

# THE COYOTE EXPRESS

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**Newsletter #16 – 14 September 2009**



### **RACING NEWS & REVIEWS**

#### **Nundah – A Grade**

Tim, Robbo, Mick and Brett started in A grade for us in a field of about 40 riders. It was a fast race for the first 10 min ( avg 46/47kmh) and they caught "B" grade within the first few laps. It was then a period of cat and mouse with serial attacks by the Merida team and the Mainline team. This eventually resulted in a 5 man break including Chris Williams and another Merida rider, Brendon O'Connell and Tim. They worked well together and stayed away for about 25mins.

Tim rode not only strongly but smartly in picking which wheel to ride on in the break. There's a lot we can all learn from him in terms of how to ride in a breakaway. After the two Merida boys jumped through the back S bends Tim counter-attacked and got a gap of 60m into the finish line straight to give himself the win. That is a fantastic result for Tim and the first time I've seen the Merida boys beaten at a HPRW race for a while. Not bad for a 49yr old...

#### **Nundah – B Grade**

B" Grade included many Coyote members that include Frankie, Chris, John Kyle, and a few others. The race was fairly uneventful until the mid point, where a breakaway developed. Frankie managed to pull himself out the main pack and latch onto the breakaway.

There was a nasty crash in the main bunch at the end of the straight that gave the breakaway a little bit of breathing space for a few laps.

With about 3 laps to go, Chris managed to pull himself over to the breakaway but had spent most of his energy in doing that.

It came down to the sprint where Frankie managed to pull myself up to 4th. A great result for Frankie with an average heart rate for the race of 179.

Our newest Coyote member, Sharon Bolter, decided to race in "D" grade so that she could train with her tt team. Sharon did her fair share of work and finished well in the pack. She's definitely a "C" grade rider and will be racing there in the future.

#### **Grafton**

Our plan to race as a team backfired before the start. The handicappers somehow managed to put Scott in with the elite pro's and the other four of us in Div 3. When they wouldn't budge from that position despite telling them Scott is 49yrs old I asked if we could all race A grade. Not a wise move as it simply resulted in Cam being moved to Div 2 so that our plan of Dave, Chilly and I riding to help out Cam and Scott was destroyed. It was now every man for himself.

Conditions were perfect and Scott rode out of his skin to hold on to the Elite boys until the first major 17km climb at the 80km mark. That first 80km has a lot of hills in it so it was a fantastic effort for Scott to hold on that long. He eventually finished in a good time of about 7.5hrs after riding a fair bit of the race by himself.

Even though we behaved ourselves the night before the race, Cam managed to pick up a sore throat which hampered him in the early stages of the ride. He decided to call it quits at the 120km mark rather than damage his build up for IM West Aus in a couple of months. Despite the amount of climbing in the first 120km he still didn't take it out of the big chain ring – as you will see in the attached photo.

That left Dave, Chilly and myself in Division three. There were also a number of other HPRW riders including Stephen Alexander, Andrew Purvis, Alberto, Mark Fulloon Aaron Pickett- Heaps, Adam Robinson and Bryan Ferris.

I stuck to my pre race commitment by going off the front from the end of the neutral zone. To be honest it didn't take much as the field were taking it pretty easy. I just put a bit of extra pressure on the pedals. Two guys came with me but one of them was doing it tough and other Grafton team rider refused to work. I asked him whether he would help us and his answer was that he was just up there for a look. He kept sucking our wheels without assisting so after a couple of km's I decided that I wasn't going to help someone get off the front who wasn't prepared to work. I sat up and went back to the pack. I stayed near the front for a while where Chilly and Aaron were doing a fair bit of work on the front. There were a few rolling hills and then at about 30km we hit a decent climb. I underestimated how long it was and was dumped off the back. Over the next 5km or so I got back on the pack a couple of times and then would allow myself to ride off the back up the hills. I knew that if I worked any harder up the climbs I would suffer too much later on. I was already almost drowning in my own vomit.

By the time we hit the major climb up the range I was riding by myself in last place out of a field of about 140 riders. I passed about 25 riders up the climb and then about 15 of them in a pack caught me a few km's later. I decided to TT at my own pace so rode off the front and eventually teamed up with a couple of Wynnum riders, Peter and Adam, who were nice guys and we were pretty similar in terms of pace. They took it easy on me up the hills and I repaid the favour by working the downhill and the flats as hard as I could. We eventually finished in a time of around 8.02. I didn't have a watch or a speedo for the whole day and it was a bit like an IM race in that the 8hrs seemed to pass fairly quickly.

Grafton-Inverell is a good honest course and one that should be prepared for properly. The first comment that Dave and I both made after the race is that next year we are actually going to train for it. There's no way I'm doing it again at 87kgs. Next year we have an 8 day training camp in Boulder at altitude a couple of weeks before Grafton so we should at least be in reasonable shape. We might even be able to drag Scott over again from Christchurch and hopefully at 50 years of age the organisers will at least let him race down in division 2.

Special thanks to Ivo and Bruno who did a great job running support. Highlight of the day for me was making Bruno run uphill at the feed station to give me a second bottle of coke. Its been a while since I've seen Bruno in a state where he couldn't talk!!

Special mention also to the results of the HPRW guys which are set out below. As well, Stephen, Andrew and Aaron raced really well and only just missed the front

group over the climb. These three were only minutes away from the sprint for the win and deserve their good results after the training they put in.

## **Results**

### **A Grade**

1. Malcolm Rudolph
  2. Will Clarke
  3. Cameron Jennings
- Sprint king Ben Mather (Praties)  
KOM Ben Mather (Praties)

### **B Grade**

1. Tim Dalglish (Victor Broncos)
  2. Dion Wilkes (Grafton)
  - 3. Clinton Amble (HPRW)**
- Sprints Lewis Garland (Hunter)  
**KOM Andrew Patten (HPRW)**

### **C Grade**

1. Craig Reston (Murwillumbah)
  2. Daryl Speight (Ffast)
  - 3. Mark Fulloon (HPRW)**
- Sprint Jeffrey Gray (Illawarra)  
**KOM Alberto Monte Rego (HPRW)**

## **Queensland Police Games**

Warren competed in the Qld Police Games on the weekend. Demonstrating that he has not just speed but a lot of endurance he not only won the road race but also picked up silver in both the Time Trial and the mountain bike cross country race. That's a pretty impressive effort.

## **Last Week – Christchurch**

Last Saturday Scott raced in an 80km event in Christchurch known as the Sefton Classic. In a big B grade field Scott managed to pick up third place in a large bunch uphill sprint. A good effort for a 49yr old veteran. No wonder they made him race elite at Grafton...

## **Time Trial**

Clive has now set a new record time for our computrainer TT. He went 53.49 – and there was definitely no wind assistance. That equates to around 44.6km/hr. Anyone who manages to beat that this year is certainly going to have to be strong !!

## **Next Weekend**

Next weekend the HPRW racing is at Nundah at 8am. We'll have the tent up by around 7am and the eskies etc. Make sure you grab one of our new Coyote water

bottles if you haven't got one already. They look okay. Please also take the opportunity to introduce yourself to anyone else in the team you don't know.

Sat 19 Sep - Nundah 8 am (HPRW)

Sun 20 Sep - Mountain Reps - 5.30 (the Den) - Petrie - Dayboro Road - 2 laps of Mt Mee from carpark (practice for TT) – Dayboro Road - Den

Sat 26 Sep - Mt Mee up hill TT 8 am (HPRW)  
Murrarie – 7.40am (B grade)

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

## **Future Event**

“Thunder Down Nundah”

Brisbane Cycle Racing Institute (BCRI) is preparing to run the Thunder Down-Nundah on the 24th of October, 2009. The positioning of this epic day of racing within the 2009 race calendar will see it playing host to some of South East Queensland's Elite male and female riders who will be keen to test their legs in preparation for the *NORTHSIDE PARTY HIRE Noosa Grand Prix* being run the following Saturday.

The day of competitive racing will be held at the Nundah Criterium Track, affectionately referred to by the Brisbane racing cyclists as “The Nundahdome”. With ample room for tents and marquees spectators will be treated to 6 racing events running from 7am through till 1pm. Multiple primes will be called during each event, which will ensure the racing action is non-stop with riders contesting for the prize money on offer.

The day of racing will offer 6 events to both men and women aged between 16 and 65. Criteriums are a popular event amongst cyclists as the pace is always fast with prize money being hotly contested for in both sprint laps during the race and at the finish. Cost to enter is \$20.

## **Training**

After last week's easy week we are back into a 3 week block. If anyone who is interested in receiving the sessions hasn't received them from me let me know and I'll add you to the list. I'll send them around by tonight.

## **General Stuff**

We have a new member -Sharon Bolter. Sharon is a HPRW member in her first year of racing. She's posting some pretty good results which is not all that surprising bearing in mind how fast her father is. At 69 years of age he's still in that ever expanding group of HPRW cyclists that I've never beaten over the line. We are lucky in that Tony has also decided to join our pack.

Tony was a professional rider and also won multiple state championships. He has over 50 years of racing on both the road and the track and is both a level one cycling coach and commissaire. He is a really nice guy who is only too happy to help anyone with their cycling.

After Grafton on the weekend I also “enticed” Stephen Alexander and Andrew Purvis to join us. These are two great guys who are fast over long distances. Both of them were only a few minutes off the win in Division 3 at Grafton and that’s despite the fact that Andrew weighs in at 91kgs. Notwithstanding the fact that its all muscle it takes a big engine to carry that much weight through those climbs at speed.

Behave...

Charlesy



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