

THE COYOTE EXPRESS

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Racing

Nundah

We had quite a few boys line up in A grade for the points race including Dave, Robbo, both Micks, Robbie, Warren (welcome back), Kyle, Johnnie, and myself. We also had Locky and Anthony in B grade.

The Mainline and Merida boys weren't present so the two teams we had to deal with were Triple Play and QSM. I don't think any of us really have any great idea what tactics work in a points race but I don't think we were alone in that regard. What did work well however was that after Mick Robinson got one of the early sprint wins, Mick Manson got away in a break with a Triple Play rider (Tim Bartlett) and one other rider. Together with the triple play team we shut the race down pretty well for about the next 15 laps which meant that only Mick and Tim were going to be a chance of the overall win.

In the final sprint Tim just edged out Mick to tie up the points and win on a countback. Mick raced really well and earned us our first prizemoney for the kitty for 2010.

(Thanks to Aaron for some really cool name tags he made for my bike)

City Gain Race

There were 172 teams who lined up for the city rogaining race on the Friday night which involved running around the city area with a map looking for various checkpoints and carrying out various tasks. Shannon and I managed to finish 32nd despite the fact that I managed repeatedly to butcher the map reading part of the exercise.

It was great fun however and apart from getting to run about 25kms around the city/valley and south Brisbane areas we got to learn pole dancing, play charades in Chinatown and Shannon got to skull various chilli's and wasabi peas (she was my the team's designated person for that challenge as I would have thrown up for the rest of the race. I however volunteered for the eating of the ice cream that we had to buy from a 7/11.) Our charades item was "shotgun wedding" and I had no problem planting one on Shannon to help the member of the public guess the second word.....I would hated to have been in all guy's team....then again it was the valley.....



It was a bit of a buzz running around the city with race number, headlamps and a helium balloon from my backpack amongst Friday night revellers. My calves were pretty tight afterwards (not from the pole dancing).

Bribie

Shannon and I did the early start ride up to Bribie for the Triathlon race of 1km/28/8km. Parko also did the ride up and back (but didn't race).

Shannon kicked my butt by over 4mins in a great time of 1hr 35 which placed her first in her age group out of 33 starters. It was her first sprint distance tri and she beat the second placed finisher by over 2.5mins and that was including the fact that an official sent her the wrong way on the bike costing her around 3mins.

Thanks to Ivo for driving up all our gear to the race and even running back from the swim start with my pump. He also did another great job in organising the tent and all the gear for Saturday's race whilst I was off pole dancing...

Coast to Coast (NZ)

Both Bryn and Snubby lined up for the tough coast to coast adventure race. Bryn finished the race in a time of around 12hrs which was pretty good considering the injury he had going in and the fact that more than half the field didn't finish. Snubby's day was frustrating cut short by officialdom. Good effort by both of them. Snubby's race report is below:

Very tough day out. There was a severe weather warning issued the day before the race. Woke up to torrential rain with a gale of around 50km/hr. I was cramping up due to the cold before the gun even went off. I also put on aero wheels which was a mistake. So I could not ride in a bunch and I also could not ride quickly (except on the down hills where I had no brakes due to the rain) as I feared the wheels being blown from under me.

I finally made it through the ride and they had changed the run course from a mountain run to a 32 km road run through Arthurs Pass (a harder run according to the winners). It was hard for me as I cramped all the way. Then there was no paddle but a substituted 135km ride through the mountains before heading down to the Canterbury plains. As I expected a flat ride I had little climbing gears on my bike. I was also cramping again. Accordingly I walked up about 10 hills looking like a pole had been shoved up my The weather had turned BTW to a hot, fine day by this stage. This was good as I was warm but bad cause they did not have any water on the course. So I had to ride 3 hrs before I found a shop with water. I finally get down the range (after again nearly being blown off a cliff) and ride to until 20km from Christchurch.

I then get informed by the officials that the course has been closed and I am unable to continue This is 12hr 30 mins in with only 20km riding left, a 13 km paddle (we do 20 km most mornings) and a 7 km ride. Needless to say I was disappointed and pissed off especially when we were informed that there were no cut off times. The only reason given was it was not safe to paddle the Avon in low light conditions. I really could not work this out as you can jump across this river in most places.

So I may have to line up again next year Still very sore.

Auckland Road Race (Clive's Report)

Had a 100k road race at the weekend with strong cross winds for most of the day. The field split into small groups and took most of the real climbers out the back before the climb.

The finish has a climb coming up in pitches with the bottom three being key and if you get over the 3rd you will be there over the top. On the final part of the third pitch it all went wrong with my left hand crank breaking and me ending up in a heap on the floor shortly afterwards - banged up hip and elbow and not a happy camper - managed to fix it enough to ride home in the saddle

Next Week – Unfortunately HPRW have no racing on this weekend so the only option on Saturday is Murrarie. Starting times are :

Grade / Category	Race Details	Race Start Time
A Grade - Men	50min + 3 Laps	6:45am
A/B Grade - Women	40min + 3 Laps	6:45am
C/D Grade - Women	30min + 3 Laps	6:45am
B Grade - Men	40min + 3 Laps	7:40am
C Grade - Men	40min + 3 Laps	7:40am
B1 Grade - Men	40min + 3 Laps	8:25am
D Grade - Men	40min + 3 Laps	8:25am
E Grade - Men & Women	30min + 3 Laps	8:25am
Juniors - All		9:00am

Most of our guys normally race B grade as it is difficult to be accepted into the A grade field.

Team Kits

There has been a lot more people who have asked for kits so I'm going to have to put another order in as apart from a couple of jerseys left I'm totally out. Could anyone who wants a kit who doesn't have one please confirm so I can order them. At the moment the people I know I need to order for include : Bruce, Al, Smithy, Brett Ardron, Mark, Mair, Tara, and Dave Dwan. If I've left you off the list please let me know.

Matters of Interest

Johnnie is a Dad (again). Number three for Johnnie and he still managed to turn up to bike race.

New Section – Gone Missing

I've added this section for all those guys who have gone missing and haven't been seen at races. I was going to start with Anthony but then he showed up on Saturday so he's off the list. Instead I'm going to pick on Cam Watt this week. It was to be Cam's first bike race. We had him all lined up for his licence, Shannon cleaned her bike for him and we put on the 808's and yet the bike sat there next to the start line looking all shiny but with no rider....Cam, are you alive ??

(Needless to say, this section is going to backfire on me when someone has in fact died and hasn't bothered to tell me about it.....)....anyway, you know what I mean...

Train Smart..Race Hard..Earn Respect



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