

THE COYOTE EXPRESS

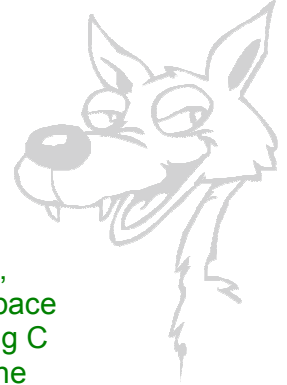
THE COYOTE EXPRESS

Newsletter #21 – 19 October 2009

RACING NEWS & REVIEWS

Murrarie B Grade

We had a good team show up with Robbo, Dave, Mick, Brett, Stephen, Andrew and myself. All up there were probably about 45 riders. The pace was fast and steady right from the start and I think we ended up lapping C grade three times. Someone got a good break before the whistle for the sprint so no prizes for us there. Towards the end of the race there were a number of attempted breakaways but we were pretty attentive at the front in shutting everything down. In the final sprint it was really close with Robbo given the silver in a very close finish. The winner thought Robbo had won but the judges thought differently. Brad Dutton also rode well to pick up third. All in all a really good hitout and thankfully no spills.



Bribie Tri

Paul Hayden picked up third place in the 45yr age group and Doug Locke finished 9th in the 40 years age group.

Next Weekend

Next Weekend's racing is the BCRI Thunder Down Nundah – (entries on the morning are \$20) :

Starting times are :

B Grade – 8.30 (50min +3)
Womens – 9.30 (60 min +3)
A Grade – 10.45 (60min +3)

We'll have the tent up.

On Sunday we'll be doing a 5hr steady ride leaving the Den at 5am. The 4.30 start yesterday must have been a bad idea as only Dave and I showed up. We managed to cover the 137km distance to Bribie and back in 4hrs so at least we got home early.

This week is also the New Zealand Road Champs and Scott is competing in the 25km TT and the 92km road race.

Sat Oct 31 – HPRW Nundah A Grade 7am

Sat Nov 7 – HPRW at Lakeside 7am

Sun Nov 8 – Fusion Cycles Day - Nundah

Training

I will be doing the following morning sessions this week :

Tuesday – steady river ride – leaving Breakfast creek at 5.10am (should be back in city by 6.50am). You have the option of doing the “paceline session” with Dave or riding with me at a more steady pace and trying to stay in front of the paceline boys by getting a 10 min start.

Wed – easy river ride – leaving Breakfast Creek at 5.15am – back in city by 7 am

Thurs – Nundah track – 5.15am

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

Andrew and Stephen did their TT’s last Tuesday night and put in very good times of **56.14** and **57.57** respectively. Andrew blew up a little so if he gets his pacing right before the end of the year he’s still a chance to take out the TT title. Its a big ask though to get past Clive’s time of 53min flat.

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