

THE COYOTE EXPRESS

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Newsletter #17 – 20 September 2009

RACING NEWS & REVIEWS

Nundah – A Grade

50 riders shaped up in a field which included Tim, Lochie, Brett, Robbo, Mick and myself. It was obvious before the start that we were going to be in for a tough race as Merida lined up with a bunch of strong guys including Chris Williams and also Tim Dagleish who won Div 2 at Grafton last week.

Pace was pretty solid right from the start and we lapped B grade fairly early on. I don't recall any real easy periods which is probably reflected in the fact that the average pace for the race was 45.6km/hr. Robbo and Tim kept themselves in the front third of the field for most of the race and were smart in keeping an eye on the Merida boys who continued to launch riders off the front. At one stage there was a breakaway group which had about 4 Merida guys in it. Lochie managed to get himself into a breakaway but it was pretty evident by the speed held by the bunch that it wasn't going to be easy to stay away.

In a strung out bunch sprint Tim managed to get himself third which was a fantastic effort in that field. It was unfortunate that he had to work across a gap by himself which would have taken a bit of out his legs. In any event it was a good result. Brett, Robbo and Mick all rode well to finish in the bunch.

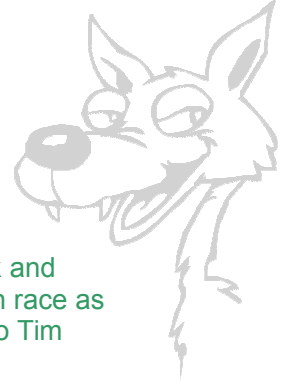
Nundah – B Grade

B grade had an equally big field which included Frankie, Rob, Kyle, John, Paulie, Bryn and new member Anthony White. I tried to con Bryn into riding in A grade but he decided after doing 1600km's in the previous 8 days in the Smiddy challenge that he would prefer to race in B grade with the Smiddy guys. That didn't stop him however from launching an attack off the front of B grade with one lap to go but the pack was too big and was never going to let him get away with that.

In fact there was a breakaway group of about 12 riders including John and Ayup's Mat who established a good gap and held it there for most of the race. They may have even had a bigger chance of staying away if not for the fact that the A and B grade fields getting mixed up resulted in a period of neutral riding for B grade and an overall longer race than A grade. All of the boys finished in the pack in a big bunch finish.

Queensland Police Games

Warren followed up his medal haul from last week with victory in the aquathon. Just shows the boy can run and swim pretty quick as well.



Sharon was doing the ITT champs and I'll have to update you on her result next week.

Next Weekend

Next weekend you have two choices being either the individual TT at Mt Mee or the crit at Murrarie. Thankfully because of the different start times you can even do both. The B Grade crit at Murrarie is at 7.40am and the ITT at Mt Mee is at 1.30pm. Anyone keen to ride out to Murrarie in a group then I will be leaving the Den at 6am and heading down Gympie Road. For the afternoon race I will be driving out as the temp is forecast to be 31 degrees.

Sunday will be a flatter tempo ride up to Peachester and then back via the waterfront. Because of the high temps predicted we are planning to leave the Den at 5am so we can get a couple of hours up before it gets too hot and it should also enable us to get back by around 10.15. The support car will accompany us so there won't be any real long stops and we will try and keep sensible pressure on the pedals for the whole ride.

Sat 26 Sep -

Murrarie – 7.40am (B grade)
Mt Mee up hill TT 1.30pm (HPRW)

Sun 27 Sep - Peachester Ride – 5 am (the Den) - Caboolture - Peachester - Caboolture - Waterfront – Den (steady ride)

Sat 3rd Oct – Lakeside 8am

Sun 4th October – Nebo – Glorious and back of Glorious (bring your 27 tooth !)

Future Event

In addition to the Thunder down under race on 24 October 2009, Fusion Cycles have also now announced their event on 8 November. See Details below. This was a great event last year – and not just because Robbo won B grade and picked up \$925. It was a well run day with heaps of things going on and some great random prizes.

*Fusion Criterium Sunday 8 November 2009
at Albert Bishop Park, Hedley Avenue, Nundah. Hosted by Ffast Cycle Club*

\$6000 cash prize pool, prize money for first 3 places, sprint prizes, First Women's master, First Women's U23, First Men's U23.

PLUS: Random prize giveaways from ZIPP / SRAM, Cannondale, BBB and Blowfly Restaurant + Glass Bar!

Jumping Castle for kids, shade for all, coffee, food, music and more....

\$25 Entry. Open Event, must have race license. All entries online through Cycling Queensland website: www.qld.cycling.org.au

7.15am - 7.45am Reddog Triathlon Women's Handicap Race

30 mins + 2 laps, 3 x sprint primes

*8.00am - 8.45am Teschner Men's Masters Race
40 mins + 2 laps, 3 x sprint primes*

*9.00am - 9.50am Studio Rise Men's B Grade Race
50 mins + 2 laps, 3 x sprint primes*

*10.00am - 11.00am Mercedes Benz Men's A Grade Race
60 mins + 2 laps,
Fitnace sprint pimes x 6 \$100 per prime
Cycling Science Most Aggressive Rider \$500*

Training

This week is week 2 of our 3 week block. Only one person did their TT last week being Robbo in a time of 57.58. A pretty good effort seeing as he was at the Den by himself so had no one to feed him coke. He went out a bit hard and suffered badly at the end.

There's a couple of us who are doing ours this Tuesday because of Grafton. Anybody else who wishes to join us just give me a yell. Nothing better than suffering with your mates.

General Stuff

We have two new members. First is one of Brett's good mates, Anthony White. Anthony raced B grade on the weekend and backed up again on the Sunday morning. Welcome to the pack Anthony.

The second is Aaron Picket Heaps. Aaron is a regular in A grade and had a great race in Div 3 at Grafton last week. He's a good bloke. I first met Aaron when riding with him in the Kooralbyn to Boonah and back mtb race a couple of years ago where he and I spent about 5kms together swapping turns on the front. Only problem for me was that Aaron started the race 30mins behind me so it didn't say much for my first 2.5hrs of single trail riding.

Best wishes to Pete who is getting married this Friday. Whilst he has made a great decision in choosing to spend the rest of his life with Melissa it wasn't such a smart one asking me to be his MC. Its going to be ugly !

Have a good week.

Behave...

COYOTE RACING

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