

THE COYOTE EXPRESS

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Newsletter #47– 7 June 2010



Upcoming Weekend

Saturday June 12 – Murarrie crit – B grade 7.40am

Saturday June 12 – Somerset Dam handicap race (1.30pm)

Sunday June 13 – Avanti Classic (entries closed)

Sunday June 13 – Brisbane Road Runners Race (West End) – starts at 6.30am – you can select distances from 5km to 35km – entry \$10 on the morning.

Sunday June 13 – 6hr MTB race (email Aaron for details – race is near Gin Gin)

Future Races/Sessions - June

Sat June 19 – Nundah Crit (8am)

Sun June 20 – Lake Manchester Trail running race – 21km

Sat June 26 – Murarrie Crit – B grade 7.40am

Sat June 26 – Elimbah – Graded Scratch race 1.30pm

Sun June 27 – Mt Cotton duathlon (5km run/64km mtb/5km run)

Sat July 3 – Nundah points race and Ladies Handicap race – 8am

Sun July 4 – Gold Coast Marathon

Mtb 24hr race teams – On 24 July is the Merida 24hr mtb race at Old Hidden Vale. Could anyone who is interested in being in a team let me know. We should hopefully have enough for two 4man teams. The race will start at 12pm on the Saturday..You don't have to be there for the entire time – that's what your team mates are for. Race entry is about \$110 per rider We'll put up the tent etc and make a good night of it. For more details go to <http://www.tailwindpromotions.com.au/merida24hr/index.html>

Results

Nundah Crit – A field of 42 turned up for A grade including some good riders from other teams. We had a team of Aaron, Mick M, Mick R, Brett, Dave, Steve, Kyle, Warren, John, Rich, Adrian and myself. It was a pretty sedate start until a series of unsuccessful attacks were made. Finally a break of 8 riders including 2 of our riders got away and when one of our riders came back to the main bunch we were left with Mick as our sole rider.

We discussed it amongst ourselves and decided that Mick had been in such good form that we would leave him out there to fight out the win. Because there was at least one rider from the other teams no one from any of the teams in the main bunch did any work to bring the break back. The quality in the break was pretty impressive however so Mick had his work cut out for him. In the sprint he just missed 3rd place by half a wheel to the Russian. Fourth place wasn't a bad effort in that field.

Locky raced in B grade and Anthony and Mat raced in C grade but no places for the boys.

A – Grade, 60 minutes plus 2 laps

Starters 42

Winner Shaun O'Brien, FFAST

2nd Tim Bartlett, HPRW

3rd Nikolai Razouraev, FFAST

4th Michael Manson, HPRW

Sunday – Interclub at Eumundi

The interclub took place with us having at least Rich, Brett, Warren and Mick M in A grade. I wasn't there for the race but there is a good race report on Mainline's website. At the end of the day the following picture is a pretty good summary...Richard Brownhill – 1st, Andy Patten 2nd and Mick 3rd. Well done boys. (Photo thanks to <http://maxhr.zenfolio.com/p89156517>) (more photos at this site)



Matters of Interest.

Friday Night Social

Was a good night on Friday night with a turnout of around 28. Was especially good to see Andrew Purvis out and about. Even though he weighed in at just over 100kgs he still looks like he's only 6% body fat...

It was pretty easy to tell who wasn't racing the next morning as Aaron got stuck into the Bundy Black....nice to see someone else who likes the finer things in life..Pretty lucky I ordered so many pizzas as Frankie turned up late and needed to carbo load for his Audax 300km ride on the Saturday. He ended up with a total of 311km and a sore

Next social will likely be around mid August.

Until next week...**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 prominent green outline. The letters are highly stylized, with sharp, pointed serifs and a slightly irregular, hand-drawn appearance. The "C" in "COYOTE" is particularly large and features a long, sweeping tail that extends downwards and to the left. The "R" in "RACING" also has a long, sweeping tail that extends downwards and to the right. The overall aesthetic is rugged and energetic, typical of a cycling or triathlon team logo.