



Junior Cycling Development Program

P.O. Box 103 | Fulton, CA 95439 | www.teamswift.org

Team Swift Race Report #11 Infineon Raceway Circuit Race & Criterium

Team Swift Sweeps the Podium



Mike Margraf

1st place

Infineon Circuit Race

Jr. 15-18

This was the first ever race at Infineon Raceway. I was really looking forward to riding the course. It was 2 1/2 miles long and had a really tough climb in it. With the winds blowing like they were, I knew it was going to be a tough race. To my surprise, the Jr. race had a very small turnout. However, they did a great job putting on the races so I think this event is going to grow. We had five Team Swifts there, which was great to see. We got together before the race started and discussed our strategy. The plan was for us to be the aggressors so that we could take control of the race.

So, off we were for our 60 minute race. For the first lap everyone just kinda scoped out the course so the pace was pretty easy. On the second lap going up the climb I was on the front just going tempo. I looked behind and I realized that I had a gap. I had no intentions on going this early but since I was able to get a gap so easily it was time for me to go. I worked really hard for the next couple of laps to build on my lead while really fighting the wind. My lead grew and grew as my teammates were doing a great job of blocking. By now I pretty much had the race wrapped up and was able to cruise on the final laps. After I came across the finish I waited to see if my teammates were able to get a good finish. Sure enough Aaron crossed the line in Second and Anton in Third. Team Swift swept the podium! As I found out later, after I got my lead Aaron attacked and then Anton also was able to get away. So things turned out great for Team Swift today!

Mike Margraf

7th place

Infineon Circuit Race

Sr. 3

The Senior race was the day after the junior race. This race was a little longer - 90 minutes. The race started pretty fast with a breakaway going on the first lap. It was one of those races where once one breakaway was caught, another one immediately went. It went like this for the entire race. My legs felt great on the climb and on the flats. I was having no trouble going with the attacks. Going into the last lap there was about 30 guys in the lead group and no breakaways up the road. Going up the climb for the final time, no real action took place because the climb was just too far from the finishing line. So I decided to just wait it out (even though it was hard to resist not attacking). Going into the finishing straight I was sitting in about 9th or 10th spot - a little bit too far back to my liking. As the sprint started, I was able to really accelerate as my legs were still feeling great. As we neared the finish line, I attempted to go around a guy on the outside near the banners. However, he went over (for no good reason) just as I was going through so I had to slam on my brakes to avoid getting hit. I lost all my speed so I came in 7th place. There is one thing I should have done differently - I should have made sure to be in the top five. I felt as though I was the strongest one in the race, but I just did not race the smartest. I'm still learning and I hope to keep learning.

Anton Nicola

3rd Infineon Circuit Race

Juniors 15-18

Team Swift Sweeps the Podium

It was a hot, windy, sunny day for a hard, brutal race. The wind contributed a lot to the difficulty level of this race. It started off with a hundred meters of flat before it shot up on the climb. It was so steep that when I did my attack up it, I was only going 12-13 mph up it. At the top, there is a little bit of rest before it climbs just a little more, and then to the fast downhill sweeping corners which whips you over the next roller, and then continues the speedy decent on down around, and then to another climb. This wasn't as bad as the first one. But it was still brutal if you were in a break. At the top of this climb, the course then makes a 180 degree turn into the last down hill before the flat near the finishing straight. The decent now which takes you to about 40 mph if you are pedaling hard against winds around, and then does a hard right turn followed by a hard left turn. You begin to really rely on your tires and the physics of friction when you make the left hand turn, at 35+ mph. You then keep hammering along the wall until you reach another 180 degree turn, into the wind, and onto the finishing straight to start the process over again. This all consisted of 2.5 miles long.

Our plan was set for at least 50 plus racers. The plan was for me, and the other Team Swifters to string out the pack on the steep climb from the start. And then do so for every lap to help diminish the field, and all the wheel suckers. Then Mike would make his move to try and hold it on the last lap to the finish for hopefully a win.

Well, the plan really didn't work out. There was quite a small field in the Junior race. We hammered up the hill, and there is only one other team that we could really play this game with, and that was Vannini. We went a round the whole course, and going into the second lap, Mike decides to go up the hill just a little bit harder than the rest of us. It wasn't his intention to go off the front. Aaron and I were both at the front, and saw Mike pulling away. We then slowed the pack way down. Mike looks over, and he sees that we're only barely halfway up the hill, and he's already at the top, and then decides to go for it. We keep blocking for a little bit. Vannini puts in some attacks, and we chase them down. A couple of laps later, once Mike was way off the front, we are almost to the last 180 degree turn, and Aaron puts in a harsh attack. It even startled me. (That's exactly how we want our attacks to be) Good job Aaron. Vannini chases, and I block. Aaron looks back, and then puts down his head, and goes for it. He managed to stay away the whole race. I

let Aaron get up the road a long ways before I made my move. So now we had 1st, and 2nd taken care of. Now I had to take care of the 3rd place. Well Vannini was playing some tactical moves on me. It was a one on two competition. They flared out where one of them was way on the right side, and the other was way on the left side. And one would go, and I'd start to go with him, and then he'd slow down, and then the other one would go. So the best place for me to be was smack dab in the middle. And whoever was going ahead more, I'd start to go towards his direction. Back and forth. This soon ended when one of the Vannini guys dropped his chain. He had to completely get off his bike, and fix it. So I was kind of disappointed, because I liked being toyed around like that. It gave me good tactical experience. So I thought that I would kill two birds with one stone, and tell the other Vannini teammate that I would go slow, and let his teammate catch up. This also was a strategy to help Aaron get farther up the road, because he still wasn't far enough for my comfort to put in an attack. Then finally, with 3 laps to go, I put in a harsh attack on the steep climb, and only one solo rider was able to follow. I got away from him, and kept going. I knew that the solo rider was strong, and he was also a good climber. So for the last 3 laps, I hammered on the hills, and on the flats, and downhills. By the end, I was pretty tired.

I was also satisfied with how Swift performed. We really didn't have much competition, but we made use of the race by practicing our strategies, and techniques. I would have been disappointed if we hadn't at least gotten a top three placing. I think that we are learning so much about Team tactics with every race that we do together. So far, we've gotten a top 3 in the last three planned team races. Wente, Berkeley RR, Infineon Circuit.

If we race like a team, we'll win like a team.
Thanks for reading,
Anton



Team Swift Post Race Meeting with Coach Laura (who just finished winning the Masters Women's Circuit Race for her Dewar's Masters Team).

Infineon Raceway Criterium

Anton Nicola

13th

Infineon Criterium

Senior 3

Today seemed like it was an even windier day if that is possible. The cross wind was actually blowing me around. I was really excited about this race, but when I found out that the course wasn't in a circle, and flat, I was kind of disappointed. The combination of 180 degree turns with Senior 3 really lowered my spirits. This course was basically another circuit race. It started off with going into the head wind the first 100 meters, then making a 180 degree turn to the right, and then having a nice tail wind, until we had to slow down for the 2nd 180 degree turn to the left back into the headwind now traveling on the drag strip. Then having a nice stroll up the drag strip hill that slows the dragsters after they are done racing, to then the 3rd 180 degree turn to the right, and now we had a downhill along the wall, hitting about 40 mph every lap. The course then ended with a squeeze on the brakes to round our 4th 180 degree turn back into the wind, to the finishing straight. This was about 1 1/2 miles in length. We had to endure 50 minutes of this.

So we started off with about 30 Senior 3's at the beginning. Some attacks were made. I was in a little break that didn't go very far. And all of that,

"think I can hold off the field" type of stuff that happens in every race. The only problem today was that, my legs were hurting, flat, and not willing to push down the pedals. Rarely did I breath hard, my legs gave out before my cardio even came close to reaching its LT point. I was chit chatting after my sprint, because my legs gave out before my cardio got a chance to go high. My legs just couldn't push the pedals down. We ended up getting gapped. There was a 9 man break off the front. I didn't have the legs to bring it in, and every single one of the guys except Coach Matt, me, and another guy, had a teammate in the break. So they were blocking like crazy. And then again, a rider slipped away. I was actually kind of ticked off. Now we were sprinting for 11th place. I knew that I should have been in that break, and I knew that I would have been if my legs hadn't given me trouble. So there were a couple attack attempts that didn't succeed, and Matt busted his legs on the downhill to try and bridge the gap. I didn't have anything in my legs to do any sort of move. I was almost mad. In fact I wanted to quit the race. (So did coach Matt.) I stayed in it till the finish, and Matt did a big attack at the end of the downhill, near the wall, and no one could grab on. He had to slow down for the 180 degree corner, and then we all caught up. I was second in line, and Matt just stood back up again, and hammered to the finish, he ended up taking the sprint, and I took 3rd. And I was all complaining on how, "ooo, whoopie, we beat 6 other guys" but then we found out that about half of the field dropped out of the race. So out of about 30 that started the race, there were only 16 of us who finished. And then I started to change my attitude, and actually felt good about the race. 13th out of about 30. And we finished. I guess that's how hard this course actually was. If I did this good on a very bad day, I wonder what I could have done if I had been feeling good. It was a good experience, and I was actually glad I raced in it.

Aaron Woolsey

2nd Place Infineon Race Way-circuit race Juniors 17/18

This was a good race to build my morale. I came to Infineon feeling still tired from two weekends at proms. It's hard to recover from all that dancing. Our team plan was to work for Mike; we thought the course would be best for him.

When we lined up Anton, Mike, Nathan, and I were a little disappointed at the turn out. The field of racers was small and not very strong. We had the same Vannini guys from Berkeley Hills Mike attacked a little early than he wanted to. Anton and I block for mike. The Vannini guys would put in attacks on the decent, but what was great was that Anton and I had great communication. We always alerted each other of an attack and we were always on it. This was great.

After Mike had been out for a few laps and had a large enough lead. I attacked from the middle of the pack; right after an attack was made and recovered. I time

it just about perfect, even Anton was shocked. I attacked so hard it surprised the entire field. Anton did an awesome job of blocking. I stayed off the front for the rest of the race. I didn't make it up to Mike which was a bummer, but it was the wind that made it unbearable for being alone off the front. Anton also attacked and got away with a couple of laps to go. This made the finish 1, 2, 3 Swift. Team Swift took the entire podium. This was so awesome. This had to be a first for a junior team. Great job guys. So the race turned out well and it gave me a boost that I needed.

26th Place Infineon-Crit Sr. Cat 4

This race wasn't as exciting as Friday's circuit race. I did learn some great things about tactics. The course was great if you had a large break away, otherwise you had to be a good sprinter to sprint for 500meters or more. I rested in the main field for a while to get the feel of the racers and the course. There were some nutty hair-pin turns. I got off the early on with another guy, but it didn't last and it wasn't my intended attack. I planned my attack about 30 minutes into the race. I attacked on the little up hill. I waited for the pack to slow down and I moved up and put the hammer down. It was beautiful, it was a success, only one rider had got my wheel and we already had a large gap. So we worked together for a few laps and had a large lead. I thought to myself two possible 2nd place finishes would be too good to be true. We ended up getting eaten up by the field.

So I rested and planned my finish. I wasn't to sure what I was going to do about the finish, just that I needed to be at the front. I made up my mind that on that little up hill I would go early and see what happens. I made myself up through the pack sitting about 10 place on the right hand side. I made a great move. The guy in front of me had the same idea. He attacked for me and all I had to do was follow. We only brought 5 guys with us. I was running 3 place for the last 1k but I was losing my wheel because they were going so fast down this long stretch before the hair-pin and finish. I ended up getting eating up right before the hair-pin and lost my position. By then my legs had it and I was done
So I need to work some more on my bunch sprint and to not tense up when there's 50 guys coming for you at 35+ mph.

4th Place Berkeley Hills Road Race Juniors 17/18

To make this report short and simple. Our team plan was to wait to the end of the race and attack on the final climb. Hopefully two of us would be able to attack from opposite sides of the road. Causing the other racers to be confused on whom to follow. What happened was I had a prom to go to the night before, so I only got about 3 hours of sleep. When I was warming up with Bob, Anton and Reno I had my eyes closed, tiring to get a little rest before the race.

The race went great. Anton attacked right away to discourage the Vannini guys. This work so well that Anton stayed off the entire rest of the race. He did an

awesome job staying off the front for so long. Reno and I just moved up and bock for Anton until the group didn't try and more attacks. On the last lap I told Reno that I would be attacking on papa bear in order to lose a few more riders. In fact I only brought one rider with me. We worked together for a little while but it didn't stick. We did manage to lose a few riders though.

When it came down to the final few kilometers Reno and I moved into position on the final climb and waited till the last possible second for our attack. Reno was on the left and I was on the right. We had one SGW guy in the middle. When Reno attack, he was so powerful I didn't have the strength to match it on the right side. The SGW guy was confused and had a hard time on keeping on Reno's wheel. Reno got 2nd and I got 4th. My legs felt great for coming back from a prom the night before. Hey guys don't try this.

Erich Gebo

7th Infineon Circuit Race Juniors

I thought the course was a killer course. The thing I had the most trouble with was the first climb. The last time I climbed it I almost fell off of the bike. Other than that climb I liked the course, especially that fast S turn. I know for a fact I would have had some serious trouble on that turn if Coach Laurel had not taught me how to corner. You would think that such a thing would not matter but it does. The part I liked the most was the tail wind and the S-turn. I think I would have done a little better if there was no headwind to wear me out before the climb. I was mainly using higher gears in the tail wind and lower gears in the headwind and on the climb. I also visited Jim's booth (NorCal Cycling) before the race to sample some products. I had a lot of fun at this event and I think this is my favorite one so far this season. I am going to train a lot harder for next year so I won't have any problems on the climbs.

- Erich



Lia Winfield of Team Swift on the podium of the Senior Women's Category 3 Circuit Race.

Tour of the Gila

Chase Renick

Stage 1

It was about two days before this 5 day stage race that my mom decided for me to go to New Mexico. Well I was totally unprepared in school let alone packing and the rest. Well when we arrived at 11pm the night before the time trial I was a little wasted, but when we woke up it was beautiful. I had read in the race reports that the time trial was completely up hill so I decided not to take my TT bike because the time trial sounded like the one in Pomona. Well I was wrong the time trial had a lot of climbing but it also had a turn around at the top and you needed a 56 x12 on the way back down. Well I think that the time I posted on the way out was not too bad but on the way back I had junior gears no TT bike no disc so I just wanted to feel good on the ride. I felt pretty good throughout the TT but unfortunately I lost a lot of time. No big deal it's a five day race.

Stage 2

The stage said it had the wicked climb at the end so I knew they were going to hammer at the end. The times that were posted in the TT were fast for Cat 3 in comparison to Cat 2 and so I thought they might put the hammer down early in the stage. Next year I'll know better because the stage was super flat except the last ten or fifteen miles. Well the last miles were insanely hard, and I was grabbing any wheel I could at the front of the first climb. My goal in this trip was to really appreciate and learn how to climb with people who were seriously good

climbers. Even if I never passed them I wanted to understand their rhythm and breathing. So everyone shattered on the climb and I tried to set a good tempo. At first tons of people passed me but many popped in the last mile so all was well. Overall a super hard day even though most of it felt like a down hill because the field never strung out on the flat.

Stage 3

I knew this one was the crucial one because it was the half way point. Not only that it had 3 cat 3 climbs in the race and two of them were in the first 15 miles. When the race started it was starting to barely snow in the mountains ahead. Well the clouds soon came over us and began to rain; it was already like 40 degrees. Well the first 3 or 4 miles were a fast tempo and I knew I wanted to be at the front. The first climbs I suffered big time to stay with the field because I am still learning to be a climber. What I wished though was that I did know about the small decent between the two climbs so I had to take some serious risks there. Well over the last two miles I totally was close to the main field and they were just barely out of my reach. However, I did not know the climb was almost over so I kind of gave up mentally. I will say that by far, no doubt, I am one of the best descenders on the west coast. I bridged a 45 sec gap in 3 miles of twisty decent when I caught the field I was in the most agonizing pain and I wasn't sure if I had enough for the final climb. Well after 25 miles of flat the last climb I just hung on and started at 5 back from the front. I was like a ghost riding because what pain was normally felt in a race had been over run with so much suffering that I just knew I had to finish. This was by far the most pain in my life I had ever been in. So on the climb there was a roller with a small downhill. On this down hill a crash of 5 or 6 guys fell. I went straight into the crash and dodged the bikes that littered the floor. There was a guy in the middle of the road and I steered and bunny hopped over. I am not sure if I need too but I did it just in case. Well after that I was super man and I was able to finish the stage. Not bad for some one who didn't think he could climb.

Stage 4

I knew that I had something left in my legs and I was super aggressive from the first prime let off. But man there were some people that were in senior gears that took a bunch of primes away from me. One lap I thought the announcer said primes on both sides of the track or primes for first and second but I must have been hearing things because they told me I was crazy. Anyway I definitely showed to myself that after 3 day of racing I was still competitive. In the sprint the leader of the race took off as we slowed for the last lap. I caused a ton of chaos and I sprinted for 9th place. I probably could have gotten a higher place but the next stage was seriously hard so I wanted something left.

Stage 5

The final stage of the race was tough but I was feeling really good over the first cat 4 climb. As we were on the false flat I could see a ton of people suffering for about 20 or 30 miles because they did not know how to position themselves to stay away from the wind. A lot of the climbers were suffering because the tempo throughout the race was overall fast even on the flat so I was happy! When we got to the final climb it was really steep from the start. I was getting dropped pretty fast so I decided to get in a good rhythm. I kicked myself after the race because the rhythm I set after I was dropped was slowly gaining on the main field. For 2 or 3 miles I held the field at about 50 meters and I was going crazy because I could not increase the pace anymore. Well eventually I popped because I wanted a cliff shot or maybe I did not eat enough early on but I wanted something and had nothing. I rode to the finish in some serious pain but happy that I finished this race. I have another whole year to come back and prove my stuff, and next time I will be much more prepared.

Vuelta Valencia

Stage 1

Man I won the time trial for states in San Diego but I have had some bad starts this time around. I showed up pretty late to the time trial and I was all over the place because my school was howling at me to make up the tests that I missed from Gila. Well when I made those test up I had to make the ones up on that week too. So I was mentally pretty cooked. Plus my mom could not go with me to the race because of work so I went with a freed. I changed the position on my road bike and I think that really affected me on the time trial. I had not trained on the bike for a while and to just jump on it expecting to do miracles was a far fetched hope. Well anyway I was like 2:11 down from the leader, but one of my junior friends was in 3rd so I was kicking myself on the performance. Well I know better for next time, and I know that I am a good time trialist.

Stage 2

Unfortunately I started the day not on the ball. I was passing six flags and it had been a long time since I had had some fun with some friends. SO when I arrived at the race I was over relaxed and not that focused. Well as the race progressed so did my performance. The bad day before had counter acted and made this day a good one. Well as the day progressed I was with the main group aka "leaders" over the climbs. On one of them I chased back on the decent and caught them for the last lap. 30 guys had been dropped so there were only like 20 guys or something left in the group. On the last climb I popped pretty bad but still ended up in 16th. I jumped like 20 position in one day so if I had had a better time trial I would have been in the top ten overall.

Stage 3

On the crit it was really windy and the course had a small hill. This was totally my day, and I set out to be super aggressive early on. Well a ton of people were tired from the opening days, but I was in every break away in the race. When I realized that everyone was saving themselves for their leaders in the sprint I was really upset because there were a couple of breaks, had they been willing to work, that would have won the race. When the sprint bonus came I was in 3rd so I knew that I had the strength to place in the top 3 in the sprint if I was in the right position. Well in the final straight I was in 5th position but on the inside line. I probably should have been on the outside but I had planned to be in. Well in the final turn I was fighting for this wheel pretty hard with this other guy and he took me to the gutter. When I realized that my pedal had clipped the ground I barely missed his rear wheel with my front tire. By this time my nerves were all over the place and my position gone. After the race everyone was telling me I looked like the strongest junior after the 3 days so I knew that everything will come in time.



From Left to Right: Erich Gebo, Nathan Birnbaum, Anton Nicola, Mike Margraf & Aaron Woolsey.

Infineon Circuit Race Gold, Silver and Bronze:



Aaron Woolsey (2nd), Mike Margraf (1st) & Anton Nicola (3rd)

Team Swift would like to thank all of our sponsors, donors, volunteers and coaches that make our racing possible. Oh, and our parents too!