

Coyotes triathlon & bike club newsletter

Volume 4, Issue 11

November 2009

Special points of interest:

- SILVERMAN TRIATHLON
- IRONMAN ARIZONA

Inside this issue:

ANNOUNCEMENTS 2

COACHING TIPS 2

MISSION BAY TRIATHLON (RESULTS) 3

SAN DIEGO TRIATHLON CLASSIC (RESULTS) 4

NIKE WOMEN'S MARATHON (RESULTS) 5

IRONMAN WORLD CHAMPIONSHIPS KONA 6

Silverman Triathlon

Branded as the toughest course in North America by "The Man" himself, Dave Scott, the Nevada Silverman attracts individuals and relay teams from around the world looking for a superb culmination race to their 2009 triathlon season. Featuring Full and Half Distance courses with over 12,000ft and 6,000ft of elevation gain respectively, the Nevada Silverman is the race that sets triathletes apart from the mainstream. You've had Iron. Are you ready for Silver? Reputation aside, the Silverman offers much more to an athlete than just brag-

ging rights. Breathtaking views over vast expanses of desert terrain, tremendous athlete support on course awesome swag, an abundance of shopping, dining and entertainment for your loyal spectators, and more than a handful of opportunities to celebrate your finish! This year we have 4 of our Coyotes participating in this great event, last year defending M25-29 Champion Jay Brant will be back to defend his title. Fighting for the same title will be last years 4th place finisher Blaize Baehrens who comes from doing his IM debut and in top shape,

just finishing with a 2nd place finish at the Mission Bay Triathlon. Kim Schreiner and Jean-Claude Constandse will be doing their Silverman debuts and hoping to jump on the Coyote success by placing high up in their respective age group categories. Good luck to all of our Coyotes and have a great time, AHUUUUUU



NOVEMBER 8, 2009

Ironman Arizona

The 2009 Edition of the Ford Ironman Arizona will take place on November 22 and this year we will have 4 of our Coyotes participating in this great event. Two of the Coyotes will continue their sibling rivalry in the form of Zepeda vs Zepeda. This will be the second Ironman for the Older Zepeda, and third for the younger one. In the sibling rivalry Alfredo holds a 1-0 lead over Luis, and is a heavy favorite to go 2-0 over

his younger brother, we will have to see come November 22 and see who takes bragging rights. The other two coyotes that will participate on this race is Tim Wilson, who was on track to try and qualify for Kona, but due to some major work commitments the training has been derailed and the kona dream may not be achievable, make sure to tune in and follow his progress. The final Coyote to take on this race will be Dan

Egoroff, who is also trying to take his bid for Kona. This guy is a serious bike contender having done 5:30 in Coure A'lene last year. He is shooting to do this course in under 10:00 hrs. AHUUUUU



NOVEMBER 22, 2009

Members & Birthdays

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

November has 1 coyotes celebrating their birthday on our coyote birthday tracker .

Salvador Moreno— Nov. 19th

Happy Birthday to all, remember to celebrate in style and be ready for a new age group challenge in 2009.

Happy Thanksgiving to everyone, please spend a moment to give thanks for this special club that we have created with incredible friendships and sponsors, thank you everyone for your continuing support to the club and a great 2008 season.

Please remember to thank your family and friends for the support provided, remember without them non of this would be possible.



Happy Thanksgiving

Announcements

- The 2010 Coyotes uniforms are under production and we should be getting them in time for the last races of the 2009 Season, we are hoping that we will get them by mid November, we have been pressuring the process to try and get everyone in gear for the start of the 2010 season and finish of the 2009. We appreciate your patience and support to the team in wanting to represent and support the colors of the Coyotes, Ahuuuu.

Please check regularly on Ironman Live for upcoming races that have been open for registration, these races tend to fill up quickly and we don't want anyone being left out of their favorite race. Recently opened races include the New Boulder 70.3, the Muskoka 70.3 in Canada, the Miami 70.3 and many others, as well as the 2010 Ironman World Championship Lottery.

Congratulations to Brian Kildow for placing 2nd in his age group and 3rd overall in the 2009 Scott Tinley Adventures Olympic distance triathlon. Brian placed 3rd in his age group last year, and has had a very fun to watch battle with Tim Sheeper winner of this years race and another fellow that the 3 of them have chased each other on the tri California series for a chance to beat each other. Congratulations Brian

Coaching Tips– End of Season Improvements

Getting close to the end of the season means it's increasingly difficult to improve on fitness, especially if training has been consistent over the past several months. The reason, of course, is that you've approached your potential as determined by genetic, training and lifestyle constraints. Continuing to push the fitness envelope, especially in the same old training categories for the last few weeks of the season, will yield little if any performance benefit.

If you've been doing pretty much the same workouts for the last eight weeks or so you've probably gotten as much benefit out of them as you can. By continuing with this training pattern you are pretty much in a maintenance program.

What's Left to Work On?

The fitness areas now least likely to show any measurable improvement, assuming there has been steady training on a broad scale

for several weeks, are aerobic endurance, hill climbing, race-related skills, muscular endurance and aerobic capacity. These are the areas that endurance athletes tend to stress regularly throughout the season, so they may already be near peak levels.

The best possibilities for fitness enhancement will now more than likely come from improved acid tolerance and muscular power training.

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Mission Bay Triathlon (Results)

The Mission Bay Triathlon took place on Oct. 4th 2009, and two of our Coyotes went



Blaize Bachrens—59:34

out to have fun and race this famous and competitive sprint course, that takes place at the site of the first ever held triathlon in the world. Blaize Bachrens was coming from a month of recovery from his debut ironman in Canada, and



Blaize Bachrens— 59:34

having not tested his legs prior to this race, he was shooting

for a high placing but not really knowing how the body would react. The field was a very competitive age group field that was assembled here with a total of 142 in the M25-29 division, blaize knew that he would have to dig deep if he wanted to end up in the podium. Blaize had a good swim that put him in the front of his age group, and followed that with a very strong bike (Blaize has improved his biking dramatically) that allowed him to be in contention for his signature event which is the run, blaize started picking up one by one the remainder of the guys that were ahead of him in T2 except one. Not bad placing form coming out of an ironman distance event and jumping into a sprint all out effort. Congratulations to Blaize for an outstanding performance in the Mission Bay triathlon and hitting his second podium victory of 2009. The second Coyote to cross the line was Jose Luis Garcia Chaves, who came all the way from South of the border and represent the south Coyotes in this event. Jose Luis had a strong and competitive field as well which included 102 strong in his field. Jose Luis managed to produce a decent swim that allowed him to stay in the top 1/3 of his age group and try to bring them back slowly one by one through the bike and the run. Showing a strong bike, he moved up some spots and allowed the run to do the rest. Jose Luis finished in a very respectable 39th place in his age group, and represented the coyotes to another superb performance in this classic tri.

This was also the first time that Jose Luis was representing the Coyotes with the colors of our



Jose Luis Garcia— 1:12:13

club, so we appreciate both Blaize and Jose Luis for using their respective gears, as it really does make that much more difference for the club and specially for our spectators to find us. Congratulations to both of our coyotes for superb performances, and most impor-



Jose Luis Garcia—1:12:13

tantly for having fun while doing it. AHUUUUUUUUU



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San Diego Triathlon Classic (Results)

The First Annual San Diego Triathlon Classic and only USAT sanctioned Olympic



Jay Brant— 2:13:42

distance triathlon in San Diego took place on Oct. 10th and this inaugural year we had 2 of our Coyotes participating in this great race that promises to be a local favorite for our club. The first out of our Coyotes was Jay Brant, who was using

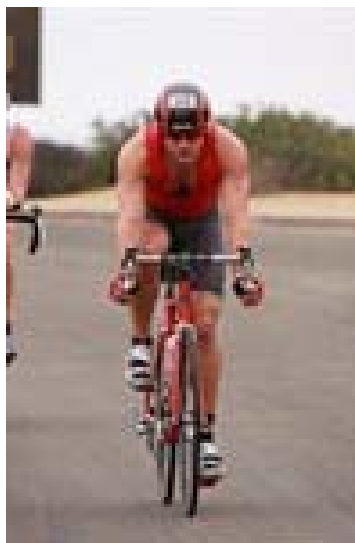


Jay Brant— 2:13:42

this race as a tune up race in preparation for the Silverman

half ironman defense on November 8, 2009. Jay has been using a different approach to training and went out to try and use this new strategy instead of going all out. He was faced with a very competitive age group and although he did not push the bike as he is known to do, he still raced this race very smart and in accordance to what he wanted to do. Jay had an incredible run, which included sub 7 minute miles, so his training has certainly paid off in the running department, making him a very strong treat in all 3 disciplines. Jay ended up finishing the day in 17th, which he was very happy with considering that this was a training race and not his title defense, look out for a solid and strong Jay Brant Come November and the Silverman triathlon. Our Second Coyote was from the South in the form of Rodolfo Aguilar. Again this race saw both of our North and South Counties represented, which is great exposure for the club. Rodolfo had a strong swim, although not being his strongest leg, he had to use his bike and run abilities to move up through the field and try and gain some places back lost in the swim. Rodolfo displayed a lot of patience in sticking to his game plan and accomplished a very respectable 20th place finish in his age group. Not bad for only being his second year doing triathlons. Rodolfo has been training with the south county guys doing their famous Chula Vista Honey Springs rides on Saturday Mornings, which has obviously paid off in

A course like this, where the hilly course is no match to the terrain that he has been doing



Rodolfo Aguilar— 2:30:16

most of his training. Congratulations to both of our Coyotes again for great participation, outstanding finishes and superb club exposure. We look forward to having the number of coyotes double or triple in upcoming years as this race is sure to



Rodolfo Aguilar—2:30:16

be a stronghold for the club. AHUUUUUUUUUU



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Nike Women's Marathon (Results)

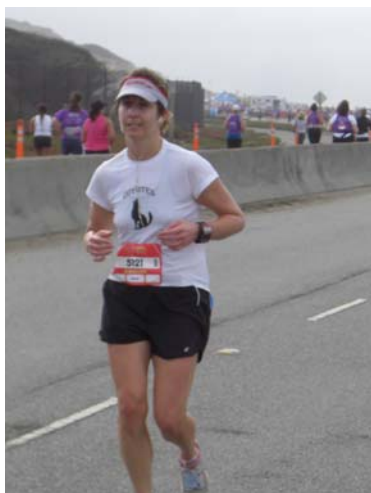
The 2009 Nike Women's Marathon took place on Oct. 18th and amongst the 20,000 lucky runners that were selected by lottery to participate in this



Nancie Constandse—4:27:50

race, one of our own Coyotes Nancie Constandse was chosen to do her Marathon debut in this course. Nancie had always wanted to do a Marathon in San Francisco, and for that matter she had been wanting to do a Marathon for at least 10 years. She had put in a late season surge to train for this event and was ready, but as any first time race participant, race morning was nothing but nerves, butterflies and self doubt. Am I ready?, did I do what I could to train for this race?, am I capable of finishing the race? All of these questions passed through Nancie's thoughts the morning of the race, and they were about to be answered in a short time. The weather for this race was perfect, it was a typical SF day with morning fog in the low 60's and thankfully for the runners the day remained mostly cool through the race, and at

some points it even was cold for the spectators out there, but for the runners, you could see the benefit of the weather, they were all running with high smiles and encouraging each other. The clock hit 7:00 A.M. and they were off, 20,000 thousand runners in a big massive start is something crazy, it reminded me of the IM kona swim start, some of these girls can be quite violent and aggressive, I saw head locks, pile drivers, and any other wrestling move that you can imagine to try and be out first in the



Nancie Constandse—4:27:50

course. The first opportunity to see Nancie was at Mile 4, where she was keeping in pace with her goal time and surprised the spectating JC who did not anticipate her being there so early, she was holding a 10 minute mile and looking happy and strong. She continued to run the streets of San Francisco while the spectators moved to Mile 11 and close to the finish line for spotting view #2. Sure enough at Mile 11 Nancie continued with the exact same pace

And holding that 4:27 time, she looked stronger than ever and very very refreshed, then we were able to catch up with her at mile 15 and everything looked exactly the same, she was on a role, and in total control of her race. JC was able to go to Mile 23 in anticipation that Nancie would soon hit the famous "wall" or already had done so, but when he saw her again, she was happy, and had stated that at mile 20 she decided to put the hammer down and finish this race strong. I was totally surprised that she was still looking so strong and happy, smiling the entire way, and getting plenty of encouragement from the ladies. It was not until Mile 25 that Nancie finally hit the wall and it was a last mile struggle to get across, she almost timed it perfectly, but all and all, she never let that pace slip and kept the 4:27:50 pace from mile 4 all the way to the finish, very consistent and impressive Marathon debut. Nancie Constandse, congrats



Nancie Constandse—4:27:50

tions you RAN LIKE A GIRL in your Marathon debut.. Ahuu



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Ironman World Championships, Kona 2009



Coyotes on Ali Drive

The Ironman World Championships in Kona Hawaii took place on Oct. 10th, 2009. And for the 4th straight year, we had Coyote Representation in the form of our Famous Cheering group, officially known as the "Coyote Patrol" by the one and only Mike Riley, the Coyotes have made it into a habit of going to Kona to support each and every single participant out there, and to do a bit of promotion of the club. The usual suspects where there Jean-Claude Constandse, Marc Guerra and Blaize Baehrens. The Coyotes took out Banner with us and displayed it in the last mile of the Marathon and in the middle of town, for everyone to see as they walk towards the pier or towards the finish line, expo or any other activity that takes place in Kona. This time around the Coyotes gathered incredible momentum in during the marathon portion of the cheering and where able to rally a large group of spectators to start



Coyotes Re-charging batteries

cheering by name, bib number, nationality and occupation, it was such an amazing site that even the NBC reporters, Ironman Live and Slowtwitch commented us and gave you big Ahuus for the job well done. After a nice break from the cheering which saw the top professionals finish, the coyotes passed the baton to other crazy fans that where there and had learned the ropes, while they took a well needed rest for their famous trip back to the finish

Line at 9:00 and go all the way until midnight and get the last finishers in. This is when the Coyotes move their way to the front and start creating a big festival at the end, this year we where successful in getting the crowd going again and even got them to do the wave at the finish line. This has been 4 years in a row that the coyotes continue to go, and we hope that every year we continue to gather strength in members and or participants in this incredible race. The coyotes this year had



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A sentimental professional favorite in the form of Eneko Llanos, who had visited San Diego and honored us by joining us in one of our group rides. Although he did not do as he was expecting or wanting to do, he did finish in 14th place on what has been the absolute hottest day in the 4 years we have been there, and he did managed to bounce back by winning the Xterra World Championship in Maui 2 weeks later. Special Thanks to Marc, Blaize and JC for their efforts to go to Hawaii and encourage promote and have fun in the big island, Aloha, and hope



Marc Guerra At the Finish line

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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:

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Coyotes at Ford Ironman World Championships, Kona Hawaii

(L-R) Jean-Claude Constandse, Marc Guerra