

2005 Team Swift Race Report #1

Cherry Pie Criterium

February 2005

UC Davis

Junior 17 – 18, Field

1. Charles Hamilton, Concord
2. Blake Anton, Davis
3. Rajiu Eluthesen, Clayton

Junior 15 - 16, Field

1. David Vuilleumier, Mather
2. Alex Wick, Davis
3. Ben Rhyne, Los Gatos

Junior 13 – 14, Field

1. Joel Shaffer, Los Altos
2. Lance Wolfsmith, Morgan Hill
3. Alex Reimer, Santa Rosa

Overall Team Performance

The Cherry Pie Criterium in Napa is the first event on the NCNCA Junior Points Series and is also our first race of our 2005 racing season. The junior field had approximately 75 entrants to the race and Team Swift had 6 riders present. Although all the juniors' categories started together the race stayed relatively safe. Cherry Pie's are awarded to the top 3 placers in each category. Coaches and parents were out there at 8am cheering all the riders on in hopes of eating their slice of the pie! It is fun to see all the new and returning faces within the Team Swift program along with many of our graduates racing in the senior fields.



US National U23 Team at the Olympic Training Center
Steven Cozza is second from right
February 2005

Highlight text and
insert Image here

Steven Cozza

I just wanted everyone to know that riding on the January Team Swift All Team Ride was really fun and I'm so glad I was able to finish my last winter ride up there with you guys. It was just incredible seeing all those youngsters out there so excited to race bikes. I can't believe what you and Team Swift have started Laura, Its absolutely great and I look forward to seeing and helping with the progress of it all. It's so exciting. So now I'm off at the OTC training like a fiend and working really hard.

Thanks again for the 24 Hour gym pass this winter. It definitely helps get me in shape for the upcoming season. I appreciate it and also enjoy helping out the Team Swift Juniors when I'm there working out.

My first race will probably be Valley of the Sun in Arizona. Then after that I leave for Belgium on February 24.

Good luck to you guys at Cherry Pie,

Steven Cozza

Bob Harris

Chery Pie Criterium, Napa
Feb., 2005
Junior 17/18

This past weekend we kicked off our season with the Cherry Pie Criterium. It's a great event, and I really enjoyed the course. I heard that there were almost 80 juniors out there, which is an incredible turnout.

I made a few little mistakes in my preparation because it was my first big race this year. I left my house a little too late and didn't have enough time to warm up. I didn't clean my bike or put on my racing wheels. I also forgot that I had switched the cassette on my rear wheel so I didn't pass rollout and I had to block a gear. These little things combined to add a lot of stress to the morning, and that really isn't how you want to go into a race.

Despite all of these little things, the race went reasonably well. Although I barely got in any warm-up, the pace wasn't too quick off the bat so it could have been much worse. My bike worked flawlessly, although one of my shifters was acting up before the race. The course was really fun; it had a short uphill and downhill section with a hairpin turn at the top. My favorite part was the hairpin; I was able to hold a lot more speed than many of my competitors which helped me save energy on the downhill where the field really stretched out.

Tactically, the race went pretty well for our team. There were far fewer attacks than usual, which benefited our team because we didn't have enough guys to control the race. It came down to a sprint and that usually benefits us as well because Joe is probably the best sprinter out there. What we could



Team Swift at a post race
meeting at Cherry Pie
Criterium



Team Swift at a post race
meeting at Cherry Pie
Criterium

have done better would have been to give Joe a lead-out. Cherry Pie was a pretty strong showing for our team. Based on this race, I think we should be able to go for wins at McLane.

Bob H.

Joe Iannarelli

Chery Pie Criterium, Napa
Feb., 2005
Junior 17/18

Today was Cherry Pie and my first race of the year. Wake up on time, be ready, and warm up before hand. All of which I did not do and played a part in the race. The race started out normal and really cold. Vannini had a lot of guys and there looked like there were a few new teams. The first lap I stayed up front a bit and watched what happened and soon realized my body was in a miserable, but I ignored it and kept riding. I went up front and pushed it a few times to gap anybody that was slow. The main move during the race was when I was sitting a little bit back and a Vannini rider just pedaled off the front without really putting an attack in. I sat there and watch him thinking no way he is going to get away. After he was away for a little bit I did a little bit of trying to bridge but not that hard. Finally the race was drawing near and with two laps I attacked hard a little bit before the bottom of the hill and drilled to the top. Everyone was immediately on my wheel and this harsh jump didn't do much good with my body already hurting. The final lap the uphill came and my knees and body felt horrible and wouldn't push down on the pedals and my race was over. So make sure you are ready and get a good warm up before your race.

Thanks fore reading, Joe

Alex Reimer

Chery Pie Criterium, Napa
Feb., 2005
Junior 17/18

The race went great. The race was cold but no wind. The track was great there was little hill at the end of each lap and a turn around which was fun. The turn around slowed me down though and I had to speed up to catch on to the group. There was a little bit too much potholes but that was ok

because I didn't hit one. This was very exciting to be in a large group of riders because I realized that it was easier to catch on. This was my first race but I had a great time. I can't wait to go to another race. In the beginning of the race I clipped in well so I was happy. But before the race I was kind of nervous that I was going to get dropped but I didn't as much as I thought I would. As the race progressed I was with Erich until Erich and I split up somehow and Erich had to pull alone so later in the race he got dropped but so did I. As I was catching up to the group this rider offered Erich to draft but Erich denied it and he also offered me one so I did. We were about 1/4 lap behind and he pulled for one lap then I pulled for one lap then he pulled to the finish. I was surprised to see how much we start to catch. It was good to know I had teammates out there to help me if I needed it. Next time I plan on getting there earlier for a better warm up.

Tried to fix it up the best I could.

See you next race

Alex

Erich Gebo

Chery Pie Criterium, Napa

Feb., 2005

Junior 17/18

I had a good race. I now know that I must get stronger so I can push through the wind. I was doing well until I got stuck out in the wind. I can't Power through the wind and still have energy to hang or even catch back up to the pack. Other than coming in last I had a good race. I also think that I did not get a good enough warm up. I had to wear my jacket because I forgot my jersey so that could have slowed me down also.

Cole Williams

Chery Pie Criterium, Napa

Feb., 2005

Junior 17/18

I have raced Cherry Pie for two seasons and really enjoy the course. I rode two or three short rides before the race. I rode the Cherry Pie course the weekend before the race. During my practice ride at Cherry Pie I worked on the hill climb and flat section. I really felt ready.

The night before the race I checked my bike and packed my cycling bag, I did not get to clean my bike so I will try to next time. On Saturday, my family stayed overnight in Napa. I rested before the race and was at the course early.

Prior to the race I met my new team members and warmed up with the Swift riders, I felt I could've warmed up better. It would have helped a lot. During the race I pushed to stay at the front of the pack. I got dropped in the first half

of race. I feel I got dropped behind the pack because of the hill. I was not in the right gear, which Coach Laura and I talked about after the race.

This race was a good race to get to know my new teammates and to learn how to ride with them, and protect them. My next race is Snelling and I hope to stay with the pack to the end. And finish in a better place. Thank you for a great race on my new team.

Gabe Patterson-King

Chery Pie Criterium, Napa
Feb., 2005
Junior 15/16

The race went very well, though I'm not exactly sure where I placed because I guess there was some confusion about who had been lapped, who hadn't, and how they would be placed. I focused on riding the best I could give all the different categories on the course.

I didn't have the greatest start and was dropped immediately but after the second or third lap, on the flat part of the course, the front group slowed down and I managed to get to the back. But as soon as I got there, the group sped up right before the hill and I got dropped again. The same thing happened again the next two laps, but after that I wasn't able to get back on. I ended up trying to work with a couple of other people, but it didn't work very well because someone was always accelerating or slowing down and I think we all used up a lot more energy than if we had been a cohesive group. We practiced doing a paceline at the last Team Swift ride so I know it can go better. Eventually I dropped off from that group and rode almost all of the rest of the race by myself. In the last half lap, though, I caught the group I had tried to work with and managed to pass a few of the people at the very end.

Overall I was pretty happy with how I did because, generally, last season, I got lapped every race and this time I didn't, and considering there were racers almost 4 years older than me, I thought I did well.

I wanted to thank Tricia and Steve of Arete Racing who rode with me the weekend before. I'm looking forward to riding more with them in the future. I also want to thank all of our sponsors for making our team possible. Our team is fun and riding is great!

Gabe

Alumni Reports

Lia Winfield

School Team: UCSC Cycling team, Women's A

UCSF Team: McGuire

UC Davis Race Weekend:

5th TTT

12th RR

3rd Crit



Lia Winfield in her new school team uniform with Freddie Rodriguez

So last weekend was my first collegiate race. I really had no idea about what to expect, but I was pretty excited about it. It turned out to be a really great weekend, and left me looking forward to the next one. Saturday morning was a team time trial (teams of 2-4, and time was taken on the 2nd rider across the line). I had never done a TTT before, and did it with two of my teammates. We got to the race about half an hour before it started, so had no warm-up. It was 12 miles, 2 six mile laps. We started off well, and maintained a smooth rotation and tight formation throughout the race. Three miles into the first lap, one of my teammates dropped off and it was just Brooke (an excellent rider and veteran to the team) and I. We rode as hard as we could, and honestly that was one of the hardest efforts I've ever done on my bike.

The road race was about four hours later and while I tried to recover well and eat and drink enough, my legs were still tired from the TTT that morning. The RR was the same course as the TT, 50 miles of basically flat road. An attack went off on the second lap, but my legs weren't up for that. The rest of the race was uneventful, I was a little disappointed that I didn't make the break, but every time I looked down at my heart rate it was high, despite not going super fast, so I knew I was still working hard. The last couple miles were all about positioning and everyone trying to get a good spot for the sprint. I got myself where I wanted to be, but didn't have a great sprint, so I crossed the line in 12th.

Sunday was the crit, on the UCSF Rio Strada course in Folsom. The first few laps were kind of slow, but then attacks starting to go and the pace picked up. There were four primes, and in collegiate, points are awarded four deep in the primes, and I got 3rd in two of them (points are the big thing in collegiate because if you or your team gets enough of them, you go to Nationals). I took a lot of pulls during the race and jumped on people's wheels that were chasing down the attacks, so it was a pretty hard race. When the final lap came around I had good positioning and sprinted as hard as I could coming in third.

Overall I was really happy with my racing and the weekend in general. Collegiate, because there are smaller field sizes (at least for the women,

of which there are two categories, women's A and B), everyone has to work hard. Plus, there's so much team tactics going on and constant attacks and counterattacks. I know I am going to be a stronger and a smarter racer because of collegiate. Plus the UCSC team is so so fun, everyone is really cool. I also saw Nathan there, and it is always great to watch him race.

Lia

Nathan Miller Winfield

School Team: CSUS

Team: Monex

UC Davis Road Race 2/12/05:

2nd

UC Davis Crit 2/13/05:

3rd

This weekend I decided not to travel, but instead do a couple of collegiate races that were a lot closer. UC Davis put on a road race on Saturday and a criterium on Sunday. In the road race, a break of about 15 riders went after about 35 miles. I was the only rider in the race for Sacramento State, so I figured that I would get singled out by the attacks at the end. Berkeley had about 6 riders in the break, Davis had 2, and Stanford had 2. It actually worked out in my favor though, because the other schools all kept chasing each other down. After a lot of negative racing in the break, it came down to a 15 rider sprint in which I took second place. The referees ended up disqualifying everyone in the breakaway for crossing the centerline though. There wasn't a referee there taking down the numbers of the riders that actually did cross the line. They just figured that everyone in the group must have crossed the line, because a guy following the race said that everyone did. All of the riders protested, but it was to no avail.

I wanted to make up for the day before with a good showing in the criterium, even though it's not my type of race. There were six primes in the race and I won two of them. A good looking break of five went with just under 20 to go. I bridged solo across the fifteen second gap, but the group wasn't working well and got caught a few laps later. Another couple of laps later, a break of three riders went. They got a gap of about 15-20 seconds, with 10 laps left. I tried to bridge again, but I spent a lot with my last attempt and this gap was even bigger. I got halfway across and then started to just hold the gap for about a half a lap. Four riders caught me and we worked together to catch the other three with 6 to go. The eight man break was all together at the end of the race and I took third place in the sprint. I earned a lot of points with the two primes and third place though, which was my goal. All that I was really hoping to do this weekend was earn a lot of points towards going to nationals in May, which I did. One of my goals this year is to get a stars and stripes jersey and if there is any sort of a hill at the nationals road race, then it looks like I will have a pretty good chance because my fitness is really good this year. The next couple of weeks I will be back in the Monex colors and hoping to pick up my first win this year. I'll

let you know how it goes.

Thanks for reading,

Nathan Miller

Upcoming races:

Snelling Road Race

Merced Criterium

Mclane Pacific Criterium

Mclane Pacific Road Race

Pomona Valley Stage Race

Redlands Bicycle Classic