

THE COYOTE EXPRESS

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Newsletter #15 – 7 September 2009



RACING NEWS & REVIEWS

Lakeside – A Grade

Washed out

Sunday Ride

Sunday's ride was a good hit out via Wynn Road to Mt Mee and then we turned around and headed back through Dayboro and out to the waterfront. There were six of us on the ride including Brett, Frankie, Cam, Jonno, Warren and myself. It made an enormous difference not to have the 31 degree temps from the week before. We also saw John and Kyle doing reps of Mt Mee and they were going up pretty quickly !

I tried team tactics this week to try and beat Jonno up Mt Mee by smashing him along Wynn Road and putting a big gap into him with the help of Frankie, Cam and Brett. Needless to say I was pretty shattered when Ivo drove the support car past us 4km out of Samford with Jonno sitting comfortably in the passenger's seat. He proceeded to get out of the car before Dayboro and then smash me up the mountain leaving me in last place up the climb for the third time in a row. I assured Jonno I wouldn't tell anyone about him getting in the car to catch up – yeah right !!

Next Weekend

Next weekend the HPRW racing is at Nundah at 8am.

Grafton – Five of us will be racing at Grafton – Cam, Scott, Dave, Chilly and myself. There is a record field of over 270 riders divided into Elite, Div 2 and Div 3. Apart from racing as individuals we are also entered as a team with our first three riders' times counting. First prize in the team's division is \$500. If anyone wants to follow the race live on the day then you can go to www.2nz.com.au where there will be a live radio broadcast.

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

We have a new leader in the female division of the 40km TT. Shannon posted a time of 66.08 with an average wattage of 208. Won't be long before she gets below the one hour mark. Also gives Jo a new mark to chase.

Don't forget that the world Olympic and sprint distance titles will be taking place on the weekend of 11 and 12 September on the Gold Coast. Michael, Paulie and Vanessa will be racing in their respective age groups. The pro's race should have one of the best triathlon fields in Australia for quite a while.

Have a good week.

Behave...

Charlesy



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