

Team Swift Race Report, March 2020

Race report for: Ontario Provincial Track Championships

Rider Reports

Ontario Provincial Track Championships Report

By Eddy Huntsman

I am a member of USA Cycling's Track Olympic Development Program and, in March, we went to Canada for the Ontario Provincial Track Championships at the Mattamy National Cycling Center in Milton.

At Mattamy I raced two disciplines: the Individual Pursuit (IP), which is a 12 lap, 3 kilometer time trial, and the International Omnium (IO), which is a series of four races, like a stage race but scored on points - not time. There were 24 riders, which is the field limit for most track racing.

3/7/2020

In the Individual Pursuit I posted a time of 3:28, 7 seconds shy of first, and 6 seconds shy of 2nd, placing me in 3rd overall. This was a time which would have won national championships in 2019, so I was happy. I started the IP with the intention of doing 17.5 second laps, but when I continued doing 16.5 second laps I thought that I should back off because I was expecting to blow up. With 1 kilometer to go, I had not come close to my potential, realizing that I was super fit and not going to blow up. Within the last kilometer I started doing 16.5 second laps. My time was a personal best by 4 seconds for me. I have been training with focus for 2020 road and track nationals with my coach Roger Young and this was my first big test after Valley of the Sun so I was very happy.

<https://youtu.be/BFE1kUNRYvw>

<https://tracktiming.live/results/E2005/JM-TT3000-F-R.htm>

3/7/20

The next day I raced the 4 race International Omnium. we started with a scratch race, which is a 40 lap (10k) race and the first to cross the finish line wins. With 20 laps to go I made an attack and came 1/4 of a lap away from lapping the field entirely. With 3 laps to go the field started closing in on me. My team mate Noah Ta-Perez counter-attacked and bridged up to me, passing me in the final straightaway, finishing 1st, putting me in a very close 2nd and my other team mate Brian Luciano 3rd, with the rest of the pack hot on our heels.

<https://youtu.be/CidecrVT1io>

The next race was the tempo. The tempo is a 20 lap race with 1 point awarded every lap after the first 5 laps. Canadian Dylan Bibic attacked from the gun and got the first four points. I bridged and scored a point. Because only the first person every lap gets a point, you have to be very careful when it comes to expending energy because someone can easily exploit you by coming around just for the point, so I know that once I bridged up I had to recover. I was in the break away for the next 2 laps and got both points, but once I realized there was no one else who was behind me in the ranking who was going to get points, I sat up and just rode the wheels. My teammate got a few more points, placing him in 2nd and me in 3rd.

<https://youtu.be/bWDMnD2-OAs>

After the tempo came the elimination race. In this race the last rider across the line every other lap is out of the race. This is my favorite race by far because of how important tactics are. This race is usually the fastest and hardest to stay at the front because everyone is trying to get to the front. I like to race this race high on the track, preferably the blue line which is half way up the track. It is harder to ride because you are riding a further distance, but you can control the amount of people that come around you, and you also are guaranteed an escape route in case you get boxed in. I stayed at the top the entire time, about halfway back in the pack. When it came down to me and 2 guys left I had to ride the front hard. I got to the front and hung in until it was me and another rider left. That rider outsprinted me for the last lap. I finished 2nd. At this point I am leading the overall by 20 points, with two of my teammates in 2nd and 3rd.

<https://youtu.be/O9Wns3JHi70>

The last race was the points race. The points race was 80 laps with a sprint every 10 laps. Points are awarded 5, 3, 2, 1. This race is the most tactically difficult because there are so many scenarios that are possible. Before you start this race you have to look at everyone's points totals and figure out how many points they can get in the race before passing you. I knew that with my lead on points, as long as I didn't lose a lap I was going to win. I sat in and just rode the wheels of the kids who were sprinting. I wasn't worried about losing the lead to one of my teammates, but it's nice to secure the win by giving a dig every once in a while. Just by being a wheel sucker in the race I got 2nd, and I kept my overall race lead.

https://youtu.be/CRrIl_tFZKQ

At the end of the day I was awarded the gold medal for the Ontario Provincial Track Championships.

-Eddy

My weeks results:

3rd Place Individual Pursuit 3/6/2020

1st Overall Omnium (4 races) 3/7/2020

2nd Place Scratch Race

3rd Place Tempo Race

2nd Place Elimination Race

2nd Place Points Race