

Coyotes triathlon & bike club newsletter

Volume 4, Issue 12

December 2009

Special points of interest:

- **SANTA BARBARA INTERNATIONAL MARATHON**
- **LAS VEGAS MARATHON**

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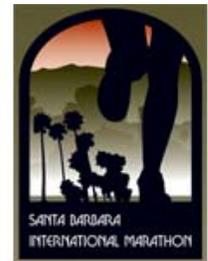
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Santa Barbara International Marathon

Located in Southern California's "American Riviera," this point-to-point course begins in the scenic Goleta Valley with its lush lemon and avocado orchards, winds through Santa Barbara's picturesque Mesa community, and finishes with a stunning two-mile descent to the sparkling Pacific Ocean. Finishers and their families can celebrate in charming downtown Santa Barbara with its abundance of quality shops, museums and restaurants, or hop on a wine-tasting or whale-watching tour for some adventure. Combining vibrant cultural sophistication with breathtak-

ing outdoor splendor, Santa Barbara offers the ideal destination marathon. The Select Staffing Santa Barbara International Marathon is a USATF-sanctioned event and a Boston Qualifier. And this year we have one Coyote Mark Simpson who will be taking on this beautiful and challenging course in hopes to improve his 3:30 time from last year and hopes to getting into the big dance of Marathons, the Boston Marathon. This Coyote has been training in the cold weather of the Boston Area and has become familiar with the Boston Marathon course, he

is very excited to take on this challenge as he moves back to the West Coast and starts participating more actively with our Coyotes. We wish you good luck in your marathon and hopes for a strong end of the 2009 season with a stellar performance. Have fun, be safe and give us a big Ahuuuuuu



DECEMBER 6, 2009

Las Vegas Marathon

The inaugural Rock 'n' Roll Las Vegas Marathon & Half Marathon powered by Zappos.com to benefit the Crohn's & Colitis Foundation of America will debut on December 6, 2009 with a revamped, glitzy new course. In unprecedented fashion, the Rock 'n' Roll Las Vegas event will close Las Vegas Boulevard to all vehicular traffic and instead will rock with tens of thousands of runners in both the

northbound and southbound lanes of the Strip. Half marathoners will enjoy the sites and sounds of the electrifying Las Vegas Boulevard for nearly the entire 13.1-mile course. This year we have one of our Coyotes participating in this great event. Blaize Baehrens will be participating in his first ever stand alone marathon and he too is in hopes of reaching the ultimate Marathon sanctuary of the Boston Marathon. Blaize

is a natural runner and this is his strength, so don't be surprised to see a marathon time of the low 3:00's or high 2:00's for this Coyote. What happens in Vegas will be reported in the Coyotes news..



DECEMBER 6, 2009

Members & Birthdays

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

December has 2 coyotes celebrating their birthday on our coyote birthday tracker .

Karla Duarte— Dec. 2nd

Rich Osman— Dec. 27th

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

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 2010, 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 second annual Coyote Holiday party and or snow summit trip. The date for this party is for the weekend of Dec, 12th.

Please respond with your availability to this date, so that we can coordinate food and beverages.

- 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. Plan on bringing your Bike jersey to the Christmas party so that we can throw it on and get a big group photo.

Coaching Tips- Things to do When last race is finished

1.- If you have been following a [structured training plan](#), take a break from the structure. Take one to two days off per week, for two to four weeks, and only workout when you feel like it. Stay aerobically fit, but keep all the workouts easy.

2.- Spend time with your training and racing support team. How about spending time with them doing something that is

not focused on your racing? Also spend time with people that care about you, but don't get to spend much time with you in the summer months.

3.- Try a new skill. Take some lessons and expand your knowledge base. How about [yoga](#), [golf](#), rock climbing, dance, singing, play an instrument, learn to paint or sculpt, ride a horse or racquetball? The possibilities are

endless. This new skill might even help your racing next season.

4.- Read something that is not triathlon or training related. Expand your breadth of knowledge

5.- Get your bike to the shop for a total overhaul. I mean the "big" overhaul—the kind where the entire bike is taken apart, cleaned, greased and worn parts are replaced. By Active.com

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Silverman Triathlon (Results)

The Silverman Triathlon took place on Nov. 8th, 2009 and we had 3 of our Coyotes par-



Jean-Claude Constandse 32:17

icipating in this event . Two of the Coyotes were returning after posting impressive results in their Silverman Debut in 2008. JC was making his debut in this race which was his season ending race for 2009. JC had one of the fastest swims he



Jean-Claude Constandse 2:54:17

has had in the half ironman distance with a 32:17 and when

he stood up from the lake shores he was joined by non other than Blaize, the two of them had identical swim times and exited the water and T1 together. The two shared leads in the first portion of the bike until they realized that at the halfway point of the bike they where in the top 30 overall, and that is when the pace started to pick up. JC ended up with a solid bike and off he went on his run, which he started in a nice controlled pace, but finished the last 5 miles in under 7 minute miles in an all out effort to try and catch two age groupers that had passed him at the beginning of the run. Finally at mile 12.5 JC passed his two age group rivals and reached the finish line in 5:15:02. It was not until well after the race that he was notified that his overall placing had been 12th and that he had just won first place in his age group and first podium ever in triathlons after 10 years of trying. The second coyote to cross the finish line was Blaize Baehrens, who was coming off a 4th place finish in his age group in 2008. Blaize had the swim of his life, with a 32:19 and the fastest swim of the 2009 year calendar for the half ironman distance. Blaize then quickly settled into an aggressive bike pace that even dropped JC for the first couple of miles of the bike. Blaize continued on his attack on the bike for most of the day, not allowing many to pass him and trying to capitalize on the great fitness that he still had left. Blaize reached T2 in a bike time of 3:05:52 which was 16 minutes

Faster than his bike time from 2008. He then quickly settled into a fast pace for the run, but



Jean-Claude Constandse 1:44:02

his push in the bike could be noticeable in the run as he was not clocking his typical under 7 minute miles, and could be seen physically hurting, but this relentless coyote would refuse to stop or continue in pursuit of a podium in the 2009 Silverman edition. By the time Blaize hit



Blaize Baehrens 32:19

the finish line he had clocked a 1:54:22 run, which was only 2



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Silverman Triathlon (Results Cont.)

Minutes slower than his his 2008 time. Overall blaize had improved his time from the



Blaize Bachrens—3:05:52

previous year by 19 minutes and placed him 6th in his very competitive age group. The third coyote to finish this event was our defending champion of the 25-29 age group Jay Brant, and although he was not able to repeat and defend his



Blaize Bachrens—1:54:22

title, he did not go out without swinging and swinging hard.

Jay had a slower swim than last year as he could not find the grove and the right feet to draft from, and after exiting the water almost 2 minutes behind his fellow coyotes, he quickly changed and started to do a quick pursuit on the bike. The conditions of this year were much nicer than what was experienced last year, and the famous head winds and nasty weather did not show up, and instead the athletes had a 78 degree day out there with very dry conditions and a bit of wind on the back side of the bike. Jay not feeling to par in the bike suffered a bit slower bike than last year by 6 minutes so he knew that he would have to dig deep in the run if he was to try and defend his title, and catch up to the young bucks that had started off like bats out of hell. Jay arrived to T2 with a big deficit to take out and he did his best to come back up in his age group standings taking one by one, and clocking very fast last 5 k time. His overall run time was 1:49:53 which was 6 minutes faster than his run time from the 2008 year. By the time Jay hit the finish line he had improved on his time from Last year by over 1 minute and ended up in 8th place in his age group, testament of how competitive this age group has become in the last year and the popularity that Silverman is starting to get as it is becoming more and more noticeable and recognized as one of the hardest half ironman triathlons in the United States. All and all the 3 Coyotes had a great day out there and received awesome

Support from our Coyote support crew of Nancie Constandse, Kim Schriener and



Jay Brant—3:09:55

Sonja Johnson. Congratulations to our 3 coyotes for excellent performances and end of season races for 2 of the 3 coyotes. This report has been brought to you by our very own ESPN Latino "Coyote Cojo" who had been in sebbattle (Georgia) on



Jay Brant—1:49:53

broadcasting duties for Universal Sports. AHUUUUUUU



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Ironman Arizona (Results)

The Ironman Arizona took place on Nov. 22, 2009 and this year we had 4 of our Coyotes



Dan Egoroff—10:10:52

participating in this race. All four had previous ironman experiences and wanted to use Arizona as a potential qualifier for the 2010 Kona Ironman World Championships. The first out of our Coyotes to cross the finish line was Dan



Dan Egoroff—10:10:52

Egoroff who had been preparing for this event for a couple

of months and focusing on the bike. Dan pulled off an impressive 5:06:00 bike split that placed him in the top 30 in his age group and allowed him to be in contention to finish the race in under 10:00 hrs. Dan started the marathon with a very good pace of 8:05 minute mile, and kept that for half way of the marathon, but as everyone knows the back part of the marathon is where everyone hurts, and so did Dan, but he managed to get himself composed and finish with an 8 minute mile pace for the last 6 miles. His total time of 10:10:52 was a new PR for Dan and an impressive performance on a hard and hot day at the desert.

The second of our Coyotes to cross the finish line was Tim Wilson, who also was looking to improving his time from previous ironmans. Tim started off with a faster than anticipated swim of 1:21:00, which placed him on the middle of his age group by the time he excited the water and started the bike. Tim is known for his running strengths and so he had to play a game of patience when it came to the bike; push to hard and your legs are fried on the run, don't push hard enough and you can't bring in the guys ahead of you in time. Tim had a great bike of just under 6:00 hrs, which set him for a perfect time to achieve his goal of under 12:00 hrs. Tim started off the Marathon in a decent pace but not at his usual pace, which could have been indications that he had pushed a bit too hard on the bike portion of the event and now was facing a bit

Of problems in the Run. The splits came to the screen and we could tell that there was



Tim Wilson—12:11:14

fatigue and pain being present during this race, but Tim stuck it out and kept pushing the pace, as he understood that under 12:00 hrs was still achievable. Tim's ultimate effort was a bit short of his goal time, but good enough to give him a PR



Tim Wilson—12:11:14

making it 2 out of 2 Coyotes with PR's in this course.



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Ironman Arizona (Results Cont.)

The third Coyote to cross the finish line was Alfredo Zepeda, who was doing his second



Alfredo Zepeda—12:39:12

Ironman and part 2 of the Zepeda brothers rivalry. A year ago, Alfredo and Luis took on a personal sibling friendly competition, and ever since then, the two brothers try to sign up for the same races in a hope to push each other to the limits.



Alfredo Zepeda—12:39:12

This race was no different, Alfredo was the clear favorite

coming into the race with months of plenty preparation vs the younger brother that had the experience but not the training in place. Alfredo had a bad swim, and came out of the water over 30 minutes behind his brother, which would make for a great race out in the desert. Alfredo's strength is the bike and run, while his younger brother Luis is the swim and Bike, so so far it was looking as the younger brother Luis was in control. Once on the bike the reports came and it showed that Luis had set off in a pace that may have been to fast for him to handle, but kept his 30 minute lead over the older brother. The two brothers continued to push the pace on the bike, and by the time that Alfredo pulled into T2 he had made almost all the deficit from the swim. They quickly changed and it was evident that the younger brother was trying to use any advantage he could to keep Alfredo off his feet, but that only got him a bit more time in the run, but by the time the first splits came in, the two runners had reached mile 3.5 and where separated by 2 minutes. It was not until mile 5 that the older and more trained brother passed his younger sibling and gave him an encouraging couple of words before he continued on towards the finish line. At the end of the day Alfredo had finished his second ironman in a time of 12:39:12. Not his personal best, but still a very respectable and competitive time for a harder course than ironman Florida. The last of our Coyotes to finish was Luis Zepeda, who after giving it

A valiant effort to keep the late charge of his brother from catching him and passing him,



Luis Zepeda—13:42:00

was to no avail and increased his deficit in the Zepeda rivalry by 0-2. The funny thing is that Luis Zepeda in his 3rd Ironman has continued to improve on his previous times, and managed to set a new PR for him, sparking an interesting theory...



Luis Zepeda—13:42:00

the less you train the faster you will be.... AHUUUUUUUU



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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 1st annual holiday party, 2008