

THE COYOTE EXPRESS

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Newsletter #23 – 1 November 2009

RACING NEWS & REVIEWS

HPRW Nundah

A Grade – An earlier start on a beautiful morning. There was a decent size field of about 40 riders although the absence of the Merida boys was noticeable. Presumably they were up at Noosa for the Open Crit. We had a number of guys start including Stephen, Mick, Brett, Robbo, Richard, Tim, Warren and myself. We also welcomed Frankie to the A grade fold.

The race seemed to be one where there were always a few guys off the front but no attack ever looked like it was going to stick. It was interesting being the first time that we didn't have B grade on the track at the same time so there wasn't any need to sit up at any stage.

In the bunch sprint Robbo picked up 4th place with the rest of the guys finishing in the pack.

B Grade – It seemed to have a slightly smaller field with 35 riders with Garry, Kyle, Andrew, Anthony, John and myself. It seemed like a pretty uneventful race with the Duttons boys controlling the pace and picking up the Prime and most of the places.

C Grade – Good to see Sharon racing up in this grade. Won't be long before she goes up to B grade especially as Pete Gumbly is going to start training her on the Track.

Port Macquarie 70.3 – Cam and Jo are both racing at Port Mac tomorrow. Cam is defending his win from last year and all reports are that he is in good shape. It will be Jo's first half IM. We wish them both luck.

Next weekend Shannon and Keith head off to Florida for the world 70.3 champs. When they get back they will probably be part of a very small number of Aussies who have qualified and raced in this event. I would say probably only around 100 in Australia would be able to say they had raced there. Get ready for a draft fest guys !!



Next Weekend

Next Weekend's racing is HPRW at lakeside at 7am on Saturday and its the Fusion Cycles day on Sunday at Nundah.

To race in the Fusion Cycles day you have to have entered on the CQ website as there are no line entries. I think quite a few of our guys are racing in B grade. Starting times for the Fusion Cycles Day are :

7.15 – women's handicap race
8.00 – men's masters race
9.00 – B grade
10.00 – A grade

We will have the tent up on both days so even if you aren't racing come on down and join us for a drink and a chat. There will be \$6000 in prizemoney for the Fusion Cycles day **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....

Future Dates – November/December

Sat Nov 14 – HPRW at Nundah

Sat Nov 21 – HPRW at Lakeside

Sat Nov 28 – HPRW at Nundah

Wed Dec 2 – Twilight Series

Sat Dec 5 – HPRW Lakeside

Wed Dec 9 – Twilight Series

Fri Dec 11 to Sun Dec 20 – **Coyote Training Camp**

Training

I'm going to head out to Mt Cootha on Tuesday morning for hill repeats. Will be leaving Breakfast Creek at 5.15am. I'll be away in Perth for the Thursday Nundah session so Paul will be leading it. He told me he had a great session planned so if you're going to turn up I suggest you get a good night's sleep on Wed night.

There will be no Sunday organised ride due to the racing at Fusion. The weekend after we will be back into the hills for a bit of variety.

Training Camp

I've changed the sessions on the first Saturday of the camp so that the ride is first at 5.15 am. This will enable us to get a few hours in before it heats up too much and will also mean that all the guys who are just doing the riding can get their sessions done first. We've got a few people who have commented to me that they want to come along but fear whether they can hang on. That's not something you should worry about. You won't be disappointed if you get dropped – you will be disappointed if you don't show up.

On the first Saturday there is going to be an option of leaving at 5am with me for anyone who wants to get a bit of a start up Mt Nebo/Glorious. This option is really only for the really slow people as the hardest parcours on that first day are in the first 2.5hrs of the ride.

I've got 10 confirmed starters so far so if you are thinking of coming let me know asap. The good thing is that a few of the girls are going to show up to keep us honest.

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