

THE COYOTE EXPRESS

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Newsletter #4 – 28 June 2009

RACING NEWS & REVIEWS

Weekend Results

Murarrie Criterium – Sat 27 June

This was our first race with the new kits. Dave showed up 40mins before race start all decked out only to find that the previous night's downpour meant that only two other riders had showed up in addition to the officials. Dave challenged the other two to a race but decided a hard wind trainer session was a better idea after a Balmoral Official advised that a snorkel would be required on the back straight. Coyote Racing was off to an extremely "neutral start". No race, no start, no finish, no placing, no crashes, no stories.

Elimbah – 50km Graded Race – Sat 27 June

A few of our boys lined up in B grade including John, Kyle, Chris and Michael. The parcours was a bit different to the old circuit and the finish line had moved about 1.5km up the road. It was a good change made by HPRW to make the finish a lot safer than what it used to be. For those having never raced at Elimbah consider doing about 40-50kmh in a pack around a tight left hander with oncoming traffic to contend with in a sprint for the line, not good. Thumbs up to the guys at HPRW for making that decision because at the end of the day its about having fun and staying upright. There have been 2 recent crashes involving Gary Lee and John Madigan which have reminded us that there are far worse things than finishing last. Gary and John are both great blokes and they had to (and have to in the case of John) endure weeks and months of rehabilitation as a result of doing something they love.

The boys rode strongly in B grade and we achieved the quinella with Chris first and John second, the only disappointing aspect was that they still had 600m left to go at that stage! That being said all the boys finished in the bunch at the end and rode well. There's a lot to be said for being on the front, whatever stage of the race that may be. The only way we'll get stronger is if we keeping pushing our limits. If we'd had Paul racing in B grade things might have been different but he "decided" to race up with the strong young boys and with an average heart rate of 174 got royally dumped off the back about 13km into the race. There were only 5 A graders left at that stage so it was a tough hit out for him. We'll make sure he does better in the next race at Elimbah with a lot more guys to help him out. All in all another good race put on by the guys at HPRW in brilliant sunny winter conditions.



Insomnia 24hr MTB race

The race started at 12pm on Saturday and finished at 12pm on Sunday at Lake Kurwongbah. They had to race in the all men's team division as you needed at least one third of the team to be female to classify as a mixed team. Friday's night big downpour meant that whilst we had good weather conditions for the race itself, the conditions were extremely boggy. Parts of the course were taken out both before and during the event.

There were roughly 20 teams in the all men's division and we managed to finish in 4th place. We were in 5th place for most of the day but managed to edge into 4th as the sun was coming up on Sunday morning. All the guys had a great time and it was fantastic venue for a race. If you check the website out you will see some of the photos of the private lake around which the transition area was based. Gary did the most amount of laps and grinded out laps in the early hours of the morning when was clearly shagged. He had no sleep for the entire event and ended up doing the final lap finishing just after the cut off time of 11.30am. Pete, Parko and Keith all showed exceptional MTB skills and toughness to keep going in what was ridiculously slippery conditions. Shannon not only did her share of the laps but she also left mid race to play a full basketball game up the Sunshine Coast. Charlesy held the record for the most amount of crashes having gone over the bars 8 times in only 6 laps – he discovered in his last lap that having no brakes really isn't a good thing in slippery conditions – about as much fun as Gary discovered it was to complete the last third of one lap at 4am with no lights.

The greatest thing about the race was how much fun it was and what a good time we had racing as a team. There was nothing better than coming back to the camp covered in mud and blood to have your teammates fall over laughing at you. In the true spirit of the team and our Motto, Gary drove back out to the race venue at 4.30pm in the afternoon to make sure Charlesy was okay after he discovered that Charlesy's "beat up old" car wouldn't start and the roadside assistance guys hadn't shown up for 3.5hrs. That's the sort of guy we want in our team and the relationships we want to build on.

Next Weekend

Next Weekend's Race should be at Lakeside at 8am. We have heard a rumour however that the venue might have to be changed due to motor racing. We'll confirm later in the week.

This is a special event as it marks the return of Pete to road racing in Brisbane. Pete is pretty nervous about this return as he's currently weighing in at about 1kg less than Charlesy (yet to be verified on our scales) and therefore might struggle getting up the hill at Lakeside (particularly if Mick makes him race A grade). Because we won't see him again until September when he returns to get married it will be a great opportunity for us to turn up at Lakeside and support him (i.e. Tell him how fit he's looking!). It's pretty tough for Pete being stuck out West with basically no training support and yet in the past 5 weeks he's been back on the bike riding around 4 times per week and it showed in how well he rode at the Insomnia race.

One thing we have noticed is that in the past few weeks there have been quite a few guys who have got off the couch and back into regular training. As far as we are concerned, if that was the only thing we helped people to do this year then setting up the team was a success. We're really proud of the great group of people we've got in the team and thank everyone for joining and being a part of it. Once the new home base is set up at the end of July it will really give us an opportunity to expand the team environment.

TRAINING

There are now 9 people who have done their TT's. Whilst there is no TT on the program this week if anyone who hasn't done one yet wants to test out their fitness then just let Charlesy know what time suits you.

Spinervals Dave has done up the CD for the TT which takes you through the proper warm up first. If you want to do this week's strength sessions then Dave will have these on CD as well. Otherwise you can access the details of the sessions on the website in the word document attached on that page.

For interests sake Robbo's previous record (57.08) has now been smashed. Mick broke it with a great time of 56.24. We thought that would stand for a while but in the very next set Dave went head to head with Gary. Dave broke Mick's record by 3 seconds but even that wasn't good enough as Gary (fresh from a 4mth layoff) went 55.43 (ave 43km/hr). Then Jo broke her own female record by 2mins so both records are now going to be tough to beat. Having seen every one do their TT's I can testify to the fact that not one person left anything in reserve. Gary burned almost 1200 calories in setting his time (and covered my walls, floor and ceiling in sweat).

Training Sessions

Some people had some queries about the format and terminology from Strength session 2. An explanation has been provided by Clive as follows:

The 10,12,14,16,18 sec spins are on 1 minute the idea is to increase cadence and speed for 10 sec then resting for the remainder of the minute. Then 12 secs of increasing cadence and speed then resting for the remainder of the minute, and so on. So the work interval is the 10, 12, 14, 16, 18 sec with the length of recovery being 50, 48, 46, 44, 42 sec.

The '1, 2, 3, 4, 5, 5, 4, 3, 2, 1' is a work interval (WI) set of:

1min with 30sec rest, 2min WI with 1min rest, 3min WI with 90sec rest, 4min WI with 2min rest, 5min WI with 2m30rest, 5min WI 2m30rest, 4min WI with 2min rest, 3min WI with 90sec rest, 2min WI with 1min rest and 1min WI with 30 sec rest. At the end of this set take an additional 2min rest.

If you have any queries feel free to email Clive and he will be happy to answer your queries. Best idea is to CC the whole group into the email so we don't all ask him the same question.

CLIVE'S CORNER

Over the upcoming weeks we've asked Clive to do a few short notes for us on a range of topics including breaking away, staying in the break, blocking and clawing a break back. Today's notes are on warming up properly. If you would like Clive to expand on any area just send him a note. He's keen to help us and make us race faster and smarter.

Pre Race Warm Up

Prior to most races the "warm up" for most people might mean a short ride of a few laps of the course in the case of a crit. Is this going to help their performance? Not really it may help with focus and pre-race nerves but is not going to do much for you in terms of getting the body ready for the effort ahead.

So Why Do we Warm Up?

The general rule with warm ups is that the shorter and more intense the effort the longer and more intense the warm up needs to be. If you are at the start of the tour for the prologue you will notice the contenders both for the GC and the stage will spend lots of time warming up including a steady build up in intensity. They will finish the warm up as close as possible to their start so they can carry this through to the race.

Crits are normally full gas all the way with attacks happening throughout the race, including off the start line, so it pays to warm up properly. The aim of warming up is to get blood flowing through the respiratory system and the legs. At rest the muscles receive approximately the same amount of blood in terms of size however during exercise blood is diverted away from the non working muscles and vital organs - warming up aims to initiate this process. Warming up properly is also thought to help with injury prevention.

When I raced cyclo cross (which is a similar effort to a crit) I would have a spare bike set up on a trainer and if wet would do the whole warm up on the trainer. If dry I might do the first 20 minutes on the road. I would try to ride the course earlier in the day if possible. Starting off nice and steady and progressively increasing the intensity till I reached my steady effort over approx 10 minutes. I would hold this steady effort for approx 10 minutes then start doing some intensity normally 5 times 10 sec spins on a min.

I would finish the warm up with 5 efforts of one minute on 90 secs at 80, 85, 90, 95 and 100% effort. After the final effort I would change and head off to the start line. In cyclo-cross I would always aim to be in the front row when the start was not seeded so would ride down the start chute spin round and force myself in to the front row. In a crit you should try not to start further back than the second row. Hope that helps.

Clive.

HEALTH & NUTRITION

Given the time of year and the amount of reaction (over reaction) to piggy flu, Jo has been bombarded with numerous questions about the ideal ways assist our own immune system to combat Colds & Flu naturally. Jo put together the following as a general response.

‘No matter how healthy we are, there is no guarantee that we won’t get a cold or flu. There are in fact hundreds of types of viruses that our immune systems have to try and combat. It can be said that it is actually good for your immune system to get a cold/flu once or twice a year as it strengthens it in the long run. There are so many viruses and because each virus changes slightly over time an effective ‘cure-all’ vaccine has not yet been developed. The best preventive measure is practicing good hygiene and helping support your own immune system.

Hand hygiene is still the single most effective measure to protect yourself, this means you should wash your hands often with soap and water and dry them thoroughly. Avoid touching your eyes, nose and mouth and try to keep at least 1 metre away from people with obvious flu symptoms. It is also important to have a diet loaded with fresh fruit and vegetables which are a great natural source of nutrients and if you don’t already, than this is the perfect time to start taking a multivitamin supplement. It’s like a nutritional buffer, and provides essential vitamins and minerals for general health and wellbeing and maintaining a healthy immune system.

Colds & Flu are ‘self-limiting’ which means they ‘run their course’ as your immune system detects and eradicates the infection. In a healthy immune system, a cold should not last more than 10 days. Herbs such as Andrographis, Golden Seal, Echinacea and Garlic in combination with Vitamin C & Zinc can assist the immune system to build-up resistance to infections. There are some fantastic formulas available and they can be taken throughout the winter period like a “Bodyguard” increasing your resistance against the chances of getting a cold/ flu or taken at the first signs of a cold/flu – especially within the first 24-48 hours can decrease the length of time taken to recover.

When choosing a formula have a look at preparations that contain a combination of the following:

Vitamin C

May improve immune function and decrease the incidence of common colds. Reduces symptoms and duration of colds and upper respiratory tract infections

Zinc

Helps maintain a healthy immune system. Helps relieve mucous congestion. Reduces the severity and duration of the common cold

Andrographis

Used for centuries in Ayurvedic medicine to reduce frequency and severity of colds and upper respiratory tract infections. Clinical trials have shown Andrographis helps relieve symptoms of tiredness, sleeplessness, sore throat, cough, nasal secretion, headache, earache, fever, muscular aches.

Echinacea

Stimulates the immune system and builds resistance to viral, bacterial and fungal infections. Reduces the severity and duration of colds, flu and upper respiratory complaints.

Garlic

Nature's antibiotic – supports the immune system and useful for bacterial, viral and fungal infections. Used to treat mucous congestion, productive coughs, colds, flu, upper respiratory tract infections.

Keep your questions coming. Cheers Jo.

GENERAL STUFF

Team Kits

We have been told by the socks manufacturer that they were to be shipped last Friday so we should have them before this weekend.

Please let us know if your kit doesn't fit you. Charlesy is putting another order in next Monday so we need to know before then. There are a couple of guys who also want to order second kits or jerseys so if you want a second one then let Charlesy know. Cost should be around \$90 for the jersey and \$110 for the knicks. The arm warmers are \$35. The guys that did the MTB race are now going to have one kit for MTB racing and one for road racing as there's no way the mud is coming out after that race.

If there is enough interest we can order lightweight vests through Cannibal. There won't be any pockets in the back of them. The cost for the Teflon coated Micro fibre is \$66.95 plus GST or Wintex fabric (membrane) \$89.95 plus GST. They can put a side zipper in for us.

There was some pretty good feedback on the kits which was nice to hear. There's no point in having a kit if no one wants to be seen in them.

SPONSER OF THE WEEK

'IM Talk'

This week's sponsor is the fantastic business operated by John Newsom and Bevan James Eyles at IM Talk (www.ironmantalk.com). You can find their link on our webpage. John and Bev started out about 2 years ago in a little room in a house in Christchurch (NZ) with their own podcast. They didn't charge people for the privilege of downloading it through 'itunes' and they provided great entertainment and updates on the world of Ironman.

Now two years down the track, they still operate from a little room in a house in Christchurch, they still provide the podcast free through 'itunes' and the entertainment and updates are as good as ever. They didn't ask for anything from anybody when they set up a business which supplied a fantastic service to the IM world. The

difference now is that they are world famous and have got so successful they were forced to change their name from 'Ironman Talk' to IM Talk (no doubt you can guess who would have forced that upon them).

We have found that one of the best times to listen to their podcasts is whilst doing long rides or runs by yourself. You've got nothing to lose in downloading their podcasts and giving them a go. If you would really like to support them go to their website and click on their various links to their sponsors as that's how they manage to fund the business going forward. We would rank their business as 8 out of 10. We would have given them 10 but no Kiwi is ever allowed to score more than 8 on the Australian Scale.



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

Where no one gets left behind....