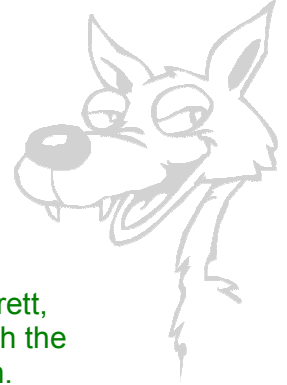


THE COYOTE EXPRESS

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Newsletter #26 – 23 November 2009



RACING NEWS & REVIEWS

HPRW Nundah

A Grade – We had 11 guys line up in A grade including Kyle (virgin appearance), Johnny, Dave, Steve, Mick, Warren, Andrew, Frankie, Brett, Robbo and myself. We had a bit of a rough plan as to how to approach the race which included over 40 riders and with us having the largest team. Everyone did a fantastic job in fulfilling their roles which resulted in Robbo picking up second place and a boost to our prize money kitty.

Robbo's speed in the sprint was 67.9km/hr and he almost got there for the win. Once we get Richard, Rob, and Lockie back as well our team can only be stronger.

Garry and Michael raced in B grade but I'm not sure what the end result was. I do know that the race was shortened to 40mins because of the heat.

The training group on Sunday was really good. We had around 15 riders and we did Cootha, Nebo and Glorious. It was great being up in the shade with the weather being so hot. It was also great that we had 4 girls riding.

Next Weekend

Next Weekend's racing is HPRW at Nundah with A grade kicking off at 6.45am. I won't be racing as I've got a Xmas function the night before but I will be down there with the tent and drinks etc.

There won't be any organised Sunday ride this week due to the Velo day that quite a few of the boys/girls are riding in.

Training

Forecast doesn't look too bad for the week with warm mornings. We'll be doing Cootha repeats on Tues morning (leaving Breakfast Creek at 5.15am) and Nundah session on Thursday morning (5.15am). This Thursday session will be a bit of mixed gear work in the drops and a bit of TTing.

Train Smart..Race Hard..Earn Respect

COYOTE RACING

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