



COYOTE RACING



Newsletter 11 June 2009

News

This is the first coyote newsletter so it would be appropriate if we discussed our goals.

Essentially they are to assist all team mates to achieve their athletic and personal goals in a positive team atmosphere. If you don't achieve your goals then at least we'll make sure you have a good time trying.

We have a significant number of Multisport athletes in the team so we are not just focused on bike racing.

Team Members

A list of our team mates is attached with contact details. If your details aren't correct let us know.

Website

Our website is in its infancy but you can check it out at www.coyote-racing.com. Thanks goes to Andrew Arena (dataplatz) for all the work he's done in setting it up for us.

It is envisaged that the site will serve as a source of news for teammates regarding racing, training and other

events and we will update it on a weekly basis.

We want to give our sponsors as much positive exposure as we can and in that regard everyone is invited to use and promote our sponsors where possible.

If you would like your business included on the links page send the link to us for inclusion.

We still need photos from quite a few of the guys/girls so we'd be grateful if you could send them asap to charlesy@coyote-racing.com

Training

Virtually all of us have busy lives with family and work commitments being much more important than striving to increase our VO2. Its not feasible for everyone to fit in group sessions so we want to provide a reasonable training regime that you can undertake on your own or in a group environment.

From a bike racing perspective we are extremely lucky to have the assistance of Clive Asplen to guide us with training and racing. Apart from being a great bloke, Clive has enviable experience at the elite level

of bike racing (check out his bio on the website).

We will attempt in due course to have a forum type setup going so team mates can bounce ideas off Clive and we can all benefit. Initially, Clive will set up some weekly training ideas for us which will be structured around getting the best out of your bike racing in races ranging from 1-2hrs.

Clive is based in Auckland but hopefully we'll be able to fly him over to race with us for a couple of weekends during Winter so you can all meet him and see his credentials first hand. We will probably run a group discussion evening on the Friday nights when he's over here. If anyone wants any personalised programs then they should speak to Clive directly about that.

At the moment we have 2 computrainers set up side by side for effective inside training. If you haven't had a ride on one of these then you should give it a go. It would be a good marker for fitness improvement to do a 40km TT once a month so you can monitor whether the training programs are working for you. If you're not getting faster then we need to work out why and make sure you're getting effective benefit out of your training.

By the end of July we will have a training base set up at 203 Kirby Road, Aspley. It will be a house with hopefully quite a few computrainers linked in together for group or individual sessions. There will also be an altitude machine for anyone who wants to make use of it.

If anybody wants a hand with their IM or multisport programs then

Charlesy is more than happy to help you out at no charge. There are quite a few guys who will be doing IM Australia next year so the opportunity will be there for specific IM group sessions from Mid January through to April. We will also be doing some longer group riding in November/December for anyone who is interested.

If you are really serious about achieving your goals in IM then you should consider using Scott Molina (www.scottmolina.com). We can not speak highly enough about how good Scott is at IM coaching so if you're keen, contact him directly to see if he can take you on.

Training Camps

We plan to have a couple of long distance training camps on the weekends of 12/13 and 19/20 December 2009. These will likely be lead by Clive and Gordo Byrn. If you don't already know who Gordo is then check out his website at www.gordoworld.com or at www.endurancecorner.com More details will follow in due course.

Bike Racing

Most of our teammates are members of HPRW. It is planned to race most weekly club races together with a few club races at Murrarie as well.

We do not have a team licence. In open races we will race in HPRW kits (or whatever club you are with) and race for the benefit of not just our own team mates but also HPRW riders (or the club you are with).

In club races we can, to our knowledge, wear our kits and

support each other to get the most out of our racing goals but we should also appreciate that we are ultimately members of HPRW and therefore should bear that in mind in terms of the spirit of racing that we adopt. HPRW is a great club with a lot of really good blokes racing within it.

Results

The reason most of the guys/girls have been invited to join the team are because they're all good blokes/girls and over the years we have helped each other out in races.

On Saturday at Lakeside a few team mates helped Paul out in winning B grade at Lakeside. His sprint to the uphill finish was pretty impressive bearing in mind the distance he put into the entire pack up that short last climb.

Where possible we encourage each team mate to ride in the highest grade they can for their own personal advancement. It's not about winning but rather about being the best cyclist you can be and racing to enjoy yourself.

Support

We have organised Troy Hawkins to act as team mechanic. Anyone who has had Troy work on their bike previously will be able to tell you how good he is. Although Troy lives at Strathpine it is planned to have a system where Troy will pick up anyone's bike from the training base at Aspley and return it back there. We'll let you know details once we sort them out with Troy.

It is important that we all do our utmost to make sure all of us stay safe and upright both in training and racing. I think we all realise that there are far worse things than finishing at the back of the field that have befallen many of our friends in riding on the roads and racing.

Suggestions

The structure is a new venture for most of us. We welcome any suggestions anyone has regarding training, racing, the web site or future newsletters.

