

THE COYOTE EXPRESS

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Newsletter #36– 15 March 2010

Training – For anyone who is interested we will do two track sessions this week at Nundah on Tues and Thurs morning at 5.30am. The session will go till about 6.20am.



Racing

Nundah

We had a pretty decent turnout for A grade including Robbo, both Micks, Brett, Steve, John, Kyle, Dave, Warren, Mark and myself. Aaron and Rich also turned up to support. It was also the first race in A grade for Locky. Finally all my baiting him paid off and he decided to race with the big boys.

It was pretty windy which meant that it was always going to be hard for a breakaway to succeed. But that didn't stop Dave from giving it a go from the start on his new Opera. Actually, he wasn't all that keen but I told him to go whilst 8 of us sat on the front just cruising. He had his lead out to about 200m and lasted about 4 laps and it had the effect of making the other teams chase him.

After that there were a few attempted breakaways but nothing looked like sticking. With about 3 laps to go I noticed Tim Bartlett putting his hand up in the air pointing to his back wheel every 15 seconds. I thought he must have had a flat until I saw the other three triple play boys move up on to his wheel and then the four of them moved to the front with just over a lap to go. We had envisaged that this might happen and we discussed at the start of the race that we would try and form our own line...that didn't eventuate but it was probably just as well as it seemed to have taken a bit out of the triple play guys keeping the pace up into that wind.

Robbo gave Mick Manson a good lead out which resulted in Mick picking up second place, just behind Mark Hastie of Duttons. Mark is really strong into a headwind so it was a good result for Mick. It was also kept his record in tact of picking up money from all four starts so far riding with us. Just shows what a difference it can make to have a bunch of friends helping you.

And for anyone who is interested....Locky beat me again....I told him I finished in 5th place which shattered him initially but I eventually let on that I had

cruised in on the back of the pack...couldn't let the old bugger go home without thinking he'd had some form of win for the day...

Adrian Cook was our lone rider in B grade and because the wind was getting stronger and it looked like the rain was coming back we packed up the tent and everybody left...hope you went okay Adrian...if you race A grade you'll have a lot more friends to talk to...

If anybody races anywhere else on the weekends don't forget to send me an email so I can include it in the newsletter...we are interested...

Shannon and I did a 20km running race at West End on Sunday morning. Shannon just beat me over the line in a time of 1hr 39.

Next Week

HPRW – Next Saturday's race is the bike week races at Nundah with details set out in the flyer which I've pasted at the end of this newsletter. Should be a big day of racing.

C grade kicks off at 8.20am, B grade at 8.35 and A grade at 9am.

The gradings look like open gradings but unless anyone has different ideas I think we should flog ourselves in A grade. I have the feeling that the fields will be large so A grade will probably be safer. Best to get down there early and register to avoid missing out. Learn to ride sessions start at 7am so presumably the entry sheets will be out around that time.

Half Marathon – There is a twilight half marathon being run at the University starting at 5pm next Saturday night. The organisers are intraining. The link to the website is <http://www.twilightrun.com.au/> . I'm thinking about going out there for a cruise around so let me know if anyone else wishes to join me.

Other Events –

The following weekend is a big weekend in triathlon as there are two big events being the Australian Ironman at Port Macquarie and the Olympic Distance race at Mooloolaba. Dave and Shannon are both racing at Port Mac.

Matters of Interest

Trademark – Thanks to Snubby and Fisher Adams Kelly we are now the registered proprietors of the trademark **Coyote Racing**.

Epic Camp DVD – The producers are still working on the finished product but if you want to check out the preview they've created go to <http://www.youtube.com/watch?v=JGuCeJWRUQk>

For those of you who have already looked at it...did you pick that it was Dave running beside me at the start?? I was hogging the camera and blocking him out...he went on to outrun me by about 5mins but I still got the best coverage.....

Where Are you ?

Andrew Purvis got back to me last week to let us know that he is alive and putting on weight. That's actually quite scary as it will probably mean he will go up hills even faster...

See you all at the track next Saturday...stay safe...

Train Smart..Race Hard..Earn Respect..and have fun doing it...

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 green outline and a slight drop shadow. The letters are highly stylized, with sharp points and intricate details, giving it a rugged and competitive appearance.



BIKE WEEK CUP

Incorporating 'Getting into the Road Racing Scene' Seminar

Saturday 20th March 2010

Nundah Criterium Circuit

Hedley Ave Nundah

\$2000 prize money to be won

Program

7.00am to 7.45am - Beginners 'Getting into the Road Racing Scene' Seminar
7.05am - B1 Grade (40 min + 2 laps)
7.50am - View the course by 'road racing scene seminar' participants - 5 laps
8.05am - D Grade (25 min + 2 laps)
8.20am - C Grade (35 min + 2 laps)
8.35am - B Grade (50 min + 2 laps)
9.00am - A Grade - *Bike Week Cup* (60 min + 2 laps)

Race Gradings

A Grade - Elite A men (+ stronger Elite B and Master A men).
B Grade - Elite B men, Master A men, Women A, Junior U17.
B1 Grade - Elite C men, Master B men, Women B, Junior U15 (+ stronger Master C men).
C Grade - Master C men, Women C.
D Grade - Master D men, Women D.
* Contact HPRW Club Handicapper Terry Bourne (tgbou8@hotmail.com) for grading enquiries.
* Line entries only - 30 minutes before start time - riders must produce their CA licence.

Race entry - \$10

'Getting into the Road Racing Scene' Seminar

A **FREE** seminar for riders wanting to learn the 'ins and outs' of the local club road and criterium racing scene will be conducted at **7am**.

Participants will be offered a guided 5 lap tour of the Nundah circuit at 7.50am. You must **pre-register** online at www.bq.org.au



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