

THE COYOTE EXPRESS

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Newsletter #11 – 17 August 2009



RACING NEWS & REVIEWS

Weekend Results

Closeburn – HPRW ITT Club Champs

Perfect conditions were had at the ITT champs. Nice to see the mornings are warming up. We had a number of outstanding results including the age group wins by Tim and Garry and the 4th placings by Warren and John. John managed to improve his time from two weeks ago by almost 3 mins.

Tim's time of 49.47 was exceptional for a 49yr old. He was the second fastest time of the day by a good margin with only Andrew Patten in Masters 3 going faster with a time of 48.32. Also a special mention for Rob's wife, Suzie, who won the elite womens' race with a time of 57.11.

Tim 49.47 – Masters 4 – 1st Place
Warren 52.11 – Masters 2 – 4th Place
John 53.50 Masters 4 – 4th Place
Garry 53.55 Masters 5 – 1st Place
Kyle 55.12 – Masters 3 – 5th Place
Chris 59.50 – Masters 4 – 5th Place

Suzie 57.11 – 1st Place Elite Women

Rocky – 77km Road Race – A grade

Six of us lined up in the A grade race at Rocky including Scott, Dave, Kiwi, myself and two of Scott's friends from Christchurch, Peter O'Brien and David Lawson, who we presented jerseys to, making them now honorary members of the club. We're increasing our overseas riding talent !

The Rocky lads were expecting us and there was no way we were going to be allowed to ride anything except A grade, despite me being our second youngest rider at 43. It was a 77km undulating course with fairly decent cross winds throughout. Twenty one riders in total lined up in what became a combined A/B race in any event. Because of the 2pm start and the 29 degree temperatures it was an early wake up call for summer for us (and totally foreign weather for our Kiwi mates).

One of the interesting features of the Rocky club is that they use transponders attached to your front forks for every race so that there can be no dispute over who won the race (or who finished). Its a good idea which then allows them to publish precise results including finishing gaps from the winner.

The race started off at a fairly decent pace with Dave, myself, Kiwi and David taking turns at trying to break up the front of the race. The local lads were pretty much awake to the tactics and covered all the moves. It was difficult not knowing what sort of terrain was coming up which proved fatal for Kiwi and I at the 20km mark when the young A grade guys attacked on the bottom of a climb which split the field.

The front group got smaller in size as riders got dropped and unfortunately Dave was also a victim due to a flat single. As I came past him I threw him the tire filler which he used to get 80psi into his tire in a matter of seconds which enabled him to ride back to the start. Those cans really are useful.

In the front bunch, one of the young guys, Brian McLeod, attacked the front group about 5km from the finish and held on to win by 36.768 seconds (these transponders really are good !!). Our guys were great in the sprint to take out the other two podium places with Peter grabbing second and Scott third. The average pace for the winner was 37.8km/hr with Scott and Peter at 37.6km/hr.

I managed to limp home in 12th place (12.12 behind the winner) with Kiwi in 14th place (15.16 behind the winner). Kiwi and I rode in a group with a few of the local guys/girls and just tried to keep the pace up as high as possible without dropping anyone else. The hot conditions and cross winds took their toll on the locals as well however as by the turn we were down to only three of us after having just dropped a female junior national track champion who had hung on until then.

It was fantastic to get two spots on the podium in such a competitive race and in those conditions. The Rocky guys were really welcoming and I would thoroughly recommend that anyone who is travelling up that way in the future have a look as what's on their road calendar as their races are well organised events with quite a few tough riders. When Kiwi and I were lying on the ground after finishing (trying to get calories back in) I reminded Kiwi that if we were at Grafton we'd only be at the start of the first climb by that stage – boy, do we need a lot of riding over the next 4 weeks !

Capricorn Half IM

We had 8 team mates racing the half Ironman including Cam, Dave, Shannon, Jonno, Bryn, Scott, David Lawson and Peter O'Brien. It was a beautiful hot day for Kiwi and I to spectate but not much fun for the athletes on the run. The winds increased through the morning which chopped up the water for the late swim start and made bike conditions tough as well.

Shannon had a great race for someone who had done no training at all (because her state league basketball season only finished last week) and she managed to finish in 10th place in her age group in a time of 5hr 28. She was only 3 places behind Vanessa's sister, Natalie, who is an accomplished triathlete in a very talented family.

Bryn and Dave had reasonable swim/bike efforts but the heat caught up with them on the run such that they finished in 25th and 35th places respectively out of 82 starters in that age group. Dave managed to snap his brake lever on the first lap which resulted not only in a lot of blood loss but also the noisiest bike out there.

Cam was just having a "training day out" after having surgery a couple of weeks ago and managed to complete the 90km ride in 2hr 16mins being the second fastest time in the field.

In the 45-49 age group, Scott didn't run because of a lower leg injury but managed a good swim/bike combination as did Jon Cook who withdrew with a lower back problem. Dave Lawson finished in 4.58 and Peter in 5.09 for 8th and 13th places respectively. Dave is off to Hawaii for the IM World Champs in about 7 weeks.

The overall winner was Matty White who just beat home the Busselton IM winner, Tim Berkel.

Auckland

Our Coach lined up in a handicap race in Auckland to test out his legs. The conditions were windy and a little damp (ie NZ weather) and there were 4 scratch riders and about 40 B graders including a few strong tri guys. The scratch group went off first but had an added lap so depending how hard they ride they would normally come round between 90sec and 2 mins behind the B grade riders and about 10 mins behind the first group.

The scratch guys had a discussion at the start and decided as soon as they were out of sight they would go flat tack to reduce that gap quickly before B grade had a chance to work out what was happening. Normally a lap takes just over 12mins and Clive's first lap was 11:15 so they came through only 45 sec back and the look of shock on the officials was apparently priceless. The scratch guys kept the pace really high and caught the B grade pack before the end of the second lap. However they had no chance to rest as there were still more front markers to catch. A number of attacks attempted without success and a much reduced group eventually caught the leaders and went straight past.

But with a lap to go two strong scratch guys attacked and despite seeing the break Clive could do nothing about it. At that point all he could do was to hold on and wait for the coke to do its magic - alas nothing happened and he rode it in for 5th.

Next Weekend

Next weekend's racing is HPRW at Nundah commencing at 8am for A and B grades. We'll have the tent set up and an esky full of drinks.

Bear in mind that the following week's race is the club road champs at Elimbah you might as well have the hardest hit out you can at Nundah to get used to the pain (ie – come up to A grade boys). We've put up on the website the racing and long training rides that we've got planned to do for the next 6 weeks. Basically it looks like this :

Sat 22 Aug - Nundah 8 am

Sun 23 Aug - 5hr Hill ride - 6 am (the Den) - Wynn Road - Mt Samson Road - Mt Mee - D'Aguilar - Waterfront-Den (distance 157km) – (Steady only)

Sat 29 Aug - Elimbah - 1.30pm Club Road Champs (HPRW)

Sun 30 Aug - 5.5hr Hill ride - 6am (the Den) - Mt Cootha - Mt Nebo - Mt Glorious (including back side) - Samford - Den (easy climbing speed)

Sat 5 Sep - Lakeside 8 am

Sun 6 Sep - Pre Grafton Hard Hit Out - leaving Den at 6am - Wynn Rd - Mt Samson Rd - Mt Mee - D'Aguilar - Elimbah (break) - waterfront - Den (hard ride)

Sat 12 Sep - Nundah 8 am (HPRW)
Grafton to Inverell

Sat 19 Sep - Nundah 8 am (HPRW)

Sun 20 Sep - Mountain Reps - 5.45 (the Den) - Petrie - Dayboro Road - 3 laps of Mt Mee (practice for TT) - Mt Samson Rd - Eatons Crossing Rd - Den

Sat 26 Sep - Mt Mee up hill TT 8 am (HPRW)

Sun 27 Sep - Peachester Ride - 5.30am (the Den) - Caboolture - Peachester - Caboolture - Waterfront – Den (steady ride)

If anybody has any suggestions about different races or rides to do please feel free to let me know. Anybody (including friends) is welcome on any of these rides.

We will hopefully have a support vehicle for all Sunday rides so feel free to bring extra water bottles with you to put in the esky which will save us time out on the rides and make the rides as effective as possible. The esky will have soft drinks as well so if you have any particular flavours/drinks you want just let me know in advance. We will also therefore have spare wheels etc for flats and if anyone gets dropped we'll be able to drive you back up to the pack again. After the ride you are also welcome to relax on the front deck of the Den (or fall into the pool) – or if you're a triathlete go and run the 4km measured loop – we'll even hold the stop watch for you !!

World Triathlon Championships

On the same weekend as the Grafton/Inverell race is the World Triathlon Championships on the Gold Coast. We have three team members who are racing – Vanessa, Michael and Paulie. Its going to be really fast and exciting racing down there and we wish them all the best. Its probably the most exciting racing at the ITU level Olympic distance level that has happened in Australia since the Sydney Olympics in 2000.

Wednesday Ride

Eleven of us had a good hit out to Mt Mee last Wednesday morning. It's the first time I've been out there for a while and in my view it's the best training climb around because of the fact that you've got over 5km of continual climbing at just over 5% which allows you to do reps in different gears and cadences. It wouldn't have mattered what gear I put it in on Wednesday however as being a "flat land" rider these days I only managed to grimly hang on for the first 3mins of the climb. Lochie did his 5min reps in preparation for the world track champs whilst the rest of the boys "cruised" to the top until Kiwi decided to coax Jonno into chasing down Brett for the benefit of the other boys.

On the way back into Petrie, Lochie politely reminded us that we weren't as strong as we thought we were as he and Tim smashed us up the last couple of climbs. Bearing in mind that they are also two of the heaviest boys, it demonstrates they have real power.

Training

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. This is the first of three hard weeks. Dave and I are also going to start doing some morning river rides and trips out to Mt Cootha so if anyone is interested just let us know. We'll circulate shortly our proposed meetings times for the various dates.

Tempo build sets

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

New Members

Jon Cook (Jonno) has joined our team. Jonno is a former member of HPRW who did most of his racing in B grade. He has raced the last couple of Australian Ironmans and intends on competing again at Port Macquarie next year in his last year in the 45-49 age group. Jon was also the assistant swim coach out at Albany Creek under John Rogers (who many of you will know is now off to coach in Canada for a few years).

General Stuff

Website – For those who are interested attached are the figures for the visits to our website for the week ending 9 August.

Weekly Stats Report: 3 Aug - 9 Aug 2009

Project: Coyote Racing

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

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total	Avg
Pageloads	96	91	64	31	47	32	47	408	58
Unique Visitors	33	43	16	7	11	17	26	153	22
First Time Visitors	25	39	15	5	11	17	25	137	20
Returning Visitors	8	4	1	2	0	0	1	16	2

It appears to show that we are getting on average about 20 new visitors per day to the site. We're going to have quite a few new entries to our Hall of Fame page after last weekend. We even have a new icon for our 4th placed finishers.

Hope you all have a good week.

Behave...

Charlesy



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