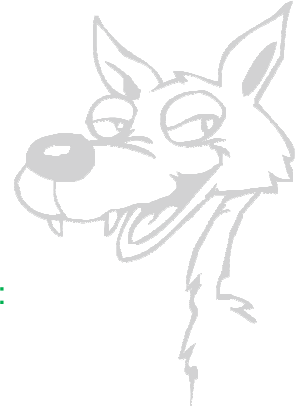


THE COYOTE EXPRESS

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Newsletter #56– 10 August 2010



Upcoming Weekend

Sat Aug 14 – HPRW Crit at Eagle Farm (8am)

Sun Aug 15 – State Road Titles – Elimbah – 20km laps - Start Times :

Elite – 10am (180km)

Elite Women – 10.40am (120km)

Masters 2 – 11am (120km)

Masters 3 and 4 - 11.10am (100km)

Future Races -

Sat Aug 21 – Crit racing at Nundah (don't forget to vote in Federal Election)

Sat Aug 28 – Club Road Champs at Elimbah

Sun Oct 3 – Gold Coast Half Ironman

Sun Oct 10 – Ride to the Gold Coast

Sat Oct 16 – Hells Bells (24hr Adventure Race)

Sat Oct 23 - Grafton

Sun Nov 7 – Coyote Marathon

Weekend Results

Nundah Crit

We had 2 starters in Mick R and Dave and no placings in what was apparently a good paced race.

A Grade, (60 minutes plus 2 laps) Starters 28

Winner Peter Garrone, Uni

2nd Tony Lackey, HPRW

3rd Simon Meyer, DCRR

4th Paul Butler, FFAST

Prime Simon Meyer, DCRR

Cunningham Classic

From all reports there was good racing out there with our best performers being Steve in Masters A and Rich B in Elite B who both finished in the leading packs. Anyone who survives that climb with the leaders must be riding pretty well...I understand the Masters A field finished in 2hr 41 with an average speed of 36km/hr.

Grafton to Inverell – For those interested in racing at Grafton you might want to consider entering the race now. I've pasted at the end of the newsletter the list of starters who have already entered. There are around 135 so far. No point taking a chance of missing out. Could anyone who is racing let me know and also tell me whether you've got support going down with you or whether you want a hand with support.

Matters of Interest

Article from Clive

Sleep Truths or Myths?

CAN'T SLEEP, COUNT SHEEP? MYTH

Leave the sheep in the pen and try something more calming. Research at Oxford University found that insomniacs fell asleep more than 20 minutes faster on nights when they pictured a calming scene than on nights when they didn't, while insomniacs in the sheep-counting group actually took longer than normal to drop off. "The trick is occupying brain space otherwise filled with worrying thoughts,"

says Dr Kevin Morgan, of Loughborough University's Sleep Research Centre. "Picture a more engaging scene." Lamb chops, perhaps?

IT'S DANGEROUS TO WAKE A SLEEPWALKER: MYTH

According to the US-based National Sleep Foundation, up to 15 per cent of people sleepwalk. "Sleepwalkers' brains aren't good at switching sleep phases," says Dr Irshaad Ebrahim, of the London Sleep Centre. "When their brains are active during REM sleep, their muscles become active."

Don't just leave a sleepwalking partner to her own devices. "It's dangerous to leave them," says Ebrahim, "so guide them back to bed." Even if they wake, they're likely to be only mildly confused.

CHEESE GIVES YOU VIVID DREAMS: HIT

Tucking into a post-dinner cheeseboard probably won't give you nightmares, but it could make you dream more, and even allow for dream selection.

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In research commissioned by the British Cheese Board and qualified by Neil Stanley, director of sleep research at the University of Surrey, 200 volunteers ate 20 grams of cheese 30 minutes before bed. Seventy-two per cent failed to see werewolves or take exams they hadn't revised for, but 75 per cent of male stilton eaters did experience vivid dreams, while two-thirds of cheddar-lovers had celebrity-based dreams.

So, to head up in a hot-air balloon with Paris Hilton, try a stilton and cheddar toasted sandwich before bed.

NO TALKING AFTER LIGHTS OUT: HIT

The old campsite rule rings true in the mobile age. Research shows late-night calls disrupt sleep as much as jet lag. Scientists at Uppsala University in Sweden

found exposure to handset radiation delayed entry into deep sleep.

“Electromagnetic waves suppress sleep-inducing melatonin in the brain,” says Alasdair Philips, of UK-based Powerwatch, which researches the effects of electromagnetic fields.

Use a landline, ban your mobile from the bedroom and, if you’re still worried, measure your home’s radiation with an electromagnetic smog detector (\$95; emfmeter.com.au).

YOU NEED EIGHT HOURS: MYTH

“Like your own fingerprints and walking gait, sleep patterns are distinctive to you,” says Dr Jim Horne, director of the Sleep Research Centre at Loughborough University in the UK. The important thing is achieving uninterrupted sleep, rather than just a particular amount.

“Six hours straight is sufficient to get you through the four crucial sleep stages,” says Dr Nerina Ramlakhan, a sleep coach at London’s Catio Nightingale Hospital. “To get your six hours, consume vitamin B6 and tryptophan – found in chicken, cheese, tuna, eggs, nuts and milk – to boost the production of sleepaiding

serotonin,” says Ramlakhan.

ALCOHOL HELPS YOU SLEEP: MYTH

You may pass out before you hit the pillow – or before you exit the taxi – but you won’t feel recharged in the morning. “Alcohol is a sedative, but the sleep it

induces is poor quality,” says Ramlakhan. “You wake up more frequently as your body processes ethanol and you go into overnight withdrawal.”

Dehydration and a full bladder also keep you from the deep sleep needed to feel rested. “Try to tail off your alcohol consumption as the evening wears on,” advises Ramlakhan. “It takes an hour for the liver to process a unit.” You can try

doing the arithmetic as you stumble to the toilet at 1am, 3am, 5am . . .

POWERNAPS BEAT LIE-INS: HIT

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Britain’s World War II Prime Minister, Winston Churchill, fought the war while surviving on five hours’ sleep a night. Of course, his famous bulldog spirit was emboldened every afternoon with more than a sneaky brandy – after lunch he’d head back to bed for a refreshing siesta.

“A nap allows the brain to recharge without throwing out your body clock,” says Horne “And naps of up to 20 minutes have been proven to be very effective at increasing cognitive function.”

Horne advises drinking two cups of coffee pre-siesta. The caffeine filters through to act as an alarm clock, waking you energised.

WE’RE EXHAUSTED: HIT

In a study conducted by health insurer MBF, 51 per cent of Australians said they were not getting enough sleep and blamed several factors, including full schedules, going to bed too late, job stress, family issues such as having young children, and poor sleep patterns. When this all catches up with you in the office, don’t stifle that yawn. “The action expands the windpipe, oxygenating the

blood and making you more alert,” says Ramlakhan. Maybe not during your annual appraisal, though.

SLEEPING IN MAKES YOU FAT: HIT

If your snooze button gets more use than Warnie’s mobile phone at a swimsuit

contest, you could be heading for elasticated waistbands. A study by researchers at Laval University in Canada found people who slept more than nine hours a night were 25 per cent more likely to gain five kilograms over six years than people who clocked up between seven and eight hours. You may as well get up and have that fried breakfast.

YOU ONLY SNORE WHEN YOU'RE DRUNK: MYTH

Booze can exacerbate the problem by over-relaxing muscles, but your throat's width defines how antisocial your sleep is. At the University of Ljubljana in Slovenia, researchers found snorers had something in common besides familiarity with the spare room – narrow throats. "Snoring is simply down to the throat's shape and size," says John Gibson, president of the British Thoracic Society.

SLEEP IS FOR THE WEAK: MYTH

Cutting back on sleep is bad for your ticker, according to a study from the University of Warwick and University College London. Researchers looked at the sleeping patterns of 10,000 people over five years and found cutting sleep from seven to five hours

a night doubled the risk of death from cardiovascular problems. The lesson: sleeping for seven hours a night is optimal for health; staying up to watch the English Premiership live isn't.

Clive Asplen

High Impact Training
endurance coaching

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



BREAKWELL, Owen	ADF Cycling	ELITEM
BROADFOOT, Keith	Randwick Botany CC	ELITEM
BROWN, Matthew	Central Coast CC	ELITEM
BROWNHILL, Richard	Hamilton Pine River Wheelers	ELITEM
CAMERON, Terry	Northern Rivers Cycling Club	ELITEM

CARRIGAN, Paul	Gold Coast CATS Cycling Club	ELITEM
CORDINGLEY, Wesley	St Kilda Cycling Club Inc	ELITEM
DARLEY, Robert	Ffast Cycle Club	ELITEM
DHARMA-RATNE, Oliver	Manly Warringah CC	ELITEM
EDMED, Correy	Balmoral Cycle Club	ELITEM
EKEHOV, Calle	Northern Sydney CC	ELITEM
GARLAND, Lewis	Hunter District CC	ELITEM
Griffin, Raymond	Tamworth CC	ELITEM
HARRIS, Brett	Lifecycle Cycling Club	ELITEM
HAYBURN, Patrick	Lifecycle Cycling Club	ELITEM
HEALEY, Paul	Kooragang Open CC	ELITEM
HIBBARD, Craig	Randwick Botany CC	ELITEM
HODGES, Matthew	Murwillumbah Cycle Club	ELITEM
HOLBERT, Christopher	ADF Cycling	ELITEM
LENCIONI, Paolo	Wynnum Redlands Cycling Club	ELITEM
MAHER, Damien	Northern Rivers Cycling Club	ELITEM
MORGAN, Harrison	Northern Sydney CC	ELITEM
NITIS, James	Ffast Cycle Club	ELITEM
OBERHOLZER, Morne	Wynnum Redlands Cycling Club	ELITEM
PESCH, Adam	Ffast Cycle Club	ELITEM
PETTERSON, Scott	Hamilton Pine River Wheelers	ELITEM
PLOWRIGHT, Graham	Port Macquarie CC	ELITEM
RAND, Michael	ADF Cycling	ELITEM
RIX, Samuel	St Kilda Cycling Club Inc	ELITEM
ROSE-INNES, Alexander	Eastern Suburbs CC	ELITEM

SMOOTHY, Danny	Lifecycle Cycling Club	ELITEM
STEGINGA, James	Ffast Cycle Club	ELITEM
SWADLING, James	Northern Sydney CC	ELITEM
THEODORE, Max	Gold Coast CATS Cycling Club	ELITEM
VOLTZ, James	Peloton Sports Inc.	ELITEM
WILSON, Ryan	Moree Services CTC.	ELITEM
KIMMINCE, Ethan	Inverell Cycle N Tri. Inc.	M23
PELLOW, Matthew	Illawarra CC	M23
Petty, Tom	Manly Warringah CC	M23
RUSSELL, Shane	Northern Rivers Cycling Club	M23
MCLEAN, Lewis	Kooragang Open CC	MMAS1
SHIELDS, Travis	Lidcombe Auburn CC	MMAS1
DALY, Daniel	Northern Sydney CC	MMAS2
ENGELBRECHT, Hendrik	Wynnum Redlands Cycling Club	MMAS2
HANSSON, Christopher	Ffast Cycle Club	MMAS2
HAYES, Todd	Northern Rivers Cycling Club	MMAS2
HENNESSY, Erron	Grafton CC	MMAS2
HUMPHREYS, Bernie	Randwick Botany CC	MMAS2
HUMPHRIES, Michael	Peloton Sports Inc.	MMAS2
LUCAS, Luke	Murwillumbah Cycle Club	MMAS2
MCPHAN, Andrew	Gold Coast Goldstars C C	MMAS2
PADDISON, Andrew	Hamilton Pine River Wheelers	MMAS2
SIPPLE, Jason	Northern Rivers Cycling Club	MMAS2
SYDENHAM, Adam	Grafton CC	MMAS2
VIDGEN, Bradley	Balmoral Cycle Club	MMAS2

AMIDY, Lincoln	Hunter District CC	MMAS3
ARCHER, Glen	Gold Coast Goldstars C C	MMAS3
Chisholm, Jason	Mersey Valley Devonport CC	MMAS3
COOMBES, Greg	Grafton CC	MMAS3
DALEY, Timothy	Wynnum Redlands Cycling Club	MMAS3
FERGUSON, Thomas	Hunter Valley Vets CC	MMAS3
FLAHERTY, Colin	Dutton Cycles R R	MMAS3
GILLESPIE, Tod	Murwillumbah Cycle Club	MMAS3
HARRISON, Scott	Illawarra CC	MMAS3
HOSKIN, Dudley	Bicisport	MMAS3
JAMESON, Karl	Lifecycle Cycling Club	MMAS3
KIRK, Andrew	Armidale CC	MMAS3
LUDLAM, Christopher	Sutherland Shire CC	MMAS3
MCGRATH, Mark	Grafton CC	MMAS3
MCKENZIE, Craig	Grafton CC	MMAS3
MUNRO, David	Coffs Harbour CC	MMAS3
NEWELL, Lloyd	Port Macquarie CC	MMAS3
NEWTON, Brett	Inverell Cycle N Tri. Inc.	MMAS3
PAPP, Frank	Hamilton Pine River Wheelers	MMAS3
PATTEN, Andrew	Hamilton Pine River Wheelers	MMAS3
SCOTTON, Peter	St George CC	MMAS3
SPEIGHT, Daryl	Ffast Cycle Club	MMAS3
STUTE, Stephen	Eastern Suburbs CC	MMAS3
THOMPSON, Adrien	Coffs Harbour CC	MMAS3
TINDALE, Robert	Armidale CC	MMAS3

TURNER, Graeme	Northern Rivers Cycling Club	MMAS3
WHEELER, Graham	Bathurst CC	MMAS3
WILMOTH, Robert	Northern Rivers Cycling Club	MMAS3
APPS, Peter	Ffast Cycle Club	MMAS4
CALLAGHAN, Wayne	Manning Valley CC Inc.	MMAS4
CHARLES, Andrew	Hamilton Pine River Wheelers	MMAS4
COOK, Geoffrey	Sutherland Shire CC	MMAS4
DANIELS, Peter	Northern Sydney CC	MMAS4
GARRITY, Ian	Bicisport	MMAS4
GIBSON, Carl	Gold Coast Goldstars C C	MMAS4
GIBSON, Craig	Northern Rivers Cycling Club	MMAS4
GILLOTT, Ian	Uni Cycle Club	MMAS4
GRAY, Jeffrey	Illawarra CC	MMAS4
HAWKINS, Anthony	Hamilton Pine River Wheelers	MMAS4
LAVERY, Ian	Grafton CC	MMAS4
MARTIN, Craig	Gold Coast Goldstars C C	MMAS4
MASTROBATTISTA, Frank	Griffith CC	MMAS4
MCCALL, Michael	Murwillumbah Cycle Club	MMAS4
MCMILLAN, John	Murwillumbah Cycle Club	MMAS4
MYLER, Glenn	Northern Districts CC	MMAS4
NASH, Malcolm	Tamworth CC	MMAS4
SCOTT-HAMILTON, John	Armidale CC	MMAS4
STEVENS, Michael	Sydney CC	MMAS4
TURNER, Colin	Port Macquarie CC	MMAS4
VOLLEBREGT, Richard	Southern Highlands CC	MMAS4

WINCHESTER, Dean	Balmoral Cycle Club	MMAS4
BAINBRIDGE, Kerry	Rockhampton Cycle Club	MMAS5
CAIN, Robin	Wynnum Redlands Cycling Club	MMAS5
FERGUSON, Graham	Randwick Botany CC	MMAS5
GREEN, Anthony	Parramatta CC	MMAS5
GRIVELL, Peter	Norwood C.C.	MMAS5
IRVINE, John	Murwillumbah Cycle Club	MMAS5
LEARY, Russell	Gold Coast Goldstars C C	MMAS5
MILLHAM, Philip	Hamilton Pine River Wheelers	MMAS5
OBRIEN, Paul	Coffs Harbour CC	MMAS5
ROTUNNO, Mark	Grafton CC	MMAS5
SEYMOUR, Stephen	Grafton CC	MMAS5
SPARKE, Michael	Brunswick Cycling Club Inc	MMAS5
THOMAS, Phillip	Armidale CC	MMAS5
WILSON, Dean	Mersey Valley Devonport CC	MMAS5
ALLEN, Greg	Grafton CC	MMAS6
BATE, Gregory	Grafton CC	MMAS6
LINDSAY, John	BCRI	MMAS6
LOVELL, Ian	Hunter District CC	MMAS6
O'BRIEN, Terence	Grafton CC	MMAS6
BATEMAN, Brian	Macksville CC	MMAS7
CARRIGAN, Jerome	Gold Coast CATS Cycling Club	MMAS7
FERRIS, Bryan	Hamilton Pine River Wheelers	MMAS7
HARRIS, Richard	Grafton CC	MMAS7
JEFFERIES, Phillip	Gold Coast CATS Cycling Club	MMAS7

MATTERS, Chass	BCRI	MMAS8
SMALLWOOD, John	Wynnum Redlands Cycling Club	MMAS8
WALMSLEY, Gregory	Manning Valley CC Inc.	MMAS8