

Team Swift Race Reports

January 2019

Race Reports for:

1. Team Winter Camp
2. San Bruno Hill Climb
3. Early Bird Criteriums
4. CBR #1 - Carson Criterium
5. CalAggie Criterium
6. Low Gap Grasshopper
7. Santa Barbara Road Race

January Top Results:

| | | | |
|------------------------|----------------------|-----------------|------------------|
| 1 st Place | Cal Aggie Criterium | Juniors 15-18 | Jonah Kellogg |
| 1 st Place | Cal Aggie Criterium | Junior W. 15-18 | Lisa Mullen |
| 1 st Place | Cal Aggie Criterium | Senior Cat 3/4 | Jonah Kellogg |
| 2 nd Place | Cal Aggie Criterium | Juniors 15-18 | Alex Akins |
| 2 nd Place | Cal Aggie Criterium | Senior Cat 3 | Jonah Kellogg |
| 2 nd Place | Cal Aggie Criterium | Junior 9-14 | Massimo Morson |
| 2 nd Place | San Bruno HC | Juniors 15-18 | Riley Mullen |
| 2 nd Place | Early Bird Criterium | Juniors | Sean Strachan |
| 3 rd Place | San Bruno HC | Juniors 12-18 | Sean Strachan |
| 3 rd Place | Early Bird Criterium | Senior 3/4 | McKay Kinsey |
| 4 th Place | Early Bird Criterium | Juniors | Daryl Hopkins |
| 4 th Place | San Bruno HC | Juniors 12-18 | Daryl Hopkins |
| 4 th Place | Early Bird Criterium | Juniors | Sean Strachan |
| 5 th Place | San Bruno HC | Juniors 15-18 | Blake Macheras |
| 6 th Place | Cal Aggie Criterium | Senior Cat 4/5 | Riley Mullen |
| 6 th Place | Cal Aggie Criterium | Senior Cat 4 | Riley Mullen |
| 7 th Place | Cal Aggie Criterium | Senior Cat 4/5 | Blake Macheras |
| 8 th Place | Cal Aggie Criterium | Juniors 15-18 | Blake Macheras |
| 10 th Place | Cal Aggie Criterium | Senior Cat 3 | Andrew Mathiesen |
| 10 th Place | San Bruno HC | Senior Cat 3 | Adin Jose |
| 10 th Place | Early Bird Criterium | Senior 3/4 | Daryl Hopkins |
| 11 th Place | Cal Aggie Criterium | Pro 1-3 | Alex Akins |
| 12 th Place | Cal Aggie Criterium | Juniors 15-18 | Daryl Hopkins |
| 13 th Place | Cal Aggie Criterium | Juniors 15-18 | Cameron Stewart |
| 14 th Place | Cal Aggie Criterium | Juniors 15-18 | Riley Mullen |
| 15 th Place | Cal Aggie Criterium | Pro 1-3 | Andrew Mathiesen |
| 15 th Place | Cal Aggie Criterium | Juniors 15-18 | Alex Frankel |
| 15 th Place | Cal Aggie Criterium | Senior W. 3/4/5 | Lisa Mullen |
| 16 th Place | Cal Aggie Criterium | Juniors 15-18 | Sean Strachan |
| 17 th Place | Cal Aggie Criterium | Juniors 15-18 | Adin Jose |
| 17 th Place | Cal Aggie Criterium | Senior Cat 5 | Travis Risley |

| | | |
|------------------------|-----------------------------------|------------------|
| 17 th Place | Low Gap Grasshopper, Overall | Jonas Crean |
| 19 th Place | Cal Aggie Criterium Juniors 15-18 | Travis Risley |
| 23 rd Place | Cal Aggie Criterium Senior Cat 3 | Alex Akins |
| 25 th Place | Cal Aggie Criterium Juniors 15-18 | Massimo Morson |
| 26 th Place | Cal Aggie Criterium Pro 1-3 | Creighton Gruber |
| 26 th Place | Cal Aggie Criterium Juniors 15-18 | Lisa Mullen |
| 29 th Place | Santa Barbara RR Senior 3 | Eddy Huntsman |
| 32 nd Place | Cal Aggie Criterium Senior Cat 3 | Adin Jose |
| 33 rd Place | CBR #1 Carson Crit Pro 1-3 | Eddy Huntsman |
| 33 rd Place | Cal Aggie Criterium Senior Cat 3 | Cameron Stewart |

Rider Race Reports

1. Winter Camp Reports

Team Camp Link

<https://photos.app.goo.gl/KCeE9BGDKtUVw3Js7>

Aidan McNeil

3 things I really enjoyed and saw at team camp:

1. New teammates and what they have to offer on and off the bike. I see more all-rounders joining the team who are strong on the flats and climbs. I also see a dedicated team with a lot of riders who are noticeably stronger from last year who I have races against and who are my teammates from last season (Creighton and Jonas)

2. I really enjoyed garbage ball because I have never played a game like that on my bike and I built up a lot of confidence bumping and being aggressive on the bike.

3. I really like how the team is shaping up to be more of a family instead of just kids who ride bikes. We are laughing and joking before and after the rides and everyone is included when the team is off doing free time activities. Yes we all have different strength and experience levels on the bike but all of that is really put aside when the team is off the bikes. I think that bonding off the bikes will be crucial for a cooperative team on the bike.

-Aidan

Creighton Gruber

Day 1: I had a lot of fun meeting all the new kids on the team and seeing the local Bianchi dealer Spokefolk in Healdsburg.

Day 2: On our ride today we did a 20min power test and I set a new personal record. When we got back our Clif Bar rep, Lucas Euser, gave a cool talk about what Clif Bar's principals and ideals were and what our thoughts on the company and products are.

Day 3: On the ride today there were some sprints along the route. For the first sprint we had a great lead out from Tyler Williams, and it was fun fighting for position and getting in the racing mood.

Day 4: For the final day of camp we did some skills and drills. At the end we played a game called garbage ball. It was a lot of fun it made me much more comfortable on the bike.

Thank you Laura, Sam, and Tyler for a fun team camp! I can't wait to start the season!
-Creighton

Jonas Crean

Team camp was super fun. We had a lot of new kids on the team, but everyone got along great and it was a really good bonding experience. I really enjoyed the nice long ride that we did Saturday, with group sprints, pace lines, and races to the tops of climbs. Off the bike, the team had a lot of good times playing in the game rooms, eating, hiking and meeting some sponsors. Lucas Euser came in to talk to us about Clif Bar, which was quite cool. Having a sponsor like Clif take time to come and talk to us reminded me about how generous our sponsors are. Something I also really enjoyed was the last day, where we did bumping drills and played garbage ball. At first, I was a bit scared of falling, but by the end of a few intense games, I was super comfortable bumping people and being aggressive.

- Jonas

Adin Jose

It was pretty cool getting to spend time with and ride with everybody on the team. Some of whom I knew beforehand pretty well and some of whom I met for the first time at camp. I definitely feel like I'm part of a team now!

One of my favorite parts of the whole camp was definitely garbage ball, I've played it before but it's even more fun when you play it with your friends!

Another cool part of camp was getting to try out my new Bianchi, it had the best ride quality of any bike I've ever ridden! It also looks really great, that's always a big plus.

Besides the big things that I mentioned there were a lot of fun little moments, so many I couldn't possibly mention them all. I have to say, I am super happy to have joined Team Swift and it looks like we are going to have a great year!

-Adin

Eddy Huntsman

Team camp was a super fun bonding experience and a riding one too. Some things that I enjoyed were the help of Tyler Williams and Sam Bassetti, the long rides, and the free time we had to play around.

This was the best and most eventful team camp, I can't wait for next years!
-Eddy

Jonah Kellogg

Thank you for hosting it!! It was a blast to be there with all the teammates, getting to bond and learn about everyone! I enjoyed learning to bump and rub tires since in the more intense races that will be more often and common so it's good that I learn how to do it. Sam Bassetti gave a lecture about nutrition. I enjoyed learning about it and how it needs to change so I can be more efficient on and off the bike!

Blake Macheras

Team Camp this year was an awesome experience. I loved spending time with the team and learning some more about nutrition and training. Having Tyler and Sam ride with us was an awesome bonus as well.
-Blake

Travis Risley

Team Camp in 2018 was located at a very cool camp out in the Redwoods near Occidental. While we all expected the cold, we didn't really realize how cold it was in the morning until 0900 when we got on the bike. It wasn't quite freezing but it was close to it. Layers upon layers seemed to keep us warm through a short ride. For the next couple rides, we did the same thing with luck. It was awesome to get to meet some new teammates and catch up with older ones. We were also lucky enough to have Lucas Euser, an ex-professional racer, who now works at Clif Bar, for the day. He took the day to ride with us in the morning, then to talk to us about the importance of nutrition and healthy food on the bike, as well as some history behind Clif Bar. We were extremely grateful to have him there and we are all stoked to have more Clif bars this season.
-Travis

Riley Mullen

The first day of team camp, we settled in and went on a short ride to the Spoke Folk bike shop in Healdsburg to visit sponsors. On the second day, we did a ride out to the coast, where we did a 20-minute power test on the way back. The last ride on Saturday was the longest and hardest, with sprints, paceline work, and hill intervals. It was fun getting to know everybody on the team rides. My favorite part of camp was hanging out in the cabins and the game room, and the slow-speed skill work on Sunday morning. Having some down time away from riding was fun to get to know some of the newer people on the team better, and to hang out with people on the team that I knew

already. The meeting with Clif was really cool too. I can't wait for next year's team camp!

-Riley

McKay Kinsey

Team Camp was very fun and eye opening. One of the highlights of team camp for me was definitely getting to know a lot of my new teammates. I was surprised to see that we were all pretty similar to each other. Another thing I really liked about team camp was the amazing riding. I liked the variety of rides we were able to get in from riding through the woods to riding along the coast. I also really liked getting to hear the nutritional talk from Sam. I feel like I learned a lot from it and am able to make better nutritional choices because of it. For example, it helped me realize I was not taking in enough food in on my rides. I have since been eating more and I feel like it's helping me with my training. Also, I really liked getting all my new gear from all of our sponsors. It was lots of fun to be able to try out all of the new equipment.

-McKay

Alex Akins

1. I honestly think that my favorite part of the camp was how we all became friends over the weekend. Before the camp I only knew a few people's names other than Cameron and Nathan and I didn't really know anyone. I can honestly say that I can now consider everyone on the team my friend and I love when we're all together.

2. How I felt riding wise. I realized at the camp that my training has been paying off big time when I was flying up the climbs with the other climbers. Since the camp I have gotten even better especially with my AMAZING new bike helping me. While I'm definitely not saying I'm better than or even as good as Nathan up climbs, for the past two weeks on our race pace SMR ride I've beaten him (at the sprint at the top, I definitely can't ride him off my wheel) up the 9-10 minute climb. I also set a new PR by 30 seconds yesterday.

3. How well me and my teammate's personalities blend in with one another's and our jokes. It seems like if I'm around my team I can't have a bad time in the same way as if feels with my close friends at home. Even though I've only met them once it seems like I know all of them really well and I'm completely comfortable around them and I want them to succeed as much as I want myself to succeed.

These the three main things that I loved about camp and I'm looking foeward to a great season ahead and for next year's team camp.

-Alex

Cameron Stewart

Day 1: After three hours of driving Aidan and I checked into our cabins and got prepared to brave the cold weather. It was about an hour and a half ride out to a Bianchi bike shop. I really enjoyed the scenery that day.

Day 2: After breakfast we began our ride to do our FTP test. That day was filled with funny moments.

Day 3: A solid three hours of endurance on the bike, really enjoyed the long climbs and warm weather in the valley.

Day 4: Skills and drills, one of my favorite times was bumping and playing garbage ball in the freezing cold weather, after I left to go ride Mount Tam with Aiden, Nathan, and Alex. Camp was such an amazing experience with good training and amazing teammates.

Nathan Davis

On December 27th, I arrived at team camp late due to prior commitments. Although I was bummed to have missed the initial ride and visit with the local bike shop, I was looking forward to the following three days where I would be able to spend time with and get to know my new team mates for the 2019 road season.

The following morning, we woke up at about 7 am to head out for our ride by 9:30. The first hour or so of the ride was frigid cold, and my index finger was in quite a bit of pain because of the excessively low temperatures (for those of you that did not know, I was car doored while riding last season and the car door sliced off my right hand index finger). I started off the ride with a skid-out on a patch of black ice that I didn't see. After getting up, we decided to head the opposite direction to avoid the ice on the road. Once we arrived at the peak of Coleman Valley Road, we headed down and prepared for some power testing.

My power test went well, though I was not a fan of the climb that the power tests were carried out on. The first 15 minutes were great, but then the power numbers started dropping as the road undulated and rolled slightly downhill. Fortunately, I was able to keep my wattage relatively consistent and I ended up with a watt per kilo of about 5.2, which under the circumstances I was happy with. After the power testing, we headed back to camp and throughout the rest of the day we had some solid discussions with the Clif Bar representative along with an informative talk on nutrition with Sam Bassetti.

The next day we had a longer ride on tap, amounting to about 60 miles or so once it was all said and done. The ride was comprised of some short climbs and quite a few sprint points with some pace line work to help us out while racing later this season. I am not much of a sprinter myself, but watching my teammates that *are* sprinters was impressive to see and gives me confidence that this year will be outstanding for the team on all fronts. After the ride, we cleaned up and played some fun outdoor games before dinner. During this time, I came to the conclusion that I believe that basketball is literally only the ability to see and execute an angle at which you shoot the ball, but many of my team mates strongly disagreed.

The final day of team camp, we did some drills in the morning before heading out and driving home, which I found VERY fun because I am a mountain biker. After some

final photographs in our team kit and saying goodbye to my team mates, I headed back home to Monterey, content with the weekends training and confident that this season will be an excellent one.

-Nathan

Jacob Gorman

This was my first team camp and I was super excited to get going and riding with the team. The whole weekend went great, riding with the team and hanging out afterwards was a lot of fun. My favorite day was the second to last day, there were some really nice climbs that I was able to ride up with Nathan and Cameron. Overall it was a great camp and I can't wait till racing starts!

Matthew Amara

Camp was an extremely fun experience for me because the riding, even though hard for me, was extremely fun. This was the first camp I've ever been to and I was nervous to attend it, but my teammates made the camp extremely fun and enjoyable on and off the bike. Camp was also educational because of Coach Sam's nutrition talk. The nutrition talk was important to me because I know the information I got from Sam is super reliable and would be vital to me over the 2019 racing season. The nutrition talk taught me what to eat before, during, and after a race or ride. My absolute favorite part of the camp wasn't on the bike but off the bike getting to know my new teammates in the recreation room or in the cabin. Getting new equipment and food from Clif was also extremely enjoyable.

-Matthew

Daryl Hopkins

Team camp was a great experience and fun time. I was able to learn more about the teams racing goals for the season during our meeting. I also got the chance to get some solid training in. Most importantly I got to know my teammates better on and off the bike.

-Daryl

Lisa Mullen

Team Swift Camp was an amazing experience! Being a younger member on the team, I wasn't able to attend camp, but Coach Laura invited me and other younger members to experience an afternoon with the team. I loved being on the spectacular grounds of Mount Gilead, seeing the cabins, swimming pool, soccer field, and basketball courts. It was the perfect location for Team Camp! During lunch I listened to team members describe their morning ride. Their ride sounded spirited, fun, and challenging. After lunch we walked to the basketball courts for fun and games. The games were a blast! Coach Laura was very kind in inviting me to spend an afternoon with the team. I

really liked how the Team Swift members made me feel welcome and included in all the activities.

-Lisa

2. San Bruno Hill Climb

1/1/19

San Bruno

Riley Mullen

2nd Place San Bruno Mountain Hill Climb Juniors 15-16

I was super excited for the first race of the year, even though it was a last-minute decision the night before. Blake and I rode down together, and met Adin, Daryl, Sean, and Alex at the race. Out of the nine rider field, Team Swift had six people! We pinned on our numbers and warmed up on our trainers. After we were done warming up, we rode around the parking lot until it was time to line up. I asked one of the race organizers where rollout was, and they said that they didn't have it, which was a little strange. We lined up at the start line, where we sat for quite a while. The race official counted down, and start whistle sent us off. Sean and I led the field about a third up the climb. Right before we started the turn under the main road towards the main section of the climb, a rider from Bear Development attacked hard. I followed, looked back to see that nobody else was following. By the time we had passed under the main road, we had a gap, which grew larger and larger as we ascended. The Bear Dev rider attacked every steep section and turn, and each time I pulled him back. Just out of the second-to-last corner, he started sprinting away from me, and my legs couldn't respond. I reeled him in and closed the gap slightly, and crossed the line second. Overall I was super happy with my result. I feel like I maybe could have warmed up better, but other than that I had everything dialed in pretty well. One thing to keep in mind for next year is to save your energy until the very last part of the climb, and that you do not receive upgrade points for the race. It was cool having so many teammates there!

-Riley

Alex Frankel

6th Place San Bruno Hill Climb Juniors 15-18

The day before this race I had the new Bianchi frame built up and I was stoked to race on it. When I got to the race I saw some of my other teammates signed up and it was awesome to be racing with them. When the race started I was immediately going red and I knew I couldn't keep with the pace. I dropped back and with a group of 2 other guys. By the middle of the climb we dropped one other rider. Close to the top I made an attack and beat the other guy that was with me. I was pretty bummed out that I couldn't stay with the front group but the legs were not prepared due to just being back from the concussion and being in Tahoe for a week. Other than that I got a great effort in and the legs were destroyed by the end of it.

-Alex

Adin Jose

A bay area cycling new years tradition is the Mount San Bruno Hill Climb: 3.7 miles averaging about 6% gradient. My teammates who attended raced in the junior category but I raced in Cat 3 this year. The cat 3 bunch started out fairly hard, as expected in a short race, and then there was no relenting until one rider tried an unlucky attack that saw him run up the back of a race motorcycle. That near collision caused a temporary truce and we rode tempo into the park until the terrain tilted upward again and the pack split, then the difficulty of the course put us into our final positions. I thought I was going to be able to stick with the two leaders, but early season lack of form said otherwise and I dropped back to fourth place by the finish line.

Overall I was satisfied given my current fitness level, 10th fastest time up the mountain for the day across all categories and races (out of 124 riders) encouraged me, but it would have been nice to be on the podium. Now I will look ahead to some practice crits, the Bump circuit race and then the first big junior race of the season: Valley of the Sun!

-Adin

Daryl Hopkins

4th Place San Bruno Hill Climb time 19:01.33

Going in to the race I knew my fitness was low. But my legs felt stronger and fresh after training camp. I also had a lot of first during this race. It was my first race for Team Swift and the first race I did since having my cast removed. For the first 2/3 of the race a large part of the group stayed together. Then in the final third of the race a rider for bear development made a attack when the road flatten out before the switch backs. Riley immediately followed the attack I accelerated but did not follow. The group then became more strung out as I kept ramping the pace up. I had gapped Sean and I thought I was going to come in third. But in the last 50 meters or saw he sprinted and I came in fourth out of ninth finishing 63 seconds behind first.

-Daryl

Sean Strachan

3rd Place San Bruno Hill Climb Juniors 15-18

The race started out good with a high pace and me and Riley leading the pack riding 2 by 2. At about the halfway point in the climb one kid attacked and everybody started going all out. The next half of the climb was really hard, with me and Darryl battling it out. Darryl got a good gap on me on the last straight, but he sat up and I sprinted for it and got him right before the line.

-Sean

Blake Macheras

5th Place San Bruno Hill Climb Juniors 15-18

The race started relatively fast with Riley and Sean pushing the pace. When we got to about a mile left or so an attack came. Riley followed and the rest of us grouped up again. I ended up 5th after a few more attacks and a good race.

-Blake

3. Early Bird Criteriums

1/13/19

Fremont

McKay Kinsey

Early Bird Criterium Senior 3/4

The race started out pretty fast. I was the first to get clipped in so right as the race started, I put up a hard pace in the front for about 200-300 meters and proceeded to pull off. After a lap or so, I began attacking, trying to force a break. No matter what though, every move that was made was chased down in less than a lap. I realized that no one was going to get away and that attacking beginning to mid race was not going to work. I sat on towards the front of the group and tried to stay out of the wind. One lap to go, I attacked on the long straightaway on the backside of the course with about 1 mile to go. I was the only one who went and I tried my best to make the move stick. In the end, I was caught by the group with about 150 meters to the line.

-McKay

Sean Strachan

The start was good with a few people attacking right off the start. I stayed on wheels and then I took a pull to try and get back to the breakaway. Eventually there was a group of 3 up front and then a pack of us. One kid attacked and got a gap about 10 seconds. I bridged up to him and we got the lead up to about 15 seconds. After a few laps I rode him off my wheel, and time trialed to stay away from the field to finish 4th.

-Sean

Daryl Hopkins

4th Place Early Bird Criterium #2 Juniors

The race was comprised of 3 riders on Davis Jrs, 4 riders on Tieni Duro and 3 riders including myself without any teammates in the race. My plan for going in to the race was to sit in the pack and attack on the last lap. Once the race started two riders from Davis went to the front and started to set pace. Then at the start of the second lap a rider from Davis attacked and a rider from Tieni Duro followed the attack. I did not immediately follow the attack believing that they could not hold off the pack until the end of the race. I soon realized that since both Tieni Duro and Davis had riders in

the break that it was up to me to reel back the brakeaway. I moved to the front and started riding at threshold until I brought the break back. When the pack and I finally caught the group. Two riders from Davis made a counter attack I immediately countered this attack when I caught it. Two Davis riders went and a Tieni Duro rider counter attacked and I tried to follow but the pace was too high. I decided to just sit in the pack and wait for the sprint. Then at the start of the final lap a Tieni Duro rider went to the front and started to chase the breakaway and pull us back. I was then able to sprint for 4th place.

-Daryl

Daryl Hopkins

10th Place Early Bird Criterium #3 Senior 3/4

My plan going in to this race since it was my first Cat 3-4 race was to just try to sit in the pack. The race started with 20 riders in the field. The pace was high from the beginning we averaged 24 mph during the race. After the first 10 minutes a three man attack went off and managed to hold off the pack for the entire race. I stayed about positioned mid pack during the whole race. At around 6 laps to go a rider went to the front of the pack and increased the pace which resulted in some riders falling off the back. With around two laps to go I started to position myself for the sprint by moving to about 7 wheels back. Then on the last lap I moved up to three wheels back. I now realized that It was a mistake to be that far towards the front because the riders in front of me started to fall off which resulted in me being the first rider around the last corner. I came in last in the sprint and 10th overall.

-Daryl

Daryl Hopkins

12th Place Early Bird #3 Juniors

This was my second race of the day and my legs were feeling a little tired. There were 15 riders in the race. I decided to take what I learned from the 3/4 race early in the day and planned on positioning myself better for the sprint. From the start of the race a rider from Davis and rider who's team I did not remember attacked and we held us off to the end of the race. For the entirety of the race I just sat in the pack. On the last lap a Tieni Duro rider attacked and I followed and we were able to get a small gap on the field before we came around the final corner. The rider from Tieni Duro gestured for me to take a pull but I just stayed on his wheel. I thought we were far enough away that we would be able to hold off the pack and have a two man sprint. But I was wrong and the field caught up to us and I was too tired to sprint I came in 12th.

-Daryl

Lisa Mullen

Early Bird Training Series, #4

Women's 3/4/5 clinic / training race / post race discussion

Placings not recorded

On January 20th I participated in the Early Bird Training Series located in Fremont. I decided to try the 'Women's' training session and practice race instead of the juniors category. This was a good decision because there were about 20 women in the group. The juniors group, which was full of very fast male riders and a few inexperienced riders, wouldn't have given me practice riding in a pack. In the learning session before the practice race, the women's group instructors taught us how to ride in rows. We started with two different rows riding next to each, switching positions so everyone got to experience what it felt like to ride in every position. Then we switched to four rows, which was more difficult. Eventually, we practiced cornering as a pack and prepared for the women's practice crit. The practice race was fun and challenging. A few experienced Cat 3 riders set our pace. After a few laps I fell behind and waited to rejoin the pack. I jumped back in and was able to stay with the pack for the rest of the race. The coaches held a post race discussion to offer feedback and answer questions. One of the most helpful things I learned was after the race, when one of the coaches offered to show me what to do when someone bumps into me or my wheel. They helped me practice what it feels like to shift my body position to keep upright on my bike. I had a lot of fun and it was a great learning experience. I can't wait to go again!

-Lisa

McKay Kinsey

Early Bird Criterium Senior 3/4

Going into this race, I didn't really have any strategy planned. I was glad I got to race with my teammates again today, which I had three of (Daryl, Adin J. and Matthew). There were a few moves that went up the road throughout the race, I ended up going with a few that looked promising. Almost every single move that went up the road was pulled back within a lap or two. Going into three to go, I began to move up towards the front. I was about fifth wheel going into the last lap. I saw a San Jose Bike Club lead out train beginning to form. I did not see anyone from our team coming up the road, so I got onto the wheel of the SJBC sprinter with about 1K to go. He was let off with about 300 meters to go and I stuck to his wheel, planning on passing him once he began to die out. With about 150 meters to go, I started sprinting into his draft and around him. It was about this time when on my left a guy from Trainerroad was starting to come around me. I ended up finishing 3rd out of 47 behind the racers from Trainerroad and SJBC.

-McKay

Matthew Amara

Early Bird Criterium Senior 3/4

2nd Place Early Bird Criterium Juniors

Senior 3/4

The Fremont training criterium was kind of scary for me because I was gassed from yesterday's Cal Aggie Crit and I'll be racing with cat 3s for the first time. I had a few teammates with me (McKay, Daryl, and Aiden J). The race wasn't as hard as I expected it to be, there were a few attacks but nothing too serious. When it was the final 3 laps I tried to stay behind the SJBC riders and a trainer road rider. But when it came to the final turn in the last lap I couldn't keep up with them, I'm still happy that McKay was able to get 3rd place.

Juniors Race

The juniors race for the training crit was mainly a chill race. I didn't really want to race it but I needed the upgrade points. In this race it would only be me and Daryl but we had recruited a Teini Duro rider to help us out a little because he was by himself. There were 3 Davis riders that we kept our eyes on. One of them was Finn and I knew his team was going to lead him out for the sprint. So in the final 500 meters Davis set up their leadout train and I hid behind Finn to sprint. I had Daryl go up front and attack so the train would last longer. I sprinted too early and Finn beat me by half a wheel.

-Matthew

Massimo Morson

Early Bird Training Series Juniors

The clinic was fun. I enjoyed the race and the technique course. For the race, I held on at the start of the race and was tucked in the pack for the race, but with 1/2 lap to go the group sprinted and pulled away from me. Overall I gained a lot more confidence because I stayed with the lead group for the entire race. It was really fun to be in the same group with other teammates like Mathew, Darrel and Adin.

-Massimo

4. CBR #1 - Carson Criterium

1/20/19

Carson, CA

Eddy Huntsman

33rd Place CBR #1 Carson Criterium

90 minutes (40 miles) P123 Criterium

Bike: Bianchi Oltre XR3 Ultegra

Goal: speed work on top of endurance; P123 experience

Warm up: motorpaced 36 miles from home to the race venue

Today I raced with the pros. It was a fast race and I felt like I was competitive throughout it. CBR is a flat square course on wide roads. There is nothing challenging about the corners, so it is a fast paced race.

The race was fast from the start. An early break of eight went including Cory Williams, Ama Nsek, a couple SC Velo guys and four guys whom I didn't recognize.

One thing that went well was that I got in a couple moves during the race to try and bridge to the break.

One thing that went poorly was that me and the guys trying to bridge couldn't organize and work together so the teammates of the guys in the break chased us down and brought us back.

I ended up going around the last corner in the top half and finished 33rd out of 90. Since I had already motorpaced 36 miles, I didn't expect to feel fresh, and when the last lap came, instead of sprinting for the win, I sprinted to the position and then tried to hold it. I was really happy with how I raced that day.

Below is a link of some video from the race.

<https://m.youtube.com/watch?v=tg7X7QYUfcs&feature=youtu.be>

-Eddy

5. Cal Aggie Criterium

1/26/19

Sacramento

Lisa Mullen

1st Place Cal Aggie Criterium Junior women 15-18

15th Place Cal Aggie Criterium Senior W. 3/4/5

We arrived at the track and I was super excited for my two races. The Juniors 15-18 was a combined field of male riders and me, the only female. I knew the junior racers would be very fast, so my goal was to participate in the race, practice the course, observe the other riders, warm up and save energy for the women's race. As expected, the pack was very fast and I quickly fell behind. I met my goals, challenged myself and finished the race.

At the starting line I was worried, would I be able to keep up with the pack of Senior women? Would I be able to finish the race? My goal was to stay with the pack as much as possible and to not finish last. The race started and I was able to keep up with the pack just fine. As we approached the 5th lap the pace got faster, but worked hard and stayed with the pack. On the last lap I wasn't able to move up and get a in a good

position. As we went around the tight corner, I fell even farther back. We rounded the bend, the finish line came into view, and I didn't have the energy to sprint, but I did pick up my pace and pass a few people. I completed both my goals for that race, and had a great time too! Before the next race, I'm going to study how to better position myself in a pack and how to handle really tight corners.

-Lisa

Jonah Kellogg

| | |
|---|---------------|
| 1 st Place Cal Aggie Criterium | Senior 3/4 |
| 1 st Place Cal Aggie Criterium | Juniors 15-18 |
| 2 nd Place Cal Aggie Criterium | Senior 3 |

Senior 3/4

The morning of the race I had a good breakfast, enough to give me energy. I did a solid warm up on the trainer since it was 40 degrees, trying to get sweaty to be really warm for the actual race. I rolled to the line with everyone else. The start happened, and just like every Crit there was an attack every lap for the first 15 min of the race. Once I had seen no one would get away, I knew I had to stay in the top 10 for the rest of the race because it would come to a sprint. The attack's never really stopped, I positioned myself to where I was doing some work but not too much to burn out my legs. On the last lap there were a lot of surges and I got popped back to about 15-20 so I knew I had to get way higher in position. So through the chicane I was able to gain about 5-10 spots back and just hold that. Coming into the last turn I felt good, so about 200-250 meters I started my sprint when no one else did so I'd have a little jump on the rest of them. It worked and I held the front till the line.

Juniors 15-16

The junior race was pretty fun! I had a lot of teammates in the race which was a good time. So the start of the race happened no one really did any really attacks until the 2nd of 3rd lap. All the riders seemed really jumpy and once people tried to breakaway I saw how fast they were going to be brought back. So I decided to not attack but to help bring back some attacks. Towards the last half of the race me and Alex Akins were talking about leadouts and finishing. So he and I had 2-3 people in front of us to be our leadouts into the last turn. On the last 3 laps Adin Jose had an amazing attack which made the others juniors work to bring him back while Alex and I were sitting behind them. On the last lap Adin got caught. Then Riley Mullen attacked, leaving the work for the other juniors and once he got caught, our team started to get into position for the lead out, with Cameron Stewart, then McKay Kinsey, then Alex Akins then me. Into the last turn me and Alex were 1/2 and finished that way!

Senior 3

The cat 3 race came around and I wasn't sure how my legs were going to feel, doing 2 races earlier. Luckily no one had done any real attacks for the first 10 minutes. But when they did it seemed like no one wanted to work, so I knew I would have to, a

couple of people attacked and got pretty far and I pulled them back and my legs weren't the strongest that they have felt so I knew it would be difficult. However this was about halfway through, so I kept a positive mind about this only being halfway done. Going into the last couple of laps I wasn't in the position I had wanted to be in. I had done work on the outside to get higher up going into the last lap I was about 15th wheel (far back) so I knew I had more work to do. In the last lap a one man attack went and stayed off the front, we could see him but we weren't going to bring it back. Into the chicane me and Andrew Mathiesen were next to each other I took the turn to fast and went into the gutter, and that pushed me 1-2 wheels back. I knew I had to get higher so from that chicane to the last turn I had to move up, and I got up to about 10th wheel. And going into the sprint I started about 250-300 meters out and made up the gap and finished first in the field sprint with one guy about 1 bike length in front of me.

-Jonah

Alex Akins

| | | |
|------------------------|---------------------|---------------|
| 2 nd Place | Cal Aggie Criterium | Juniors 15-18 |
| 11 th Place | Cal Aggie Criterium | Pro, 1-3 |
| 23 rd Place | Cal Aggie Criterium | Senior 3 |

Juniors 15-18

I got second in the juniors race after leading out Jonah for the win. Although I felt somewhat stiff this race I was really proud of our teamwork and how perfectly the team plan worked out in the sprint.

Cat 3

This race I felt really good and opened up after the juniors race. During the race the team decided to do a lead out for me because Jonah wasn't feeling as fresh as I was after two races. The lead out was Blake, Cameron and McKay and although they did great getting me to the front We started too early and I had to jump onto another wheel that came by. Despite this I was set up perfectly in the sprint, set up 2nd wheel at 200m to go(I would've only got 2nd if I won the sprint because there was a man up the road). Unfortunately i didn't have gloves on like I did in the race before and through the vibration of the road my hands were fully numb by the sprint. Because of my hand being so numb I couldn't feel my finger on the brake and when I grabbed the bars really hard while sprinting, although I didn't know it I was pulling my brake the whole time, I went from 2nd to around 15th in about 150m. I wasn't that disappointed in my result but I was dissapointed that I let my team down, even though Jonah ended up getting second by a bike throw, kudos to him. So now I know I always need to wear gloves when I race. (I know it sounds like a really bad excuse but I swear I'm not making it up).

P1,2,3

I honestly just wanted to see how I would do against pros in the pre season and it was pretty hard and fast especially after 2 other races. I was completely dead at the end of the race but I managed to get 11th in a field of 61 and I'm happy with that for now.

Two people I saw did really good that day were Andrew, who finished 13th behind me in the pro race and McKay, who was much faster than I thought he was and is an amazing teammate to race with.

-Alex

Creighton Gruber

26th Place Cal Aggie Criterium P/1/2/3

When the race started I already had 2 hours in my legs because I rode to the race from my house in Folsom. Surprisingly my legs still felt pretty good. My goal for the race wasn't to win, but it was to be aggressive, work on timing my attacks, and to gain some good fitness. I went with most of the moves that went in the first half of the race. In the second half of the race, I started getting tired so I had to be more selective of the moves I went with. I also focused on being more efficient. Toward the closing laps of the race, my legs started to hurt even more. I rolled into the finish in the middle of the pack. My teammates Alex and Andrew both finished in the top 15.

-Creighton

McKay Kinsey

10th Place Cal Aggie Criterium Juniors 15-18

11th Place Cal Aggie Criterium Senior 3

Juniors 15-18

The 15-18 race at Cal Aggie went very well. I was excited to finally race with the team. We tried attacking a little bit, but nothing was getting away. About five laps to go, we started talking to each other and decided we were going to lead out Jonah and Alex. On the last lap we began to form the lead out train which consisted of me, Cameron, and Blake (if I remember correctly). The person in front of me pulled off right after the chicane on the backside of the course. I proceeded to finish the lead out with about 200 meters to go. I pulled off and Jonah and Alex went 1-2. I ended up tenth.

Senior 3

The Cat three criterium at Cal Aggie was very fun. I was able to try to get in some moves and also help chase some down that looked threatening. With about five to go we all realized nothing was going to get away and that the race was going to end in a sprint. I began talking to Cameron, Alex and Jonah about giving Jonah a lead out. We started the lead out a little bit too early. Me and Cameron were at the front at the beginning of the last lap. While Cameron was at the front I looked back and did not see

Jonah, so I thought our next best bet was to lead out Alex. Cameron pulled off around the second turn with about 800 meters to go. I gave it all I had to try to get Alex to the finish but ended up being swarmed with about 400-500 meters to go. I then fell back slightly and stayed with the group until the finish. I believe I ended up 11th place with Jonah finishing second.

P123's

The P123 race at Cal Aggie was very fun and I gained a lot of experience from it. It was my first ever race against cat ones and twos and it was very fast. I ended up sitting in for a majority of the race. At one point, I saw a teammate on the front pulling back a move and I figured I had nothing to lose because I was doing the race for experience. So, I went to the front and gave a little dig. I was pretty tired after this, so I went back into the group and sat in for the rest of the race. Whenever an opportunity arose to move up I would do my best to do so. I was up towards the front of the group with about eight to go. However, slowly but surely, I kept dropping back further and further until four to go. At that point, there was no more field to drop back through. I did my best to maintain contact with the group, but I eventually fell off with about three or four to go. I tried to regain contact with the group but about halfway through the lap I realized there was no chance. I proceeded to roll into the finishing straight from there and ended up getting pulled.

-McKay

Riley Mullen

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|------------------------|---------------------|---------------|
| 14 th Place | Cal Aggie Criterium | Juniors 15-18 |
| 6 th Place | Cal Aggie Criterium | Senior 4 |
| 6 th Place | Cal Aggie Criterium | Senior 4/5 |

Juniors 15-18

My goal in this race was to practice moving up through the field and my positioning, and to see which strategies would and wouldn't work for my races later in the day. The race started out pretty smooth, and every attack got pulled back. Adin put down a really strong attack two laps to go, but it got pulled back too. The team worked really well together to make a perfect leadout for Jonah. Jonah and Alex finished 1st and 2nd in the sprint. I rolled in mid-pack.

Senior 4

The race started out kind of fast, and there were attacks almost every other lap. However, the field didn't let anybody off the front for long. The pace was similar to the Juniors race, but was a lot more sketchy. I had trouble moving up towards the front on the last part of the final lap. I sprinted and caught up to the first row of people in the field sprint, but had no energy left to pass anybody more.

Senior 4/5

This was the race I was trying to save energy for, but that didn't work out throughout the day. Like the E4's, the 4/5's started fast and there were frequent attacks. Again, nothing stuck. There was a pretty big split in the field, and Blake pulled it back with me on his wheel. The finish came faster than I thought it would for a 40-minute race, and before I knew it we were in the last two laps. Blake pulled me all the way up the right-hand side of the field and I entered the sprint probably twelve people back. Blake started his lead out sprint, and we moved up further. I pulled off to the right and started my sprint. I sprinted as hard as I could to the line and wound up in 6th. It would have been great to be 5th for an upgrade point, but Blake and I had some really great teamwork, so I'm pretty happy with that. Notes for next year are to switch down gears for the first sharp left-hand turn. I got more caught up in being on the inside of that first turn, but I found as long as you're able to accelerate quickly right at the exit of the turn you will keep or improve your position. The right-hand side of the road is better to sprint on, as the left has some very bumpy patches that almost caused me to crash. Overall I'm happy with the day, as I learned a lot and met my goals.
-Riley

Matthew Amara

| | | |
|-----------------------|---------------------|---------------|
| 9 th Place | Cal Aggie Criterium | Juniors 15-18 |
| 4 th Place | Cal Aggie Criterium | Senior 4/5 |

Juniors 15-18

Cal Aggie was my very first race of the 2019 season and I was racing with the big boys for the first time. I wanted to make sure I was prepared for the race so the night before I followed coach Sam's tips about nutrition, about crits and ate pasta. The day of the race I made sure I warmed up good. 20 minutes before the race the whole team (17 teammates I believe) went to roll out. My legs were feeling good but I barely knew the course so I wanted to play it safe for the first few laps. When the race started our team easily dominated the field with 6-5 Tieni Duro racers and 6-5 Davis Bike club racers. The race was fast but somewhat easy to hang on to. The last lap towards the finish the pace really picked up and I couldn't keep up with the lead out but I pushed to finish and settled for 9th. I was really surprised with my performance considering how low my fitness was.

Senior 4/5

The 4/5 race was the second race of the day for me, I wasn't sure how I was going to do since I pushed hard in the juniors race. So the couple days before I talked to Sam and asked him about recovery tips between races. His tips were helpful because my legs were feeling somewhat recovered. I would have 3 teammates with me in the race (Blake, Riley, and Daryl). We all agreed to not attack throughout the race and just sit on wheels and wait for a sprint finish. Blake and Riley we're together most of the time and they were planning a lead out. I felt like I could have helped them out with the lead out so I hope I can in the upcoming Folsom race. With the race 3 laps to go I knew I had to move up within the next two laps. I burnt some matches by moving up

because I exposed myself to the wind. The last lap I was positioned up front and I tagged a Trainer Road guy because I saw him do well in his previous race. I was riding pretty aggressive throughout the final turns because I didn't want to lose his wheel. The last corner I got gapped off a little so I had to sprint up with the group but it was too close to the finish and I got 4th, Blake and Riley finished close behind me too.
-Matthew

Alex Frankel

15th place Cal Aggie Crit Juniors 15-18

This was the first race of the year. I got a good warm up and got the plan for the team which was to help Jonah get the win. The race started off fast. The first two laps I was getting warmed up to the course and wasted energy taking the turns slow. About 2/3 the way through the race I attacked when the group slowed but it got shut down pretty quick. On the second to last lap I got dropped from taking a turn slow and not being able to get back on. Overall I wasn't very comfortable in the pack and wasted a lot of energy. I need to get more crit practice in.
-Alex

Massimo Morson

2nd Place Cal Aggie Criterium Juniors 9-14
25th Place Cal Aggie Criterium Juniors 15-18

Juniors 9-12,

I had a slow start and did not notice how fast the other rider spinted off the start, when I tried to get on his wheel he had already pulled away. The rest of the race I chase with another rider but I could not catch him. I attacked the other rider with 2 laps to go and a stayed away.

Juniors 15-18

The same thing happened again, I had a slow start from behind the group. I had trouble clicking in my pedal and shifting, by that time the group had already ridden away. I ended up finishing the race with several other dropped riders.
-Massimo

6. Low Gap Grasshopper

1/26/19

Jonas Crean

17th Place Low Gap Grasshopper 17th overall, 9th pro men

I was super excited for the first "race" of the season. Even though the

grasshoppers aren't USA cycling races, people race them full gass, and pros frequently show up. The Low Gap hopper was one I haven't done before, as it was a makeshift replacement for the original Old Caz hopper. Low Gap starts on Orr Springs road in Ukiah with a 20 minute climb, then a fast descent and some rough pavement. After another short climb, you turn onto Low Gap road, a dirt logging road that takes you 20 miles back to the finish in Ukiah. In the morning, I had my usual pre race meal and some coffee. Once we got to Ukiah, we registered and rolled over to the start.

When we started, I was near the front so I was in good position on the first climb. Once we started climbing, things started to blow apart. Ted Kking and Sandy Fflore were ripping the climb, so a lot of people were getting dropped. I had good legs and went over the top of the climb with Geoff Kabush about 30 seconds behind the front group of four. I knew Geoff would drop me but I descended as fast as I could to minimize my losses. He still put 30 seconds into me, and I couldn't catch him on the flats. I worked with a couple guys who were dropped from the front group. Once we made the turn onto Low Gap road, I began to regret my choice of tires when I lost time on tricky corners. However, the dirt climbs and descents were amazing. After about 15 miles I began a very fast descent into Ukiah. I rolled in for 17th overall and 9th in pro men. Even though I lost about ten spots on the technical dirt sections, I was very happy with how I felt.

-Jonas

7. Santa Barbara Road Race 1/26/19 Sisquoc

Eddy Huntsman

29th Place Santa Barbara County Road Race Senior 3

This last weekend I raced the Santa Barbara Road Race. I had a good start at the front, it was a 4 lap race (57 miles) and I felt good. There were about 55 people in the race. Every lap there was Puncheurs Hill and a plateau. On the 4th lap I attacked right before the hill thinking I might get away for the win, I felt good going up it, as a matter of fact I KOM'ed. I got caught right before the downhill and had just enough time to recover for the flat part before the finish, but not the hill. The finish was a long uphill that got less steep as it got closer to the finish line. I went into the last corner before the hill in top 10 and couldn't hold the pace because of my effort on the hill earlier in the lap. I ended up finishing 29th position.

-Eddy

Link: <https://youtu.be/ClbzTvyadIM>

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