

# THE COYOTE EXPRESS

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**Newsletter #9 – 3 August 2009**



### **RACING NEWS & REVIEWS**

#### **Weekend Results**

##### **Murrarie**

Robbo, Dave, Paulie and Kiwi started in B grade in beautiful fresh conditions. Because of the Cunningham Classic only a few A graders turned up so it ended up being a combined A/B race. Dave and Kiwi had the job of keeping the pack together for Robbo. It turned out to be a difficult exercise as Tim Bartlett and one other HPRW rider broke away at the 15 min mark and built their lead up to about 250m. The lead stayed at that distance for around 20mins until the effort put in by Kiwi and Dave on the front (together with a few others) got the gap down to a point where the breakaway boys sat up (and Kiwi popped – welcome back to racing mate).

Its always a shame to see two breakaway guys work so hard and then get caught. Tim looked tremendous in the breakaway and if they had one more guy with them in the break its pretty certain that they would not have got caught. Good for Coyote though as it was back to a pack finish with 5 mins to go. Dave kept up a great pace on the front to make sure no one else got away. Its always a difficult sprint at Murrarie due to the narrowness of the finish straight and the last corner with 300m to go. Robbo was back in about 8<sup>th</sup> wheel on the corner and got boxed in twice in the straight. He managed to go from one of the side of the track to the other and got by all the guys in front of him but one QAS rider who won by a couple of bike lengths. Robbo's speed in the sprint was just over 62km/hr. Another spot on the honour board for Robbo and more money in the kitty for the end of season function.

Scotty Lavery had his first hitout in C grade at Murrarie and rode well to finish in 9<sup>th</sup> place and not far from the winner (despite sitting up).

##### **Closeburn TT**

We understand it was pretty cold conditions out at Closeburn for the TT. I suppose if you're hard enough to choose a TT at Closeburn over a nice 40min crit then a bit of cold weather shouldn't affect you too much – hey guys !!. Warren lined up in A grade and Brett, John, Garry and Chris lined up in B grade. We don't yet have the individual times for the boys but we know that Garry took out third place. That's an outstanding effort for Garry when you consider that 6 months ago he was lying in a hospital bed with more broken bones than operational ones.

Thanks also to Frankie who turned up to take Brett's place as a volunteer so Brett could race. Good team spirit mate.

The club champs for the ITT are in two weeks. Anyone who is competing in them should not underestimate the benefit of both aero wheels and an aero helmet.

### **New Members**

Newest member is Tim Bartlett. For anybody who has raced in Brisbane over the past 8 years you'll know who Tim is. Apart from being enormously strong he is extremely knowledgeable when it comes to training and racing. Tim is going to do his TT on the computrainer this week so one more guy to challenge Pete's record which still stands at 54.33.

### **Next Weekend**

Next weekend's racing is at lakeside. We are pretty lucky to have a car racing circuit where there's a good wide track, short climbs and descents and a great smooth road surface.

We have a lot of guys who are borderline A/B but its my view that we could start at least 14 guys in A grade this week with another 5 in B grade. It would be great if as many guys as possible would race A grade. In the past HPRW have often been swamped in A grade by riders from some other good clubs that have turned up. Would be a good sight to see a sea of green/white/black on the start line.

Make sure you turn up on time for Lakeside as apparently there is motor racing on straight after us.

At this stage we have 5 starters for Grafton – Cam, Kiwi, Dave, Charlesy and Scott. We're trying to get Clive over as well. If anyone else is keen could you let Charlesy know by Wednesday as we need to make arrangements for accommodation and the minibus.

### **TRAINING**

Was a sensational training ride on Sunday morning. It was our first attempt at keeping ahead of the Zupps crew without going too hard and upsetting the coach. Only Kiwi and Charlesy started so they rotated the turns on about 30 second blocks for the first 40mins with Kiwi taking all the uphill leads and Charlesy using his 91kgs on the downhills. During the course of the ride they were joined by 4 other riders who helped out with the efforts. By Woody Point they were up to a pack of around 10 riders. They worked pretty hard all the way around to the finish at Shorncliffe Coffee shop. As they were unclipping they turned to see the Zupps crew only around 400m away so it was lucky they had a few guys to share the workload with them otherwise they would have surely been caught. Hopefully we might get a few more teammates joining them next Sunday – 6.15am sharp from the Den.

This week is the third strength week in this block and it comprises the two sets below. After this week we go back into an easy week before the Rocky club race and ITT the weekend after. At this stage we have 8 guys lining up in Rocky including Cam, Kiwi, Charlesy, Pete, Dave, Scott and two of Scott's NZ training mates.

If anyone has any queries about the sets then feel free to email Clive.

## Tues - Build Strength 4

### Warm up

10min progressive warm up  
2\*3min 4sec on 4 sec off tt gearing  
1min rest.

### Main set 1

4\*8min on 10min  
big gear 60-65rpm.

### Main set 2

5(30 sec standing 30 sec big gear 30 sec tt pace 1min easy)  
5min easy

## Thurs - Speed

### Warm up set

10min progressive warm up

5\*10sec spins on 1 minute

5\*1min 1k,2k,3,k,4,k,5k over TT pace on 2 minutes

### MAIN SET 1

6\*10**MAX** SPINTS 10 SEC RECOVERY \*

5MIN EASY

### MAIN SET 2

30min fartlex

2min tt pace

10sec standing acceleration

2mins 1k over tt pace

30 sec standing big gear

30 secs spining >120rpm

2min tt pace

1min 60-65rpm

1min standing big gear

2min big gear 70-75rpm  
1min 3k over tt  
2min easy  
3min tt pace  
10 sec standing acceleration  
2mins 2k over tt pace  
30 sec standing big gear  
10 sec standing acceleration  
1min easy  
1min tt pace  
2min 2k over tt pace  
40sec easy  
1min 3k over tt pace  
2min tt pace  
1min 4k over tt pace  
90 sec tt pace  
30 sec sprint  
10 min easy

\*6\*10 sec sprints should be max effort to get the full from them if possible get someone to call the times to you. Very effective way of developing anaerobic power

### **Miscellaneous**

A few of us have given our bikes to Troy over the past couple of weeks for servicing. The quality of the work and the cost have been nothing less than outstanding. We can't thank Troy enough for the effort he has put in. If you haven't had your bike serviced for a while you should give Troy a call. If possible you could give Troy about a week for turnaround time as he's doing the bikes in his "spare time". Think about taking your bike over to him on a weekend after you race (if it suits him) so you can get the bike back before the following week's race. Also, give some consideration in advance to what parts you might need and source them on the internet. Troy encourages everyone to pick up all their parts for the cheapest price which also saves him having to source the parts as well. I discovered on Friday night that I should be changing my chain about every 2500km if I want my bike working as efficiently as possible.

Have a good week !

# COYOTE RACING

<http://www.coyote-racing.com/>