

THE COYOTE EXPRESS

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Newsletter #28 – January 2010

Season Commencement

Great to hear that a number of guys raced last Wednesday and on Saturday at the season openers. Sounds like it was a good wake up call.

Thanks to Ivo for turning up with the tent and drinks....I had planned to make it there for the end of the A grade race but 2 flat tyres meant I was about 15 mins late (I've got nothing when it comes to changing tyres).

Twilight racing will take place again this Wednesday night and then Saturday racing will also be at Nundah. We'll have the tent and drinks again on Saturday.

Kits

New Kits have now arrived. For anyone who ordered a kit just let me know and I'll get it to you.

Membership

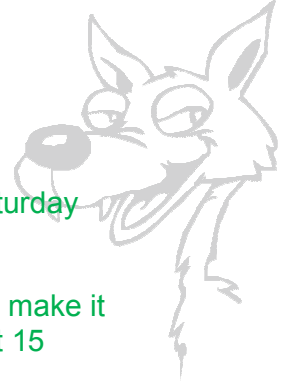
We have a couple of new members in our team. The first is Val Stupkin. Val is a good mate of Chilly's and does a bit of riding with the Energex boys on a Tues morning. Val is pretty darn strong and will be a great addition to our team if he starts racing.

We also have a new member to our 10 man open racing team for 2010 – Mark Fulloon. Mark is a HPRW member who finished in the second pack at Grafton last year with Aaron, Andrew and Stephen. Mark has a pretty full schedule of races he is planning on doing this calendar year.

Good luck to Snubby and Bryn who are heading over shortly to NZ for the Coast to Coast.

Training Camp

The training camp in December was a lot of fun. We had four pretty impressive professionals on the camp in Gordo Byrn, Clive Asplen, Cam Watt and Caroline Steffan. There were some amazing stories coming out of the camp including some outstanding efforts up the climbs followed by some



pretty impressive blow ups. I didn't think I'd ever be able to drag Cam along at under 200 watts.

Gordo held his own on the first weekend and then his superior fitness took over on the second weekend such that he took home the yellow jersey (and knicks)..The kit even made an appearance at Epic Camp in NZ a couple of weeks later. The KOM jersey went to Andrew Purvis in an outstanding display of big man climbing. I personally wish he'd stop doing that as I always thought I couldn't climb just because I was heavy....somehow he defies that logic.

Dave was the first person to "hit the wall" – literally when he flew into the side of mount Glorious on the descent....thankfully no major damage and everybody else made it around without serious injury. Some of our boys really seemed to enjoy "racing" with the pro's and there was some pretty impressive wattage being put out up some of those climbs.

If anybody has any ideas about how to improve future camps or suggestions for sessions or locations please let us know as we'd love to run future weekend camps if people are interested.

Congrats

Congrats to three of our Coyotes, Dave, Scott Molina and Pete O'Brien who in the space of 2 weeks not only rode the length of NZ (2300kms) in 14 days but also managed to fit in more than 26km of swimming and 110 km of running...something like 110 hours of intensive quality training in 2 weeks.

I've attached a picture of Dave coming home from the airport after Epic Camp – and he couldn't work out why he got charged for excess luggage...

2010 – Train Smart..Race Hard..Earn Respect



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

