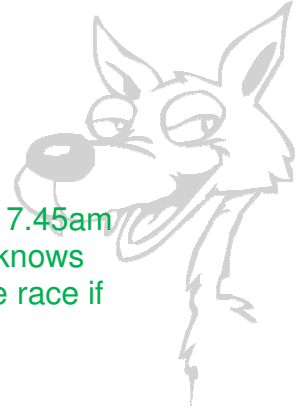


THE COYOTE EXPRESS

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Newsletter #50– 28 June 2010



Upcoming Weekend

Sat July 3 – Nundah points race and Ladies Handicap race – A grade 7.45am
– (If you are racing in A grade could you please email Rich so that he knows in advance who is racing...)...we might take a new team photo after the race if enough of our riders are down there.

Sun July 4 – Gold Coast Marathon

Future Races/Sessions - July

Sat July 10 – Elimbah

Sat July 17 – Nundah Crit

Sun July 18 – Fusion Games

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

Aug 7 – Cunningham Classic

Training

I think Rich and Adrian are doing a session down at Nundah on Wednesday morning so if you are keen to join in send an email to Adrian.

Results

Elimbah Scratch Race

We had 8 guys line up in a small quality field of 19 riders. It was always going to be a reasonably tough race with the likes of Andy Patten and the Russian in the field. Rich worked out our tactics in advance and thankfully he didn't assign me a task as just hanging on was going to be tough in those back hills.

As expected, the first real attack came on lap 2 on the first climb when the Russian attacked with about one third of the hill left to go. The move was strong enough that it split the field in two and left Mick, Dave, Adrian, Warren and myself off the back of the front pack. Rich, Richard and Stephen were left

to contest it with the big boys and Rich and Stephen did a great job in the last 5km of launching attacks and then ultimately leading out Richard for the win. Richard positioned himself and timed his sprint perfectly to pick up our third victory in the last 3 weeks. It was another great team effort with some strong riding by Richard at the end to get around some other really good riders. Lesson for the week goes to Mick who learned that having to time trial just to make the race start ends up hurting you really badly when the race hits the hills. First and last time Mick will ever end up behind me up a climb....

Johnnie and Kyle lined up in B grade and Kyle picked up a fourth placing in a bigger field. The field was somewhat reduced however on the first lap when a breakaway group of 6 riders wouldn't listen to the guys telling them they were going the wrong way....it always pays to know the course you are riding...as far as we know those 6 riders are still out there somewhere....

A Grade, 3 Laps, 51km

Starters 19

Winner Richard Brownhill, HPRW

2nd Adam Broit, Balmoral

3rd Simon Meyer, DCRR

4th Andrew Patten, HPRW

B Grade, 3 Laps, 51km

Starters 27

Winner Geoff Cree, DCRR

2nd Bill Tape, HPRW

3rd Perry Judd, DCRR

4th Kyle Eaglestone, HPRW

Fitness Test

If anybody wants to do a 40km TT on the computrainer to assess their fitness at this time of the year just let me know. Always best if you bring someone with you so that you can push yourself that much harder. All you need to bring is your own bike (with skewers that will clamp into a windtrainer) and a towel. We have heaps of coke for the last 20km....

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

COYOTE RACING