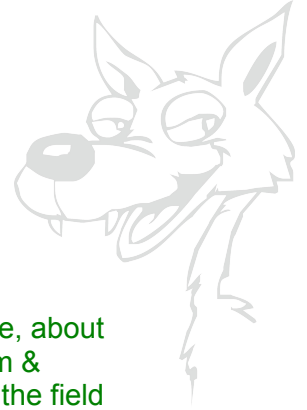


THE COYOTE EXPRESS

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Newsletter #10 – 10 August 2009



RACING NEWS & REVIEWS

Weekend Results

Lakeside

The day started as most perfect Brisbane winter mornings do, bright sunshine, about 10-15 degrees with hardly a breath of wind. Two of our newest members Tim & Lochie along with Warren, Kiwi, Charlesy and Dave lined up in A Grade with the field totalling 30 riders. The perfect conditions didn't last long unfortunately as an unexpected fairly strong and cold wind picked up. The pace was relatively restrained for the first few laps until a couple of attempted breakaways that included Warren, stirred the bunch. I'm not sure if the wind was too strong or the breakaways didn't want to work for each other but every time they were quickly dragged back into the mix and sent to the back. The pace remained fairly consistent which also made it difficult for a decent break to occur.

Charlesy and Kiwi got dumped at the 28min mark and the rest of the team managed to hold on until almost the end with the race shaping up for a virtual sprint finish. Three riders got away over the last climb and with only Warren left at that stage for support, Tim sprinted well to just miss pipping Brendan O'Connell for 4th place. It was a good field and evidence of the fact that we need to get stronger and get more guys up into A grade to support out top guys if we are going to do well in A grade. Tim is not in sprint form at the moment so once he is, and Robbo returns to racing, we'll have a good chance of getting one of them up for the win if we've done the hard work before then.

In 'B' Grade we had another new member and first time racer, Chilly, riding with Kyle, John, Scotty, Brett, Garry, Chris, Grant and Rob. The boys made several attempts to get off the front and at one stage we had three guys in a small breakaway which had formed. Unfortunately, you need to ride pretty well to hold off a pack of 57 riders. Rob punctured mid race but the other boys all rode well to finish in the pack at the end. No places which wasn't all that surprising when you consider some of the burglars who lined up in B grade.

Next Weekend

Next weekend's racing is the Club ITT championships at Closeburn at 8am.

We also have 6 members who will be racing in Rocky.

Sunday Ride

We had another successful 'no ego' training ride from the Den on Sunday morning with 7 riders including Jo Langley who valiantly held a on for about 1 hour working harder than she has ever done before! A flat tire put us out of action at the end of the 5 mile at Kippa-Ring and the Zupps boys came past about 9 mins later. I thought

I'd do the chivalrous thing and change my wife's flat tyre but only proceeded to balls it up such that about 10km later the tube had come out of the side wall (lucky it didn't blow!!) Highly frustrated at this stage I once again took charge and then proceeded to blow up the new tube I'd just put in (damn gas cylinders). Moral of the story is don't let me change your flats, although by all reports I provided some good entertainment.

There won't be any organised Sunday ride this weekend due to the fact that five of us will be up in Rocky.

Training

As Wednesday is a holiday this week we will be doing a group hill ride on Wednesday morning. We will be leaving the Den at 6.15am sharp and heading down Albany Creek Road to Eatons Crossing Road and then out to Mt Mee. Kiwi and Cam will be leaving the Jinka track at 6.15am and riding towards us on Albany Creek road so you have a choice of options of where you would like to meet us. Anyone up North is always welcome to head down Dayboro Road and ride back down Mt Samson Road towards us. We would expect to hit Dayboro before 8am. If you're intending on coming for the ride could you email Charlesy so we've got an idea who to wait for. You are more than welcome to bring any mates on the ride who are not team members. None of our rides are exclusive (just remember the NDA rule).

This week is an "easy" week so the windtrainer sessions don't look too bad. Anyone who tried last Thursday night's session would be happy just to be alive now. We know of three teammates who tried the session (Dave, Charlesy and Chris) and not one of them was even close to being able to complete it. Charlesy has changed his goal for the year to just completing that session.

This week's sessions are set out below (we've also included the following week's sets so you've got plenty of warning). If anyone has any queries about the sets then feel free to email Clive.

Tuesday

10min progressive warm up start in a small gear and increase gear every 2mins
Cad >95

Main Set 1

2*3min 10sec on 5 off
1min Easy
2*3min 4sec on 4 sec
1min Easy

Main Set 2

10*(1min 2k under tt pace, 1min tt pace, 30sec 1k over tt pace 30 sec easy)
4 min easy warm down

Thursday

10 min progressive warm up

Main Set 1

5*7min (2min tt, 30 sec 2k over tt pace 2min tt pace, 30 sec standing

2min easy)

Main Set 2

5(10 sec sprint 1min 50 easy)

5 min easy

WEEK 2

Tempo build sets

Time for some faster pace work great for TT work some of these sets are geared towards the profile at Grafton

Tuesday

10min progressive warm up

5*10 sec spins 50 sec easy

15min

Main Set 1

4*17min as follows;

REP 1

3min 75rpm

5min 90rpm @tt pace

2min standing

5min 90rpm @tt pace

REP 2

1min 2k OVER TT PACE

1min 3k OVER TT PACE

1min TT pace

1min 2k OVER TT PACE

1min 3k OVER TT PACE

3min 75 rpm

5min @TT pace

2min standing

REP 3

5 min @ TT pace

2min standing

3min 75 rpm

1min 2k OVER TT PACE

1min 3k OVER TT PACE

1min TT pace

1min 2k OVER TT PACE

1min 3k OVER TT PACE

2min standing

REP 4

10 MIN @TT PACE

3 MIN 1K OVER TT PACE

1 MIN 2K OVER TT PACE

1 MIN 3K OVER TT PACE

Main Set 2

2*30 secs sprint 90sec easy

3min easy

Thursday

10min Warm Up

3*3min 4sec on 4 secs off

Main Set 1

10*1min on 2 min 4 sec easy 4 sec flat out seated

10*2 min on 3 min 3k over tt pace

Main Set 2

6(20 sec flat out 20sec easy 20sec flat out standing 1min recovery)

6min warm down

General Stuff

As most of you will know there are a few of us who are entering Grafton as a team. We are looking for help to sharpen up our teamwork and to give us a good reminder of what to expect at Grafton. On Sunday 5 September we are going to do a 100km "hard ride" and would like as many team members (and as many of their mates) as possible to turn up to help us out (ie attack/hammer us as much as possible). Basically we will start at the Den at 6am and ride via Wynn Road, Mt Samson Road, Mt Mee, D'Aguilar, Caboolture - Elimbah. The total distance will be 101km. We will have a car parked there (Charley's red ute) which will be filled with drinks etc and will mark the end of that part of the "ride" (it will be in the car park where we normally register for racing at Elimbah). The ute will also be at the top of Mt Mee so if you want to bring extra water bottles they can be handed to you there (there will be a mandatory 60 sec stop at the ute for all riders so there are no safety issues in getting bottles).

Once we all finish in Elimbah we will ride tempo/paceline at a solid pace back through Caboolture, Burgengary, D Bay, the Waterfront and back to the Den (Snacks/Drinks will be available back at the Den). (or you can take a shorter route if you wish). Total distance is 167km and the map/elevation is attached to this email. Anyone not wanting to do the first 100km hard can always cruise directly up to Elimbah and wait for us there and come back in the paceline.

There will be drinks/snacks back at the Den after the ride so could you please email Charley to let him know if you are coming. Please feel free to have your partners/kids meet you back at the Den at the end of the ride as the heated pool should be working by then and there will be a few of us collapsing on the couches on the balcony and not moving for a few hours afterwards. We anticipate that the ride should all up take about 5.5hrs so we should be back at the Den by approx 11.30am.

Mandatory carrying of mobile phones such that if anyone gets any mechanical issues they can be picked up. We will throw an extra couple of wheels in the ute for anyone who flats and the ute will follow the last rider until the base of Mt Mee.

COYOTE RACING

<http://www.coyote-racing.com/>