

THE COYOTE EXPRESS

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Newsletter #2 - June 2009



RACING NEWS & REVIEWS

Weekend Results

Murrarrie Crit - 40mins + 3

Robbo, Charlesy, Rob and Dave raced at Murrarrie in the morning in B Grade. Conditions were freezing (i.e. 7 degrees - for our kiwi brother's that's about midday temps at the moment). Robbo got away in a breakaway of about 8 at one stage but they were reeled back in by the pack which was about 50 in number. Dave, Rob and Charlesy did their best to keep any other breakaway attempts in check and ultimately it came down to a bunch sprint. Despite being blocked in Robbo managed to pick up second place by a matter of inches. His sprint speed was 61km/hr. However the end result is that the prize money box already has its first deposit!

Somerset Dam - Handicap Race - Approx 45km

Michael, John, Paul, Warren, Kyle, Charlesy and Rob raced at Somerset Dam in the afternoon. Unlike the morning, conditions were perfect. The leading group of girls had too much of a head start and beat the leading guy home by at least 6 mins. Having already raced in the morning a few of the boys limped along like badly wounded antelope but Michael, Kyle, Warren and Paul held their own. The course is a good honest "Kiwi Undulating" test.

Upcoming Events

Next Saturday (20 June) is HPRW club race is at Nundah. The following Saturday is Elimbah at 1.30pm. Six of our team are also racing in the 24hr Insomnia MTB race at Petrie that day (Parko, Keith, Shannon, Pete, Gary and Charlesy). They'll be racing under the team name in the team kit - but purely for fun. The race starts at 12pm on the Saturday and finishes at 12pm on the Sunday. Directions are as follows: (Map 87 Q3 of Brisbane Street Directory).

Coming from Brisbane, Turn left at Petrie roundabout onto Dayboro Rd and continue for 4.4km. Turn Right onto Scout Camp Rd and continue for 3.4km. Turn left onto Denham Rd, drive straight for 1.2km and enter the property on the corner Denham & McCormack Rd. Signs will then lead you to the start/finish area. We'll have up a marquee so feel free to come along and have a chat/drink etc.

TRAINING

By next week Clive will have some useful sessions planned for anyone who is interested. The sessions will be focussed around a 6 week block getting you bike racing fit by the middle of August. For those doing the half IM at Yeppoon, Clive will be setting a taper week in the week before that race.

Five people so far have decided to do their 40km TT to set themselves a benchmark to monitor their fitness. Whilst we won't release all the results publicly, yet, we will say that the fastest time so far is Robbo with 57.05 (Ave 42km/hr), so that stands as the current TT

record. Jo Langley is the only one of the girls to have a go so far and so she holds the record at 68.25 (Ave 35.1km/hr). Jo got stronger and stronger as the ride went on so we've got no doubt that in a month's time she will smash that time.

We will have an end of season honour board which will rank the years fastest 10 times in both individual and team efforts. The fastest 2 man team so far is Robbo/Charley in 53.51 (Ave 44.6km/hr). Rumour has it that Robbo nursed Charley through some difficult periods and did most of the work and both were dry reaching in the last 5mins. Feel free to select any one of your team mates to do the two man team TT with you. There is a bonus of \$50 to the individual and team that's sits atop the honour board at season end.

SPONSOR PROFILE

Below is the extract from Bicycle Riders website. Pete's father Chris owns Bicycle Riders and we want to support him as much as we can. Chris is a good bloke and has always made sure that he given us good service and the best price he can on bikes etc. If you're heading out to Murarrie for a race then it's convenient to stop in at the shop on the way back into town. Charley bought not only his bike from Chris but also Chloe's slick looking pink bike with the training wheels.

Bicycle Riders Morningside

Bicycle Riders is located in Morningside just 10 minutes south of Brisbane City. Being Avantiplus, our goal and passion as a bike shop is simple... to give you the best service, brands and satisfaction possible - The winning combination that makes us #1!

Browse through our website and check out the latest in Mountain, Road, Bmx and Hybrid bikes from Avanti, Specialized, SUB, Merckx, and Raleigh. Or check out our bike technology department for all the latest advances in the cycling industry. Don't forget to also check out our wide range of accessories to fulfil your everyday cycling needs.

At our store we also provide industry leading mechanics to fix any hassles that you have with your ride. As well as having the latest A+ Dynamic Bike Fitting System which can be used to customise your bike to fit your body.

We are open **7** days a week, our phone number is **(07) 3899 8232** and our stores opening hours are:

Monday to Friday: 9:00am to 6:00pm

Saturdays: 8:30am to 4:00pm

Sundays: 10:00am to 3:00pm



GENERAL STUFF

Important!!

Our kits should be here by Friday 19th June. A lot of us will be racing at Nundah on Saturday 20 June at 8am. You are welcome to pick up the kits from Charlesy on Friday night from Aspley or at Nundah on Saturday morning. For anyone who is going to race on Saturday 20 June and doesn't yet have a licence you just need to get there early and see Wayne Wilson so you can fill out the registration form and pay your money.

Feedback

Please feel free to give us your thoughts as to the newsletters and any other suggestions. The only way we can make this work is if everyone is having a good time and getting fitter and healthier.



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

Where no one gets left behind....