heading into 10km to go me and Eddy were really far back due to crashes, so I had to do a lot of work early to get him to the front. Because I had to do the work early I dropped him off at the front too early.

McKay: Stage one was very fun. I sat in most of the time but did follow one attack. It was very fast and fun at the same time. Going into the finish, I did not know the finish was coming up. I only could tell from about 500M to go. By that time, a lot of the group was behind me and I started a sprint. I was not able to move up due to the close proximity of the group but I did have an ok result at 34th place.

Jonah: I was happy with being here not 100% concerned with the outcome of the race of course I want to win but knowing this was my first international race I wasn't sure what to expect. I know what my body can and can't do. So the start happened I was trying to stay towards the front about the first 20% of riders. I was there for the most part just trying to keep it easy and have a good finish. In the last 2 km I was about 30 wheels back. So I had to pass a lot of people on the sidewalk with 1 km to go I couldn't open the sprint because I was blocked in but I'm okay with a top 15 in my first international race!

Alex: After last year I was really nervous about how this year's Tour of Ireland was going to pan out. I picked up my pack handling skills really quickly and was feeling fine. With 18km to go my front tire blew out. I was fighting through the caravan up until 3km to go when I finally caught on. I fought my way through the field and made it to 13th out of 142 riders which I'm super happy after getting dropped all last year.

Adin: The race was overall pretty crazy but I got fairly comfortable by the end. I was happy to be able to stay with the group and not crash.

Cameron: Stage one was a fast race, we finished with an hour and 10 minutes. I tried to help Eddie move up in the closing kilometers but my legs didn't feel great.

Stage 2: Stage 2 sees a return to West Clare with a 94km trek down the Shannon Estuary and onto the exposed Loop Head where the riders will traverse the Kilkee Cliffs before descending to the finish in Kilkee. Alice Sherratt describes the stage as "testing" as the roads vary in quality and width throughout the stage which means the fresh riders will be put to the test right from the start.

Creighton: After about 20 miles into the race my cassette lock ring fell off and my chain got stuck in between my chainring and my frame, and then I just rode into the finish with a small group.

Jonas: I was mentally not in it on the 2nd Stage. It wasn't hard to stay in or ride the climbs but with the rain and narrow roads I was a little nervous and never really left mid pack. I knew I had to step it up for stages 3 and 4.

Aidan: I was not very happy after this stage as I missed the break that got over two minutes on the field but I did have a good time smashing it on the last climb by the cliffs because I felt really good.

Eddy: When I started the race I felt very comfortable because I anticipated many of the crazy things that happen in junior races. I managed to stay at the front which was my goal. On the last KM there was a massive crash because some kid hit a car. I avoided it and then cornered in time for the sprint, I finished 18th. It was a great experience considering it was my first race in Europe.

McKay: Stage two was pretty fun. After a few K's, I was feeling pretty comfortable and confident with euro racing. I was able to be up front and even kind of followed an attack at one point. I did not eat enough for breakfast and not enough during the race, so after I got caught behind a motorbike and rider crash, I fell off the back with about 9K to go and rolled in about 6 minutes off the back. -98th

Cameron: Stage two was very hectic, loaded with crashes including two for myself. My legs felt really good coming into the start, and after the first KOM I moved myself up to the front to cover moves while Creighton was off the front. After covering moves I stayed up at the front, I noticed Aidan attacking and tried to help cover the moves but the riders were too strong. After about an hour in, I was crashed out by an unnamed rider, and tumbled into the weeds. After recovering my bike and myself, I bridged back to the peloton and avoided the crashes following the final kilometers. I rolled in for 37th.

Jonah: Today my legs didn't feel that great. About 40-50 km from the finish I snapped my rear derailleur cable and limped it the best I could. About 20 km I crashed and chased back as hard as I could I had about 3 min to chase back as I was chasing I got to draft our team car driven and learn how to take bottle from the car. A few times I thought I was maxed out but then I looked up and saw Laura screaming to get back on the car and that was some real motivation to see that in the position of being drained and digging deeper than I have before. I closed the gap to 25 seconds at the finish. I went just about as hard as I could up the climb and passed about 20 people as I was going up and just pedaled as good and as fast as I could.

Adin: I felt ok at the beginning and was able to move up when I wanted but mostly stayed in the back half conserving energy. I managed to eat a lot during the race but I don't think I ate enough before the race because halfway through I started having some trouble staying in the draft. I started moving up to the more efficient part of the pack hoping to stay in but I got stuck behind a crash and when I barely caught back on another on happened and with 30k to go it was too fast to catch back on.

Alex: today was very sketchy with rain throughout the whole stage. There were lots of crashes and I narrowly escaped getting caught in them. I made it to the finish and after making it through three crashes in the last 1k I made it 14th behind a 10 man break. Overall another terrifying yet amazing day.

Stage 3: Stage 3 is a new stage covering 90 kilometres through East Clare taking the riders via Scarriff, Caher and Maghera before finishing in the same format as stage 1 at Barefield. These are rolling roads and with the stage only at 90 kilometres could prove to be quite aggressive from the start.

Creighton: On the second KOM climb I accidentally won the sprint because the group sat up and I carried my momentum off the front and 500 meters later rolled across the line. Quinn Simmons and I were off the front together on the descent but we got caught by the end of it. On the next climb I stayed towards the front while Aidan and a Lux rider when up the road. I then sprinted for the next KOM to take points from anyone but Aidan. At the end I helped Eddy get to the front for the sprint.

McKay: The beginning of the race was zooming. We were going over 32 mph for the first half an hour. I was able to roll off the front with another dude at one point. We were away for about 5-10K's before we were bridged to by Eddy, Creighton, Jonas and about 10 other riders. We were soon brought back. I sat in from there and tried to conserve energy for the climbs. The group went pretty easy on the climbs and I made it over all of them without crashing. I also made my first attempt to feed, but the commissar never called up our car. After, I talked to Creighton and Eddy about leading out Eddy for the finish. I tried to bring up Eddy to the front but I was able to only bring them up half way. After that, I sat in and just hung on for the rest of the stage. I

managed to finish 40th but I think if I worked on my positioning, I could have done better.

Aidan: I went off the front with Colby Simmons at the beginning of the first Cat 2 climb and I messed up by working really hard but not going for the KOM's. We had over a minute on the field but soon were caught about 25 kilometers from the finish.

Jonas: I was really aggressive in the first 50k of the race, getting into a sizable move with Eddy, McKay, Creighton, and about ten other guys. Unfortunately we were brought back. I tried to get away several times again but nothing ever stuck and I had to roll in with the field sprint again. I hoped to try my luck again on stage 4.

Alex: I was feeling fine today and did fine up the climbs. I was even able to help Aidan's breakaway by blocking for 10k or so. Unfortunately at about 10k out from the finish two teammates and I were involved in a crash and my gears stopped working so I couldn't catch back on and that was my day.

Adin: I wasn't feeling my best today but I wanted to try to stay in anyway. Turns out everyone else had a different idea. The first 30ish minutes of the race were over 30MPH and I wasn't quite ready for it. I managed to stay in for a while but during a really hard KOM about 15 other guys and I got dropped. I didn't have the best day overall but I'm hoping to do better tomorrow.

Eddy: The race started off fast but the field didn't immediately react when Hottubes attacked. Quinn attacked but was immediately marked by Hottubes. Soon after, I attacked with Creighton and Jonas and about 10 other riders. The other riders in the pack brought it back because the break became too large. In the sprint, Creighton and McKay led me out and I got 16th.

Cameron: At the beginning of the race I was feeling fresh and excited for today's stage. The beginning was fast averaging roughly 30MPH. At the first climb Creighton and I had bad positioning and we started to move through the pack and towards the front. We stayed at the front for the rest of the climbs. After a sketchy descent, we headed towards the finish, and with roughly 10k to go, Jonah, Alex, and I crashed at 30MPH. I came out with some solid bruises but possibly a concussion. Bummed to have my GC hopes destroyed by a crash but hoping to push in through the stages.

Stage 4: Stage 4 has changed from the 2018 edition where the race will now return to starting from Ballyvaughan and finishing in Ballyvaughan also. At 110km, via the climbs of Carron, Corkscrew Hill and Castle Hill (Doonagore) before travelling the coast road through Fanore to finish in Ballyvaughan. The stage can be regarded as quite decisive, particularly with the distance but can suit the strongman on the approach to the finish around Black Head. The weather has been kind to the race in previous editions but can always be a deciding factor.

Creighton: I was following moves throughout the day, but a break of 15 when up the road and I wasn't in the right place, so I missed it. I tried to bridge but I wasn't able to because there was a strong head wind. The hardest part was fighting for wheels in the crosswind in the final 15 miles going downhill.

Aidan: Missed the break again today and was super upset about it. Quinn and Magnus also raced pretty negatively too as they only attacked when the other would attack. Magnus lost the leaders jersey as they let the break go and didn't decide to pull it back until it was already too late.

Jonas: I messed up since I came out of neutral in a bad spot and it took me 25k and a KOH to get to the front - by which time the winning break had gone. I was super annoyed but I thought Hottubes would defend their yellow jersey. Towards the end of the stage, it became clear that this was not how they were going to ride, because the breakaway had 2 minutes with 10k to go. Towards the end, I got away with Jared Scott and two Velosport riders. I assumed we would get away and steal a couple seconds on the field, but to my dismay I looked back and saw Magnus, Quinn and Seth bridging up to us. As soon as they caught us, Caleb and Jared countered and I was marked out by Seth. I was very disappointed that I had wasted all that effort for nothing.

Adin: The race went hard from the first hill today and the field split. Since I had just chased back on after my chain dropped I ended up on the wrong side of the split. I chased for a while but realized I wasn't going to bring it back. So I sat back and started swapping pulls with the rest of our group. It basically ended up being a group ride, not the worst thing ever.

Jonah: I broke my wrist the day before, so today I got to drive in the feed car up to the feed zone. I was up there with Cameron and the rest of the teams. I got to feed Creighton and my other teammates the best I could. Then we went to the bottom of the finish and waited for the finish and helped out after the race.

Alex: the race started off super fast with a cat 1 climb and a big break went off the front. A bit later Eddy and I went off the front with a few other riders. I came back to the group eventually and sat in until the last KOH cat 1 climb when I couldn't make it up the steep slopes of Castle Hill and I got dropped and just rolled in.

Eddy: The race started off with a 14 man break and Hottubes did not chase. Then Eli and I attacked and got up to a minute and a half gap. Then on Castle Hill Quinn and Magnus and Jared caught us, and then the peloton brought us all back together. Then a group 5 min dropped cut the 20k loop and got in the pack. So when I got caught I went to the back not realizing they were slower so I got gapped down the hill and I got 80th

McKay: I got dropped pretty early in. I was in the grupetto for the remainder of the stage. I was climbing later and I broke my shifting. I got a neutral bike and got experience chasing back on to the grupetto behind a car. I was able to chill the rest of the day besides when riders were attacking the grupetto for some reason. I rolled in for 101st.

Cameron: I wasn't able to start the day due to a concussion, so for the day I was a Swani for the team with Jonah. I was able to give out two bottles to Jonas and Eddy, I had a blast! If pro cycling doesn't work-out, I'm becoming a swani!

Stage 5: Stage 5 to Gallows Hill remains unchanged from 2018. At 124km in length, the riders will have to earn to keep their powder dry as the majority of climbs come in the second half of the stage. The race now takes in a larger loop through Killaloe before coming back to Broadford and continuing on the same approach to the finish on Gallows Hill via the climbs of Windy Gap and Sallybank.

Creighton: My legs felt like lead for the entire stage, but I was able to hold on to the lead group over the climbs. Going into Gallows hill I was still in the peloton, but I got dropped about a third of the way up the hill. Aidan did a good job up the hill and got 4th.

Aidan: I felt better at the beginning of this race than yesterday. No breaks stuck besides for when Magnus and Quinn attacked on the last climb before Gallows Hill. On Gallows Hill I was feeling good but with about 700 meters to go I got swarmed and then two riders attacked. I made my way through and bridged to those two riders about 50 meters before the line and sprinted to 4th as Magnus soloed to the line about a minute ahead of us. At dinner after the race I was handed the stage winner jersey as all the other riders ahead of me on the day were holding other jerseys.

Eddy: When the race started I immediately started thinking about Aidan's KOM points. The first KOM I helped him out and he was up there. Then I just sat in until Gallows Hill. I decided that if I was up there I would burn myself up and get passed, but if I was mid pack I would pace myself and would pass the stragglers. I finished 40th.

Jonas: I was feeling super strong, however my rear derailleur cable broke 5k before the first KOH. I still tried to ride it, making it over the climb with all the top guys but on the descent my bike was making bad sounds and at the bottom the cable was hanging out. Unfortunately I had to wait for the car, by which time there was no rejoining the main group.

Adin: This is my first week long stage race so my goal today was just to finish. I got a puncture about 30K in but since I was already behind the team car I had to get a neutral wheel and the neutral car was a while back so it took a while. I ended up riding

with a Hincapie rider who also got a flat. It wasn't the best race ever for me but I didn't crash and I finished so I'm not complaining.

McKay: I had a crappy stage 4 so I really wanted to make up for stage 5. I liked how fast and flat the stage started out because it gave me a good opportunity to warm up. I was near the front for most of the day. I even was able to help out Aidan on the first KOH. Also when a Lux rider was off the front I attempted to bridge to him, so besides getting dropped on the second climb, I had a pretty good and fun day. I rolled into Windy Gap and Gallows Hill in the grupetto and was able to finish relatively well. 80th

Alex: Today I didn't have any ambitions for the stage because it was a day for the climbers. I did what I thought I would do. I got dropped over the last climb before the finish climb and then just rolled in so that I could save my energy for tomorrow.

Cameron: Today I was once again a Swani for the team with Jonah, we went to the climb at 87k, and it was very hectic! I was able feed all of my bottles, regardless if it was a teammate or not. After we went to the top of the climb to wait for the riders to finish, it was fun exploring the country side of Ireland with my teammate Jonah and the VeloSport Director George.

Jonah: Today I got to drive with the Velosport to the feed. Halfway there I got a mocha then went back to the feed. I fed the racers on our team and some others, and then we went to the finish and cheered for everyone who came across the finish.

Stage 6: Stage 6 remains unchanged as the riders wind up the 2018 edition with a 77.5km stage around the Ennis Circuit.

Creighton: On the second lap I got up the road with one other guy. We were off the front for a lap together, but we ended up getting brought back. I immediately counterattacked my move and an Irish rider and a Lux rider bridged up to me. Us three were off the front together for another lap and a half, until a bigger group bridged up to us. I was hurting pretty badly and I ended up getting dropped, but I was really happy about how active I was in the race.

Alex: Today was a fun race and I liked the course a lot. I sat in most of the race and waited for the sprint. Unfortunately I took a bad line and got stuck in the wind for the last K, although I was in the top 10 I was blown even before my sprint and had to jump early. When the field jumped to the right my tire hit another guy's foot and I had to slam on the brakes and I couldn't recover and was flying backwards in the sprint. I finished somewhere around 30-35th, but still a really good tour overall for me!

Eddy: Today was my best day on the bike for the whole race. I stayed at the front and never drifted back! I was aggressive and planned my moves really well. I stayed in the field for the sprint and finished 13th. Today was really good because it was the first day

where I really got the hang of euro racing! The trip was fantastic and I learned so much, I can't wait until next year.

McKay: Today was pretty hard, I debated getting dropped several times but I decided to just push through. I really worked on my positioning and I was able to finish off the race with my best result from the stage race so far - 27th. Hopefully I can come back next year and do even better! GC- 80th

Adin: My goal going in was just to finish. Hopefully stay in too but not to crash no matter what. I did a bit better than some of the days, staying in until 3 to go so I wasn't too disappointed. Mostly I am just really happy to have completed my first ever international stage race!

Aidan: I got in a break about halfway into the race with some strong riders from Lux and Team Ireland but Magnus from Hottubes bridged up and immediately the riders in the break were not helping as they didn't want to pull Magnus further up in GC.

Overall:

McKay: Overall it was an amazing experience to be over racing the junior tour this year. Even though my results weren't amazing, I had an amazing time helping out my teammates. It was probably the most fun week I've ever had on a bike. I can't wait to come back next year and hopefully do a little better and also help get my teammates some good results!

Eddy: The race was the best! I learned how to race with the euro boys and what it's like to ride in a world class junior pack. I had so much fun! I got 46th overall

Adin: Although I didn't do as good as I expected, I definitely learned what I need to work on for next year and I'm excited to come back and have another chance at doing my best! Even if I don't end up coming back it was definitely an interesting experience to remember, especially because I'd never been to Europe before

Creighton: I didn't quite achieve my personal goals, but it was fun racing with the team and helping others reach their goals. I learned many things at this year's Tour of Ireland and overall it was a great experience.

Cameron: My second year at the Junior Tour of Ireland wasn't the best, it was unfortunate and emotional to have crashed out of the race but I learned many lessons and was happy with the fitness and results I came away with. My favorite part of the entire tour was being a swani with Jonah, and I can confidentially say, we are the best

Aidan: In the early stages of the race I did miss out on two vital breaks that would have put me up there for the GC battle but I did come away with 4th on the Gallows Hill

Stage, which was nice. Also I felt a lot more comfortable in the pack from last year, which will be a confidence booster for bigger European races in the future.

Jonas: My second year at Ireland with the team was super fun and I enjoyed it a lot. Even personal results were lacking, I was so stoked to see our team being aggressive and trying to shape the race. I'm looking forward to more euro races in the future.

2. Davis 4th of July Criterium 7/4/19 Davis

Taj Krieger

1st Place Davis July 4th Criterium Juniors 17-18

Going into the July 4th Davis Crit my legs felt weak and I felt weird on the bike. I'm not exactly sure why I felt like this, but I tried to push through it in the warm-ups Blake and I did before the race. Once we got to the start line I started to feel a lot better especially since I found out we would have another teammate join us in the 17-18 race. We had three riders which gave us a big advantage over the other riders, many of whom only had one teammate. We spent most of the race attacking off the front to try and force the other riders to chase, which worked well since we could rotate and have continuous attacks going. We would sit on the wheels of the other riders who were attempting to chase us down and the second they caught one of us, we would launch another attack. On the last lap, Blake gave me a massive lead out and I was able to pass him on the final stretch into a headwind and win.

-Taj

Jacob Gorman

4th Place Davis Criterium Juniors 17-18

Last year I won this race and had high hopes as my fitness was good and I had teammates to work with. There were 3 of us in the race and we all agreed we would race for ourselves but made sure if there was a break we had to be in it otherwise we work together to bring it back. That's what we did. Throughout the race I attacked and at one point Blake and I got a gap and we broke away for about 3 laps. Other than that all breakaways efforts didn't work mainly because people didn't want to commit and work. It came down to a sprint and with one to go I found myself in 5th position with my two teammates in front of me and one other on the front. Going into the last corner someone dived the corner and almost forced me into the barrier, our race was done but I was able to salvage 4th.

-Jacob

Jacob Gorman

4th Place Davis Criterium Senior Category 4/5

After having a little bit of bad luck in the junior race I looked for redemption the cat 4 race. In the beginning there were about 34 started but only 26 finished. My plan was to just sit in the top 10 unless I saw a threatening move. With about 4 to go I had to bring back a small attack and other than that, that was the only time I saw the front until the last lap. I stuck to my plan and coming into one to go, 3 people jumped in the straight away and made a gap, I quickly went from top 10 to around 25 people back. As we cross the start/finish going into one to go I hear my dad telling me to move up, I did exactly that and took some big risks, pushing the envelope of my cornering skills and holding the inside. The last two corners are very close to each other and coming into the second to last corner I was on the front with 4 only about 4 seconds ahead. One of the riders on the front fell off the break and I had to hold the outside line and almost went into the barrier again. The final 3 in the break made it to the line and I secured 4th after my very fast last lap.

-Jacob

Massimo Morson

1st Place Davis 4th of July Criterium Juniors 13-14

This was one of my best races this year. My goal in this race was to have a good start and not let Nolan get away on the first lap. On the first lap I had realized that Nolan was on my wheel and we had ridden away from the group. Nolan came around me and tried to attack me but it didn't work, I was feeling strong. After four laps I was pulling and noticed the group was closing in on us with a 5 second gap. Once they had almost caught us Nolan fell back to the group, but I did not want to give up so I attacked. I also did not want a sprint finish. I managed to stay away, continued to ride hard, and consistently, solo for 10 laps. My gap grew to 45 seconds and won.

3rd Place Davis Criterium Juniors 15-16

I was racing with an older group of strong riders. I was dropped after the first lap. I rode with 2 other older female riders. We time trialed the rest of the race.

-Massimo

3. Watsonville Criterium 7/6/19 Watsonville

Benjamin Chi

19th Place Watsonville Criterium Senior Cat 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 drainage dips, but other than that, the

roads were smooth. The drainage dips gave the derailleurs a really nice rattle. The race start 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. I was surprised by how fast this crit was. I averaged 24.5 mph for 50 mins with 400 ft of elevation gain and everyone after me got lapped. Some guys got lapped 4-5 times.

-Ben

4. San Rafael Sunset Criterium

7/27/19

San Rafael

Cameron Stewart

7th Place

San Rafael Criterium

Senior Cat 3/4

I participated in the 3/4 race, we had around 9 teammates including myself. The race started fast and I immediately made my way to the front, once at the front, I sat about 10th-15th wheel the entire race letting others cover moves and attack. With 5 to go I moved to about 7th wheel and waited till 3 to go to move closer to the front. With 2 to go an attack when allowing me to move up to roughly 5th wheel but that was too far forward. I let some riders swarm me and then moved up again crossing 1 to go. I was about 6th wheel and let one more rider in which lost me the race. The wheel in front of him was the one to be on, the one I gave up. I came across the line in 7th, disappointed and upset at myself for letting the other rider in. I learned to be more aggressive when needed but also be safe when needed. A good day of racing overall.

-Cameron

McKay Kinsey

9th Place

San Rafael Criterium

Senior Cat 3/4

I came into this race feeling ok. I crashed a few days before and had road rash everywhere. So I wasn't feeling 100% but I still wanted to give it my all and have fun. 4 laps in I had a mechanical and had to get a neutral bike. The saddle was too low and the fit was off but I made the best of the situation. I remember coach telling me the winning position would be 2nd wheel into the last corner. And she was right. The guy that won was second into the last corner. I was too far back and was probably 6th or 7th into the last corner. I didn't have the pop I wanted to in the sprint and ended up finishing 9th.

9th Place

San Rafael Criterium

Fixed Gear - Open

With such a big field (right around 50 guys), on a bike I've only ridden twice and a fast and technical course, I was almost 100% sure my racing the fixed criterium was going to be a recipe for disaster. My coach Mary told me it would be a good idea to do it because it would help my handling skills. With most of the guys in the field

competitive track racers and bike messengers out of San Francisco, I was worried about being able to hang on with the group. The gun went off and I tried my best to stay as far up front as I could. I almost got dropped about a million times but I was able to power back onto the group each time. It was pretty hard mentally but physically I never really felt any pain which was weird. There were two guys off the front and then about 7 of us in the main group by the last lap. Most of the field got dropped and got pulled out. I didn't want to be at the front going into the last corner because: 1. I was just doing the race for fun and 2. I didn't want to go too fast and crash right before Belgium. So I took it easy and went through 5th wheel. I got passed in the sprint and finished last in the main field of 7 but I surprised myself by hanging onto the field and I had a super good time.

-McKay

Jacob Gorman

20th Place San Rafael Criterium Senior Cat 3/4

I came into the race extremely excited to be racing after a 2 week vacation. Only about a week of riding before this race so I wasn't expecting anything big. The race began extremely fast and the pace held. I tried to stay towards the front so I could have a little choice of my line taking but that's what everyone wanted and many times the group bunched up. At one point after the first corner I got pushed off the course and onto the sidewalk with pedestrians, I was forced to take the sidewalk and then hop back in at the top. Other than getting cut off my race was safe and super fun. Going into the last lap I tried to hold position as best as I could, I found myself in about 10th position going into the first corner but I got pushed and almost went down and I lost a decent amount of position. After the second corner everyone tried moving up so the race was over at that point for me and I just tried to hold position. I finished in 20th after a very hard and a very fun race.

-Jacob

Matthew Amara

33rd Place San Rafael Sunset Criterium Senior Cat 3/4

The San Rafael Sunset Criterium was another big race. More than 90 racers were registered in the elite 3/4, including heavy hitters and big teams. For this race I would be racing with a lot more teammates than Manhattan Grand Prix, I'd be racing with 10 of my teammates. The course consisted of four corners and was the shape of a rectangle. The course had one small hill and nice smooth roads. At the start of the race the race officials didn't have junior roll out set up, so they had to set up roll out and check us out. By the time they did everything all the juniors were set up at the back of the start. When the race official started us I had to sprint to move up positions. Around midway through the race there was an incident that caused me to hit a bump that then my chain got stuck in between my chainring and I couldn't get it back on, so I thought I had to go to the mechanics tent to get a free lap. Luckily I got the chain back on in

time but I was moved back a lot of spots. I managed to move up but by that time it was already one lap to go and I needed more time to get up front. I ended up getting gapped off third corner and ended up 33rd.

-Matthew

Alex Frankel

Dnf San Rafael Sunset Criterium cat 3/4

Starting off I knew it was going to be hard since we were racing with the 3s. When the race started it was immediately all out. I started at the back and was hanging on. By 20 minutes in I was rubber banding and they pulled me out at 25 minutes. During what I lasted in the race I was in the red the whole time. I wasted a lot of energy by being at the back of the pack. It was incredibly hard race and motivates me to train harder.

-Alex

Massimo Morson

9th Place San Rafael Criterium Women Cat 3/4/5

This was one of my hardest efforts racing with women cat 3/4/5, my average HR for 45 min was 200 and my max was 212. I lasted 45min in the main group. A combination of attacks and primes forced me to get dropped.

-Massimo

Creighton Gruber

51st Place San Rafael Twilight Criterium Pro/1/2

San Rafael was my first USA Pro criterium and I was expecting it to be fast, but it was way faster than I thought it was going to be. We averaged 29 miles an hour for the 75 minutes. I was sitting about mid pack for the first 20 minutes of the race until the rider who won the race last year, a Team Clif Bar racer, came up to me and told me to stay on his wheel. He brought me to the front within 4 laps, but I was trying so hard to stay on his wheel that I blew up and fell back to mid pack. With 15 laps to go I decided to make my way to the front. The next 10 laps I spent fighting for wheels, but with 5 to go I was sitting in the top 25. I was able to hold my position until a crash on the 2nd to last lap, where I lost all momentum and fell back about 25 places. Overall it was a great first USA pro crit.

-Creighton

Eddy Huntsman

San Rafael Twilight Criterium Pro/1/2

When I raced the San Rafael Crit, I had no idea what I was getting myself into. I started the race at the front but just felt way out of my comfort zone. I slowly moved back but wanted to be aware how far I was from the front so I wouldn't end up at the very back. I suffered the race the whole time mid-pack and slowly got more confident. With 5 laps to go I gave my efforts to move up, I moved up about 15-20 spaces but a crash in the last lap left a large gap between me and the bunch finish. I was very happy with my race. One thing I learned is that being at the front is only a good idea if you're comfortable, because being stressed is way more tiring than being on the limit trying to hang on.

-Eddy

Alex Akins

55th Place San Rafael Twilight Criterium Pro/1/2

This year I rode the San Rafael Twilight Crit as a cat 2. The Pro/1/2 field is part of the USA Crit series and so a lot of high level Pro criterium cyclists come to race it. I knew it would be really fast and I was worried about being dropped since I was still sick and wasn't on great legs going in. But in the end I felt really good and had no problem moving through the group. It was super fast (avg~29mph and I'm proud to have felt comfortable with the pace. Unfortunately I got caught up in a crash with one to go, thankfully I aimed for some hay bales and was fine but I obviously couldn't catch back on and finished a bit behind at 55th out of 117 riders. Overall a great experience though, lots of fun!!

-Alex

5. Manhattan Beach Grand Prix 7/21/19 Manhattan Beach

Matthew Amara

21st Place Manhattan Beach Grand Prix Senior Cat 3

The Manhattan Grand Prix would be my first cat 3 race after Nationals. I've been training a little bit after Nationals to keep my fitness up for the last few races I have planned for the season. I knew this race was going to have heavy hitters because the Manhattan Grand Prix is a big event. I was going to be racing with Eddy and Daryl. My goal for the race was to stick with Eddy and the main group. The course was shaped like a banana with small hills, two long straights and two "U" shape turns. The hills weren't the spots where you'd get gapped off. You would get gapped off at the corners because they were a U shape and then it would lead into an uphill. There were a few sketchy moments around the corners and the finishing straight. The race wasn't too hard as I expected it to be, so I was able to achieve both of my goals.

-Matthew

A BIG Thanks to our cycling sponsors who make our Team Swift Program possible:

Team Swift: <http://teamswift.org>

Clif Bar: <http://www.clifbar.com>

Sidi: <http://www.ciclista-america.com/>

Lazer: www.lazersport.com

Bianchi USA: <http://www.bianchiusa.com/>

SockGuy: <http://www.sockguy.com/>

Eliel Cycling: <http://elielcycling.com>

Thule: www.thuleracks.com

Spinergy: www.spinergy.com

Bici Sport: <http://www.bicisportusa.com>

Echelon Cycle & Multisport: www.echeloncycle.com

Trek Bikes Marin: https://www.trekbikes.com/us/en_US/retail/corte_madera_marin/

Spoke Folk: www.spokefolk.com

USA Cycling Foundation: <http://www.usacdf.org>

Crashtag: www.crashtag.me

Santa Rosa Cycling Club: <http://www.srcc.com>

And our generous donors at <http://teamswift.org/donors/>

Thanks for your support!

Contact Information:

Laura Charameda

Director/Coach, Team Swift Junior Development

teamswift@aol.com

www.teamswift.org