



*Junior Cycling Development Program*

P.O. Box 103 | Fulton, CA 95439 | [www.teamswift.org](http://www.teamswift.org)

**Team Swift Race Report #5**  
McLane Pacific Criterium & RR  
March 13 & 14 2004

**McLane Pacific Criterium Results**



**AGE: 15/16**

Race#		Rider	Team
1	832	Joseph Iannarelli	Team Swift
2	826	Blake Anton	Davis Bike Club



**AGE: 13/14**

	<b>Race#</b>	<b>Rider</b>	<b>Team</b>
1	828	Alex Wick	Davis Bike Club
2	893	<b>Ethan Weiss</b>	<b>Team Swift</b>
3	835	Julian Wyss	Davis Bike Club

#### **Coach Laura:**

Team Swift traveled together to Merced for the National Calendar Races of the McLane Pacific Criterium and RR. This new group of Team Swift riders is comprised of a very motivated new group. Having the main group together was very inspirational for all the riders. We had a great time doing rides, eating, hanging out after the events to watch the Pro races and, of course, racing. Coach Laura, Laurel, Brenda, and Eric were all there

racing in their Senior categories as well. It was great having the whole group of juniors cheering for us too.

I saw the riders all work together to help get registered, get their bikes together, load the van and all the other things that helps make the team a team. Seeing the four girls get to race together as a team was satisfying as I could see how much they learned by having other junior teammates out there with them. Reno Garcia is a new member of the team from Palo Alto. Both he and Joe were crashed pretty hard in their races. Reno's bike was broken and Joe added more scars to his battle wounds. Many of the riders had obstacles to overcome and they showed great determination in returning the next day with a champion's attitude. Mike Margraf and his dad drove down to be a part of the team. Mike is out for a few weeks recovering from a bad crash at Land Park. They are a tough group of athletes and a great group of young people.

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## Rider Reports

### Aaron Woolsey

McLane Pacific Criterium  
Juniors 17/18 and Cat 4

For the actual placings I am really not sure because the crits got really screwy. The junior race was going well till the Lombardi squad of juniors took off. I wasn't feeling very warmed-up yet and my sprint was a little off too. So the field of juniors split up. I was in the second group. I was able to lead a couple of attacks to chase after the Lombardi guys but it didn't stick. I had a nice sprint finish and bet a couple of Vannini guys at the line.

I raced again that day in the Senior Category. I was feeling better about the cat 4/5 race, but it didn't turn out good at all. The field was huge and it was hard to maneuver around. The majority of the field was riding really sketchy. There were several crashes in that race. I was lucky enough to avoid all the crashes but a new teammate Reno was not as lucky. He got into one of the crashes which was a real bummer. So for the finish was really broken up and I am not to sure how I finished.

I was really excited for the road race on Sunday; it was a chance to recover from yesterdays loses. The only thing that prevented me was I wasn't pre-registered so I waited in line with Nathan Birmbuam to get registered. I finally made it and got registered. I had exactly 10 minutes to throw on my racing clothes, pin numbers and get to the line. I made it to the start. I had a little problem with my right pedal; I think it was full of dirt and sand. The whole parking and registration was at a farm, so no paved roads--except for the course. I was feeling great and doing well in the race. The only thing I found frustrating was that the leaders of the field braked on straight aways and in all the corners. This really slowed us down and caused a couple of crashes. I got in a small break on the first lap but it didn't last. It wasn't a good point in the race to really start one. On the last lap I pulled to the front and did a little pull and evaluated the field to see what they were up to. I had decided that at a little before the 1K mark I would attack and go for the finish. Everything was going as planned until about 2 miles to the finish there was a crash on a hill. I noticed this early on so I slowed down. The guy in front of me was about the last guy to

go down. I felt bad because I kind of ran him over in my process to go around him I bumped him a little. So I had to jump off and go around the mess of bikes. I was still in my big ring so it was hard to start climbing again and my speedometer receptor was loose on my fork. So for a few seconds I had to pull on it and fix it. The finish was uneventful because I had lost my position and time. So I was a bit of a bum but there will be better races to come.

Till next time -Aaron w

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## **Ethan Weiss**

2nd Place      Juniors 13-14

McLane Pacific Downtown Grand Prix

Hi Everyone,

This'll be a much shorter report than normal from me, not much time to write; homework...

McLane was a lot of fun, except for the ride down, a very long one at that. My mom and I stayed over night before the crit.

We found that when we got to the crit course, we were a bit behind schedule, so between having to scurry across the course a few times between our car and the team van, I found myself having a "limited" warm up time.

The race got started with a bang, all of the juniors together, and I felt somewhat good, but great around corners thanks to some counter steering drills Laurel taught me over the past week. I did end up off the back, in a group which worked together pretty badly, considering we were the 2nd group. I was kind of suffering the whole way, OUCH, gotta do more speed work, and there was another kid in the 13-14 age group with us, and I knew who I had to beat, but unfortunately it was only for 2nd place. After the chicane in the last lap, my fellow category rider pulled off the front, and as I pulled through, we kind of exchanged a fierce look, and knew I had the strength. As I finished my somewhat short pull, he came to the front and that was my lead-out. I didn't come off his wheel until the final straight, when, to my surprise, I won our entire group sprint. I was surprised because I have only started sprint work in the past 3 weeks. I'm optimistic towards upcoming races, especially my next, the Pilarcitos Stage Race, where I'll be able to test my uphill fitness in an uphill time trial, as well as my flat TT strength.

Thanks for reading,

EW

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## **Kim LaFleur**

31<sup>st</sup>      Senior Women Cat. 3      McLane Pacific Criterium

23<sup>rd</sup>      Senior Women Cat. 3      Foothills RR

Criterium

Hey everyone,

The night before the crit I was feeling pretty good and a little anxious to race, I was just worried about a bug that has been hanging on for a while and about how it might affect my performance. We woke up at 5 am and got ready to leave for the junior race that began at 7am. I warmed up on the rollers for about a half an hour and my legs were feeling good, we got out on to the course to

do a few jumps but what I should have done was test out my shifting and if it was in line. The junior field was the largest I had seen of course mainly boys, so I knew it was going to be difficult to hang on. In the beginning of the race I was able to hang on for about 2 laps then they picked it up and I fell off the back and rode with a group of four or five for most of the race. When it came down to about 5 to go I jumped on to an approaching group of boys and hung on with them until about 2 to go when my front derailleur over shifted off the chain ring, by the time I got it back on, the boys were approaching the finishing straight for the sprint.

The women's race was right after the junior race so I was really warmed up and ready to go. The pack started off at a good pace, but they weren't taking the corners at speed, they pulled on their brakes and almost caused me to crash a few times. It was really difficult for me to move up in the pack because every time I would, a corner would be coming up and it would put me right back to where I started. I stayed in the back half of the pack for most of the race up until the second to last lap to go where I heard the bell and mistaken it for the last lap, I sprinted from 30th position to the top 15th. When I crossed the line I looked around and realized that it wasn't the last lap. When we came around to the finishing sprint I didn't have anything left and ended up taking 31st.

#### Road race

We arrived at the road race and it was already beginning to heat up. I found Team Swift teammate Lia and we warmed up on the road until our start time. When we took off, we took a really good speed; it wasn't the usual sluggish start. I moved around in the pack keeping myself in the front. I marked people I knew that were strong and could possibly make an attack and stayed on their wheels. There were many attempts at breaks, but none stuck. Most of the attempted attacks were made by the Velo Bella's, they had a full team there and were sending one attack after another. Surprisingly no one made an attempt to break away on a hill or after a corner. About half way through the race I was feeling really good and a Webcore woman made a break and she took off really strong so I sprinted to bridge up to her assuming she would be able to keep the gap, eventually we were caught by the field. We were at about 3/4 of the way through our race and I was getting ready for the finish. I saw Lia up at the front and moved up next to her. We came around a turn that I knew was near the finish, I just didn't know how close. Then everyone started to sprint and I didn't know why until we took the turn and I saw the start finish area, by now I was at the back of the pack and sprinted to the front half of the field to take 23rd.

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### **Kelly LaFleur**

Mclane crit (sat)

Juniors: 4th in Jr. women

other swiftees: Kim, Michelle, Lia, Joe, Aaron,

Reno, Ethan, Nathan B.,

Hey,

We drove up to Merced Friday afternoon and settled in our motel room which ended up being really close to the rest of the team. I was prepared for the crit and my only problem was my back which hurt because I think I pulled a muscle. After a quick ride on the rollers I went to bed not too excited that we'd be getting a wake up call at 5. After getting our registration done the next morning we all started to warm up. The race started at 7:30 and went for 30 min (18 laps). and I was at the tail end for the first couple laps when I dropped into a pack of about 4 or 5 other jrs. including Michelle. This was how it was until 7 laps to go where a Vannini rider attacked when

we were going through that S turn (smart move on their part). Our little group caught LGBRC rider Matt and the last lap came around, then the last corner where I saw Michelle sprinting. I was scared to sprint because the last time I did, my back blew up but eventually I did 4th in Jr. girls. Sorry to those who crashed.

Kelly LaFleur

McLane RR

Women 3/4:DNF (crash)

Other swifties: Lia, Kim, Michelle

hi everyone. The start for the women 3/4 RR was 9:35am so we didn't have to wake up until about 7, but what actually happened was we woke up at 6 because we were use the school schedule. We got to the race with an hour and a half to get ready. As they were staging us Laura gave us a pre-race talk and we were off. The pace was automatically set by the 3's and I was tucked in the pack so I didn't hit any wind. The pack was constantly slowing down for no reason on the straights which caused me to yell a bit but other than those everything was going good. I decided to move up to the tip where Kim was hanging out along with Lia. We came to the hill that was at the Snelling RR with the downhill a semi-banked right turn. I was behind a Velo Bella and I didn't feel like coughing up a lung so that was a good sign. We come to a turn and boom. Everyone in the mid-pack slams on the brakes, a Velo Bella goes down in front of me and I swerve a bit and fall over on the Velo Bella I wasn't hurt too badly but I went down hard on my right shoulder and re-aggravated my back. I caught on a small pack and road to the finish and pulled out. Thanks for reading and it was nice to meet some of the team!

Hope to see everyone soon

Kelly

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## **Lia Winfield**

McLane Crit

Category 3/4 Women

When Laura first sent out the email about the McLane races, I wasn't planning on going. Then a few days later I decided I wanted to go, and am glad I did.

I was excited about this weekend, about the races, but also I was looking forward to hanging out with my teammates. Plus it was so awesome to race with and get to know Kim, Kelly and Michelle. I slept most of the way there as a group of us traveled in the Team van. Once we got to the hotel in Merced we went out for a team ride all together and did some jumps. Then we went out to Victoria's, a landmark burrito stand for Central Valley racing. Although I was looking forward to

racing, I was pretty nervous about the Crit on Saturday. I knew it would be the biggest field I've raced in yet, and I couldn't stop worrying about it.

As a result I didn't get a lot of sleep on Friday night, however, I still felt awake the next morning. I got a good warm up so I felt good physically. But mentally I was really stressed out from too many intrusive thoughts. The race began and the field was moving pretty fast. I was in the back, and knew that I had to make my way to the front. I couldn't

advance, and I began to lose confidence that I could gain position. About nine laps into the race (half-way through), a woman went down in front of me, and to avoid her I went up on the side walk and down the curb. By the time I got back on the course, the field was too far ahead for me to catch them. I rode as hard as I could by myself for a few laps, until I was given the signal to stop. I cooled down and tried to collect myself. I was angry at myself for my fear of crashing which prohibited me from trying harder. I was ashamed at my performance. I came back to talk to Laura and couldn't help myself from crying. After I talked to both Laura and Laurel I felt much better. (Thank you both). I changed out of my bike clothes and was able to enjoy the rest of the day. It was great to see the other races, especially the races with my teammates and coaches in them. I knew that I did not want to feel the same way I felt on Saturday after Sunday's race, so I promised myself that no matter what happened Sunday I would feel good about how I raced.

#### McLane Road Race Category 3/4 women

This was my first road race of the season. It was a 24 mile loop that my category did twice. The course was flat with a few rollers, but no long or steep hills. Saturday's race spurred me to do well in this race. It was also the first road race I did with my team mates. The race started off and I was again too far to the back. Quickly I started to move up, just when a group of Velo Bella girls charged ahead. I was now near the front and also near my teammate Kim. It was hard to stay in good position, and I found myself slipping back. The whole first lap I had trouble staying where I wanted to be. It was so great to have a Kim there. I would say to myself, OK Lia, get to where Kim is and then I would do it. The second lap I held a much better position and kind of figured out how to maintain it. It was a pretty fast race, but I felt strong. When we came around to the 1K sign I wasn't in very good position. On the last hill to the finish I tried to move up, and I did, but I was still too far back, in addition to having nothing left for the sprint. I wasn't really concerned with my placing at the finish; my goal was to race a good race, to actually be in the race and not just hold on to the back. I felt I did a good job of achieving that goal, and was really happy about how I raced.

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Michelle LaFleur  
McLane Crit  
2nd in jr. 13-14  
McAllen RR  
DNA

#### Hey TeamSwift

Well we arrived at the motel at about 5:30 and I was feeling pretty good. The next morning we woke up at about 5:20. We got ready and we were off to the race. The Jr's race was the first of the day. It started out fast at first. So I was just trying to hang on. I fell back pretty fast but I was with

a couple other juniors. I was feeling fine and just trying to stay out of the wind. I was with Kelly most of the time and we were working as a team. It was about 8 laps into the race when there was a crash right next to me. I didn't panic so that was a plus. Throughout the race I was feeling okay. Over all I was happy to see that I beat my sister.

At the road race the pack had a fast start. I was with them for about 10 miles then I slowly fell off the back. I was in a pace line with two other women. One was a Davis woman named Amanda and another woman in a pink jersey. We were working pretty well, but I knew I wasn't going to finish the race since I just didn't have enough miles in. I was really disappointed, so now I am going to work harder to stay with them.

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### **Joe Ianarelli**

1<sup>st</sup>      McLane Criterium      Junior 15-16 years

McLane crit- right now my body hurts from all the cuts and bruises. The junior crit was ok. I took 6th overall and won my age group. The cat 3 race was going fine until I crashed and went flying. I got a new wheel and got back into the race. On the second to the last lap I came unclipped and lost a lot of spots and couldn't get myself back to the front on the last lap.

The road race pace was easy but my luck was going bad with crashes. As I was sitting near the front with under a k to go some other person decides to crash and I got run off the road and was out of the running.

\* Note: Joe raced the entire weekend with a broken bone in his hand from crashing in Land Park. He is a tough competitor.

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Alumni Photo:

Steve Cozza



