

THE COYOTE EXPRESS

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Newsletter #28 – Xmas Edition 2009

RACING NEWS & REVIEWS

HPRW Nundah – Twilight Race

Having now been almost a week since the race and so much going on in my life at the moment I almost can't remember where we raced let alone the results.

I do however remember a couple of outstanding efforts:

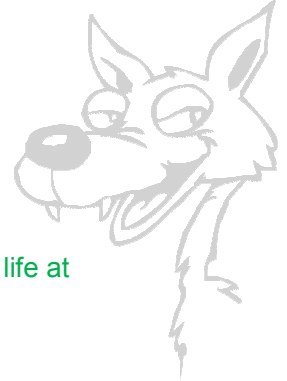
1. The first is all the guys who started in A grade in a very good field which included the rider who won Grafton this year in the Elite Division. The star struck award goes to Andrew who almost asked him to autograph his Coyote jersey on the start line. I was really proud of all the guys who raced in that division despite the knowledge that we were slightly out of our depth and it was going to involve serious pain. Most of the guys like me had the aim of hanging on for at least 2 laps. The interesting thing was that almost all of the guys held on until the 30min mark of a 45 min race.

Top marks also to Robbo for racing A grade when he knew he would have been a good chance of winning B grade. It was a first for him to get away in a breakaway of that quality and he hung on till that second last lap. Andrew has a printout of the speeds etc of the race and there were some periods of over 50km/hr. He has emailed the details to Clive and it will be an interesting discussion topic on Friday night how both to warm up and train for a race of that speed.

2. The second goes to Captain Prime (also known as Rich to his mates). How the hell does he manage to get so many primes. For this one he had all the good guys near the front as well so he had to be both tactically smart as well as strong. He's pretty much a marked rider these days when it comes to the Primes so its not as if he's even picking them up through any element of surprise. His Honour Board is starting to look like a Driver Training Centre Billboard.

HPRW Nundah Saturday Race

A grade – All the boys rode really well in this one with Captain Prime taking out the Prime and Robbo getting 4th place in the sprint after being boxed in. His max speed in the sprint was 67.2km/hr and was faster than those who placed in front of him but he left his run too late. In B grade both Mick and Gary rode well but no placings. At one stage Mick was in a 4 man breakaway which looked like it might succeed. He even backed it up with a second place finish in the Bribie Tri on the Sunday.



C grade – For the first time we had two of our girls starting all decked out in the Coyote Kit. Both rode well with Vanessa taking the honour of first lady home. It was an impressive result bearing in mind it was her first race. She had good support from Sharon during the race to make her feel at home amongst a bunch of C grade men.

New Member

We have a new member in our team – Val Stupkin. Val is a good mate of Chilly's and does a bit of riding with the energex boys on a Tues morning. Val is pretty darn strong and will be a great addition to our team if he starts racing. Val will officially be the last new member to our team for 2009.

Tonight

Tonights twilight racing starts at 5pm with A grade at 5.45pm.

Training

Next Saturday for the majority of us is the Coyote Training Camp. Its going to be a great week of training/recovery and I'm hoping that everyone will be able to take their cycling to a new level once they have had a chance to recover from the volume over Xmas.

On the week days between the two weekends Dave and I will be doing the following rides for anyone who wants to join us :

Tues – Cootha repeats; Wed – River Loop; Thurs – Cootha repeats. Leaving Breakfast Creek at 5.15am

After the camp is over Dave and I will be heading OS for a camp with Gordo so there won't be any organised Sunday training rides again until 31 January. During the months of February and March the Sunday rides will be quality rides at tempo pace for all those getting ready for the upcoming race season. There will also be quite a few preparing for Port Mac so there will be runs off the bike each week as well.

2009

The reason we formed the team earlier this year was because we wanted to do quality training/racing in a good social atmosphere but we couldn't see any structure around which would suit us. Most teams/clubs seem to have their fair share of politics and we decided we wanted to create an atmosphere where that could be avoided if possible.

From my perspective the effort we went to in setting up the team has been repaid tenfold in the friendships we've made during the last 6 months. I think that we are much better bike racers then we were 6 months ago and I am really looking forward to seeing how fast we can get next year with a good year of quality training under our belt. At the end of the day though as long as we all enjoy the journey the end result is pretty meaningless in comparison. I

regard all of you guys/girls as good friends and am grateful for the fact that we can get together most weeks to enjoy each other's company and a passion we all share.

If we are all still together in 12 months time with our health, friends and family then we are indeed lucky people.

Train Smart..Race Hard..Earn Respect and have great Xmas

The logo for Coyote Racing features the words "COYOTE" and "RACING" stacked vertically. The text is rendered in a bold, black, gothic-style font with a prominent green outline. The letters are highly stylized, with sharp, pointed edges and a slightly irregular, hand-drawn appearance.

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