

Coyotes triathlon & bike club newsletter

Volume 4, Issue 10

October 2009

Special points of interest:

- **SAN DIEGO TRIATHLON CLASSIC**
- **NIKE WOMEN'S ONLY MARATHON**

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San Diego Triathlon Classic

The San Diego Triathlon Classic will take place on Oct. 10, 2009. This event will be the first USAT sanctioned Olympic distance triathlon in San Diego, and in its inaugural year, we have plenty of interest from our Coyotes. This Race Course features a 1.5 mile Swim in the Pacific Ocean, followed by a challenging bike course up to Cabrillo National Monument, but unlike the San Diego International Triathlon, this course takes you inside the Navy Base which is on the west side of the hill and then takes you up a steep hill to the top of the lighthouse and

back. The run is also in a new location and it promises to be equally challenging. This inaugural event will see 4 of our Coyotes participating in it. Jeff Weeks will continue his local triathlon participation, which has included SD international, Solana beach triathlon, Encinitas triathlon and now this one. Our Power Couple of Kim and Jay Brant will also be present in this event and will be looking to taking top honors for the coyotes in this inaugural event and use it as a training race for their up coming Silverman Half Ironman in November. Rodolfo Aguilar

will be representing the South County Coyotes with his participation in this race. Please make sure to look for each other and give a big Ahuuu if you see a fellow coyote pass by or if you pass them and always encourage them to keep going and do great. Ahuuuu and represent on this inaugural race.



OCT. 10, 2009

Nike Women's only Marathon

The Nike women's only marathon is scheduled to take place on Oct. 18th, 2009. The race which takes place in the beautiful streets of San Francisco and takes you through some of the most famous landmarks the city has to offer, will feature both flat and fast sections along the embarcadero and with beautiful vistas of the San Francisco Bay, Oakland and the famous Alcatraz prison before taking you through the hilly trail portions of Crissy Field and

Golden Gate park and do part of the escape from Alcatraz triathlon run course, this stretch will be very hilly and challenging for the athletes. After this they head back to the coast facing the Pacific Ocean before they turn into the central park and head for the finish line. What makes this event extra fun is the fact that the aid stations are rumored to include champagne and chocolate covered strawberries and San Francisco Fire Department will honor

the finishers with a Tiffany's finisher medal. This year we have one of our Coyotes participating in this great event. Nancie Constandse will be doing her Marathon debut in this great race. Ahuuuuuuuu



OCT. 18, 2009

Members & Birthdays

Please welcome this month's newest Coyote

1.— Bill Riley

Our total number of coyotes is now 45 with the potential to keep growing.

October has 3 coyotes celebrating their birthday on our coyote birthday tracker .

Nancie Constandse— Oct. 8th

John Reed — Oct. 11th

JC Constandse — Oct. 31st

Happy Birthday to all, remem-

ber to celebrate in style and be ready for a new age group challenge in 2009.

Happy Halloween to all of our coyotes, remember to go to a costume party and take lots of photos so that we can all enjoy in November's newsletter, If you drink don't drive if you drive don't drink and if you get dressed up, remember to have fun and enjoy all the moments life has in front of you. And live the ahuuuu lifestyle and laugh a lot and have a great time.



Happy Halloween

Announcements

- A mainstay in the history of the Ironman, the Ironman lottery began in 1983 thanks to the vision of one of Ironman's founders, John Collins, as a way to provide athletes of all abilities the opportunity to qualify for the world's most challenging one day endurance event. The 2010 Ironman Lottery Program will officially open on Wednesday, October 1 at 12:00 p.m. EST and will close on Saturday, February 28, 2010 with all winning

entries being announced on Wednesday, April 15, 2010. The Ford Ironman World Championship selects 200 athletes each year to participate through a lottery system. One hundred and fifty of the athletes will be selected from the United States applicants and fifty athletes will be selected from other countries. The Ford Ironman World Championship is one of the most in demand athletic events in the world. Qualifying gets

more difficult each year, so the lottery is another option to enter the race. If you are interested in signing up for this event, we have evidence that it is truly a lottery and that you can be selected as Luis Zepeda has proven on his first attempt.



Coaching Tips— 3 Drills for Open Water Swimming

Here are some simple open-water drills and skills to practice the next time your group heads for the ocean, lake, river or even a lane-line-less pool.

Surf Entry

Start on the beach and run into the water. Count the steps from the time your foot first touches the water until the water becomes too deep to hold your speed and you must start swimming.

Now attack the water with the plan of diving forward to start your swim after that specific number of steps. This will maximize your momentum and speed, transferring it to your swim.

Drafting

With a partner, or with a small group of three or four, form a line and follow the feet of the swimmer in front you. Try to hold their draft as close as possible. If you're

the leader, take about 40 or 50 strokes, then pull off and allow the swimmer behind you to rotate to the front.

Buoy Turns

Practice your turns at a buoy, first solo, then progressing into small groups. Experiment with different approaches to the buoy—coming in for a wide turn or cutting the corner as tight as possible.

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WATCHMYRACE



MASSAGE WORK
by Brian

baunfire



Subaru Ironman Canada (Results)

The Subaru Ironman Canada took place on August 30th, 2009. This year we had two of



JC Constandse — 1:03:00 Swim

our coyotes participating in this great race. There had been a lot of pre race smack talk about who the winner of the two coyotes would be, there was even a bet on the line where the rest of the coyotes picked a “horse” and estimated their total time and the eventual winner. The race was tagged as experience Vs Youth and it was played all the way until race day. The two Coyotes and their respective loved ones stayed in near by Kaleden which is a small town 10 minutes south of Penticton, which is the host city of this great ironman. They stayed at a great local vineyard by the name of “Starz Vineyard” which was an incredible stay for our Coyotes. This place was found by our club sponsor and club travel agent “Tri the world” who knew exactly what our needs where and how to make it so that our Coyotes could rest and enjoy their vaca-

tion as well, special thanks to Michelle for this great find and to Stuart and his family for the great hospitality provided. This is definitely a place that we would highly recommend to any and all coyotes doing this event or travelling through Penticton British Columbia. Race morning was a bit chaotic for Jean-Claude Constandse, who noticed that his heart rate monitor battery had died hrs prior to race start. After scrambling through the transition



JC Constandse — 5:21:00 Bike

area to find a battery replacement, and making several calls to his wife to see if she could find someone to donate one, he was finally able to take his extra watch apart and take the battery from it, with 15 minutes to spare before race start. Special thanks for Kartika, friend of Coyotes from Ontario who volunteered her monitor and watch so that JC could have a monitored and controlled race. Minutes before race start, JC was able to find Blaize and the

two of them headed over to the lake for the mass start. After the national anthem and a few words from the director, the race was on, and we where off. JC had a great swim improving from his previous IM by 4 minutes. Once on the bike JC knew that he had to use his biking skills to try and move up on his age group standings and position himself for a top 16 finish and potentially a trip to Kona. Everything was going to plan for JC until mile 75 when JC suffered a punctured front tire, which demoralized him a bit and took 5 minutes to fix, this is the second ironman that he has had a flat tire, maybe starting a trend? Who knows. The run was a total surprise for JC, he improved on his running time from his last ironman by over 30 minutes. This time around JC was patient with his run and started at a slower pace that he knew he could sustain



JC Constandse — 3:50:00 Run

for the majority of the race. He finished with a 10:19:34 and established a new PR for him.



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Massage Worx by Brian

Subaru Ironman Canada (Results Cont.)

For our second Coyote Blaize Baehrens this was his first ever ironman, which represented a



Blaize Baehrens—1:06:46 Swim

plethora of unknowns. Blaize had the training and had worked very hard on improving on his biking skills, already possessing a killer run and a very respectable swim made him a very legit contender for his Age group. The swim portion for Blaize was that of a test, he knew that he had to keep a comfortable pace that would not expend too much energy for him to be able to push harder on the bike, and so he followed exactly that plan and had a very good swim time of 1:06:46 but most importantly feeling very fresh for the bike portion. Once on the bike, Blaize again patiently took the first portion of the bike on the defensive and allowed many to fly by him and kept his cool and knew that the second part of the bike part is where he would be catching them all again, and so when the first hill came, blaize started the aggres-

sion and passed many of his competitors, he followed this for the remainder of the bike, and at mile 79 at the turn-around he was only 16 minutes behind JC and according to JC, looking very fresh and strong. JC was very surprised to see that Blaize was so close behind him and acknowledged that Blaize was having the bike of his life. Once on T2, Blaize looked at his overall bike split with very pleased results, he did better than he expected by



Blaize Baehrens — 5:36:56 Bike

roughly 20 minutes. One hell of a bike split if you ask me for his first ever ironman. The bike portion took a bit out of this super runner, so when the Marathon started, and by the way, this was Blaize first Marathon as well, he noticed that his legs were a bit more tired than he would have liked them to be, but regardless keep pushing the pace at the front of the Marathon, he had an under 8:00 Minute mile for the first half of the marathon and again at the

The 12 mile mark when he and JC crossed paths, he looked great and even had the energy to swing his arms like an airplane and sing a joke song that JC and him had been singing the night before. According to JC, Blaize looked great and relaxed, and most importantly, he was smiling. Blaize struggled a bit on the way back and had to walk a couple of aid stations (who doesn't in a marathon?) specially your first. And at the end of the day, Blaize managed to cross the finish line in an incredible ironman debut time of 10:48:13. Watch out for this Coyote in future ironman's as the kid is full of potential and most importantly is hungry for more and can taste the Kona trip. The great thing about this experience is that both of our Coyotes placed 24th in their respective age groups and represented the Coyotes in this prestigious and one of the hardest ironmans to get into. Con-



Blaize Baehrens — 3:55:50 Run

gratulations to both for outstanding performances.



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Ironman Cancun 70.3 (Results)

The Ironman Cancun 70.3 took place on September 20, 2009 and this year we had a returning coyote to participate for the



Luis Zepeda—39:35 Swim

second time in this event. Having done this course in 2007 with the rest of the Coyote pack, which included a total of 23 coyotes, this time around our brave coyote ventured on his own. And the conditions were quite different than the previous attempt. Unlike 2007, where the Coyotes were faced with torrential downpour resulting from a near by hurricane, the conditions on 2009 were much harsher and the typical hot and humid weather of the Yucatan peninsula punished the athletes, specially on the run portion of the course, where even the professional times decreased by over 9 minutes in the pro men and 13 minutes in the pro women. Our very own Coyote exited the warm waters of the Yucatan in 39:35, now remember that this is a non wet-suit swim so most of the times will be considerably slower than your typical

wet suit swims. Once out of the water, our Coyote started the 56 mile bike course in typical fashion, getting his nutrition back in him and assessing his position amongst the crowd. He pushed the pace to a total bike time of 3:06:41 and headed for the blazing inferno of a run. The run took casualties left and right, and made a whole contention of competitors obtain their first DNF of their season and for some their careers, but for this brave Coyote, who is no stranger to surviving triathlons, his mission was simple,



Luis Zepeda — 3:06:41 Bike

finish the event under the cut off time and check another finish of a great event. Luis quickly knew that his dream of qualifying for Clearwater and trying to become the first Coyote to do the double of the World Championships was not going to be on this hot and humid day. Luis managed to finish the very hard half marathon in a time of 2:55:30. This is testament of how hard the conditions out there were. Congratulations to our Coyote for finishing this

Race and using it as a preparation race for his upcoming Ironman Arizona, which will take place at the end of November in a highly anticipated rematch with his brother who currently holds a 1-0 lead in the Zepeda Ironman Rivalry. Luis Zepeda finished with a total time of 6:50:07 and took 44 out of 74 in his age group. Congratulations to Luis for his performance and for representing the coyotes and our sponsors in another international event. There has been rumors that this participation in this event is triggering a desire by the Coyotes to return in 2010 as a full team again, so we encourage members to vote in and see if this is a race that they would like to include for their 2010 season. The race is spectacular, the location is fantastic and there is plenty of site seeing and activities for the entire family should you decide to take this opportunity to make it a family vacation and a destination race.



Luis Zepeda — 2:55:30 Run

Ahuuuuuu and see you in 2010



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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 2009-2010 Sponsors:



Coyotes with Eneko Llanos

(L-R) Glenn Kaplan, JC Constandse, Eneko Llanos, Blaize Baehrens. Eneko Llanos placed 2nd overall in the Ironman World Championships in Hawaii in 2008.