

All Sport- Team Swift Race Reports June 2010

Race Reports for:

1. U.S. Junior National Championships
2. Dunlap Time Trial
3. Mt Diablo Hill Climb
4. Nevada City Classic
5. Red Peloton Criterium

June Top 10 & U.S. Nationals Results:

2 nd Place	Mt. Diablo Hill Climb	Juniors 17-18	Chris Flanagan
2 nd Place	Dunlap Time Trial	Junior W. 17-18	Lauren Catlin
2 nd Place	Mt. Diablo Hill Climb	Juniors 13-14	Griffin Wigert
4 th Place	Nevada City Classic	Juniors 13-14	Trevor Weitzenburg
6 th Place	Dunlap Time Trial	Juniors 10-12	Ethan Frankel
7 th Place	Dunlap Time Trial	Juniors 15-16	Joey Nygaard
7 th Place	Dunlap Time Trial	Juniors 13-14	Ryan Grant
8 th Place	Tour Pays de Vaud, Stage 3	UCI 2.1	Ryan Eastman
8 th Place	U.S. Nationals Criterium	Junior W. 17-18	Lauren Catlin
10 th Place	U.S. Nationals Road Race	Junior W. 17-18	Lauren Catlin
10 th Place	Dunlap Time Trial	Juniors 17-18	John Piasta
10 th Place	Red Peloton Criterium	Senior Category 4	Blake Pepper-Tunick
11 th Place	Nevada City Classic	Juniors 17-18	Zach Sargent
12 th Place	U.S. Nationals Time Trial	Junior W. 17-18	Lauren Catlin
12 th Place	Dunlap Time Trial	Juniors 13-14	Eli Kranefuss
16 th Place	U.S. Nationals Time Trial	Juniors 17-18	Ryan Eastman
16 th Place	U.S. Nationals Road Race	Juniors 15-16	Joey Nygaard
16 th Place	U.S. Nationals Criterium	Juniors 13-14	Griffin Wigert
18 th Place	U.S. Nationals Time Trial	Juniors 13-14	Ryan Grant
20 th Place	U.S. Nationals Road Race	Juniors 17-18	Nate Geoffrion
20 th Place	U.S. Nationals Time Trial	Juniors 13-14	Griffin Wigert
24 th Place	U.S. Nationals Road Race	Juniors 13-14	Griffin Wigert
25 th Place	U.S. Nationals Road Race	Juniors 13-14	Stanley Goto
28 th Place	U.S. Nationals Time Trial	Juniors 17-18	Wes Holloway
28 th Place	U.S. Nationals Time Trial	Juniors 15-16	Ian Moore
31 st Place	U.S. Nationals Road Race	Juniors 13-14	Ryan Grant
35 th Place	U.S. Nationals Road Race	Juniors 13-14	Stanley Goto

36 th Place	U.S. Nationals Time Trial	Juniors 15-16	Joey Nygaard
43 rd Place	U.S. Nationals Criterium	Juniors 17-18	Wes Holloway
46 th Place	U.S. Nationals Road Race	Juniors 15-16	Ian Moore
48 th Place	U.S. National Criterium	Juniors 17-18	John Piasta
58 th Place	U.S. Nationals Road Race	Juniors 17-18	Wes Holloway

Rider Race Reports

1. U.S. Junior Nationals Championships June 20-28 Bend, Oregon

All Sport-Team Swift Riders participating at the U.S. Junior Nationals:

17-18 year olds

- Ryan Eastman
- Nate Geoffrion
- Christopher Flanagan
- John Piasta
- Lauren Catlin
- Wes Holloway

15-16 year olds

- Joey Nygaard
- Ian Moore

13-14 year olds

- Stanley Goto
- Ryan Grant
- Eli Kranefuss
- Griffin Wigert

Follow the race updates:

<http://www.facebook.com/?ref=home#!/pages/All-Sport-Team-Swift/10150092996350593>

Photo's From Nationals:

http://www.annehamersky.com/gallery/2010_Nationals/index.html
<http://www.flickr.com/photos/28138131@N02/sets/72157624384956726/>

Ryan Eastman

U.S. National Championships

I had just finished up a two month racing block in Europe with the U.S.

National Team, and I was headed to Nationals with All Sport-Team Swift. I have not seen the team very much this year because I have been gone, so it was good to see everyone together. I watched some of the younger guy's races in the beginning of the week right when I got to Bend. They were all racing very well. My race was later in the week on Sunday.

I had some bad luck at my Nationals road race and it didn't go so well for me. I ended up flatting at the base of the climb on the third lap just when the race was beginning to evolve. My teammate, John, stopped to help, but it was ill timed and there was nothing I could do to get back to the peloton.

Up next are the Track National Championships, where I will be riding the team pursuit. Then back to Europe for the Worlds Road Race in Italy. There are some big races on the calendar this summer I am looking forward to it!

-Ryan Eastman

Nate Geoffrion

20th Place U.S. Nationals Road Race Juniors 17-18

This year our team had a good chance of winning the National Championship Road Race, but sometimes things don't play out the way you want them too. The race was a four lap circuit that totaled 110 kilometers, a typical length for a junior race. We had four guys starting the race- Ryan, John, Wes, and I; unfortunately our teammate Chris could not start the race due to sickness.

After racing in Europe for a few weeks and seeing the hard work it takes to stay in contention in those races I was confident that the team and I could do well and actually help shape the race. On the first lap and first half of the second lap, the race was relaxed. All the juniors were waiting for the big move to go. On the second time up the main climb is where I would say the racing actually started. There was a break 2 minutes up the road with no one we thought was too threatening, the pack thought by the fourth lap it would be caught. However I was getting worried since the time gap was not steadily decreasing. Others felt the same and Ryan put in an attack on the beginning of the third lap, making a split of three riders. Not long after he was back in the peloton, I found myself off the front in a break of five. I thought it may be possible to bridge up to the group ahead but my group was not working well. I decided to try to go alone on the climb and hopefully others would bridge up. Luckily four or five strong riders bridged up to me and we worked together for a little bit. I thought this was the

move but the pack was chasing hard behind. We were caught at the base of the main climb and as soon as we hit it two riders went off the front. I was not recovered enough to go with them and was looking around for Ryan to cover the attack.

I was searching around the pack for my teammate when a rider told me he had flatted and was off the back. This was some bad luck for the team since Ryan had a strong chance to win the race. It was definitely a disappointment to lose Ryan. Well he still had a lap to go so I was not giving up yet. I rolled through a lot on the last lap and tried to bridge across twice with one other junior but we were unsuccessful. We were never able to catch the break so it was down to field sprint for seventh, not really the placing I was looking for or the type of finish I wanted. There is a roundabout 300 meters from the finish and I was probably tenth position going into the turn. I tried my luck earlier with 600 meters to go but the finishing K is too fast to get away. I guess from my 20th placing I lost three spots in the sprint.

My result was not what I wanted and my teammate flatted, so it turned out not to be the greatest race for us. But I did all I could to try to win so I cannot be upset that I didn't work hard and try to go for first rather than racing only for seventh.

-Nate

Wes Holloway

28 th Place	U.S. Nationals Time Trial	Juniors 17-18
43 rd Place	U.S. Nationals Criterium	Juniors 17-18
58 th Place	U.S. Nationals Road Race	Juniors 17-18

Time Trial

The time trial was a little abnormal from an average time trial course you would normally see elsewhere. It was an out and back, climbing there and descending back. I was doing this time trial on my road bike with clip on bars, because that's all I could afford.

The day before the time trial coach Laura told us to put in the majority of our effort into course before the turn around point which was mainly all up hill. Unfortunately, I went way deep into the red zone right before the turn around and had a hard time recovering from it. Before I hit the turn around, I managed to pass my 30, 1:30, 2:30, and 3:00 minute man. It was great inspiration, but I

honestly felt like I had nothing left after the turn around. There is a lot to learn about pacing in a time trial.

I managed to make to the finish with a second wind and ended up in 28th Place. It was my second time trial of my life. For me, it was a good result considering the bike I was riding. It was good experience doing this and knowing my time trialing capabilities

criterium

When I got the criterium riders were already warming up and I was a little late. I went to sign in and then rolled around the course once. I come around to the start and everyone was lined up. I knew this was going to be a fast criterium but starting in the back made it that much harder. The race started and I tried my best to try to move up as quickly as possible. It was very hard to do so. I arranged myself in the bottom third of peloton almost the entire race. Moving up was very hard to do in this race, because the pack was so strung out. Especially at the back were most of the surging was occurring.

Near the end of the race I started to feel a little more comfortable moving up. On the last backside straight I moved up to about 20th wheel and held it there for the last two turns. Coming out of the last turn I had trouble getting back into the back and was pushed towards the back once more. I gave it my all just to try to get into the draft, but I couldn't. It was a very hard criterium from the beginning, especially considering I only had half a warm up, but it was also a good test to see where I was at against the best kids in the nation.

Road Race

The road race was a 16 mile circuit with two major climbs. I warmed up and did my intervals before the race got underway. I downed a cliff shot and got to the start. I don't know what it is about Nationals, but I'm pretty sure people camp out at the start the day before just to be on the front line.

The race started and not even within the first 200 meters, there was a crash. It was a pretty bad one. The pack was cruising around 30mph. My teammates and I were all able to make out safe. We rolled on and there were a few attacks that weren't serious until the initial break got under way on the first climb of the day. I just sat in the pack, mainly towards the front to stay out of danger. The second lap nothing happened. There were hardly any attacks. So everyone was able to sit in no problem.

The third lap is where I noticed that I had a back pain that just wouldn't go away. No matter which way I stretched it was like this for the rest of the race. I sat in as much as possible on the third lap which was kind of hard considering the pace increased dramatically. I stayed with the peloton until the last climb. I started at the front but slowly started to drift to the back of the pack, and eventually got dropped. My back was hurting so much at this point I honestly wanted to get off my bike and hurl.

After the race I just sat down and tried to process it all. My back was in so much pain. Unfortunately it was like this for the next four days. I later realized I had pulled my back muscle due to micro adjustments I made to my bike before nationals. It was a good experience considering it was my first nationals.

-Wes

Lauren Catlin

USA Cycling National Championships

12th Place U.S. Junior Nationals Time Trial Junior Women 17-18

8th Place U.S. Junior Nationals Criterium Junior Women 17-18

10th Place U.S. Junior Nationals Road Race Junior Women 17-18

Time Trial:

For the time trial, we all wanted a really good warm up, so I headed out to the team tent with Ian and Joey about 2 hours before our start times. As I was warming up, I was really nervous. I had never been to the Nationals before, so I didn't really know what to expect. It was pretty intimidating being in the pit with the other girls, but I just tried to focus on myself and my upcoming race. It felt as though we were waiting in line for ever, but eventually the time arrived and I was on the ramp. I was off and trying to find a good rhythm after getting through the parking lot. I felt really good going into the climb, and could see a girl up on the road ahead of me. I focused on catching her, and after I did, I saw a group of about 3 riders way up ahead. I was beginning to hurt, but it helped to have a target to focus on. I made my way around the group and looked up the road, where I saw a few more. I had no idea where the turnaround was, because I hadn't made any mental notes or looked for landmarks when we pre rode the day before. This was a bit annoying, but I kept focused on my cadence and maintaining good speed. I made it to the downhill before the turnaround, and on the descent I was passed by a girl. I made a pretty awful turn around the

cone and started up the final hill. At this point, I wasn't feeling so great, but I tried to keep the girls ahead of me in sight. When we started the downhill, I lost them almost immediately. I was spinning out for the majority of the descent. On the flat part leading to the finish, I rode as hard as I could until the left turn. I stood up the last hundred meters or so into the chute. It took all day for them to post the girls' results, but I was 12th. Although it's not exactly the numerical result I was hoping for, it was a tough race and I gave it my all, so I was satisfied.

criterium:

My criterium was the next day at around 2 pm. I was excited for it because it was downtown. After warming up, I rode the course and was relieved to find that there was nothing really sketchy about it. We lined up and I was feeling more nervous than I had felt at the TT the day before. We heard the whistle and began rolling. After only 1 or 2 laps, Coryn Rivera and Kendall Ryan were off the front and gaining ground. No one ever tried to chase them. I was riding in the main group, and there were a few attacks, but nothing was very serious. Ruth Winder was mostly the one at the front, keeping the pace competitive. About 2/3 through the race there was a series of attacks that dropped some riders from the group. I was trying to stay in the front end of the group, as there was more frequent attacking. On the last lap, I was expecting there to be a noticeable increase in the speed of the group, but there was not. We were half way around the course before Sommersby Jenkins attacked and put the whole group in panic mode. I went to the left side of the group, which worked to my advantage as people bottlenecked on the 2 right turns leading to the finish. I was about 7th wheel or so and trying to match the speed of the rider ahead of me going into the final stretch. It seemed way too long, and I was not closing in on the rider ahead of me, but no one was flying around me. In the last few seconds a girl snuck around me and beat me by an inch or so, so I finished 8th. I was slightly annoyed to have barely lost a place like that, but it had been a really exciting race and I was happy with my result.

Road Race:

The road race was the day after the criterium at 8:30 am. We were only doing 2 laps of the course. I warmed up on the time trail course before heading over to the start line. The first mile or so was neutral. When the motorcycle pulled off, all the "big names" were up at the front. The pace was pretty casual all the way around the first half of the lap, with only one attack. We were nearing the downhill before the long, gradual climb, and I knew someone would attack, so I tried to get in a good position. Just as expected, Coryn Rivera picked up the pace on the climb and everyone followed. It was hard to adjust at first,

but I found a rhythm and a wheel to hold up the climb. We got to the top and recovered just enough to hit the corkscrew especially hard. There were consistent attacks on the following climbs, and I was dropping back. I held on just enough to get to the downhill, where I recovered and found a better spot in the group. We were on the second lap and a rider attacked. Two riders went with her, but the field stayed back. I looked around and saw both PB&co girls in the group, so I knew that we would chase down the group eventually. Coryn, of PB&co, attacked once again on the long gradual climb, harder than the first time around. At this point the field was losing riders left and right, and I did not want to be one of them. At the flat part, Coryn attacked again, and left our group of 6 or so. Ruth attacked to get to her teammate, and then we were riding in a rotating paceline to get to her. I was suffering and had barely any time to catch my breath before we started the corkscrew. We caught the breakaway group of 3 as Coryn rocketed up the climb. On every consequent climb, there was an attack. I was fading to the back as each attack drained me. One other girl and I were losing the group. We worked together on the last climb, and as we were descending to work up to the group, there was a crash ahead, and the vehicles blocked us. We had to squeeze between two cars, so we had no chance of catching the group. We still worked together until the finish, and then she beat me in the final sprint. I finished in 10th place. I was disappointed to have been dropped from the main group, but I think it's safe to say that this was the hardest race I've ever done. It was an awesome experience racing against all of these other girls that are so serious about the sport, and I was happy to have at least once experienced the nationals as a junior.

-Lauren

John Piasta

48th Place U.S. National Criterium Juniors 17-18

Criterium:

After another season it was time for my second Nationals. I got sick a week prior to the race I decided to focus on the Crit and Road Race, the two races I had the best chance for success in, and skip the TT. I started the Criterium as a warm up for the Road Race and to see how my legs were.

It was really important to be near the front at the crit. So Nate, Wes, Chris and I got to roll out and it was then time to start. The race started and it was extremely aggressive. Many people were taking risks and as a result crashes were happening consistently. The rest of the race I just sat in the middle and

could do very little after someone bent my derailleur hanger messing up my shifting. I avoided crashes but overall I was successful in getting my legs warmed up for the road race. Nate, Wes and I finished right in the middle and made the lead group that about 80 people were dropped from.

Road Race: DNF

Finally it was the morning of the road race. When the team met that morning we learned Chris would not be starting because he was sick. Our team was looking forward to the race and working for our Captain Ryan. Together, Ryan, Nate, Wes and I had a real shot of winning the race. After dodging an early pile up we all made it to the front and I did whatever I was told to do, making sure to stay near Ryan if he needed anything. I could tell something was wrong as soon as I started. I was struggling beyond what was usual and was having difficulty consuming anything to eat or drink. A break went that no one dangerous was in so the pack let a gap form. The second lap I was too far back at the start of the climb, deciding to eat at the wrong time and after catching back up, Nate told me to get to the front so I did so. No one wanted to work with me so I just rotated pulls at a steady tempo. I hit the climb really struggling and just sat on at the back of the field. Before the climb on the 3rd lap I started to see Ryan slow down and seeing he had a flat pulled over to give him my wheel but he told me let Shimano take care of it. I waited at the base of the hill, as I saw him coming gave it as much as I had at the time and after Ryan came around me my race was done.

There were many things to learn from this year's Nationals. Probably the biggest lesson was that after I saw neutral support was there for Ryan I should have preceded to a flatter section of the course where I could have worked and been of more help to Ryan. We all learned lessons from this week of racing and the best part was doing it as a team.

-John P

Joey Nygaard

36 th Place	U.S. Nationals Time Trial	Juniors 15-16
16 th Place	U.S. Nationals Time Trial	Juniors 15-16

Time Trial:

The Nationals Time Trial was a race that I could potentially do very well; however I would just have to wait and see how I felt. After setting up the BMC Time Machine on my trainer, which I was borrowing from John Piasta, I got my skinsuit on and started my very hard warm up. Once I was totally warmed up

and felt almost as though I had already ridden a time trial, I got a Lazer time trial helmet and my Sidi booties and rolled over to the starting area (we have great sponsors). Ian and I got in line to get our bikes checked and then lined up in order of start. Ian went off first and soon after I rolled up into the start house. When they had counted down until the final second until my start I sprinted out of the starting gate and down the first straight-away. I got into my rhythm after I had gone through the chicane around the school and turned onto the main road which would take me to the turn around. I started to see my thirty second man in front of me and pushed a little harder to catch him.

I was feeling great and pushed myself harder on the long gradual hill up to the turnaround. I was pretty tired when I went down the small hill to the turnaround but when I turned around and faced up to the shortish but steep climb I got down into my aero bars and went almost as hard as I could, knowing that after I had made it over I had a long descent which I could sort of recover. I caught one more guy on this small climb and then stayed in my aero tuck for the descent. I was totally spun out on the descent but focused on spinning even more.

On the small bit of flat before the finish I was in my aero bars and totally maxed out my effort. I was going as hard as I possibly could and my legs died right as I hit the finish line. Perfect timing! Ian and I had better times than we thought we would have but they were not good enough to put us in the top ten or twenty. Ian beat my time by around twenty seconds and finished eight places ahead of me in 28th place while I was satisfied with 36th place.

Criterion:

After warming up for a while with my teammate Ian Moore, we lined up with all the best 15-16 year olds in the nation. We rolled out our gears and then got a reasonable position on the start line. The starting pistol shot and we sprang into action. The group went around the second corner and I had to slow way down because I got sandwiched between two riders while my wheel slid out. I managed to correct my line but had to chase very hard. There was a crash around the third corner and again I had to go way wide and slow down to avoid it. The group was flying down the straight and then we turned the first corner again but this time the group had settled down a little bit. I was very near the back after the first lap and had to go all out just to stay there. As the laps went by I steadily made my way up in the group until I was in a much better position. I tried as hard as I could to move up even more and get on the front but I could not do it. The pace was very high at this point and as the final lap came around I

put in a huge effort and got a little ways up in the group but not far enough to contest the sprint.

Road Race:

I was looking forward the most to the Road Race because I believed I could do very well. I warmed up again with Ian and then got on the start finish line with all the other racers. The race started and we proceeded along the neutral promenade. The pace was a moderate tempo for a while on the rolling section but as the first hill came around before the feed zone the attacks went and I had to work pretty hard to stay in a good position in the pack. As we got to the main climb on Archie Briggs, I moved up a little more in the pack while cutting inside around the long sweeping corner to start the climb. I took the steep climb wide and found myself very near the front, however once over this very steep climb there was a short false flat but before I could recover the climb went up again but this time it was a little longer and still very steep. The attacks were going and I went very hard over the top and was still in a good position near the front. The tempo stayed pretty fast as we started our second lap around the flat section.

On the final lap, everything went faster and as we started the first climb I had to work very hard to stay with the leaders. After recovering after this climb in the front of the group it was time to start the final climb of the race. Once again I moved up on the first and steepest part of the hill and when we started the second section of the climb I was sitting in fifth wheel. I slid back a little bit on the final steep part of the hill and was totally dead as I started the descent. A small gap had formed between me and the back of the pack but I nailed it back easily. I felt that I did not have enough energy to put in an attack so I decided to go for the sprint.

I spotted Alex Howard near the front and decided that he was going to be my lead out man. I got on his wheel, knowing that he was very good at sprint finishes. I was knocking elbows with other people fighting for the wheel and as we came into one Kilometer to go I was in third position right behind the wheel that I had wanted. As we came into the final corner the surge came while we were taking the final corner around the tight roundabout. I took the corner as fast as I could, taking a huge risk but luckily I came out of the corner in one piece and I started my sprint. The finish was deceptively long and as I came closer to the line my legs died.

I had a great race, finishing in 16th place. I would have liked a little better place but considering it was a sprint I feel that I did very well. It was a tough week as a team due to a bout of sickness which was going around but everyone worked very hard. Great job guys!

-Joey

Ian Moore

28th Place U.S. Nationals Time Trial Juniors 15-16

46th Place U.S. Nationals Road Race Juniors 15-16

Time Trial:

I did this race last year as one of the first races I had ever done. This year I completed my goal of becoming a Category 3 and so I could also do the road race and the criterium. Last year my time for the course was about 46 minutes, and based on my time in training when I was not going that hard; my goal was to break 40 minutes. I started my warm up about an hour and a half before my start time at 11:18. The day before I was going out on a team ride when I hit a bump in the shade, lost control, and then hit a speed bump and crashed. I was fine, I think I just pulled my groin a little because it was hurting, but my mind set going into the races was that it made me stronger and I got the crashing out of the way. For the time trial I used my regular road bike with clip on aero bars, skinsuit, Lazer TT helmet, and aero booties. Joey and I went to the start house, got rolled out, and then lined up for our start. It was cool this year because they had a ramp out of the start house. The course starts off with 3 right turns and 2 lefts through an elementary school, and then onto a straight rode uphill, then a short downhill to the turn around, back up that hill and down to the finish. I went as hard as I could and then on the hill before the downhill to the turnaround I went really hard, and on the way back up the hill from the turn around. On the downhill I concentrated on going hard and pressing on the pedals, which was not easy at some points because of junior gears. I made the left turn into the short finish shoot and sprinted for the line. My time was 38:16 and I got 28th place.

Criterium:

The criterium was in downtown Bend; it was basically a rectangular course with one downhill corner and one uphill turn. I went to the start line and there was not anyone there, so I went around the loop one more time, then when I came around again there were a bunch of people lined up already. I ended up not having a very good starting position, towards the back. The race started off fast with people taking risks, and I thought I was going to crash a couple of times. I was at the back for a few laps and then I got in with a group for a bunch of laps, and then we were pulled a couple laps from the finish.

Road Race:

This race was really short, about an hour and a half. The race started out with about a 1k neutral section before a left turn around a roundabout. After this the course was rolling, with some fast downhills, then there was a longer climb, and some false flats after that, and then a very steep short climb followed by not as steep climbing, then rolling back to the finish. We did two of these laps. Through the neutral section and some rolling I moved up, but then one of the descents came and I went almost to the back, then on the climb after the downhill I moved up again. On the downhill before the first longer climb I was pushed to the back again, so going into the climb I was not in a good position. There were gaps forming in front of me as people dropped off, and these got harder and harder to fill. I then got in with a pretty big chase group, and we were not losing very much time. After the first climb on the next lap two other riders and I dropped the other people. We attacked each other on the steep climb. Then we sprinted for the finish. I got 46th about 5 minutes from the winner.

-Ian

Stanley Goto

35th Place U.S. Nationals Road Race Juniors 13-14

25th Place U.S. Nationals Road Race Juniors 13-14

Road Race:

Finally, National Championships. It came a little early this year but it is no less important. I was at the top of my age group so I had high hopes of placing myself on the podium. I wasn't so sure I could do that a couple days before the race because I was developing a cough that was getting very irritated especially when I rode. I was hoping that I would be fine and I would be able to race at top form. The morning of the race I got a good warm-up and got to the start line about 15 minutes early so I could get a good starting position. From last year's experience, I knew that being toward the front of the group when we hit the first roundabout would be crucial to not letting a group slip off the front. Getting ready early did pay off because I did get a spot on the front row. It seemed like hours before they blew the whistle but they eventually set us off. It was a neutral start but not for long. Once we hit Skyliners Road we were gone. I was in good position going into the critical roundabout and came out of it well toward the front of the pack. There was an attack when we crested the hill but everyone was able to catch on no problem. I was feeling good and riding toward the front of the group until we were about 5 laps into the race. I fell apart. I don't know if I had a bad day or the effects of my cold were lingering. The rest

of the race was not too much fun. After I slogged to the finish I hoped that my body would perk up before the criterium.

Criterium:

The criterium was at 7:30 at night, which is very similar to our local Tuesday Twilight training criteriums. In the morning Griffin, Ryan and I went on a quick recovery ride to scope out the course. I noticed one corner that would certainly be a problem because the road slightly tilts down and then there's a sharp corner where the road narrows. Once we got back I just did my normal routine for the Twilights. I ate my normal lunch and then had pasta around 4. Once we got there I was pretty relaxed because I was used to racing at this time. After a good warm up and a Mango Clif Shot I signed in and headed to the start line early as usual. I got a good spot on the line once again. Not on the 1st row but the 2nd row which was good enough. Just about when the sun was about to poke out, the race started with a bang! The two top studs blasted off the front and I was in a strong group of 6 chasing. I wasn't chasing for long because the first time through that tricky corner the rider in front of me took a horrible line and locked up his rear wheel and went slamming into the tarmac. Unfortunately I was on the outside of him and as he continued to slide. I was running out of road between the curb and me. I could have tried to stop or go around but it would have most likely ended with me sliding out too, so I took my chances with the barrier. Instead of hitting the sidewalk or hitting something else hard I landed on some relatively soft grass after I flew over the curb. It took me a couple seconds to get up and pick up my bike. I was full of adrenaline but I did realize that my left shifter was knocked in about 45 degrees. I soon panted to the pit where they quickly fixed my shifter and propped me up for when the field came around. They let me off dead last at the back of the crumbling peloton, which was nowhere as good as my former chase group that was racing for 3rd-6th place. The back of the pack was falling apart quickly and I constantly had to catch wheels, pass and bridge over and over. I got lucky and soon found Griffin's wheel and was able to rest a little. Once we got to the core of the riders that weren't falling off the back I was totally exhausted. I sat in a couple of laps and we were soon lapped by the leaders. They made a fast pace and I was right behind them. I was feeling surprisingly good and knew that there still were 3 top ten places so I was going to fight for those. On the last lap I was feeling great. I was in good position and I was feeling confident that I could sprint for a top ten. On the backside of the course I moved up and was in 4th position. Now here comes the nasty corner again. Right before the corner Zeke and one other rider zip by and looked as if they were going to try to squeeze in on the inside. He took out at least half of our group and I rammed into a hay bale again. I

scrambled to re-mount my bike and get in the top ten. By then a trailing group of about ten passed by us. At the finish I was pretty disappointed about what happened and I thought about what I could have done differently but it wasn't much. I guess that goes to show that even if you have good legs that bad luck can spoil that. Overall I think that Nationals was not too great from a results standpoint but I had fun with my teammates and dominated the ping-pong tournament at our house. I guess that next year I'll be back at the bottom of my category but hopefully at 100%.

-Stanley

Ryan Grant

31st Place U.S. Nationals Road Race Juniors 13-14

18th Place U.S. Nationals Time Trial Juniors 13-14

Road Race:

Since this race didn't start until 11:30, I was able to get a decent night sleep. Once we got there, we began our warm up for the 40 k race. Since this race was on the longer side, all we did was one pyramid. After that we went to line up. We got there with 25 minutes left before we started, but there were already plenty of people there. As soon as we started, I did what I could to move up, but couldn't get much further than mid-pack. Once we got to the climb at the beginning of every lap, that quickly changed. I was able to move up to the front when the second part of the climb began. I fell back to around mid pack and stayed there coming in to the third lap. When we came out of the roundabout, I really had to push, because off an acceleration on the front. I was able to catch back up but lost them going up the second part of the climb. I worked with a few other juniors to try and catch the group, but it became evident that we weren't going to catch them by the time we finished that lap. We kept up the pace anyway and caught some juniors along the way, including Stanley. He wasn't feeling very good though and fell back after a lap or so. Except for that, the group stayed intact all the way to the last segment to the finish. Coming up the last roller to the finish, I attacked hoping to get away to the finish, but Adrien Costa on San Jose Bicycling Club covered it. I stayed in the front end of our group up to 1 k when another junior attacked. After that one attack I wasn't able to follow but neither was anyone else. I did what I could to get a good position and ended up finishing in the middle of our group.

Criterion: DNF

This race was very unusual because of its 7:30 in the evening start. We still got there about an hour and a half before though, so we could get a good warm up. After the Junior Women 13-14 race finished, we got off the trainer to do a few laps on the course. I got a pretty good starting position in the 2nd/3rd row. Right from the start, two of the race favorites attacked hard, leaving everyone else in their dust. I was caught behind a couple of crashes the first lap, but wasn't far off the main group. I worked with whoever I could to catch back up to the group, but wasn't getting anywhere. After a while, we even started losing ground, so I dropped out to save energy for the time trial next morning.

Time Trial:

Last year, the time trial ended up being my best event getting 5th out of the 13 year olds, so I was expecting a good result. I got a good warm-up and headed off to my start. After watching Stanley and another junior head off, it was my turn. I started off with a full on sprint and took the turn towards the school. I did what I could to get around the school, but didn't go around as fast as I wanted to. After that I just tried to get into my rhythm. Coming in to the turnaround I was starting to feel a little tired but I still managed to catch the junior a minute in front of me. The turnaround ended up being a piece of cake since you didn't have much speed going into it because of the steeper part of the climb right before it. After that it was pretty much downhill to the finish. I still pushed to the finish though. Coming on to the final turn though, I slowed down more than I needed to. I still managed to come across the line in 5th place though. By the time everyone else finished I had moved down to 18th place, but I was still plenty happy with that.

-Ryan G.

Griffin Wigert

24th Place U.S. Nationals Road Race Juniors 13-14

16th Place U.S. Nationals Criterium Juniors 13-14

20th Place U.S. Nationals Time Trial Juniors 13-14

Road Race:

My parents and I drove up to the race in our car and we parked near Stanley and Ryan and reserved two parking spaces for our trainers and the tent. Coach Laura got there and put the tent over us. After warming up lightly, I went and signed in at a USAC tent. When I came back, we did some pyramids and then lined up for the start 15 minutes early. Unfortunately so did 30 other riders, so Ryan and I were stuck on the middle and had to sit there for 15 minutes before

the race began. When the race started, I was in the left side of the center of the pack and tried to move up. On the first climb, there was a large crash right next to me and behind me which almost split the pack. The first lap of the race was very fast but I hung on and tried to move up. On the third lap, a break of six riders, including Philip O'Donnell, Daniel Parks, Dylan Drummond, and Matt Valencia, got away over the first part of the hill. The pack was going very slow so I was able to move up. Nobody tried to pull the break back because it was only a few seconds up the road. I had to pull the whole pack up the climb to chase the break. I pulled off at the top of the climb and the other riders kept up the pace. Since I was towards the back, I only saw Matt and two other riders get caught but I assumed they had pulled in the rest of the break too. When I got to the front, it looked like there was no one up the road and when I asked other riders they said the break had been pulled back (which I would later find out was not true). I rode the next 3 laps at the front. I was in the middle of the bunch going into the roundabout but there was one more turn before a small roller. I took the turn going faster than the rest of the pack, so I decided to jump. I got up the first roller in first place but was caught by Matt and Jack before the second. I stayed on the front in preparation for the sprint. I led the sprint down the last hill but soon lost ground. I took the last turn badly and finished last of the group. After the finish I heard that Dylan, Philip, and Daniel HAD broken away and finished about 1:40 in front of the main pack. I finished 4.3 seconds away from 4th place.

criterium:

We drove to a street right next to the race course and set up under our All Sport-Team Swift tent. After a little while of warming up, it started to rain slightly. After we did our pyramids, Stanley, Ryan, Eli, and I went to the race start and signed in and rolled out. In the first 30 seconds of the race there was a crash. The next corner was smooth but the one after that there was another crash. There were two more crashes the first lap. The pack was way strung out and I was in the middle. The riders around me were going slower to avoid and prevent crashes. I could see Daniel and Philip at the front almost a quarter of a lap ahead of me going full speed without having to worry about the turns. I tried to move up, but it was very risky. I tried to pull Stanley up too. I was in the main group and there was one chase group ahead with 5 riders and a break, which were Daniel and Philip. I was having a hard time keeping up and when the main group split in half and I couldn't do anything. I was also lapped by the break. I stayed with this group the rest of the way. On the last lap, our group was coming close to catching on to the first chase group. Then they crashed and

passed through them and sprinted to the finish. Only 2 people finished ahead of me in the sprint and I got 16th.

Time Trial:

This race started at the school like the road race. It was an out-and-back, with a climb going out and a descent coming back. My start time was 9:21:30. I warmed up with Stanley, Ryan, and Eli under the tent. I did one full pyramid and one abbreviated pyramid. I also rode around the surrounding suburbs. I went to the starting tents 15 minutes before the start and went through the rollout. A rider who was supposed to be 1 minute before me (riders went off at 30 second intervals) had cracked his frame, and the official let the beeper go by empty. I had a good start. I did not concentrate too much on the turns which may have cost me some time. About a quarter of the way through I was passed by Daniel Parks and right after that I passed Robbie Farrens. I went as hard as I could on the downhill. I was almost passed by Philip O'Donnell at the finish line. I had a finishing time of 19:26.70 at 20th place.

-Griffin

Eli Kranefuss

Nationals Report:

This year the US National Championships were in Bend, Oregon again. This was my first Nationals race and only my 2nd year of racing. I got into Bend with my dad and learned a lot. Some of the things I learned were that you have to be to races early and ready. I got to the criterium early, but not early enough. I wasn't able to preview the course, and that would have helped. I also learned that you have to make sure you have everything ready before a race. The week before we left I realized the wheels I was going to use broke, so I was missing wheels. And finally the last thing I learned was that at all races you have to watch out for crashes.

=Eli

Dane Grant (Ryan Grant's Dad)

Trip to Bend Oregon for Junior Road Racing National Championships from a parent's perspective:

What a fun week!

Bend was a great place to host the Nationals races and this is the second year in a row we have gone up there for these races. The weather was iffy the first day with some rain showers and cool temperatures. There looked to be fresh snow on the mountains in the distance, so you had the impression that winter was just ending even in late June. On the positive side, the late/hard winter meant no mosquitoes unlike last year in July when there were swarms of them! We stayed in a house with two other families and it was the home base for the group of four 13/14 year old racers. The house was close to the race course staging area, so riding there was an option. Home life turned out to be really fun with the house dining room table turned into a ping pong table and lively games going at all non-riding times. I think I will make sure the dining room table has acceptable dimensions and shape for any future team rental as this was so fun it was ridiculous! Meals were communal affairs with all families helping with shopping, cooking and cleaning. Comradery built biking together lent itself to seamless meal creation in the kitchen. Working in the kitchen was *almost* fun! Meals were an unfortunate interruption to the ping pong, but priorities were soon righted after the dishes were cleared.

The first day we did the road race course recon, picked up the kid's race packets, had the team meeting and talked strategy for logistics. Weather had improved and things were looking good for the next day. With everything in order, the parents went mountain biking on the trails close to the house.

Watching your kid race at Nationals is an interesting experience. You have never seen competition like this and fields so big, so you are pretty nervous. But when you see your kid roar by with the pack at a rate of speed he could not have maintained even last year, it's a pretty big thrill. The kids all seem to be really nice and the parents are all friendly because we're all in the same boat. After the race is over, we all sit around and talk about how it went and what we can take away from the day. If any other Team Swift kids are racing, we usually stayed to cheer them on. The kids are all really great at cheering and supporting the others on the team.

The next race for the 13/14's (Crit) was not till the evening of the day following the Road Race, so a quiet day was in order. Some ping pong, MTB riding for the parents and an easy spin for the kids was on tap. Some rain threatened the evening race, but never turns into more than a light sprinkle. This is the race us parents were most nervous about since the course had some tricky corners and places where the sidewalk bulges in dramatically which could squeeze the group. Fortunately for the safety of the kids, the two strongest riders attacked from the gun and the pack was lined out instantly and could get through the narrow sections in single file. Several crashes happen anyway but

our boys come through OK. Whew! The evening is spent converting the bikes to TT configuration and somebody made dinner while the wrenches were turning! Thanks somebody!

Next morning the TT started around nine and we got the kids up early, got some food in them and got out to the staging area with about one and a half hours before their start times. This day is pretty different than the others without the mass start and having to keep track of different start times and slightly skewed warm up schedules. It's pretty intense at the start house where they have 30 seconds to climb the stairs with their bikes, get seated and clip in, then start their computers. It sounds like a long time, but that 30 seconds goes by pretty quickly! With camera clicking, I cheer the kids off. Almost 20 minutes of waiting follows before they roar home. The last corner is pretty interesting too because there is a real difference in how fast the kids come in, some are just flying though and putting in their final kick to the line, others are more tentative on the 90 degree corner.

With the TT in the books, our house went into party mode in a big hurry. That night we had the Team Swift party at the big kid's house across town. This evening was super fun, getting to talk with all the parents while the kids played soccer on the lawn and somehow managed to not break their toes playing barefoot. It was a potluck/BBQ affair and the food was varied and delicious. I felt sorry for all the people who still had races to do because the sense of relief for our group was huge and to have the party that night was perfect way to celebrate. When the party broke up, we when back to our house and hit the ping pong table hard. We played a version where you took one hit with the paddle then handed it to the next in line and ran to the other side of the table and got in the line there to hit. That game provided much laughter and ridicule to any who made mistakes! Battles for family supremacy were waged and the Goto family proved to be worthy of the 2010 Nationals Ping Pong Championship. They could not be beaten! Next year...

We stayed in town even though our races were done and road bikes were replaced with mountain bikes and we tried to catch as many of the older kid's races as possible. When Sunday rolled around we were very sad to end a week that was so fun on so many different levels. The team comradery and support was super and it was such a great group of parents. I can't imagine a week better spent than this one for a father and son and will remember it for years to come. Now on to my ping pong practice...

-Dane Grant

Ethan Frankel

6th Place Dunlap Time Trial Juniors 10-12

It was a very nice day with very few clouds in sight. I drove east to the Dunlap Time Trial in Davis and learned about the time trial bars since I don't have any. I tested out the ramp that was put out, and I really liked it. My first time trial warm-up started with three 30-second pyramids and did two or three laps to the turning point and back.

When the race started, I got into a high gear because in time trials you want a lot of speed, especially to start with, but I wasn't fast enough. One person passed me on the stretch with a lot of headwind (the first turn), and I definitely should've pushed there. I relaxed way too much on the tailwind, and I was hardly even pedaling.

I didn't go as hard as I could've, and that cost me 15 seconds to 4TH place. When I finished and found out my time, I thought that I did really well. I'd calculated the time to the distance of 10K and found my average speed was 25 mph. But later I found out that they had changed the course to 7K and with that distance, I only went 17 mph.

I don't think that I started off very well because I felt like my heart rate was lower than it should've been. That affected the rest of the race.

The next week, I learned a lot from the practice time trial, and it is definitely going to help on other TTs.

-Ethan F.

3. Mt. Diablo Hill Climb

June 12, 2010

Walnut Creek, CA

Griffin Wigert

2nd Place Mt. Diablo Hill Climb Juniors 13-14

My parents and I woke up early and drove to Walnut Creek catching another sunrise. We got to the race venue and I warmed up on the trainer. It was going to be hot but my early start time made for perfect temperatures.

About 15 minutes before my start time, my dad and I rode up to the race start, about 2 miles away. There they had set up a starting ramp with a tent over it. I started 30 seconds behind Dylan. The first mile of the race was mostly flat. Right as it turned uphill, I caught and passed Dylan. I also passed some other 10-12 riders. I rode as hard as I could to the top finish, which was about 6 miles from the start. I got to the finish and waited for my parents who were also

climbing the hill. My dad and I climbed all the way to the summit and along the way talked to Katerina Nash, a Czech World Cup mountain bike racer.

We rode back down to the parking lot where the results sheet was. There, I found out that Adrien Costas (San Jose) had won and that I got 2nd place by 30 seconds.

-Griffin

4. Nevada City Classic

June 20, 2010

Nevada City, CA

Trevor Weitzenberg

13 years old

4th Place Nevada City Classic Juniors 13-14

My dad decided to race the Nevada City Classic on Father's day weekend. I decided to bring my bike (Laura's old bike) thinking I would just ride around since it was such a hard race for someone who has never raced before. I saw that there was a junior's race and changed my mind and signed up.

I was just going to see how long I could last and my goal was to finish. I was very intimidated at the start line because all age groups were mixed together, so little 13 year olds like me were racing with 18 year olds. I was nervous because it was my first race, but also excited at the same time. There were hundreds of people watching the race.

The course was brutal especially for my first. It has tight turns, long climbs and crazy downhills. About halfway through the race, I wanted to drop out. However, I knew that if I kept going other people would drop out and I would get better placing. After 45 minutes the race was finally over. When I finished the race I was very tired, but also happy that I finished. I was even happier when I found out I got 4th place in my age category. I'm glad I decided to race in the Nevada City Classic.

-Trevor

5. Red Peloton Criterium

June 26, 2010

Santa Rosa, CA

Blake Pepper-Tunick

10th Place

Red Peloton Criterium

Senior Category 4

You could consider this race my first "real" race (non-Tuesday Night Twilights ...TNT...) back from an extended off-season. It took place at the Corporate Center where the old TNT's used to be (and where they will be for three races in July).

I was pretty anxious about this one, especially considering that it was with all adults (only one other non-Swifty junior) and a combined 3/4 race. Going in, I knew it was going to be pretty tough, but it turned out to not be quite so. At the start, the other junior and I were required to do roll out. Because we had to do roll out (and maybe a small amount of pity from the adults for having small gears) the other junior and I were allowed to start at the front which was nice.

Once the race got going, I remembered almost immediately the feel and flow of being in the pack and settled in, more or less. I was still a little shaky from my off-season, especially getting sandwiched in the turns, but I'd say I held my own. Unfortunately, not everyone in the group was having a good day, and a little over halfway through the race, about 5-6 guys went down in a pile that I fortunately avoided. The rest of the group took off from it, which I felt bad about, but raced back up to catch up. Then, at about 3/4 into it, someone braked too hard, causing another, 3-4 guy collision. I believe there was also a slide out on a corner at some point. At this point, this was by far the worst race I have been in, crashes-wise.

By the time the lap cards started coming out, I didn't care about finishing well as much as just finishing unhurt. I still managed to pull off a mid-pack finish, which I am very happy about. This race has given me the confidence to keep working this season, so we'll see what happens...

-Blake