

Team Swift Race Reports

January & February 2020

Race Reports for:

1. CalAggie Criterium
2. CBR #2
3. Folsom Winter Criterium
4. Roger Millikan GP
5. Valley of the Sun Stage Race
6. Snelling Road Race
7. *Tour of the Southern Highlands (TOSH) will come separately

January & February Top Results:

| Place | Race | Category | Rider Name |
|-------|---------------------------|----------------------------|------------------|
| | | | |
| 1 | VOS Crit | Men Junior 15-16 | Matthew Amara |
| 1 | CBR Dominguez Hills | Men Junior 13-14 | Massimo Morson |
| 1 | Snelling Road Race | Men Junior 13-14 | Massimo Morson |
| 1 | Cal Aggie Crit | Men Junior 9-14 | Massimo Morson |
| 1 | Cherry Pie Crit | Men Junior 15-18, Cat 4/5 | Cassius Anderson |
| 2 | Cal Aggie Crit | Cat 3 | Matthew Amara |
| 2 | Cal Aggie Crit | Men Junior 15-18, Cat 4/5 | Matthew Amara |
| 2 | Cal Aggie Crit | Men Cat 3/4 | McKay Kinsey |
| 2 | Cal Aggie Crit | Men Junior 17-18 | Alex Akins |
| 2 | 2020 Folsom Winter Crit | Men Cat 2/3 | Alex Akins |
| 2 | UCLA Victorville Crit | Men Cat Pro/1/2 | Eddie Huntsman |
| 2 | Cal Aggie Crit | Men Cat 5 | Cassius Anderson |
| 2 | Cherry Pie Crit | Women Junior 15-18 Cat 4/5 | Lisa Mullen |
| 2 | Cherry Pie Crit | Men Junior 15-18 Cat 4/5 | Riley Mullen |
| 3 | VOS RR | Men Junior 17-18 | Eddie Huntsman |
| 4 | VOS TT | Men Junior 13-14 | Massimo Morson |
| 4 | Cal Aggie Crit | Men Junior 15-18 | Cassius Anderson |
| 4 | Cherry Pie Crit | Men Cat 4 | Cassius Anderson |
| 5 | Pine Flat Road Race | Men Cat 4 | Oliver Neeley |
| 6 | Cal Aggie Crit | Men Junior 15-18 | Travis Miller |
| 6 | Cal Aggie Crit | Men Cat 4/5 | Travis Miller |
| 6 | Roger Millikan Grand Prix | Men Junior 15-18 Cat 1/2/3 | Matthew Amara |
| 6 | VOS GC | Men Junior 13-14 | Massimo Morson |

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|----|----------------------------|--------------------------|------------------|
| 7 | VOS RR | Men Junior 13-14 | Massimo Morson |
| 7 | VOS Crit | Men Junior 13-14 | Massimo Morson |
| 7 | Cal Aggie Crit | Men Junior 15-18 | Oliver Neeley |
| 7 | 2020 Folsom Winter Crit | Men Cat 2/3 | McKay Kinsey |
| 7 | CBR Carson Crit | Men Cat 3/4 | Matthew Amara |
| 8 | Cal Aggie Crit | Men Cat 3 | McKay Kinsey |
| 8 | TOSH Crit | Men Junior 17-18 | Alex Akins |
| 8 | VOS GC | Men Junior 17-18 | Eddie Huntsman |
| 9 | VOS Crit | Men Junior 17-18 | Eddie Huntsman |
| 9 | UCLA Road Race | Men Cat Pro/1/2 | Eddie Huntsman |
| 9 | Cal Aggie Crit | Men Cat 3/4 | Jonas Crean |
| 9 | TOSH Circuit Race | Men Junior 15-16 | Travis Miller |
| 9 | Old Merced Crit | Men Cat 3/4 | Matthew Amara |
| 10 | Cal Aggie Crit | Men Cat 3 | Andrew Mathiesen |
| 10 | VOS Crit | Junior 17-18 | McKay Kinsey |
| 10 | Cal Aggie Crit | Men Junior 15-18 | Benjamin Chi |
| 10 | Cal Aggie Crit | Men Cat 4/5 | Cassius Anderson |
| 11 | Sky Express Livermore Crit | Men Cat 4 | Cassius Anderson |
| 11 | Cal Aggie Crit | Men Junior 15-18 | Sean Strachan |
| 11 | 2020 Folsom Winter Crit | Men Cat Pro 1/2/3 | Andrew Mathiesen |
| 11 | VOS TT | Men Junior 15-16 | Travis Miller |
| 11 | TOSH Crit | Men Junior 15-16 | Travis Miller |
| 11 | CBR Carson Crit | Men Pro 1/2/3 | Eddie Huntsman |
| 12 | VOS Crit | Men Junior 17-18 | Alex Akins |
| 12 | TOSH Circuit Race | Men Junior 17-18 | Alex Akins |
| 12 | Original Merced Crit | Men Pro 1/2/3 | Matthew Amara |
| 13 | Cal Aggie Crit | Cat 5 | Benjamin Chi |
| 13 | Original Merced Crit | Men Pro 1/2/3 | McKay Kinsey |
| 13 | TOSH GC | Men Junior 15-16 | Travis Miller |
| 13 | Cal Aggie Crit | Men Cat 4/5 | Oliver Neeley |
| 13 | TOSH GC | Men Junior 15-16 | Travis Miller |
| 14 | CBR Dominguez Hills | Men Junior 15-18 Cat 4/5 | Massimo Morson |
| 14 | Roger Millikan Grand Prix | Men Cat Pro/1/2/3 | Eddie Huntsman |
| 14 | TOSH GC | Men Junior 17-18 | Leo Gulickson |
| 15 | VOS Crit | Men Junior 15-16 | Travis Miller |
| 15 | 2020 Folsom Winter Crit | Men Cat 3/4 | Daryl Hopkins |
| 15 | TOSH Circuit Race | Men Junior 17-18 | McKay Kinsey |
| 15 | TOSH Crit | Men Junior 17-18 | Leo Gulickson |
| 15 | VOS GC | Men Junior 15-16 | Daryl Hopkins |

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|----|-------------------------|-------------------|------------------|
| 15 | 2020 Folsom Winter Crit | Men Cat 3/4 | Daryl Hopkins |
| 15 | VOS TT | Men Junior 15-16 | Daryl Hopkins |
| 16 | TOSH TT | Men Junior 15-16 | Travis Miller |
| 16 | VOS GC | Men Junior 15-16 | Travis Miller |
| 16 | TOSH RR | Men Junior 17-18 | McKay Kinsey |
| 16 | VOS RR | Men Junior 17-18 | Alex Akins |
| 16 | VOS TT | Men Junior 17-18 | Eddie Huntsman |
| 17 | VOS RR | Men Junior 15-16 | Matthew Amara |
| 17 | Cal Aggie Crit | Men Junior 15-18 | Massimo Morson |
| 18 | Cal Aggie Crit | Men Cat 3 | Daryl Hopkins |
| 18 | 2020 Folsom Winter Crit | Men Cat 2/3 | Andrew Mathiesen |
| 18 | VOS GC | Men Junior 15-16 | Matthew Amara |
| 18 | Snelling Road Race | Men Cat 4 | Travis Miller |
| 19 | Cal Aggie Crit | Men Cat 4 | Travis Miller |
| 19 | CBR Carson Crit | Men Pro 1/2/3 | Matthew Amara |
| 19 | Snelling Road Race | Men Cat 4 | Oliver Neeley |
| 20 | TOSH RR | Men Junior 15-16 | Travis Miller |
| 20 | Snelling Road Race | Men Cat 3 | Matthew Amara |
| 20 | Cal Aggie Crit | Men Pro 1/2/3 | Andrew Mathiesen |
| 21 | VOS TT | Men Junior 15-16 | Matthew Amara |
| 21 | CBR Circuit Race | Men Cat 3 | Matthew Amara |
| 21 | VOS RR | Men Junior 15-16 | Daryl Hopkins |
| 21 | Cherry Pie Crit | Men Cat 4 | Benjamin Chi |
| 22 | TOSH GC | Men Junior 17-18 | McKay Kinsey |
| 23 | Cal Aggie Crit | Men Pro 1/2/3 | Daryl Hopkins |
| 23 | VOS Crit | Men Junior 15-16 | Daryl Hopkins |
| 24 | TOSH Circuit Race | Men Junior 17-18 | Leo Gullickson |
| 24 | TOSH RR | Men Junior 17-18 | Leo Gullickson |
| 24 | VOS Crit | Men Junior 17-18 | Andrew Mathiesen |
| 25 | 2020 Folsom Winter Crit | Men Cat Pro 1/2/3 | Alex Akins |
| 26 | VOS RR | Men Junior 17-18 | McKay Kinsey |
| 27 | VOS RR | Men Junior 15-16 | Travis Miller |
| 27 | VOS GC | Men Junior 17-18 | Alex Akins |
| 27 | TOSH GC | Men Junior 17-18 | Alex Akins |
| 27 | CBR Circuit Race | Men Cat 3 | Daryl Hopkins |
| 28 | TOSH RR | Men Junior 17-18 | Alex Akins |
| 28 | VOS GC | Men Junior 17-18 | McKay Kinsey |
| 29 | TOSH TT | Men Junior 17-18 | Jonas Crean |
| 29 | VOS TT | Men Junior 17-18 | Leo Gulickson |

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|----|----------------------------|-------------------|------------------|
| 29 | 2020 Folsom Winter Crit | Men Cat Pro 1/2/3 | McKay Kinsey |
| 31 | VOS Crit | Men Junior 17-18 | Blake Macheras |
| 31 | Sky Express Livermore Crit | Men Cat 4 | Benjamin Chi |
| 32 | TOSH TT | Men Junior 17-18 | Leo Gullickson |
| 33 | Cal Aggie Crit | Men Cat 3/4 | Travis Miller |
| 33 | TOSH Crit | Men Junior 17-18 | McKay Kinsey |
| 35 | Snelling Road Race | Men Pro 1/2 | McKay Kinsey |
| 36 | VOS GC | Men Junior 17-18 | Andrew Mathiesen |
| 36 | Cherry Pie Crit | Men Cat 4 | Riley Mullen |
| 36 | TOSH RR | Men Junior 17-18 | Jonas Crean |
| 38 | CBR Circuit Race | Men Pro 1/2/3 | Daryl Hopkins |
| 39 | CBR Circuit Race | Men Pro 1/2/3 | Matthew Amara |
| 39 | VOS GC | Men Junior 17-18 | Blake Macheras |
| 43 | TOSH TT | Men Junior 17-18 | McKay Kinsey |
| 45 | VOS TT | Men Junior 17-18 | Blake Macheras |
| 47 | VOS TT | Men Junior 17-18 | McKay Kinsey |
| 47 | VOS RR | Men Junior 17-18 | Blake Macheras |
| 47 | TOSH GC | Men Junior 17-18 | Jonas Crean |
| 48 | VOS TT | Men Junior 17-18 | Alex Akins |
| 49 | TOSH Crit | Men Junior 17-18 | Eddie Huntsman |
| 53 | VOS TT | Men Junior 17-18 | Andrew Mathiesen |
| 56 | TOSH TT | Men Junior 17-18 | Alex Akins |
| 66 | TOSH Circuit Race | Men Junior 17-18 | Eddie Huntsman |
| 67 | TOSH Circuit Race | Men Junior 17-18 | Jonas Crean |
| 68 | TOSH Crit | Men Junior 17-18 | Jonas Crean |
| 72 | TOSH TT | Men Junior 17-18 | Eddie Huntsman |

Rider Race Reports

1. Cal Aggie Criterium 1/25/20 Sacramento

McKay Kinsey

2nd Placed Senior Cat 3/4's

I sat in for most of the race but I went solo at one point. I got caught pretty fast though... the rest of the race I chilled. Into the last chicane I was third wheel behind two guys attacking for the finish. They basically led me out and I started my sprint with

200M to go. I almost touched wheels with a guy in front of me in the sprint and had to change lines with a short amount of time left. I got piped at the line by Artun from Tieni Duro who is looking really strong right now and came in for second.

Senior Cat 3's

I chilled and tried to get in some breaks in the 3's race. I was a little gassed but I also had to do a lot of work on the front with Andrew and Matthew to pull back breakaways since we were the biggest team in the field and we kept missing successful breaks. With two to go, I went to the front and brought back the last solo rider and the pace calmed and got ready for a bunch sprint. I got boxed in and almost crashed in the finish trying to lead Andrew out but Matthew did a good job surfing wheels in the finish and was able to secure 2nd in a fast and technical field sprint.

Senior Cat 123's

Made the same mistake I made last year in the 123's. I had only eaten about 600 calories all day leading up to the 123's at 4:10. I felt good and was doing well for the first 30 minutes. I even got into a breakaway and blocked for Alex at the front for a while. Then, I bonked. I pulled off mid pack of a strung out field and Creighton had to close the gap because he was riding behind me. I felt bad but I had nothing left. I dropped to the back and immediately gaps began to form. The field split into 3 groups. I was in the third... we chased for about 20 minutes and I probably would've pulled out if my grandparents weren't there. I got back on and 10 minutes later, Alex saved my butt with a pack of Shot Bloks. With only 15 minutes left in the race though, I don't think they hit me until after the finish. I slowly dropped to the back of the field and on the last lap. I started cramping. I was surprised because it was the first time I had ever cramped riding a bike. I tried to stretch but since we were doing 30mph and I was also on a bike, it was kinda hard. I dropped off with a Mikes Bikes lead-out man after the chicane and rolled it into the finish a few seconds off the back. Alex got 2nd and Creighton got 1st (out of a breakaway) and Alex is looking really strong this year. Some things I learned: I learned (just like last year) I need to eat more before and during races/ in between races. It's a crappy lesson to drive 3 hours to learn (for the second time) but at least I got a solid refresher on how my body needs food when I go hard on my bike.

In total I was super excited to see everyone again and I had a solid time on the bike. Can't wait for more racing as the season rolls on.

-McKay

Matthew Amara

2nd Place Cal Aggie Criterium Juniors 15-18

The juniors race would be my first race of the day. I didn't want to work too hard in the juniors race because I wanted to save my energy for the cat 3 race. In this race

I'd have a lot of teammates to work with. The other teams we would be racing against are Davis juniors, SL2, and Tieni Duro. Davis would be the one to look out for because of one of their riders Finn is pretty fast. I knew that Finn would want it to come down to a sprint. Finn had his teammates do a few attacks but they never got away. When the last lap came around, the peloton was still together and I was positioned behind Finn. Coming out of the 3rd to last corner Cassius attacked and it looked like he was getting away. When we got into the last corner we were gaining on Cassius and eventually caught him. After catching him, Finn opened up his sprint and so did I. I wasn't able to match his sprint and ended up in placed second.

2nd Place Cal Aggie Criterium Senior Category 3

The elite 3 would be my second race of the day. I wanted to do good in the elite 3 so I made sure I ate and spun my legs out. The teammates I would be racing with are Andrew, McKay, and Daryl. When the race started someone attacked but they weren't able to get away because the peloton was chasing. But as soon as the peloton caught up a few people counter attacked, and we had no teammates in it, and I wasn't able to follow. So McKay and I started to chase it down. McKay and I were the ones doing most of the work because no one else wanted to work with us or pull through. We eventually caught the break, but a TrainerRoad guy attacked, and neither McKay nor I was able to follow because we were too gassed, so McKay and I decided to not work to catch it because we did most of the work to catch the previous breakaway. Some of the other guys in the peloton told us to work but we didn't want to and told them to work instead. The TrainerRoad guy was able to ride away for half of the race but the peloton eventually reeled him back in. In the last lap I had to move up and I knew exactly who to follow, the TrainerRoad guy. I had to fight for a position behind him by rubbing shoulders with the guy behind him. I eventually pushed him out but some other guys were yelling at me to chill even though I knew the guy I was rubbing shoulders with raced in Ireland before, so I had no idea why he was getting mad about making contact. I was eventually behind the TrainerRoad guy who pulled me through the last corner. I had to wait to sprint because I didn't want to open up my sprint to early. When the TrainerRoad guy started to sprint I opened up my sprint and got second, if the sprint was 50 meters longer I felt like I could've beat him.

-Matthew

2. CBR #2 Criterium

2/2/2020

Carson, CA

Eddy Huntsman

11th Place CBR Crit #2

Pro-1/2/3

Time: 80 min

Miles: 36

I raced the CBR race this Sunday and I felt very good. The previous day I did a pretty hard group ride so I knew I wouldn't have the same jump in my legs as usual. With this in mind I had to race smart, not hard. I knew that since I had been doing a lot of track racing that I would have a good 20-30 minutes of good legs throughout the race (about as long as most track races). With 45 min to go I got in a break with 4 other people and the most we had on the field was about 20 seconds. I didn't know if we were going to be brought back or not, but I still did the work just hoping to stay away long enough to make the other people in the break get some confidence and work too. We got caught with 20 min to go. With 10 laps to go I was feeling very good. There was no organization for a lead out from Legion or KHS. This made for a very slow yet jumpy 10 laps, which took a lot out of me. With 2 laps to go I got on Bryan McKullik's wheel. I stayed there for the next lap and 3/4s. Before the last corner we came barreling up the road on the outside. He cut me off in front of a couple Legion guys, only leaving enough room for him and not me. This left me out in the wind coming out of the last corner. I finished 11th out of 88 people.

What I did well was putting myself where I wanted to be for the sprint a lap early. What I can do better next time is not just think that because they are fast that they are a good wheel. I have to watch how they ride and if it will be beneficial for me to follow them.

-Eddy

Matthew Amara

7th Place CBR Criterium Senior Category 3

In the CBR elite 3 I would be racing with no teammates. I wanted to make sure that I would do well in this race because there's a lot of racers showing up, which means more upgrade points. The race started off pretty slow but eventually picked up the pace later. I thought the race would be faster considering it's a SoCal criterium, notorious for fast crits and always pedaling through corners, but that was not the case. I was able to stay hidden most of the race which saved most of my energy. In the last few laps I made sure to stay up front in case any breakaways or attacks were to happen. In the last two laps I was analyzing the course so I know where to be when the last lap comes around. In the last lap the racers picked up the pace exponentially. I knew where to be positioned when the last corner came around. When we approached the last corner I was going to surge through it, and carry my momentum into a sprint. The racers ahead of me cornered the corner sharper than I thought, but bombing the corner to move up would be too risky. I was still able to stay close to them and ended up in seventh.

19th Place CBR Criterium Pro 1/2/3

The Pro 1/2/3 was a race that I was nervous about. It would be my longest race and most stacked race I've done yet. I'd be racing with Eddy. We didn't really have a plan because the other teams had way more people, who were faster too. My biggest fear for this race was getting dropped, but I know I've gotten stronger compared to last year. The race started decently fast, but if I was protected from the wind it was a lot easier and saved me a lot of energy. Around mid way throughout the race Eddy was in a breakaway. A few guys were trying to bridge, so I went with them. They never caught Eddy, so when we dropped back, the peloton chased down Eddy's break. Throughout the remainder of the race a few breaks would try to establish but none of them stuck. When the last lap came around I can see where SoCal crits got their reputation of being fast and physical. Their cornering was extremely close and fast; it was scary but kind of fun at the same time. Around second to last corner I tried moving up towards Eddy because I was in the back. When I got where Eddy was, near the front, I was feeling a cramp starting in my right thigh. When turning on the final straight I opened up my sprint but wasn't able to make any ground on the people in front of me. This crit was extremely fun and taught me how to be more aggressive and to be just a little bit more physical to fight for positions in the last lap.

-Matthew

3. Folsom Winter Criterium 2/8/20 Folsom

McKay Kinsey

14th Place Category 2/3
30th Place Category 1/2/3

The 2/3's was easy but fast and was neutralized half way through due to a rider having a medical emergency (not a crash but I am not sure exactly what happened). We restarted and I was following Alex into the last corner when a rider in front of us took the corner an incorrect way. He and Alex rubbed shoulders pretty hard and I wrapped a fistfull of brakes. He ended up second in a big field and I got 14th.

1/2/3: I went with a few moves at the start and even got into a very short-lived break with Luke at the start of the race. It slowly became faster and faster though. Last lap me and Alex were moving up on the left and were almost taken out by a rider that swung into us. Our race was over from there but Andrew got a super solid 11th or 12th in a strong field of over 75 riders.

-McKay

4. Roger Millikan GP

2/9/20

Brea

Eddy Huntsman

19th Place P-123

80 min

38 miles

Today I raced Roger Millikan in Brea, California with my teammate Mathew Amara. I felt good warming up knowing that today was the day to make some moves. When I lined up for the race I saw that KHS had a big squad and so did Legion. If a move was going to go it would have to have two or more teammates from each big team in it.

Right off the bat, legion and KHS were attacking hard. I tried playing my moves right, so for the first half of the race I was just chilling mid-pack. Then halfway through the race I made a big dig to try and get in a move. I saw some KHS and Legion riders at the front coming up behind me, but they were just chasing me down rather than bridging. I had a couple more attempts off the front but none of them lasted more than a lap.

With 15 min to go I knew that it was going to be a field sprint because KHS and Legion were all grouping at the front. With 10 min to go I spotted my track training partner, Ryan Jastrab, and knew that since I was familiar with his riding style he would be a good wheel to follow. KHS was riding very aggressively and Ryan was taking too many risks for me to comfortably race knowing I was racing VOS next weekend and don't want to injure myself. With 5 laps to go I saw Sam Bassetti. I knew that if I wanted to be in a top 10 position then I would have to get a wheel, and quick. I tried getting behind Sam Bassetti but Justin Williams was there and he made it clear I wasn't getting in so it was no hope. But I didn't give up and I made one last attempt: I tried working my way in front of Sam but since he was sweeping he couldn't let me in. So, I knew my fate, it was either risk it and bump my way into top 10, or just sit behind Legion and KHS. Going into one lap to go I just held the wheel in front of me and rolled in for 19th.

My take away from this race was that if you are at the front, it is worth taking a dig to stay at the front, rather than taking a dig to GET to the front.

-Eddy

Matthew Amara

7th Place Roger Millikan Criterium Category 1-3 Junior 15-18

I was going into this race with 5 people pre-registered. I was hoping no Velosport teammates would show up, but they did. At the start of the race there were 8 racers including me, and more than half of them were Velosport. When a Velosport guy attacked it wouldn't be worth following him because his teammates would just counter

attack. So I just let him go, and he eventually lapped the field. When last lap came around my legs were feeling extremely tight, and it was unusual for me because my legs have never felt like this before. On the last lap my legs just couldn't sprint towards the finish line. I felt like I should've been able to go harder, but my legs wouldn't let me.

DNF
CBR Criterium
Category: Pro 1/2/3

Before the 1/2/3 race I made sure my legs were properly massaged and ready to go. I'd be racing with Eddy again. At the start of the race my legs were feeling good and the pace was fast. Around 30 minutes in we were going up the small hill and the peloton decided to go faster, it just absolutely killed me. I got gapped off and I couldn't get back on. I tried to chase but my legs were cooked and the peloton was just too fast. I had to pull out of the race.

-Matthew

5. Valley of the Sun Stage Race

2/14-16/20

Phoenix, AZ

Valley of the Sun – Junior 17-18 Reports

Eddy Huntsman

Alex Akins

McKay Kinsey

Black Macheras

Andrew Mathiesen

Leo Gullickson

Time Trial:

The time trial took place on a mostly flat out and back course, with a total distance of 14.5 miles with around 300 ft of elevation gain. The first part of the course is slightly uphill, with the reverse being true on the way back. On the day, there was a slight cross-wind

Eddy: 16th

The VOS TT was a total disaster for me. I had the concept of pacing myself, although that is something you do want to do, I went too slow and over-paced myself. I only started going hard once I could see the finish. I finished 16th

McKay: 47th

I messed around a bit too much before my warm-up. I ended up misreading the number pinning rules as well and had to pin a second number on during my warm-up. I also had to keep getting off of the trainer to adjust things or get food, water, etc. I felt good though in my warm-up and I got to the start gate right on time. I did not feel good during the TT. The power was there (averaging just below 300) but the speed was just not coming. I ended up getting 34:00:00 flat and only improving by 30 seconds over last year.

Leo: 29th

I had a good time trial, the warm-up went smooth and I felt good and in the TT ending up 29th with a time of 32:47, improving by a couple of minutes on my time last year.

Alex: 48th

I'm not the best at long time trials so I wasn't expecting much from myself in this stage. I went hard but my legs were locking up from the extreme position. I now know to stretch before time trials to loosen my muscles up.

Blake: 45th

The whole day was very relaxed as we didn't ride until around 2 o'clock. I think this helped because I wasn't stressed about my race. Once I got on the trainer my legs felt bad but my stomach and head were clear. Once my effort started I felt amazing. My speed dipped in the middle and I was thankful because I would have blown up otherwise. It was full gas on the way back where I passed 4 other riders. Ended up with a 33:58:130 improving by 3:30 min from last year.

Andrew: 49th

In the TT I was able to keep the power I was hoping for but the speed was never there so I wasn't able to have the result I wanted. Although it was a horrible time I was happy with how I reached my power goal when my legs were not feeling too well.

Road Race:

The road race course was a mostly flat 16 mile loop with one short climb per lap. However, with the finish and bonus seconds on top of that climb, positioning on this course is important. The 17-18's would do 4 laps, and the 15-16's would do 3. On the day conditions were very windy, with some sections of road having aggressive crosswinds. Judging the crosswinds were very important and many riders tried to get away but all were brought back and the race ended in a field sprint.

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Road Race: A 3 corner, a triangular course with cross-winds on the straight-aways and a tailwind on the back straight. Just about 63 miles for the 17-18's over the course of 4 laps, finishing on a short, 3-kilometer climb that averaged about 3.2%. Averaging 25.4 mph for 2.5 hours over 63 miles.

Eddy: 3rd

The VOS RR went very well for me. I sat in the field except for all of 5 min when Luke Fuerhelm and I had a dog off the front. I immediately got back in and waited around for the finish. I always stayed top 20 wheels just in case a contender for GC attacked (since I wasn't a threat for GC I thought they might let me go). After 4 laps of sitting in, the finishing hill was just miles away. I went into the last hill about the 5th wheel and stayed in the position until Colby Simmons jumped, I got on his wheel and then saw Kyle Chromey go on the far left with about 80 meters left, and immediately crossed to

the other side of the road to get on his wheel. I finished right behind him in 3rd position.

McKay: 26th

I was excited and nervous for the Road Race. I wanted to make sure I ate enough and was on time for this stage. Coach Laura got us a really good spot at the road race course and it was very helpful for us getting our gear to the tent and being prepared for the race. We all rode to sign in together, and then rode back and started to get ready for the race. I felt good and nervous but was excited. We had plenty of time to warm up and when the gun went off, I immediately started to move up. I tried to stay upfront as much as possible, but I often found myself floating around the top ¼ to ½ for most of the race. I tried to stay up front to help Eddy for the first lap and I was able to hop onto a few moves and I was able to chase one down too. Nothing stuck though and I got ready for a sprint at the end of the day. I kept not being able to get feeds. I ended up running out of water on the last lap but it was right before the finish so it was not a huge deal. I had good positioning into the final climb and it got pretty aggressive in the last 3k. Unfortunately, though, the race leader's front wheel made contact with my di2 cable and unplugged my cable with only a few K's to go into the finish. I was stuck in my 52-25 up the final, not very steep climb. I tried to hang on as much as possible, but when a crash happened in front of me and the final acceleration went, I was doing 140+ rpm's and could not catch the field. I ended the day in 26th place out of about 75. I think I definitely would have been a bit more up there though if it wasn't for my mechanical.

Alex: 16th

I had a lot of bad luck in this race. 5 minutes into the race someone's derailleur went into my front wheel and blew out a lot of spokes and I barely managed to stay upright and had to get a new wheel. It would've been worse if not for the Spinergy's super strong spokes. After chasing a lap with no help from the people in my chase group I sat in to recover. A lap later I got caught behind riders getting dropped through the feed zone and I didn't notice the group was riding away until it was too late. I then had to chase for another lap completely solo, at one point I couldn't even see the group but somehow I caught on. Blake gave me an amazing lead out for the first part of the final climb and I was positioned great coming into the last kilometer. Unfortunately a rider crashed in front of me and I had to take evasive action to avoid the crash and I lost the wheel ahead of me and I ended up 16th

Blake: 46th

I was really nervous about the road race but I was also very excited because I felt like I've been riding decently this year. It started out fast but I was very comfortable in the pack. I tried to stay towards the front of the group but got cycled through a few times. Lap 3 was the hardest lap through the feed zone. I missed a bottle and finally got one, but the group had accelerated a lot. It was a sprint to get back on but very essential. We got neutralized because of the 3's so it was a weird last lap. I took Alex and Eddy to

the front on the last straight before the hill. I set a steady pace and then pulled off and let the finish begin. I rode in 46th

Criterion:

A very technical criterium with 7 corners and narrow straight-aways. Decent pavement with little wind. Road furniture spread out over a few straits as well as curbs and gutters lining the course. Averaging about 28.3 mph for 45 minutes.

Eddy: 9th

The VOS crit was very easy; it wasn't too fast and was manageable to get off the front. The first 15 min of the race I was in 10 different moves which all lasted about 1 lap. I noticed this trend of no moves going and realized that sitting in was me best option. With 1 lap to go I was boxed in by some HotTubes riders. I risked crashing and totally wrecked this one guy and immediately started chasing down the 3 Lux guys that were balling it into the last corner. When I caught up to them I was going 3-4 mph faster than they were and had to hit my brakes because I caught them mid corner. This caused me to lose all my speed and I started getting passed. I finished 9th.

McKay: 10th

I was excited about the crit and was hoping to redeem myself for my rather disappointing finish the day before. Our goal for the day was to try to get Eddy the win. When the gun went off, I found it pretty easy to get into the top ¼ of the field, but to be at the front, it was very hard because I just couldn't find a wheel up there. I surfed wheels up there and probably should have been more upfront to follow moves early in the race. No move ended up sticking for more than a lap though and it was coming down to a field sprint. I was super far back with one to go, and going into turn four, I heard Alex yell to get him upfront. So I started to accelerate with him on my wheel, and we eventually hit near the front going into the second to last turn. I took the second to last turn and the last turn through the outside and was able to move up considerably. I was stuck without my 14 because of my derailleur being adjusted for another pair of wheels, so I had to sprint in my 52-15. It was pretty hard and I hit about 140 rpm in the finish. I rolled in for tenth right behind Eddy. I think some things I could've done better in this race would have been to follow and initiate more moves early in the race and have been farther upfront to have helped Eddy in the finish.

Alex: 12th

The crit was fast like last year although I felt much stronger than last year. I was also much more comfortable with the craziness and chaos of this race and I was able to move up much easier. I felt strong and was active in the race but I had bad positioning into the last corner and also got pushed to the outside line setting me up very bad for the sprint. I did have a very good sprint though, I came out of the last corner around 20th wheel and sprinted to 12th on the line with momentum and passed riders immediately after the line.

Blake: 31st

The crit was just as fast as I expected it to be. I was around the front and mid part of the pack all race. I couldn't hold a great position for too long. On a prime lap I went to the front with Eddy. On the last straight I sprinted around and took the prime. On the last lap I got boxed off of Nick Carter's wheel and then pushed into the group. I ended up finishing with the pack.

Valley of the Sun – Junior 15-16 Reports

Daryl Hopkins
Matthew Amara
Travis Miller

Time Trial:

Travis: 11th

I came into VOS sick and recovering from a crash the previous weekend. All of Friday I had a migraine, but regardless I was going to give the TT everything I had. I held 256w for 34min, which got me an 11th place finish. On a normal day when I'm not sick, I can hold 275w for 40min, so my power was definitely lower, but there's nothing I can do about that. I was happy with how my TT turned out, given the circumstances.

Daryl: 15th

I felt that I went pretty fast on the TT I went off pretty early. I passed a lot of people on the course which gave me a slight mental boost. Other than that it felt like a really good TT to me. Although I do think I could have pushed myself just a tad bit more.

Matthew: 21st

I knew the course of the time trial pretty well. I knew that I would be able to ride faster on the way back than on the way out. I had a pacing strategy already planned out for the day of the race. The day of the race I set off, but I wasn't able to keep my speed or my power up on the way out. On the way back I hammered it as hard as I could to make up for the time I lost on the way out, but it wasn't enough.

Road Race:

Course description -

16 mile loop with some cross winds with a long slight uphill to the finish.

Daryl: 21

I was pretty stoked for the RR. I felt that it was a course that I could really do well on. The first couple of miles in the race were pretty slow. I decided to make a little attack just to stretch my legs and to pick up the pace. The pace did end up picking up after that all the way to the climb. I made sure to position myself in the top 5 or so up the

climb to avoid getting gapped off. The second lap was pretty tame. Since the plan was to help Travis get the KOM. I made sure to have him sit on my wheel and I brought him up near the front and protect him from the wind. From there on I laid down a pretty good effort to keep him up near the front. Then when he told me to lead him out I started to attack to distance him from the field. I dropped him off about 1 k away from the KOM line. After that I tried to stay in the pack and conserve for the finish. As we approached the finish the pace really started to pick up and gaps started to open up. On top of that in the closing km's there was a close crash call. That ended up pushing me back a few positions and opening up gaps I could not close.

Matthew: 17

The road race wasn't too hard. It had a back section which had some cross winds and one hill that wasn't steep, but went on for about 5 minutes, the hill also led into the finish line. Throughout the race I knew exactly where we would go hard, and where we'd go easy. I kept up in my nutrition and was able to follow a few moves, but none of them stuck. When the last lap came around I was positioned pretty well going up the climb. When we got about halfway up the climb the group just picked up the speed and I couldn't keep up with them.

Travis: 27

Going into the road race I felt good. The course suited my abilities relatively well with its 5min climb to the finish. About a lap in, I realized my power just wasn't there. Daryl and Matthew did a great job positioning me for a good result for the KOM, but I just didn't have the legs to secure it. On the last climb to the finish I got gapped off from the front group towards the bottom, but was starting to reel in people that had blown up. I didn't have the power to get up out of the saddle, so I stayed sitting down and pushed as hard as I physically could. With about 200m to go I was suffering big time, but kept pushing...I could see the finish line just up the road. I put my head down and looked at my Garmin to see my power numbers for a few seconds and when I looked up there was a rider from the women's field that had been dropped and I ended up running into her rear wheel and dumping my bike. The physical wounds were superficial, but it hurt my ego more than anything.

Criterion:

Course description - Fast Technical downtown hourglass course

Matthew: 1st

The crit course was a figure 8 shape and had some tight corners which made it a little technical and sketchy at some points. When the race started the pace was pretty consistent and smooth. There were a few attempts at attacks but none of them got away. I had to do a few digs to move up throughout the race for the best possible positioning. On the last lap I tried to get behind a Hot Tubes rider's wheel because he was ranked #1 in the nation for crits, but other people had already marked him, and he

was too far back from the front when we were approaching the second to last corner. So I decided to jump to the second to last corner and I made sure I was the first one out of the last corner because I knew if I was fast enough out of the last corner I would be able to open up a gap. As soon as I left the last corner I opened up my sprint and just went for it. As I was sprinting I kept looking around to see if people were going to pass me, but no one was catching up to me and I knew I had the win in the bag.

Daryl: 23

I did not really have a plan heading in to the crit. The first couple or so laps I spent trying to make it up to the front. When the field started to slow I decided to use it as an opportunity to go to the front and take a pull. I then slid in to the top 10 or so wheels. There was a pretty nasty crash that went down in front of me. But thankfully I avoided it. The whole crit seemed pretty sketchy to me. With about three to go I was about 15 wheels back trying to move up on the inside going into turn three. I started to get pushed to the curb which made me grab my brakes and lose a lot of positions. I knew from there I would not be in a position to sprint. A big take-away from this race I learned is that position is key.

Travis: 27

Going into the Crit, my head was not in the game and I was ready to go home and reset and recover from my crashes and sickness that was still plaguing me. My power was starting to finally come back, but I didn't capitalize on that because I was so mentally fatigued. For the first half of the race, I sat in mid pack but then I started to get my head in the game and hopped on Alex Gustin's wheel, the race leader. I must've just had bad luck this weekend because within 30 seconds of me getting on Alex's wheel, the rider in front of Alex got taken out. Because of this, Alex went down right in front of me and I went down behind him (this is the crash Daryl talked about in his report). I hopped back up off the ground, put my chain back on, and adjusted my brakes then went straight to the pit so I could take a free lap. I got back in the race, but had lost the motivation to be active in the race. I may have had a bad race, but I'm so happy that Matthew was able to secure the win at the Crit! That's such a huge win, I only wish I could've been a bigger help for him, but I guess he didn't need it haha. Congrats Matthew!

6. Snelling Road Race 2/22/20 Snelling

McKay Kinsey

35th Place Snelling Road Race Pro,1,2

I was super excited for Snelling being my first P12 race because it was super prestigious. It was a tough course with strong riders from all over California and the US. I missed the main move with two laps to go and rode in with the third group finishing 35th with some strong nationally know riders. It was also cool to see Tyler Williams win

and Luke Lamperti and Sam Bassetti take second and third respectively, having former Swifties sweeping the podium.

-McKay