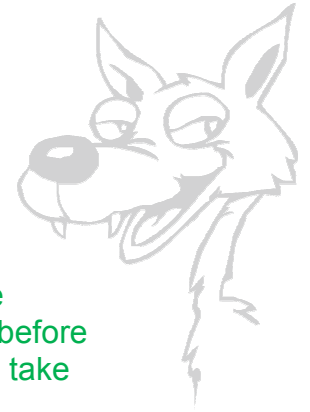


# THE COYOTE EXPRESS

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**Newsletter #49– 20 June 2010**



### Upcoming Weekend

**Sat June 26 – Murarrrie Crit – B grade 7.40am**

**Sat June 26 – Elimbah – Graded Scratch race 1.30pm (could anyone planning to ride in A grade let me know so I can pass on a list to Rich before the weekend so he can start turning his mind to tactics...as always, I'll take care of the first 200m and then let you boys take over from there...)**

**Sun June 27 – Long supported training ride – leaving Den 6.20am – Petrie, Caboolture, Toorbul, Caboolture, DBay, Waterfront – Home (expected time 4.5hrs) – steady tempo paceline ride. (2 scheduled stops – Toorbul and Burpengary) Car will have all drinks and spares etc. Anyone concerned about getting dropped - you can either take shortcuts along the way or get in the support vehicle to catch up (X6 will be used for this purpose). If anyone has any better suggestions or ideas for the ride just let me know...the one above is only a suggestion to get you thinking....I don't mind changing the route or starting time if an alternative suits everyone better...majority rules...**

### Future Races/Sessions - June

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

**Sun July 4 – Gold Coast Marathon**

**Sat July 10 – Elimbah**

**Sat July 17 – Nundah Crit**

**July 24-25 –Merida 24 hr MTB race and Tour of the Scenic Rim**

**Aug 7 – Cunningham Classic**

### Results

#### **Nundah Points Race**

This was always going to be an interesting race in A grade as we basically had our best team to date on the track. I won't name all those starting as you will be pretty much able to see from the photos below who they were. What was good was that the boys came up with a plan, stuck with it, and it worked a treat...

The boys took Mick off the front for the first 4 laps so that he could pick up the first 4 points basically uncontested. The rest of the race required some good concentration and hard riding to give Mick a sufficient number of points leading into the final sprint. As always, Adam Baker of QSM Cycling was a force to be reckoned with and was still in with a chance of a win coming into the final sprint. Rich lead out Richard Brownhill into the last sprint allowing Rich to take out the last sprint and pick up a good third place overall behind Mick in first and Adam Baker in second. It was a great victory for Mick after running second in the last points race on a countback...It also gives us too great double podiums in the space of a week with Mick taking the win on both occasions. He is riding really well at the moment and the hard work is starting to pay off. It would take me too long to list the efforts of the other guys who did so much hard work during the race to enable the boys to get on the podium...well done lads...you should all be proud of your efforts.

### **A Grade, Points Race**

**Winner** Mick Manson, 13 pts, HPRW

**2<sup>nd</sup>** Adam Baker, 12 pts, HPRW

**3<sup>rd</sup>** Richard Brownhill, 7 pts, HPRW



The boys looking resplendent in Green White and Black on the Podium..



Rich to Mick R.. "I just hid behind him like this and they never saw me coming.."





Ahh..the well earned coke..

### Urban Max – Rogaining Race

Shannon and I fronted up for the six hour urban max race through the inner Brisbane suburbs. We figured it would be a good way to trash our legs for a while approaching the GC marathon in 2 weeks. Apart from a couple of mistakes on my part we managed to clear the course pretty well in 4hr 31 min which included not only a lot of running but also blind mtb obstacle course riding, kayaking, indoor rock climbing, latin dancing, croquet, and some form of military style lazer weapon event in Timezone...We had a pretty good time until I managed to lose the control card with 20 min to go in the event therefore relegating us to last of the starting 170 teams. Feeling pretty p.ssed with myself at this point I decided to take on the last challenge (collecting objects from the bottom of the pool in the Spring Hill baths) in all my clothes, shoes and even my hat. Didn't do me much good as the girl next to me stripped down to what looked like lingerie and was out of the pool before me. Below are pictures of Shannon taking on the wall and one of me decked out in my lazer gear....bring on the aliens....



### **Lake Manchester Trail Run Race**

There were two distance races held out at Lake Manchester – 21km and 7km. Dave, Jo, Shannon and I took part in the 21km and Ivo and Vanessa raced the 7km event. There were about 190 starters.

I decided to totally trash my legs on the downhills whilst Dave and Shannon took a more sensible approach to the first hour of the race. It was a pretty scenic trail for a run but the 1km climb at over 20% at about the half way mark really, really sucked....This was where Dave first passed me (and he was walking...). I managed to repass Dave on the steep downhill using my ridiculous trashing technique which Dave described as Crazy legs as I ran past him....Once the downhill was over it was down to business where first

Dave ran away from me and then Shannon caught me and left me in her wake...Dave did a really good time of 1hr 52 which was only about 10min off the podium whilst Shannon's time of 1hr 59 gave her a good 5<sup>th</sup> place finish in the girls. I just managed to beat Jo home in her first 21km running race...Her smile at the finish line was also a lot bigger than mine...



**Jo finishing with Dave, Ivo and Shannon cheering her home.**

In the 7km event, Ivo flew out of the blocks to get a jump on Vanessa...he actually jumped the gun by 15 mins to get a headstart but Vanessa still managed to mow him down...They both had a good event at least they didn't have to go up the really really steep hill.....

### **Crocsquad Duathlon**

Warren decided to reintroduce his legs to running in the Crocsquad duathlon. The event was multiple biking/running legs held down at the Nundah crit track..His run legs can't be too bad as he managed to finish in the top 10 overall. Photo's still to come..

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

# COYOTE RACING

