

THE COYOTE EXPRESS

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Newsletter #42– 4 May 2010



Upcoming Weekend

Saturday – HPRW Nundah Criterium – A grade at 8am and B grade at 8.50am.

Sunday – Mt Crosby Mtb orienteering – anyone who is interested contact me for details.

Future Races - Month of May

15 May – Saturday – HPRW - Eagle Farm Criterium (8am)

15/16 May - Saturday/Sunday –rogaining training course in Bunyaville forest on Saturday with 3hr race in the forest on the Sunday. Both are running events. Go to Qld rogaining website for details and to enter online. Its only \$12 for the race and should be great fun.

22 May – Saturday – Club Crit Champs at Nundah

22 May – Saturday – Blackheart Adventure Race – 8hrs – Tweed Valley

29 May – Saturday – HPRW – Elimbah

29 May – Saturday – Metro Road Champs (enter 2 weeks in advance)

30 May – Sunday – Metro Crit Champs (Nundah – enter 2 weeks in advance)

Second Half of the Season – Endurance Events

For many of us the second half of this year will be spent preparing for endurance racing on top of normal bike racing. I've pasted below a list of the races that Shannon and I will be entering. For anyone who hasn't done an mtb or adventure race before, it is a lot of fun. You don't need to be a runner to do an adventure race and no paddling skill is required. All you need is the right attitude. If you are interested in coming along to any of these events just let me know – it would be great to have your company.

On the weekends where there are no Sunday events scheduled we will get back into our 5-6hr supported rides leaving the Den (6am) in preparation for Grafton. These will commence on the weekend of 29 August due to the Qld Road champs and the Epic mtb race being on the two Sundays before that. That will give us 7 successive Sundays of long/steady riding in prep for Grafton. By 29 Aug the mornings should be getting warmer as well.

June 19 – 6hr Urban Max Rogaine Race – held in the city

July 4 – Gold Coast Marathon

July 24/25 – 24 hr Merida mtb race – done as solo or as a 2-6man teams

July 31 – Caboolture Historic Village running race – 3-24hrs

Aug 22 – Epic Mtb race

Sep 12 – Glasshouse 100 (running – 100km)

Sep 18/19 – 24hr Rogaining champs

Oct 16 – Hells Bells Adventure Race – 24hrs (team of 3)

Oct 23 – Grafton – 225km

Dec 12 – Canberra Half Ironman

Jan 15 – Challenge Wanaka Ironman (NZ)

Feb – Ironman Malaysia (precise date not yet confirmed)

May 5 – Australian Ironman – Port Macquarie (sold out)

Results(wow what a weekend)

Let me firstly say that it was difficult to know where to start this weekend's wrap up due to the great rides of many of our team members...

NZ Road Champs (Masters 4)

I'm starting first with Scott's fantastic effort in the Raboplus NZ Road club champs. Scott was racing in a good field which included Graeme Miller. For those of you who were at the training camp in December you might have seen the video tape I played of the US cycling circuit where Miller was still winning the pro races at the age of around 42.

For Scott to run second and push Miller back into fourth is a fantastic effort. I pasted below wikipedia's summary of who Miller is. Without wanting to embarrass Scott (well not much anyway..) I've pasted wikipedia's summary of Scott as well. I'm going to have to ask for more details of who the Clam is ??

The race was held on a very tough 27km circuit where they had to do 3 laps with a 10km rolling climb each lap. There was a break on the first lap which disintegrated on lap 3 and the strongest guy was out there by himself. Scott put the hammer down and bridged away from the pack up to him and they then worked together until the other guy got Scott by 2 seconds in the sprint.

If only we can get Scott out of Elite for Grafton this year.....(this result might not help).....

Master 4 Men

1 455 Grant Stirling Tasman Wheelers 2:19:35

2 474 Scott Molina Papanui Cycling Club 2:19:37

Graeme John Miller (born 20 November 1960) is a former New Zealand [racing cyclist](#) from [Blenheim](#).

He competed at three [Olympic Games](#) in 1984, 1988 and 1992. His best result was in [1988 in Seoul](#) where he finished 8th in the men's road race.

He won two gold medals at the [1990 Commonwealth Games](#) in the men's [road race](#) and in the men's team time trial. At the [1986 Commonwealth Games](#) he won a silver medal in the men's team time trial, and four years earlier at the [1982 Commonwealth Games](#) he won another silver in the team pursuit over 4000m.^[1]

He was the New Zealand team captain and opening ceremony flag bearer at the [1998 Commonwealth Games](#).

Scott Molina (born February 29, 1960) is a now retired [triathlete](#). His most memorable performances took place at the [Ironman World Championships](#) in [Kona Hawaii](#). The peak of his career coincided with the going out of [Dave Scott](#) and coming in of [Mark Allen](#), both 6 time Ironman world champions. He eventually won there in 1988, although was unable to ever repeat.^[1] He has become known like all famous winners in Kona by a nickname, "The Terminator".

Apart from winning Kona, Scott also won over 100 professional races in his career.

Scott Molina married fellow pro triathlete [Erin Baker](#) in 1990. He now lives in [New Zealand](#) where he works as a coach and runs the somewhat-annual [Epic Camp](#) with [Gordo Byrn](#). His most famous triathlon protege is Cathy Morgan, aka "The Clam", who is a well known triathlete, track cyclist, and name dropper.

There were also two other races held in NZ and Bruce's short race report is :

Graperide Magnum 200k Race - Scott, Pete, Dave and myself lined up and made the first break of 20 riders, Scott punctured at about 15k so was out of the race, Dave and Pete made the top 10 selection over the first climb, me and 5 others chased hard on the flat got close but never got back on.

Canterbury Club Champs - Dave and I raced masters 3 and were in the bunch sprint finish but did not place, the day was hot but extremely windy, so windy that only 2 open and 2 under 23 riders finished their race, they all pulled out because of the wind....soft... us old guys started 5 mins behind them and finished.

Sat – Murrarie – B grade

The Robbo's and Rich turned up to fly the flag for the Coyotes. Mick rode really strongly and shut down all the breaks in the race to enable Robbo and Rich to have their best chance in the sprint. A great result for us with Robbo taking 2nd place and Rich taking 4th place. Well done guys. Robbo only lost by half a wheel and hit 60.3km/hr in the sprint.

Battle on the Border

What an awesome weekend of racing and fun. It was a great chance for the guys that raced to bond as well as a chance to destroy ourselves racing.

We had guys racing in Masters A and Elite B and the beauty of the format was that those 2 grades raced together. We therefore had Mick Manson, Steve, Aaron, Warren, Brett, Bryn and myself starting in the same race.

Frankie was also down there racing in Masters B and his race was combined with Shannon's race which was Womens A. Anthony also turned up for the Fondo ride.

All up there were about 470 riders and the pace was pretty hot in all grades.

The format for the first day was a 5km TT on the Saturday morning followed by a road race in the afternoon. It was up to each individual to decide how hard they wanted to ride the TT (this is my precursor (excuse) to explain why my TT time was so slow..it has nothing to do with my current weight). There were a couple of tight corners, a set of railway tracks and an uphill start to overcome. Our TT times were :

Aaron -8.27
Mick – 8.32
Frank – 8.35
Steve – 8.49
Shannon – 8.51
Brett – 9.02
Bryn – 9.02
Mark – 9.14
Me – 9.25

Aaron had the worst possible start time of all of us as he had Andy Patten in front of him and the Russian behind him. Having a former world junior TT champion 30sec behind you is not much fun. Aaron only just got caught near the line which was a great effort...His time of 8.27 put him in 16th place out of around 50 starters.

HPRW and Mainline dominated the TT with wins in the Elite A (Mulhern), Masters A (Chris Millen) and Elite B (Lucas Nicoll).

Here's a couple of TT pictures :



Aaron leading off the Russian...



Steve starting out..



Because the competition was so hot in the TT, Steve, Brett and I decided we should start racing each other rather than the other teams...Here's our podium....



Shannon entered herself in Women's A in her first ever road race and got stuck in a field small in number but high in talent. There were only 5 other riders with two of them being world class. Shannon's TT time was faster than the 29 girls who started in Women's B which included some very fast girls from HPRW.



Road Race -

The road race in the afternoon was brutal. It was 124km in length and contained more than 6 decent climbs of over 2km in length. The temperatures were up and the pace was on from the gun.

In Masters A/Elite B, Mainline had both yellow jerseys to protect and they did a fantastic job in doing that over the ensuing two days. They ended up

winning the Elite B race through Lucas Nicoll, with Chris Millen ending up in third place in Masters A after going into the final criterium with a 4 second lead.

Our best riders in the Road races were Mick and Steve. Mick went into the final criterium only 38 seconds down in 10th place and ended up finishing in 13th place. He had a fantastic first two road races finishing in the sprint in both races in small lead bunches. For a guy who has only ridden 150km twice in his life it was a fantastic effort.

Steve dropped a bit of time on the last lap in the first road race but came home really strongly in the second road race and the crit to finish in 21st place. He also did everything he could in the crit to help out Chris Millen and the Mainline boys. He showed that he is in really good shape and is one of our strongest riders.

Special mention also to Bryn who lived up to his kamikaze reputation. Not one to shelter in the pack, Bryn put it to the field on the main climb on the second lap and lead the field up at a great pace putting a lot of riders in pain. There aren't many guys around who can go up a climb that quickly.

All in all a good weekend....and for some of us a great start to our training.....

I don't have any results from North Pine Dam so my apologies if anyone raced and placed well...

Training

I'll be down at Nundah on Thursday morning at 6.00am if anyone wants to come along for a 45min session. After seeing the packs ride around in the dark last week I don't want to start any earlier.

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

COYOTE RACING