



## Team Swift Race Report #13

Santa Rosa Wine Country Criterium  
Regional Development Camp  
Fremont Criterium  
Steve Dunlap Memorial Time Trial Championship  
Nevada City Classic  
Alumni Reports

### Santa Rosa Wine Country Criterium

Sunday, June 13, 2004  
Santa Rosa

#### Junior 13 -15, Field

1. Brandon Howard, New Hampshire Cycling Club
2. **Gabriel Patterson-King, Team Swift**
3. John Paul LeClair, Tieni Duro

#### Junior 16 - 18, Field

1. Max Spirin, Tieni Duro
2. Shawn Rosenthal, Tieni Duro
3. **Reno Garcia, Team Swift**
4. **Aaron Woolsey, Team Swift**
5. **Anton Nicola, Team Swift**
6. Josh O'Mary, Tieni Duro
7. **Bob Harris, Team Swift**



Team Swift at the Santa Rosa Criterium



Anton Nicola helping new riders block out their gears to make them junior compatible.

## Anton Nicola

Santa Rosa Wine Country Criterium  
June 13, 2004  
Juniors 16-18  
5<sup>th</sup> Place

Talk about blowing the whole field away with a solo breakaway to show off for our home fans. I really wanted to win this one. There's only one small detail I overlooked. That is I didn't get a warm up. I got caught up in so many different "tasks" that I really didn't focus on warming up. I maybe got a sporadic 10 minute warm up at the most. So the race begins and attacks start coming, and I get into a break with Shawn Rosenthal, but just decided to sit on his wheel as directed by Coach Laura. He then attacks me, and I end up following him, but just couldn't close the gap. I had not warmed up properly. I blew up, and got spit off the back. Luckily Reno and Aaron worked together, to stay ahead, and get Swift a 3rd, and 4th. So I was feeling like crud. It was just Bob, myself, and another Tieni Duro guy off the back. So I was pulling trying to chase down the break. The Tieni Duro guy just sat back the whole time doing his job of blocking. And then he had the nerve to attack Bob, and I. A little demoralized, I assured both myself and Bob that we were going to catch this Son of a Gun, and sure enough we did. And then finally I started to come around. Too bad it was 3/4th's over now. Once we caught him, we just sat in behind him, until the 2 man break came around to lap us. Tieni Duro tried to pull a fast one on this now, mad Swifter that was very disappointed in his performance. They tried to get their teammate that was with us up the road. The only problem was is that Shawn pulled too hard, and ended up dropping his teammate, instead of us. Oops. Guess we won't do that again. So then, he slowed down to let him catch up. By the last corner, I swung out, and sprinted to the finish line and took 5th. I wasn't very happy with my performance at all. The one thing I learned is that a warm up really matters if you're going to want to blow away the field. So, I won't make that mistake again. Thanks Swift for stepping up, seeing that I was obviously in some difficulty, and taking initiative to chase down the break. Good job Reno on your 3rd, and way to work with Aaron to get up the road.

## Anton Nicola

Santa Rosa Wine Country Criterium  
June 13, 2004  
Senior 3/4  
13<sup>th</sup> place

So I decided that I would put the Junior race behind me, and really do well on this race. I was in no mood to give anybody any slack, or do any favors for anyone in this race. I was racing for me, not for anyone else. I let my team know that because of my disturbing performance, I was going to make it up with this race. Right from the beginning of the race, I was 2nd in line. Then I decided that I would drop back in the field. I almost always was on the inside of the course. I moved up so much in that race. I raced so aggressively that no one was going to push me around, and if they did, they

would hear it from me. I constantly had to be moving up and getting out of blocks. I stayed in the front third almost the whole race. So when the Lap bell rang, I was right where I needed to be. And on the final stretch, I passed at least 15 people that had just given up, and sat up, or tactical blocking for a sprint. I ended up with a solid 17th place overall out of 92, and a 13th in the Senior 3's. I was much more pleased with this race. In fact I was so happy, and so relieved that I performed well that I decided to do another race.

## Anton Nicola

Santa Rosa Wine Country Criterium

June 13, 2004

Senior 2/3

11<sup>th</sup> place

This race was a little bit intimidating for me. Basically I did the same thing as the last race. No favors, no Mr. Nice guy. It was game time for me. I wasn't about to mess around with anything. I was a very aggressive, aware racer in this race. Constantly moving up on the inside. But to my surprise, a break of about 30 guys got up the road. I was just waiting till we got close enough. I thought that we would be able to catch them. But we just couldn't reel them in. There were good blockers on the front. So with 5 laps to go, I told myself that this race is over for me if I don't get on an attack with someone to bridge. About a half a lap later Coach Matt attacked from the opposite side of the field as I was. Frustrated that I was on the wrong side, I waited to see how far he'd get ahead. Fortunately there was an attack from my side of the field. I went with it, and we ended up bridging up to Matt, and he then motored to the break. Success. I had made it to the lead group. By the last lap I was right up there in the front third of our break. We put down the hammer, and sprint for the line. I ended up getting 20-25th overall out of about 75 racers. And I placed 11th in the 3's.

In conclusion, I want to just say that I think I had a really good race day. It started off kind of rough, but then really ended up to be a successful day for me which brings me back to the saying I always have to repeat to myself over and over again. "Never give up"

Thanks for reading,

Anton Nicola

## Aaron Woolsey

Santa Rosa Wine Country Criterium

June 13, 2004

Juniors 16/18

4<sup>th</sup> place

The race started off good. Team swift was in control of the race. Every time a different team attacked, swift counter attacked, and brought them back. Team swift wanted to wait until the middle or end of the race to make our move and start our own break away. Unfortunately one Vanini guy, Shawn Rosethenal got away. I thought we had it under control because Reno was making his way up to him. I stayed behind to hold down the fort with Bob and Anton. After a lap or two, there was another Vanini attack and I was on it. I brought him back. Then I made my move up to Reno, so we could work

together to bring back the Vanini guy. Unfortunately I didn't see that Matt another Vanini guy had already bridged up to his teammate. So Reno and I worked hard to bring back the Two Vanini guys. Reno and I had a little mishap together. I didn't give Reno enough room in the first corner to pass me, and we locked wheels for a second. Reno's quick release locked onto my spook. So I had to pull out and get another wheel and a free lap. I then got back with Reno and we finished hard together, but after our mishap we lost our rhythm and couldn't bring back the two Vanini guys. Again Bob and Anton did a great job early on in stopping attacks and reeling in riders. Thanks guys for blocking for Reno and I. Great Race.

## Aaron Woolsey

Santa Rosa Wine Country Criterium

June 13, 2004

Cat 3/4

26<sup>th</sup> place

This race was less interesting. It was a huge field, a full field. It was hard to maneuver around in the pack. Reno and I took it easy for a while in the race, while Anton and Bob were battling it out towards the front. I made one crazy move that I know was a waste of energy but I wanted to see if it would work. On the long start/finish area in the course, I made my move. I was in the front third. I came out into the wind and sprinted around the field and bridged up to a couple of guys. We held our lead for about half a lap and then got eaten up by the peloton. The main reason our break didn't work was one I made my bridge up to them in a stupid fashion that left me tired. The other reason was that the guys I was with weren't tiring to start a break. They didn't want to work together. The rest of the race I was just tiring to stay with the main field for the finish. The field was starting to break apart for the finish. I ended up the last guy after the main field sprinted in. It was a hard and tactical race

## Reno Garcia

Fremont Freewheeler's Criterium

Cat 4

3rd place

This race started out with a medium pace, I was in the middle of the pack. I started to notice that the front of the race was getting further and further away so I began moving up slowly on each lap until I was within the top five riders. with the lap cards counting down as we went around I decided that if I was going to have any chance at "gettin' that cheda" and some much needed upgrade points I was going to have to take control of the pace, I took a pull of one complete lap, I did this to motivate the other riders around me to work harder and get the pace up. As the others began taking turns on the front I started yelling "come on do you want to win this race?!?", "lets keep this pace up!", "if we all work hard we will have a chance at the win!" so after five laps of yelling at the top of my lungs most of the people that where working to keep the pace up cracked and the pack, all strung out, was cut in half by a crash on the last corner. As soon as I herd the crash I saw the finish line and just went for it. Two guys came around me, but I got that cheda and some points, so it worked out.

## Reno Garcia

Junior Development Camp  
2<sup>nd</sup> in GC

On the first day of camp we went for a 2hour ride to scout the flat 28k TT course. The ride went well with the exception of some squirrely dudes slowing up the paceline. After that we all got cleaned up and headed down to the cafeteria for diner, I think I had chicken breasts and white rice.

We got an early 9:00 start the next morning and headed out to the TT course, the start order was determined by age from the oldest to the youngest so I went third. The course was nice and flat, but windy as hell and hot. Out of 6 people I got 2nd in the first TT. Later that evening we all went for another 2hour ride and scoped out the 1500meter power TT course wish we would repeat 5 times. After the ride we did the same as the night before except really slowly.

We started out at the same time the next day, got the start line 30min early for a warm-up session of some sprints or whatever people needed to do. I was really consistent in my times, none of them varied by more than 10secs I think. I got 3rd in the second TT. It was really hot that day, they said it was around 114 off the pavement, so no afternoon ride for us =(.

The third and final TT was a semi difficult mountain course with only one or two significant climbs, one in the middle and one at the end. The first was my kind of climb a total power hill, the second was not; it was a steady 5% for about 800meters. I think I received 3rd or 4th in this TT but either way I hung on to my 2nd in the overall.

I think that this camp was a good opportunity for me to compete against other juniors of varying abilities and backgrounds in cycling. It gave me a perspective on ware I need to be physically and mentally in order to compete in higher level cycling. I didn't get as much feed back from the coaches as I wanted but just talking to the other riders gave me a better insight into what needs to go into preparation for a successful TT.

## Steve Dunlap Memorial Time Trial Championship

Saturday, June 19, 2004  
Winters, CA

### Junior Men 13 -14, Field

1. Alex Wick, Davis Bike Club
2. **Ethan Weiss, Team Swift**
3. Julian Wyss, Davis Bike Club
4. Bryan Larsen, SGW
5. Phil Mehlitz, Los Gatos BRC
6. Derek Gossi, Reno Wheelmen
7. **Gabriel Patterson-King, Team Swift**

### Junior Women 13-14, Field

1. **Kelly LaFleur, Team Swift**
2. **Michelle LaFleur, Team Swift**

### Junior Men 15-16 Field

1. Collin Samaan, Bicycle Biz
2. Blake Anton, Davis Bike Club
3. Chase Hamilton, Davis Bike
4. Ben Barsi Rhyne, Los Gatos BRC
5. **Nathan Birnbaum, Team Swift**
6. **Mark Anderson , Team Swift**

### **Junior Men 17-18, Field**

1. Adam Switters, Lombardi/Klein
2. Shawn Rosenthal, Tieni Duro
3. Max Spirin, Tieni Duro
- 4 Chase Renick , Team Swift**
- 5 Mike Margraf, Team Swift**
- 6 John Wolzmoth, CVC
- 7 Steve McFarland, Los Gatos BRC
- 8 Jason Awe, White Jersey Sports
- 9 William Feeney Syme, Peninsula Velo

### **Junior Women 15-16, Field**

- 1. Kim LaFleur, Team Swift**

### **Junior Women 17-18, Field**

- 1. Melissa Bishop, Team Swift**

## **Ethan Weiss**

Junior 13-14  
2<sup>nd</sup> Place

Well it was another early morning for bike racing last Saturday, but this time, it was a more special event, a time trial, which unfortunately doesn't happen often enough in the cycling calendar. I woke up at 4:45am that morning to jump in the car and make the hour and fifteen minute drive to Winters, a small town outside of Davis. When we got there it was very, very cold, and I wasn't sure what to wear for the race, with my start time at the ripe hour of 8:06am. Fortunately it warmed up and the regular TT skinsuit was the choice of garment.

For my warm up I cruised the 10k course, followed by a couple pyramids around the farm roads and pickup trucks. I was really happy to be doing a time trial because you get a chance to suffer with yourself and truly find out how hard you can push your body without the stresses of riders around you.

I was lucky to have my "nemesis" for the year, Alex Wick, from the Davis Bike Club, starting 30 seconds behind me, so I really was wanted to go fast that day. We were both in good moods and I put out a fast start holding about 27-28mph for the first 3/4 mile. I got into as much of a tuck as I could on my clip on aero bars and just rode my bike as fast as possible for 10k. As I got to the turn around, I was annoyed by finding my minute-and-a-half man (from the 10-12 category) about 2 seconds ahead of me. As I dove into the 180 degree turn, I actually contemplated pulling inside the other rider, but I figured it could have disastrous results, so I waited another second and took it as quick as possible. About 1/2 mile after the turn-around, there was an exposed area with a headwind, and I realized that was the place to make progress, so I put on the gas and it hurt. The last 2 miles of the race were so painful, but whenever I passed someone I imagined grabbing all their energy and using it to turn over the cassette just that little bit faster. As I went under the underpass I used everything I had to power up the grade, and when I saw that 200m to go sign, my legs felt like jumping off of my body. When I crossed the finish line, I looked back to see how long it took Alex to finish, and as he came across the line, I had no idea who won but we had to have been within 10 seconds of each other on overall time.

After the race, it took a while to post results, but when they did, the times were really funky and I was placed 3rd, Alex 2nd, and a kid from Placerville 1st. I was going to protest because the times were much slower than the nearly identical Lodi TT, where I had a time of 15:10 for 10k, and this had me placed at 16:06. Anyway, the parent of Alex Wick protested and after the times were straightened out, I was placed 2nd, 8 seconds behind Wick. It was a tough loss, but I was much faster than a kid last year, who placed 8th in the Nationals Time Trial. So, all the training from now on goes to Nationals in August! Good luck everyone and race well!

## Anton Nicola

Nevada City Classic

Juniors 17-18

8<sup>th</sup> Place

I get down into my aero tuck to scream down Broadway Street through the center of Nevada City, CA. I look up ahead to navigate the 90 degree left hand corner. Nervous, I slow down from my fast pace of 40 mph to a safe 30 mph to round the turn. The old road of this small town makes it challenging to round the corner at a high speed. Risking my bike sliding out from underneath me on, I lean into it only hoping for the best. I hear the tires digging into the hot pavement to counteract the inertia wanting to shove me into the hay bales on the edge of the course. I didn't know what was on the other side of this corner, or what may happen to me while going through it. I might end up getting hurt or even being ambulated out. Last year, I was fortunate to walk away from a very hard crash at 30+ mph. Flipping 4 feet up and over the bike that was lying in the middle of the road from a racer who had just crashed; I come to a crashing halt in this famous bicycle race. I only hoped that I stayed upright to finish this race that meant so much to me.

This course is said to be one of the hardest one day, closed course in the United States. The town is built on the side of a hill. So the 1.2 mile course runs half uphill, and half down hill. Two very dangerous corners at the bottom of the fast decent are usually packed with people watching to see who will crash. Every single lap you gain 300+ feet of climbing.

I wanted to do well in this race because this is not only a classic in bicycle racing, but also a classic for my family. My parents have watched this race for 12 years. And now, they get to watch their son race in this very prestigious race. Unfortunately, I had just finished racing in Redlands, and still wasn't all that recovered from it.

The race starts off with a bang and the 26 of us Juniors dash off to 40 minutes of hardcore racing ahead of us. I keep up with the front, and the Lombardi team puts down the hammer, which quickly diminishes the field. Dropping all but 7 of us, we hit that climb so hard that at the top I had to back down so that I could finish the race. I scream down the fast decent only to break, and slow down to round the corners and start the brutal climb ahead of us. Mike and I, and another guy from Vanini chase the lead break. We kept about 15 seconds behind them, until finally, I was too tired to keep up with Mike's hard pace, and dropped back. Now with half the race over, I end up doing this race on my own. That is until 2 other guys caught up. I hang with them for about 4 laps, and couldn't hold on either. Frustrated, but still motivated, I dropped from that group and now for the rest of the race I did it by myself. Finally, getting into a rhythm, I keep turning the pedals till one laps to go. To my relief I roll across the finish line to finish what I had begun. A brutal, grueling, painful race. I ended up 10th overall and 8th in my age group. I actually went faster this

year than the lead group of last years race went. I felt really proud of my performance.

## Anton Nicola

Nevada City Classic  
Senior 3

I wasn't planning on finishing this race. At the start line, I told myself that once I got dropped from the lead group that I would quit the race. Dropping riders left and right as each lap rolled around, the pack quickly diminished from a massive 60 man field to only a 25 man field. I felt so happy that I was still in the leading group with half the race still to go. 50 minutes would come around sooner than later. My body gave in, and couldn't hang with the grueling pace of the fresh, strong riders who hadn't raced just an hour and a half before. I drop back, and instead of dropping out of the race, I keep rotating the pedals. I became hopeful now that I could finish this race. Seeing people dropping out, and rolling along side the course pumped my spirits up. Picking off riders one by one as the race went on. Only one other guy and I worked together until we caught up to one guy, and a guy caught up to us. So the 4 of us start to work together for the 10 minutes left in the race. Lap bell rings, and now we start to race against each other. Racing up the hill a little faster than usual, I keep up, and we round the corner at the top of the climb, and we all look at each other to read each other's plan. I sit in, and we start screaming down the finishing straight, and I attack sitting down, and I pedal as hard as I can, and come across the finish line ahead of my rivals. I felt so proud. I punched the air with my fist. I was far from being first, but I punched it anyways to just get it all out. Finishing 2 races, beating these guys, sticking with it, and not giving up. The cheers were so loud. I had never heard so much cheering for a guy who was sprinting for somewhere in the 20's position. I like to think that they were cheering for me because here is this little tiny Junior out sprinting 3 full grown men twice his size. It was a fun, and hard race. I shocked both myself and my mom. I felt so supported because of all the cheering from people who knew me. If it wasn't for them, I probably wouldn't have stuck to it. Thanks again.

Thanks for reading  
Anton

## Gabriel Patterson-King

Junior 13-14

Hi, here's my first race report, which covers a few of the races I did this month, so fa

I raced in the 13-14 category in Livermore on the first weekend. There were six riders total, four of whom have raced a lot. My goal for the race was to get a better start than I had on my first race at Kat's Hill. I had a good start and was able to stay with the top four guys for about half the race (12 laps or so). I lapped the sixth rider who then drafted me until the lead four picked us up with about three laps to go and I was able to stay on to the end and ended up fifth.

All in all, I was happy with the race although I would have liked to stay with the lead group the whole way.

I went to 2 races this past weekend so I could get more racing experience. The first one was a time trial in Winters. I raced in the Junior 13-14 age group and cat. 5. The junior race was only 10 kilometers so any small mistake could make the difference between first and last. I kind of made a mistake, it wouldn't have been the

difference between first and last, it maybe didn't make a difference at all, but I would have felt better about the race if I hadn't made the mistake. At the very beginning it started off badly. It was my first TT and I wasn't prepared for there to be a holder and as soon as I got my second foot off the ground I felt off balance and my front tire turned a little bit, so when I started I ended up going crooked. I wasn't too annoyed with myself about that mistake, but after 4.9 kilometers there was a 90° left turn and you couldn't see around it because there were trees in the way. There was a guy standing there saying that it was all clear, that there weren't any cars coming around the corner to worry about, but I understood it as that that was where to turn around and that it was clear to turn. As soon as I start turning the he said that I wasn't supposed to turn around yet, but it took a couple seconds to register. I ended up losing about 20 or 30 seconds in all because of that.

The cat. 5 race went much better. It was 35 kilometers but my average speed was faster in this one than in the first one and I didn't make any mistakes. I felt very good about this one because at the end it felt like I couldn't have gone much harder or farther.

The second race was the Nevada City Classic race. It was all the juniors so I didn't stand a chance at staying at the front. Along with many of the other riders I got dropped on the first lap. I did well on the hills compared with the other riders in my age group (16 and under), but on the descents I decided to take it safe since I didn't really know the course that well and at the beginning it was so crowded that it wasn't possible to practice it like in the race so I lost lots of time to the other people in my age group. I think I ended up somewhere in the middle, placewise, and I was pretty happy with that since it included people 2 or 3 years older than me. I didn't see the final results, though.

## Alumni Reports

### Steven Cozza

USA National 23 Team in Belgium  
The Tour of Nevers, 2.12, France

Just recently I finished up with the hard and challenging Tour of Nevers down in France June 17-20. This race was a 4 day 5 stage race with top French amateur teams. The Average age in the race was 25-30 so you can just imagine how fast it was. Some of the guys in the race were even x Tour de France racers. Knowing that didn't discourage me though it only made me more determined to beat them. Every day was a suffer fest for me and I barely hung on by a string of dental floss. Stage 4 was by far my best result of the stage race coming in 7th on that days sprint finish. I couldn't believe it because usually I don't stand much a chance in the sprints but from this day on I'm going to think otherwise. After the race we left immediately to try and beat the traffic jam that would be as we passed through Paris on a Sunday night. Well ggggg's I am glad I got this race behind me for it wasn't my best performance but just another mind opening experience to how truly fast the guys are over here. One day we had two 7 k climbs three 4 k climbs and like five 1 to 2 k climbs. That doesn't sound like much but when the race is 150 kilometers long and the guys are going as fast as Vespas do over here, it begins to wear on you. I actually ended up surprising myself on that day which was pretty cool. Coming up next on my agenda is Brussel Ingoogem on the 23 of June a very tough 1.5 race against top amateur teams and then Omloop Het Volk on the 26 of June another 1.5 category race. Those two races should go very well for me providing that I do not get sick or anything for everyone in the house right now is passing around the cold. So far me and two others are the only survivors. After that I head to Spain for the Tour of Bira a killer stage race with loads of climbing. The part of this trip that I am most excited for is going to stage

two of the Tour de France on the 5th of July. I may be missing the 4th of July back home but damn all be finally getting to see live the race of my dreams. Let's hope Lance wins the prologue so I can see him in the Yellow Jersey.

Well until next time thanks for reading,  
Carpe Diem Amigo's,

Steven



## **Nathan Miller**

2003 McGuire Real Estate Pro Team  
Tour of Nevada City  
Pro I, II  
7<sup>th</sup> Place

Nevada City is a great race and there are always a lot of spectators there, so it's fun to have a good ride (not to mention the large prize list). I've never been able to show up at this race with the best of form though, because it just always happens to fall in the wrong place during my training. I started the race off and thought that I was going to be finished before we had really even started. After about two relatively slow laps, the race picked up in earnest and I began to struggle to try to stay in the top fifteen. The field slowed a bit after about fifteen minutes though and I was able to recover. My only problem was that I had stood around for too long before the start, so I wasn't warmed up well enough. I began to feel better as the race progressed, but a few riders had already slipped away by then. I knew that I wasn't strong enough that day to make any serious attempt at a solo move, so all I could do was my share of the work in driving the field and in the process splitting the race up as much as possible. Every couple of laps we succeeded in dropping another couple of riders. We also caught a couple of riders who had gone off earlier. The race continued like this for the next 45 minutes. With about twenty minutes to go Jackson Stewart (Lombardi) attacked and Trent Klasna (Sierra Nevada) finally cracked and dropped off the pace, taking several riders with him. Jackson eased up when he saw that he wasn't getting away, and so I pulled through really hard to put everyone into more difficulty. We cut it down to only five riders at this point, with all of the dropped riders being far enough back that there was no way that they could catch back on the downhill.