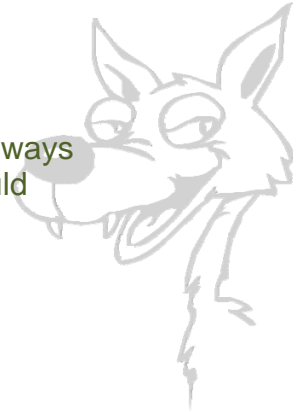


THE COYOTE EXPRESS

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Newsletter #14 – 31 August 2009

You may be wondering what happened to edition number 13. As I'm always seeing the pro's turn their number 13 upside down I decided that I would conform with the superstition and skip the number 13 altogether.



RACING NEWS & REVIEWS

Murrarie – B Grade –

We had 6 boys turn up for the morning's race. Tim, Robbo, Richard, Mick, Paulie and myself. For the first time we actually had a chat about tactics prior to the race and left it to Tim to determine our roles. Tim came up with tactics for both the Prime and the Finish. It was a decent field in both size and quality with a number of very strong riders. It was pretty aggressive in the bunch from the start and I ended up on the grass 3 times during the course of the race.

Tim's plan worked well as Richard launched an early attack for the Prime on the back straight and managed to get enough of a gap that he could sit up and spin for the Prime win. After that things hotted up and there was a crash on the back straight with 2 laps to go. The crash took about 20 riders out of play. In a good sprint Mark Hastie from Duttons picked up the win with Robbo second.

HPRW Club Champs

We had a number of guys turn up to Elimbah for the Road Champs in fairly warm conditions (around 30 degrees) over a course of about 60km. Dave rode in the Elite division whilst we also had Warren and Frank in M2, myself, Rob and Kyle in M3, Chris and John in M4 and Garry in M5. Without going into details of the actual races we had three guys have great results including Garry winning M5, Dave 2nd in Elite and John 3rd in M4.

Presumably Garry will also win the overall club champion title for M5 after he also took out the TT. My only contribution for the day was running over a 6ft black snake which slithered out in front of me half way around. Its a shame it didn't bite me as I could have used an injection of something to get up to some sort of decent pace.

New Zealand - Kumou cup (Clive's Report)

This race takes place on a well known course starting at the bottom of a 3 k climb. The race then goes for 15k flat to downhill before hitting a short but sharp climb and about 5k later a long drag climb prior to 25 of rolling roads to Helesville where the race goes up a 9k climb which climbs in a series of steps. The bottom two steps are the decisive climbs prior to a descent before

turning on to the road to the finish for the final 7 k (in total 70k). Normally the race is predictable - without winds it is very aggressive but nothing sticks and comes in to Helesville either flat out (or sitting up) as one wants to take it on before the steep first section.

I had two plans - if the race come in flat out, the accelerations on the climbs would not be hard so using sliding tactics stay as close to the front as possible and if there was a slowing down into the town jump away to get a lead to put me in the front group when they caught up after the hard accelerations at the bottom.

As it transpired it came in fast and had been lined out for the previous 15km - I hit the climb 4th wheel out of 40 riders. At the bottom every one was flat out and one rider got away. I lead what was left of the rest over the top of the first step and worked hard across the flat drag to the second step. By now the group was down to 6. As the climb went on we whittled it down to 3 of us with one rider in front before the race to the finish. There was a number of attacks on the way in but nothing stuck. One rider attacked on the last small rise but in doing so he simply acted as a lead out as I came round him about 100m from the line to take second - all up a good day.

Sunday Ride

This week's ride took in the scenic climbs of Mt Cootha, Mt Nebo and Mt Glorious. Warren, Dave, Shannon, Doug, Rod Bell, Keith, Robbo and myself turned up for what turned out to be a hot and windy day. The wind was particularly fierce at the top of Mt Glorious where trees were being blown on to the road (probably not the safest of conditions). It was a fast return back into Samford due to the strong tailwind and we ended up with about 6 hrs of riding – most of which was either going up or down. It was good to refresh my memory of the Nebo climb as Shannon was getting particularly sick of me telling her that each little hill was the last one before the drinks stop (they all look the same to me!!).

Thanks also again to Ivo for running support for us. Without all those cans of coke I wouldn't have made it.

Next Weekend

Next weekend the HPRW racing is at Lakeside at 8am on Saturday.

On Sunday we are doing a hard hit out for Grafton so we'd like as many guys to turn up as possible. You don't have to go all the way if you don't want to. You could always ride to the top of the first main climb on Mt Mee and grab the drinks from the car there and turn around if you want to (you should be there by around 7.30). Those doing the longer session will keep going through D'Aguilar to Elimbah. At Elimbah we will regroup and just ride back at good tempo pace through D'Bay and then straight along Victoria Avenue. Thankfully the forecast is for cooler temps of around 24 degrees.

Sat 5 Sep - Lakeside 8 am
Sun 6 Sep - Pre Grafton Hard Hit Out - leaving Den at 5.30am - Wynn Rd - Mt Samson Rd -
Mt Mee - D'Aguiar - 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)

General Stuff

I've ordered a heap of Coyote Racing water bottles for anyone who would like one. They are 750ml bottles with the picture of the coyote on one side and the coyote racing symbol on the other. They should arrive mid next week.

We've also now changed the front page of our website such that different photos will appear whenever you go on to the site. We've used a few of the good shots that Peter took at Nundah.

Have a good week.

Behave...

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