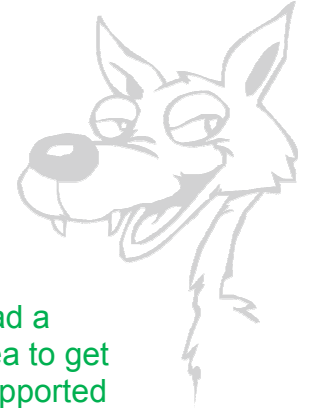


# THE COYOTE EXPRESS

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**Newsletter #44– 17 May 2010**



### **Training**

Steve reminded me that it was about time we got back into some long supported rides. I had been thinking of starting them in August but I had a look at our race schedule and decided it would probably be a good idea to get a few good moderate effort 5-6 hr rides in. Hence there will be long supported rides starting this Sunday at 6.15am and then again on Sunday 6 June and Sunday 20 June. The weekends in between are the Metro champs and the Avanti Classic.

If you are thinking of coming to the long Sunday rides could you let me know by Wednesday so I can cater in advance. Doesn't matter if you cancel on the morning just send me a text. If weather is raining we won't ride but will do a long windtrainer session instead using the Spinervals 5hr session for anyone who is keen. If you would like a particular type of food or drink for your ride just let me know.

We will also do a session at the track tomorrow morning starting at 6.15am for anyone who is interested. It will just be a big gear session for about 45mins.

### **Upcoming Weekend**

**Saturday** – Club Crit Champs at Nundah

**Saturday**– Blackheart Adventure Race – 8hrs – Tweed Valley

**Sunday** – Long training ride – 6.15am – Den - Caboolture – Cambells Pocket Road – Dayboro – Home (estimated time 5 – 5.5hrs) – you can immerse your legs in the pool after the ride and enjoy a coke....

**Social** – If anyone is interested there are a couple of us who have booked tickets for the 6.40pm Gold Class session of Robin Hood at Chermside this Sunday night. I just checked and there are still 16 of the 24 seats still vacant. I can't promise I'll stay awake after the 8hr race on Saturday and the long ride on Sunday but from previous experience during our last training camp they will wake you up when they bring out the ice-cream....

## **Future Races - May/June**

**29 May – Saturday** – HPRW – Elimbah

**29 May – Saturday** – Metro Crit Champs

**30 May – Sunday** – Metro Road Champs (Masters A entry list at end of newsletter)

**June 5** – Nundah Crit (9.45am) – Also with a separate ladies handicap race (for anyone interested we will do a 2 hr steady flat ride beforehand starting from the Den at 7.15am and finishing at Nundah at 9.15am)

**June 6** – Long training ride – 6.15am – Nebo – Glorious – back of Glorious – home (estimated time 6-6.5hrs)

**June 12** – Somerset Dam

**June 13** – Avanti Classic (entries close 30 May – flyer attached)

**June 19** – Nundah Crit (8am)

**June 20** – Long faster training ride – 6.15am – Caboolture – Toorbul – back via Dbay and waterfront).(estimated time 5hrs)

## **Results**

### **Eagle Farm**

(Warren's report) I raced at Eagle Farm yesterday for the first time. The road surface made Elimbah look smooth which kept everyone on their toes. It was a very fast race with no one able to get away. The race broke up a lot due to the holes in the road and the corners with no team able to dominate. Mick tired himself out chasing all the little breaks I led the bunch into the final corner and led out the sprint but Mick wasn't able to get onto my wheel due to his earlier efforts.

Another good win to the Mainline team and it is good to see Barto back in the winner's circle.

Official Results were :

#### **A – Grade**

Starters 37

Winner Paul Barton, HPRW (Mainline)

2nd Nathan Wadell, Lifecycle

3rd Liam McCarthy, Lifecycle

4th Tim Bartlett, HPRW

Prime Matt Murray, FFAST

### **Qld Criterium Championships**

Sunday saw a big day of racing starting at 7am and working through the age groups until the Elite A race which finished just after 4.30pm.

We had two medallists in Rich in Masters 4 (bronze) and Gary Lee in Masters 6. I don't have any details of Gary's race but I know that Rich started a 3 man

breakaway which stuck in Masters 4. It was a great result for Rich after having crashed last week.

I understand that the elite winners were :

**Mens :**

- 1 wood
- 2 dalgleish
- 3 west

**Womens \_**

- 1. Simone Grounds
- 2. Amy Schramm
- 3. Loren Rowney

There were a couple of crashes in Masters 3 which brought down a couple of the Mainline boys and there was a terrible crash on the carpark corner on the last lap which saw at least 6 riders go down and a couple carted off to hospital. The crash scene below is one that you just don't want to see at races..Hopefully all the guys will make a speedy recovery. I've heard that the guy who won Elite A at the Battle on the Border broke his collarbone but I can't verify that...



### **Start List for Road Race in Metro Champs (Masters A/Womens A)**

CARLTON, Brielle	Balmoral Cycle Club	ELITEW	
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LANGER, Natalie	Ffast Cycle Club	ELITEW	
<b>ORLIC, Nikolina</b>	<b>Hamilton Pine River Wheelers</b>	<b>ELITEW</b>	
ROBBINS, Sally	Balmoral Cycle Club	ELITEW	
SMITH, Imogen	NRG Cycling	ELITEW	
<b>ALEXANDER, Stephen</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS2</b>	
ARNOLD, Gavin	Gold Coast CATS Cycling Club	MMAS2	
<b>BAKER, Adam</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS2</b>	
BERGHAMMER, Nathen	Gold Coast CATS Cycling Club	MMAS2	
BRADY, Mark	Gold Coast CATS Cycling Club	MMAS2	
<b>BUTLER, Paul</b>	<b>Ffast Cycle Club</b>	<b>MMAS2</b>	
CONNELLY, Adam	Balmoral Cycle Club	MMAS2	
<b>FORBES, Warren</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS2</b>	
HANSSON, Christopher	Ffast Cycle Club	MMAS2	
LUCAS, Luke	Murwillumbah Cycle Club	MMAS2	
<b>MILLEN, Chris</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS2</b>	
MURRAY, Wayne	Hamilton Pine River Wheelers	MMAS2	
REID, Robert	Ffast Cycle Club	MMAS2	
ROBBIE, James	Logan City Cycling Club	MMAS2	
SKEATES, Mark	Ffast Cycle Club	MMAS2	
WHEATON, Jeremy	Ffast Cycle Club	MMAS2	
ALVES, John	Hamilton Pine River Wheelers	MMAS3	
<b>BARTON, Paul</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS3</b>	
<b>CHARLES, Andrew</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS3</b>	
COON, Gordon	BCRI	MMAS3	
CROSSWELL, David	BCRI	MMAS3	

GORDON, Trevor	Ipswich C C	MMAS3	
<b>HARRISON, Adam</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS3</b>	
HOWELL, Gary	Ffast Cycle Club	MMAS3	
<b>PATTEN, Andrew</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS3</b>	
<b>PICKETT-HEAPS, Aaron</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS3</b>	
POOLEY, Gregory	Gold Coast CATS Cycling Club	MMAS3	
REED, Jason	Ffast Cycle Club	MMAS3	
<b>ROBINSON, Adam</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS3</b>	
ROPER, Peter	Gold Coast CATS Cycling Club	MMAS3	
<b>SMITH, Graeme</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS3</b>	
TOYNE, Darren	Ffast Cycle Club	MMAS3	
BOWN, Mark	SUNSHINE COAST CC	MMAS4	
BRIANT, Craig	Ffast Cycle Club	MMAS4	
CLAYDEN, Andre	Gold Coast Goldstars C C	MMAS4	
COOPER, Martin	Rockhampton Cycle Club	MMAS4	
ELTHERINGTON, Mark	Hamilton Pine River Wheelers	MMAS4	
EVANGELISTA, John	Gold Coast Goldstars C C	MMAS4	
HEAP, Les	Gold Coast CATS Cycling Club	MMAS4	
HINWOOD, Russell	Wynnum Redlands Cycling Club	MMAS4	
JENKIN, Matthew	Rockhampton Cycle Club	MMAS4	
RESTON, Craig	Murwillumbah Cycle Club	MMAS4	
ROBINSON, Alan	Lifecycle Cycling Club	MMAS4	
SIMONELLI, Tony	Ipswich C C	MMAS4	
TAYLOR, Craig	Ipswich C C	MMAS4	
WOOD, Anthony	Balmoral Cycle Club	MMAS4	

YOU DAN, Brett	Balmoral Cycle Club	MMAS4	
MENZ, Kevin	Balmoral Cycle Club	MMAS5	
<b>MONTE REGO, Alberto</b>	<b>Hamilton Pine River Wheelers</b>	<b>MMAS5</b>	
SANDS, Greg	Gold Coast Goldstars C C	MMAS5	

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

