

THE COYOTE EXPRESS

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Newsletter #33– 22 February 2010



Racing

As there was no HPRW racing on the weekend there are no results to report. I haven't been able to locate the Murrarie results so if anyone else raced out there feel free to email them to me.

NZ Aquathon – Auckland – Clive

Raced in an aquathon last week - short swim 600m followed by a 5k run on the beach - decided to leave the wetsuit behind due to the short swim although the swim was rough - getting to the first turn was a battle - lost the back of the group I would normally swim with round the last turn with the guys in the suit able to catch a wave as we rounded the bouy - still come in about 10 sec down and blew straight through them through transition. I targeted a top 5 finish even with a strong field and saw that I was 17 out of transtion. So put the newtons to good use and started to play catch moved to 12 by the first of 3 turns and saw that 5th was two minutes ahead - helped it was someone I train with - did not help in that she had lapped me in a 5k tt 4 days before - still racing is racing so stuck with it catching them about 500metres to go - made a decisive pass to take 5th - 18:30 for a measured 5k on the beach very good for me.

Next Week

Nundah Racing back on with A grade at 6.45am. We will have up the tent etc.

Team Kits

I've ordered another 25 kits which should be here in about 3-4 weeks. To keep the cost of each item down I had to order 25 kits with most of the spare kits being medium bibs and either large or medium jerseys as that seems to be the most common sizing being requested.

Matters of Interest

I have just been notified by the race organisers that the date for the Grafton – Inverell race has now been brought forward to 23 October (from 30 Oct).

If anybody wishes to buy the famous Em's power cookies which are only sold in NZ then you can email Clive direct and he will ship them to you as he is now a rep for the company.

New Member

Adrian Cook has decided to join our team. For those who don't know Adrian, he was the rider who went on the solo break in B grade last week and managed to stay out there long enough to win enough points so that he won the whole race despite not featuring (i.e blew up) in the final sprint. Adrian is a good bloke and will be a good addition to our team.

Train Smart..Race Hard..Earn Respect



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