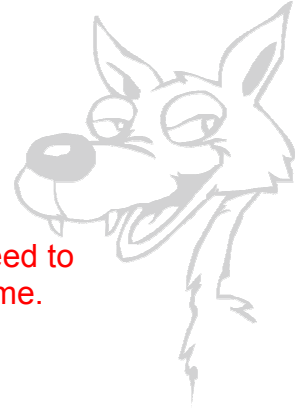


THE COYOTE EXPRESS

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Newsletter #59– 30 August 2010



Upcoming Weekend

Tonight - Fri Sep 3 – Coyote Pizza Social – Den – 5.30pm. All you need to bring is any alcohol you want to drink. All kids, families, friends welcome.

Sat Sep 4 – Nundah Crit – A grade 7.45am

Sun Sep 5 – Long supported training ride – 6am – Den – Caboolture – Peachester – Woodford – Mt Mee – Dayboro - Eatons Crossing Road - Den

Future Sessions/Races -

Fri Sep 10 – Darkside Adventure Race – 12am to 12pm

Sat Sep 11 – Nundah Crit

Sat Sep 18 – Eagle Farm Crit

Sun Sep 19 – Long supported training ride – Surf side of Bribie and return via Scarborough waterfront at “paceline speed”

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

HPRW Club Champs at Elimbah

It was a great day for the Coyotes at the HPRW club champs. We had riders racing in Elite Mens and Womens, M2, M3 and M4.

The Elite riders were first off and we had Mick M, Matt Z and Rich racing. The combination of Mick M and Rich B at the finish was enough to pick up first and third respectively on the podium. I didn't see the finish but I'm told that Rich

worked his butt off for Mick to assist him with the win. If my calculations are correct it will also make Mick the overall Elite champion for the year. Well done mate.

In the Elite Women Shannon had to contend with a small field of three quality riders and she continually had to respond to the strong attacks of Suzy McLucas. In the end she managed to grab the win which caps off a very short road season for her consisting of only three races but netting her two podiums.

In Masters 2 it was always going to be a difficult proposition to overcome Adam Baker. Steve, Mark and Warren set out to do exactly that and in the end Warren's second place and Steve's fourth place was a great effort. The second placing also secured second place in the M2 series for Warren.

In Masters 3 Kyle and I were up against the Mainline boys in a field of only 7 riders. Kyle rode really well to respond to the early attacks and held on for 4th whilst I was a fair way behind him in 5th. Having to TT for 51km was good training but lonely work...I probably had about as much fun as Johnnie did in M4 even though he road past me pretty easily.

Cyclo Cross

Aaron raced in that crazy event they call Cyclo cross on the weekend. If you thought MTB was mad then you would get a laugh out of watching these guys. Aaron grabbed a great 4th place and has a race report and photos up on his blog..If you look at the photos you'll see that Michelle snuck on to the podium as well with a fine second place !! As for the last photo...I can only assume we won't be seeing either of them at the social on Friday night.



Aaron has his work cut out for him racing against spiderman !!



Jump mate !!



Congrats

Michelle



Coyote worldwide

Sunday's Training Ride – My quest for the Podium

Sunday's training ride saw us start with the scenic waterfront before we ventured off into the countryside to Campbells Pocket Road, Mt Mee and then Samford, the Goat Track and Nebo. We had our Kiwi colleagues Scott and Dave to keep us honest so we split up into two groups once we got over the Redcliffe bridge.

My aim at the start of the day was to get on the podium. "What" I hear you say...there's no podium on a training ride. Well think again....every ride is a competition. I had the advantage of designing the route and selecting who would ride in which group. Bill was along for his first ride with the Coyotes and I wasn't sure how fast he was going to be. I don't take risks in my plans so the only safe thing was to take him out of the equation. After he had removed his bike from his car I sent Ivo out to tell him he could bring his car into the yard. He proceeded to back over his bike and totally destroy his frame. No more need to worry about Bill !!

My next plan was to appeal to the egos of a few of the boys and tell them that they were the stronger group and that they should do the Scarborough Loop whilst us slower guys rode straight through to Deception Bay. There is no such thing as a rider without an ego so with that achieved I knew the lead group would have a 15min gap or so but that wasn't going to be enough for this 7hr ride.

The next trick was to bring in my flat land boys, Scotty and Snubby to grind on the front all the way to Burpengary so we could pick up another 5mins. Thanks boys for the effort. At about the same time my other weapon arrived – Warren. Forbsy has a great knack of finding back roads through Burpengary with enough undulation to make the highway to Wamuran look like an ice skating rink. So at about 7am at Kippa Ring I sent Warren back to meet the fast boys and take them on his “back loop”. I didn’t think it would get me the large gap that it did but when the four remaining “breakaway riders” reached the top of Campbells Pocket road I got a text from Ivo to say we had a 42min lead.

With only around 4hours of riding to go I was pretty sure I could hold off the pack even if did contain Rich, Mick, Warren, Dave a former Hawaii IM champion and a former Grafton winner. My only problem was that we had four in the breakaway and with my lack of sprinting ability fourth place was about as good as it was looking for me. Desperate times called for desperate measures. When Matt wasn’t looking I removed 4 of his front chain ring bolts and a few km’s later his chain become wedged in his front chain ring and the only place he was going was in the car with Ivo for a ride home.

And then there were three - Phil, Shannon and I. Ivo came out to tell us that the pack had now thrown in the towel behind us and were going to take the easy way home via Clear Mountain. Clearly they must have been delirious from the early morning effort as why else would you choose to ride a road which has signs saying 20%...Sometimes I wonder how some of these guys passed the membership test...

I was now guaranteed a podium spot but I still searched for a way to jump on that top step. Phil was clearly too fit and strong for me to outride him. Then I came up with an idea...Ride so slowly up the Goat Track, Nebo and Settlement Road that Phil will be so bored that he’ll take another way home. Mission achieved as when we reached the suburbs he took off at the earliest opportunity for home. Now there was just Shannon and I. Surely she would not deprive me of my first ever victory. With only the short hill before the Den to go I started thinking how I would describe my first ever training victory in the newsletter. And then she was gone..In a blaze of watts she shot up the hill and left me struggling against gravity in my 34/25. Another opportunity lost. Clearly the only way I am ever going to get a win is to do some training and lose some weight....why didn’t I think of that sooner. If I can just lose 12kgs this week I’ll be a shot next Sunday...Dare you to come out and try and beat me !!

In all honesty it was a great training ride on Sunday with a great bunch of guys and great scenery. It was good to see Mr Ferris come and join us and it was a terrible shame that Bill destroyed his frame. I’ve got a new Coyote kit for him at home which will hopefully take some of the pain off the fact that he destroyed his favourite Cannondale. As for Matt, the Goat track awaits him another day. He has new bolts in his front chain ring and he’s as keen as ever for another crack. I took the NZ boys out to run the outside loop of the forest this morning and they’ve changed their mind about doing the coyote marathon

on this trip to Oz so the honour of being the first person to run 3 loops will still be there for the first finisher come November...and perhaps an ambulance...



Group starting out.



group

Time to get rid of the fast



Flatland boys leading out



forest run the next morning...no rest if you're training for the big island...

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

**COYOTE
RACING**