

THE COYOTE EXPRESS

THE COYOTE EXPRESS

Newsletter #25 – 16 November 2009



RACING NEWS & REVIEWS

HPRW Nundah

A Grade – around 40 riders showed up to welcome Johnny and Lockie to their first week up in A grade. We also had Warren, Robbo, Mick, Brett Steve, Dave, Frankie and myself. No Merida boys showed but there were a few guys from the Mainline team. There were quite a lot of attempted breakaways but the pack was pretty attentive and our guys rode really well in either getting a man in the breakaway group or in shutting the break down before a decent lead was established. Whilst the pace was consistent it was probably around 2km/hr slower than when the Merida team are there so the pace is much more comfortable in that you aren't spending the whole hour just hanging on. The race came down to a sprint finish with Robbo thinking he had 4th place but the officials saw it differently. Robbo's top speed in the sprint was 64.1km/hr. All of the other guys finished well in the bunch sprint. I think I got Lockie again which makes it two in a row. The score between he and I is now : Lockie 2372 – Me 2. Brett however easily got me in the sprint to take revenge from the previous week. Both Johnny and Lockie were able to cope with the increased pace of A grade although I think Johnny got sick of me telling him to "get on the wheel".

B Grade – We had Garry, Paulie, Dave and myself lining up in another field of about 40 riders. This race was pretty consistent right from the start with little in the way of realistic breaks. Nothing to report really with all the boys finishing in the pack.

C Grade – Sharon and Anthony lined up in C grade. (Shaz... where's my race report ??). All I can tell you is that their presence must have spurred the field on as they averaged around 41km/hr and Anthony sprinted well to pick up third place. He now has one medal on our Honour Board which is one more medal than I have....

World 70.3 Champs

Keith and Shannon competed in the world 70.3 (half Ironman) Champs in Clearwater Florida. It was great racing conditions. Keith finished in 5hr 16min which is pretty good for someone who hasn't done too much training of late.

Shannon smoked the course to set a new PB for her of 4hr 52 including a solid run time of 1hr 45 and she finished 36th in the world in her age group. Shannon did a lot of hard work in the last 4weeks before she went to the race including hanging on comfortably on the 140km rides when we were averaging over 34km/hr. The difference between her and the rest of us was that she would then get off the bike and run hard. She's a great example of what a combination of hard work and talent can achieve in a relatively short period of time.

Next Weekend

Next Weekend's racing is HPRW at Lakeside at 7am. I'm expecting Rob and Kyle to join us this week in A grade which should swell our A grade representation even further.

Sunday's ride will be another easy mountain ride of about 5hrs leaving the Den at 5.15 am and should be back by 10.15am. We will probably head out to Mt Cootha, Mt Nebo again as it is great riding in the shade in this heat. We will only be going slow up the hills and there's always the support car so everyone is welcome to turn up.

Training

The weather forecast for this week is fine so we'll be doing Mt Cootha reps on Tuesday morning (leaving Breakfast Creek at 5.15am) and Nundah Track on Thursday morning. Last Thursday we worked on our team work attacking skills and it worked a lot better in the race on Saturday. We will probably do something similar again this Thursday for anyone who wants to come down (5.15am start – done by 6.15am).



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