

# THE COYOTE EXPRESS

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**Newsletter #20 – 11 October 2009**

### **RACING NEWS & REVIEWS**

#### **Murrarie B Grade**

We had a good showing of Coyotes at Murrarie with Dave, Rob, Brett, Stephen and Andrew all ready for action. In a field of 65+ anyone who has ridden this crit will know that it was pretty tight in spots. A few attempted breakaways just didn't materialise and a decent headwind kept the bunch pretty tight. Positioning yourself heading down the straight was difficult with the entire field spread across the track. All the boys raced well although both Brett and Andrew commented that they felt like they may have missed a bit of an opportunity by being blocked in the final sprint for the line. Racing is at Murrarie again next weekend be good to see everyone there!!

Just a quick note to say that Charlsey is doing well on the tour de Noosa (Hasting St and the Sheraton! ) Although he has managed to pick up a KOM and has a new jersey to prove it. Looking forward to hearing the rest of the results in next weeks newsletter.

#### **Next Weekend**

Next Weekend's racing is again at Murrarie at 7.40am.

On Sunday we will be doing a hard tempo ride to Beerburrum and back via the waterfront departing at 4.45am. The ride will take about 4.15hrs so we should be back to the Den by about 9am. Its going to be a hard ride so I recommend driving over to the Den so you can put your legs in the cold pool for recovery afterwards. We will have the support car until we get back to Burpengary on the way home but the only stop will be at Beerburrum (and it will be very short). We will stop again at the service station at Sandgate before cruising home.

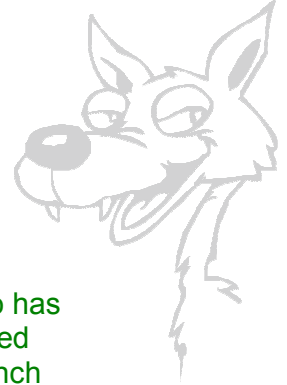
Sat Oct 17 – Murrarie B Grade 7.40 am

Sat Oct 24 – BCRI Thunder Down Nundah – 7am to 1pm

Sat Oct 31 – HPRW Nundah A Grade 7am

Sat Nov 7 – HPRW at Lakeside 7am

Sun Nov 8 – Fusion Cycles Day - Nundah



## **Training**

For anyone who is interested Dave and I will be doing the following morning sessions this week :

Tuesday – hard paceline river ride – leaving Breakfast creek at 5.10am  
(should be back in city by 6.50am)

Wed – easy river ride – leaving Breakfast Creek at 5.15am – back in city by 7.10am

Thurs – Nundah track – 5.15am – big gear paceline session

Friday – easy river ride – leaving Breakfast Creek at 5.15am – back in city by 7.10am

No need to register..Just make sure you're there on time or ride fast to catch on.

This is week one of our endurance phase so we will be doing Clive's sessions in the evenings on top of the morning rides. For anyone who wants to check out what a hard TT on the computrainer is like feel free to come over and see Stephen and Andrew have their first crack at it on Tuesday night.

Clive has set a new mark of 53 flat (without a tailwind) and remains hopeful of getting close to the 50min barrier by the time he arrives here for the camp in December.

Coyote Racing – Its the answer to the question you never thought to ask....



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