

# Coyotes triathlon & bike club newsletter

Volume 3, Issue 12

December 2008

*Special points of interest:*

- **TUCSON MARATHON**
- **2008 SEASON RECAP**

*Inside this issue:*

<b>ANNOUNCEMENTS</b>	2
<b>COACHING TIPS</b>	2
<b>IRONMAN FLORIDA (RESULTS)</b>	3
<b>TREASURE ISLAND TRIATHLON (RESULTS)</b>	4
<b>SILVERMAN TRIATHLON (RESULTS)</b>	5
<b>SILVERMAN TRIATHLON (RESULTS CONT.)</b>	6

## Tucson Marathon

Enjoy beautiful Tucson winter weather with temperatures at the start averaging in the high 30s and reaching 65-70 degrees Fahrenheit by 11 a.m. This is primarily a downhill marathon, with some hills around mile 2 and mile 10. Come run your **FIRST MARATHON** or your **FASTEST MARATHON**. You'll drop almost 2,200 feet in elevation as you run downhill on a point-to-point course along the beautiful Santa Catalina mountain range. The Old West historical town of Oracle marks the starting line. The course winds through the desert on

paved roads and finishes at the Coronado Middle School, just off of E. Wilds Road. Our runners continue to tell us it's one of the prettiest courses in the country and one of the easiest to run a personal best. Be sure to train your quadriceps as you'll be running downhill! Benefits local school sports programs and other selected youth groups. This year, we will have two of our coyotes participating in this event. Tim Wilson will complete the full Marathon in an effort to re-qualify for the Boston marathon and get a better starting corral. Blaize Baehrens will

do the Half marathon as preparation for his Marathon debut in Carlsbad on January. Blaize will be trying to join Tim in Boston and is looking for a great time in the upcoming race. Good luck to both of our coyotes and remember to have fun while doing the last run of the 2008



DEC 7, 2008

## 2008 Season Recap

2008 Has been an incredible season for the Coyotes, in just their third year the coyotes have managed some very impressive accomplishments. We got to the podium in 10 races this year, which include 6 First places in Wildflower, Encinitas sprint, San Diego international, Xterra Snow Valley, Imperial Beach, Carpinteria, Scott Tinley, Treasure island and Silverman. We had top 5 finishes in 4 events this year

which included Sunchaser 5k, Scott Tinley, Mission Bay and Silverman, top 10 finishes in 8 events this year, which included Wildflower Olympic, Camp Pendleton, Vineman 70.3, Solana Beach, Pacific Coast, Pacific Grove, Iroquois Trail 100, and Orange County. We had coyote representation in the Ironman World Championships for the third year in a row. We saw the level and quality of the coyotes step up big time from the 2007 year and we

where able to secure and improve on our sponsors relationships. We added new sponsors to the list of support and grew as a club.

Thank You everyone for a great 2008 Season, for the support, for your interest in coyotes, and for having fun.

Coyote of the Year Award goes to Maggie Riley for winning 1st place on all 4 races she entered this year. Ahuuu to all and looking for a great 2009 season.

## Members & Birthdays

Please Welcome this months newest coyote

1.- Alejandro Aceves

Our total number of coyotes is now to 65 with the potential to keep growing.

December has 5 coyotes celebrating their birthday on our coyote birthday tracker .

Karla Duarte — Dec. 2nd

Kevin Koresky — Dec 7th

Nick Bokhoven — Dec. 12th

Alain Guizar—Dec. 25th

Rich Osman — Dec 27th.

Happy Birthday to all, remember to celebrate in style and be safe.

Happy Holidays to everyone, enjoy the times with your families, good time to eat, rest and get ready for the 2008 season, hope you get lots of new toys for the up coming season. Remember to be grateful for such a great 2007 year and to thank all of your friends, family and loved ones for getting you through the season.



Happy Holidays

## Announcements

- **Starting January 2009, there will be a yearly membership fee of 65 dlls for new members and 30 dlls for renewals.**

The membership fee will include a Bike Jersey . The idea of the Fee is to minimize efforts in making uniforms for all new members and to cover all the costs incurred by coyotes in making web pages shirts, hats, etc. etc.. There will be a 4 week grace period, after which if your membership due is not paid you

will be dropped from the email distribution list and the name removed from our nytro sponsored club listings.

- If anyone is interested in ordering running caps or visors, please let me know so that we can put that order in.

- We are planning on doing our first annual Coyote Holiday party and or snow summit trip. The proposed date for this

Party is for the weekend of Dec, 20th. Please respond with your availability to this date, as want to have the most members available.

- We are also considering doing our first team photo. We have talked about this in the past, but we think that this time we can really put together a nice team photo. We will propose to have this some time in January, so please plan on attending for the group photo.

## Coaching Tips

### Treadmill Workout

This is not a typical running workout; but trust me—at least for one workout—so you can see the effect for yourself.

Instructions for the Treadmill Workout

### Warm-up

The total warm-up is 10 to 20 minutes. Begin the warm-up with a speed that keeps you in Zone 1 (a very easy pace recovery-type speed) for five to 10 minutes, at 0 incline on the tread-

mill.

### Treadmill Intervals

Slowly increase the speed to run in Zone 2 (faster than Zone 1, but still conversational and aerobic) for a steady five to 10 minutes before the treadmill intervals. Note the treadmill speed that allows you to comfortably run in Zone 2; this is your Zone 2 speed for the rest of the workout.

For example, if your Zone 2 speed is 6.5 mph, you will do three to six re-

peats of 6.5 mph on a 7.5 percent incline, running for 20 seconds.

### Rest Interval

After each and every run, get off of the treadmill, walk around and stretch before the next run interval.

### Increased Incline Interval

After doing three to six sets at the initial speed and 7.5 percent incline, increase the incline to 10 percent and run three to six repetitions of 20.

By Active. com

## 2008 Sponsors



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# Ironman Florida (Results)

Ironman Florida took place on Nov. 1st 2008 and two of our coyotes took part in this race. What made it really interesting



**Alfredo Zepeda — 11:41:28**

was that this was more than just a race, this was a battle for pride amongst two brothers that have always pushed each others limits and have always enjoyed their company in athletic events. The conditions at



**Alfredo Zepeda — 11:41:28**

Ironman Florida where perfect, the day was perfect, not to much wind and it lend itself to

a very fast race. First out of the water was the younger of the two Zepeda's, with a time of 1:10:00 and 20 minutes faster than the older and first time ironman Alfredo. After a long bike ride, Alfredo finally caught



**Alfredo Zepeda — 11:41:28**



**Luis Zepeda — 13:45:05**

up to Luis on Mile 92 and from there on, the older brother took control of the race and did not look back. They saw each other once on the bike, and once on the run, and both had fantastic

rides. Alfredo, who had a plan and did his work, training very hard for 6 months for this race, came into the race trying to



**Luis Zepeda — 13:45:05**

finish the race in under 12:00 hrs, well he did that and more, he finished the race in 11:41:28. The younger Zepeda had expectations to finish his race in under 15:45:00, and considering



**Luis Zepeda — 13:45:05**

that he had minimal training, longest bike ride was 40 miles and longest run was 9 miles



## Sponsored By:

His finish time of 13:45:05 was a surprise to not only him and his brother but to the rest of the coyotes that where following this event from ironman life back in California.

Both Zepedas had an outstanding race, they represented the club and had a lot of fun while doing it. They had their families on site to witness this family battle and to see the two zepedas become IRONMANS.

Luis you are a two time Ironman, and we admire you for your guts to take on such a race without any training. Alfredo YOU ARE AN IRONMAN, and we admire you for your dedication and accomplishment that you had set for yourself and exceeding it.

Welcome to the ironman circuit and thank you for closing the Coyotes 2008 season with a bang. It was fun, it was long and it was a day for a family to see two of their members become ironmans Congratulations to both Alfredo and Luis, you are an IRONMAN.

**Photos By:**  
Action Sport International

# Treasure Island Triathlon (Results)

The Treasure island Triathlon took place on Nov. 9th 2008 in San Francisco's treasure island.



**Brian Kildow — 2:08:00**

With water temperatures roaming in the high 40's you know that even the best of swimmers are dreading the swim at this event. Brian Kildow, one of our fastest if not the fastest coyote in the team, put his specialty to work. He exited the water first in his age group and second overall, with a nice 2 minute lead over his closest rival and 3 time defending champion. Brian had a personal mission in this race, after placing 3rd overall at the Scott Tinley triathlon due to a flat tire. He wanted a shot to compete with the same guys that took top honors in Scott Tinley and have a flat free race and see where he would stand. The race was on, and it was between the guy who took second at Scott Tinley's and Brian who took third. The three time defending champion at their age group, just happened to be this guy, so you know that we

where out for a great race, and a great race it was. After leading from the swim, the bike consisted of a criterium type race, where they had to do 6 laps in a close circuit that included a nasty short steep hill, and technical descents. As Brian navigated through the bike course, he knew that his targets strength was the bike, and that he would have to do whatever he could to not loose sight of this individual. Capitalizing on the hills, Brian would crank up the hills and do one of his fa-



**Brian Kildow — 2:08:00**

mous trade marks a "Nastia Luken" sprint up the hills and pray for a good descent. When the bike was done, Brian was trailing the three time defending champion, and he did not know by how much, so he set off in a blistering 6:16 pace. That was his actual average, so you know that while he was chasing he was pushing under 6 minute miles for portions of the run. Brian kept looking for the man that he knew was in front, but could not find him, he was no

where to be found. With half a mile to go, Brian finally got a peek of his target and contemplated if a catch would be possible. Brian gave all he had for the last miles, and at this point he was more than red lining, he was all out for the catch, and with 50 yards from the finish line, the catch came. Brian, had no idea if his challenger would have a final kick to counter act the attack so he stayed just behind him, waiting to see if his competitor would make the first move, but that move never came, and once they entered the finish shoot, Brian gave his final all out sprint and it was the point of no return for him, he glanced back to see if there had been a retaliation and to his satisfaction, 3 time defending champion had nothing left in the tank and could not retaliate the fierce attack placed by Brian. The end result Brian is at the top of the podium, dethron-



**Brian Kildow — 2:08:00**

ing 3 time champ by a mere 11 seconds and placing 2nd overall in the male competition. Ahuuu



Sponsored By:

# Silverman Triathlon (Results)

30 minutes after our scheduled race start we huddled in a car away from the rain and wind and waited impatiently for the



Liam Their — 5:03:14

race director to let us in the water. After seeing a first kayak being dragged into shore by a boat half submerged and then a second kayak completely upside down also being dragged in we knew we were in for a



Liam Their — 5:03:14

tough race. The morning had started with heavy winds and on and off rain with a chilly

upper 50s temperature. This was unlike the calm and sunny skies we had before and after race day. But hey, without bad weather it wouldn't truly be Silverman.

An hour after our scheduled



Liam Their— 5:03:14



start the gun goes off and Jay and I start swimming along with the other 500 half ironman competitors. With the water being churned up by the morning storm and the mass of flailing arms and legs around us it was all one could do to take in

air without choking on water. After being punched, kicked, shoved and half-drowned I found some open water where I



Jay Brant — 5:39:54

could concentrate on swimming in a straight line instead of wondering who was going to knock my goggles off next. Jay exited the water first and I came in a minute behind him, both of us



Jay Brant — 5:39:59

with swim times about 5 minutes slower than a normal course would have allowed.



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Jumping on our bikes, the first of many many hills to come was immediately upon us. T1 was set up on a boat ramp near the swim start and exiting T1 had you ride up the boat ramp nearly a mile before hitting the only flat road we'd see for the next 55 miles. Settling into a groove and turning the pedals around at 90 rpm was a challenge as the wind whipped in our face, blowing dust clouds and rain across the road at 20 - 25 mph. Some of the gusts were hitting up to 45 mph making it a challenge just to keep your bike on the road. As the race wore on and the sun peaked out from behind the clouds, the hills got steeper and longer, the temperature dropped further into the 50's, and the wind blew harder. The last 15 miles were all slightly uphill into a breeze that would push you backwards if you tried to coast. Over the 3 hours and 20 minutes on the bike I pedaled at least 3 hours and 19 minutes,

Photos By:  
Action Sport International

## Silverman Triathlon (Results Cont.)

head down, hands in the drops, trying to embrace the pain knowing it wasn't going to stop



**Blaize Baehrens — 5:56:59**

until I did. At the end of 56 miles I was more than happy to throw my bike to a volunteer and forget how tough that was knowing that the run, my strength, was up next and that I could handle any kind of run. Boy was I wrong. I exited T2 with a stiff back, cramps in my hands and far too few fluids and calories in my system but I was ready to run. I took off near a 7 minute per mile pace and after passing a few people quickly realized that if I tried running this fast much longer I would end up walking in no time. So I adopted a more manageable pace and concentrated on the backs of people in front trying to reel them in. Jay had just obliterated the bike course and was over 15 minutes ahead of me so I knew there was no way to catch him. At some point on the bike the rain had stopped spitting on us though I couldn't tell you

when. But I was happy to be a little warmer on the run. The race director Frank Lowery is a special kind of person. He understands that people don't always want to have a fast race, sometimes they just want to be challenged and Frank understands this. So he delivers the roughest swim I've been in (and in a lake!) then puts together the strongest winds I've ever ridden in on hills that just don't stop. And when you think finally he is going to show some



**Blaize Baehrens — 5:56:59**

mercy on the run, you get out of the transition area and into the nearby neighborhoods and you start going up... and up... and up. And once you're done going up you go down which is perhaps a bit faster than going up but just as painful. There is almost no flat portion on the entire run course. The only flat spot is the last 30 yards to the finish line but you've already put up with so much battling the hills and the elements that you hardly notice. I saw Jay

huddled in a space blanket along the finisher's chute cheering me on next to Kim (our fellow Coyote who was SO disappointed she wasn't racing... until she saw the weather) and Bo and Emily (our Coyote supporters for the day who drove all the way from Encinitas to cheer us on). I can't say enough how great it is to have people you know cheering on your efforts and a big shout out to Kim, Bo and Emily who shadowed Jay and I across the entire course with words of encouragement.

The finishing statistics:

Jay - 1st out of 30 with 5:39:54 in the M25-29 age group. Lost 6 pounds over the race and felt like dying at the end.

Blaize - 4th out of 30 with 5:56:48 in the M25-29 age group. Also lost 6 pounds over the race and felt like dying at



**Blaize Baehrens—5:56:59**

the end.

We'll both be back for more next year.



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Coyotes Triathlon &  
Bike Club

*Coyotes Triathlon & Bike Club is an organized club dedicated to the educational, recreational and social pursuit of triathlon, cycling and general physical fitness of all ages and abilities, enabling them to achieve their athletic goals and represent the sport of triathlon within the community.*

*It was founded by a group of friends sharing a common interest to have fun and socialize at the same time while doing something good for our health.*

*Coyotes triathlon & bike club was founded on June 2006 and continues to grow.*

**Thank You to our 2008 Sponsors:**



Coyotes at Iron-  
man Florida

(L-R) Luis  
Zepeda, Alfredo  
Zepeda