

Coyotes triathlon & bike club newsletter

Volume 3, Issue 4

April 2008

Special points of interest:

- Mulholland Century Challenge
- La Jolla Half Marathon

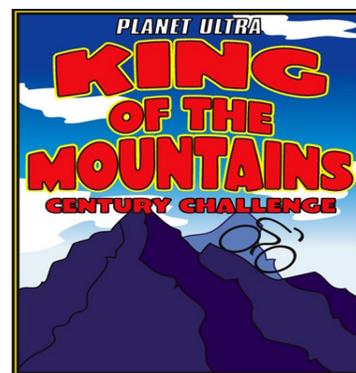
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Mulholland Century

This awesome route is as scenic as it is challenging. The course can be described as dramatic, epic, diverse, and beautiful. Spend the day riding Southern California's roads less traveled. Ride up, over, and along mountain peaks and ridges, and through a multitude of canyons and country sides. Basically, this event is for the rider who loves to climb and to see a lot of diverse terrain in the process. Bring gears! Some of the roads have steep sustained climbs of 12-14% with pitches up to 18%. Unless you're a super strong climber, we suggest a triple crank, or at least a 30 cog in the back. Lots of riders call this event "the toughest century." We'll let you decide!, and this year we have a well represented group of coyotes taking on this challenge. They include Benoit Guizar, the leader and organizer of this trip and the one that all the coyotes will be looking to try and use for inspiration and to finish this challenge. We will also have Jorge Ortega, Alberto Saenz, and Jean-Claude Constandse who will use this challenge as preparation for their hilly race course in IM France. Also taking place in this race is Blaize Baehrs who has al-

ways considered doing the king of the mountains challenge which this century is a part of. And finally we have Nico Prieto who will be prac-



Mulholland Challenge
April 12, 2008

La Jolla Half Marathon

The La Jolla Half Marathon is one of America's most picturesque and challenging runs. Starting adjacent to the Del Mar Fairgrounds main entrance, the course follows a scenic route along the coast before reaching the challenging climb to the summit of Torrey Pines State Park. After leaving the park, the course continues on the beautiful residential district of La Jolla Shores, and finishes on the grass in the park at La Jolla

Cove.

This race is the second half marathon that forms part of the half marathon triple crown which is a fun opportunity to recognize the dedicated half marathoners who enter these three top quality events. Four of our coyotes Alfredo Zepeda, Tim Wilson, Thomas Gal and Monica Lewis will be participating to try and reach this triple crown goal. They are using

this race as preparation for their wildflower triathlon training, and looking forward to this event. This will be the



La Jolla Half Marathon
April 27th, 2008

Members & Birthdays

Please welcome this month's newest Coyote

1.- Omar Zurita

Our total number of coyotes is now to 63 with the potential to keep growing.

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

Scott Pinson — April 10th

Jinny Lynn — April 15th

Adan Contreras — April 15th

Hector Marquez— April 16th

Thomas Gal — April 16th

Happy Birthday to all, remember to celebrate in style and be ready for a new age group challenge in 2008.



SPRING COYOTE, DON'T GET CAUGHT WITH FOOD IN YOUR MOUTH....AHUUUUU



2008 Sponsors



Announcements

- Due to Lack of interest in the club and lack of participation from the members in the set and scheduled workouts, and as a result of missed payments, and missed appointments with our sponsors, Coyotes triathlon and Bike Club will no longer be a club as of April 1st, 2008. This has been a test to see if anyone really does read this dam newsletter and not only looks at pretty pictures. If you did, then you would also know that today is April 1st, which means you

just have been a victim of the first annual Coyote April Fools day. The coyotes are stronger than ever and looking forward to an excellent and promising 2008 season. Keep training and supporting the club. Ahuuuuu - This is just a reminder that while we are all out there biking, running and swimming and we are wearing coyote gear, I ask that each and everyone of you take action and responsibility for our actions while out on

the streets. We represent a club and want to keep the image of such as a clean and friendly group of people that enjoy what they do. Please obey all traffic laws, act responsibly, share the road with cars, try to ride in the bike lane as much as possible and if the road is to narrow, then ride single file. Don't throw your trash out, put it in your pockets and dispense at home. This is for the improvement of everyone. Thanks

Coaching Tips

Following are **Four Rules of Intensity** for anaerobic workouts. Observing these guidelines will enable you to properly absorb and benefit from your hard sessions:

Rule #1: Always build an aerobic base before introducing anaerobic workouts. The best way to determine that you have indeed built a strong base is steady improvement in MAF test results and generally feeling strong and

energized from your training.

Rule #2: Always be 100 percent physically energized and mentally refreshed when you conduct an anaerobic workout. Never force your body to do intense exercise when your spirit is not willing.

Rule #3: Never conduct anaerobic exercise for more than six weeks without a break. Benefits will dwindle the longer you exer-

cise intensely without a break. This is true even if you are observing rule #4 and limiting frequency of anaerobic workouts in your schedule.

Rule #4: Limit anaerobic exercise to 10 percent of total weekly exercise time. Even during anaerobic training periods, time spent at high heart rates is only a fraction of total weekly exercise time.

By Active.com

Death Valley Century & Solvang Century Results



DEATH VALLEY CENTURY

We had a truly EPIC weekend in Mother Nature's Greatest Sports Arena with the second Adventure CORPS event of 2008, the Spring Death Valley Century and Double Century on March 1.

It was a very challenging day for all the riders: Temps were in the high 80s when there was no cloud cover, not to mention a memorable headwind, often



Thomas Gal— 7:31:00

in both directions, which really kicked up as the evening continued. The NPS Rangers made a point of letting us know that gusts of up to 60mph were anticipated that evening! The wind didn't get that fast, but it was a truly brutal push from Furnace Creek to Stovepipe Wells for those double riders who even attempted it. However, there was a 20-mile tailwind for those hardy Adven-

ture CORPS riders who completed the double century!

There were 293 riders on the start line: 140 riders completed the 105-mile century, 50 completed 150 miles, 54 completed the double century, 12 are currently unknown, and just 37 DNF'd.

It was an honor to have Hugh "Mad Dogg" Murphy on hand at the ride. Hugh founded this event in 1991 and created many other great endurance cycling events in California during his ten year career as a cycling event promoter. His comments on the origins, and future, of this event are below.

Of important note also was the presence of Dr. Ben Jones, the Mayor of Badwater, a three-time Badwater Ultramarathon finisher, and a 2007 inductee of the [Badwater Hall of Fame](#). Ben and Hugh were on hand to photograph the event and lend moral support to the riders.

Certainly everybody had an adventure and it was a pleasure to spend a long day "out there" with you! Thanks for riding and thanks for supporting this event!. And we had 2 of our coyotes who not only represented the club, but we had our first top 10 finisher of the year. Alfredo Zepeda finished with a time of 7:15:00 placing him in 9th place out of the 140 competitors that started the century. This has been Alfredo's First Bike race, so what a way to start off the year for this most improved coyote. The second coyote that did this race was Thomas Gal, who also managed

to place an incredible 12th place in the overall standing with a time of 7:31:00. Again this race also represented the first bike race for Thomas.

The coyotes are off to a great start this year and this proves that both of our coyotes are already at peak shape and we are not even in April.

SOLVANG CENTURY

One of our coyotes participated in this great ride. Monica Lewis did the Half Century in preparation for the up coming California half Ironman and on her way managed to do a very respectable time of 3:00:00 flat for the 56 mile course. She followed this performance with a 10k run the following day and placing 4th in her age group. This represents our second top 10 performance by a coyote this year.

Congratulations to all of our coyotes and thank you for making all of us proud. Ahuuuuu



Monica Lewis— 3:00:00

Lake Havasu Triathlon Results



The Lake havasu triathlon took place on March 22, and 2 of

My Race Pics



Alfredo Ramirez Swim— 31:34

our coyotes and a potential coyote took part on this great



Alfredo Ramirez—3:17:40

event. Alfredo Ramirez took top honor and finishing side by side with possible coyote Edu-

ardo “Guayo” Argueta with a time of 3:17:40 for the Olympic distance triathlon. This was Guayo’s first triathlon and he used our very own coyote as a guide through the race, although a much better swimmer, he ended up getting caught by Alfredo on the Bike and then



Alfredo Ramirez—3:17:40



Eduardo “Guayo” Argueta—3:17

they ran together. The second coyote to participate in this race was Karla Duarte with a time of 3:25:27 and managing to place top 10 in her age group. This represents the 3rd coyote this

season that has placed on the top 10 of an event.



Karla Duarte—3:25:27

The two coyotes had not raced in 1 year , so this was kind of a return to the circuit and back to the club representation. As you can see from the photos, our coyotes represented the club values, go out there represent and most importantly have fun while doing it.

The race is know for its windy conditions and hilly bike course, and sure enough, our coyotes verified that the head winds portion of the bike where to die for, the good thing is that once the turnaround came, the head wind transformed into a



Coyotes after the race :)

very nice tail wind and allowed them to propel themselves to the finish.

Congratulations to both of our coyotes and possible new member of the club. Welcome back to racing and thank you for making the coyotes proud and representing in Arizona.

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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 Friday Swims

(L-R) Blaize, JC Constandse, Tim Wilson, J, Sonja Doherty, Monica Lewis, Maura Tre-car, Jeff Weeks, Marc Guerra