

Coyotes triathlon & bike club newsletter

Volume 4, Issue 2

February 2009

Special points of interest:

- SURF CITY HALF MARATHON
- TRITON MAN TRIATHLON

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Surf City Half Marathon

Surf City Half Marathon is just around the corner and one of our coyotes will be participating in this great event. Steve "El coyote Grande" Wiesner will be participating in this event for the fourth straight year and will continue to use it as a tune up for Wildflower. This award-winning course is considered one of the best half marathon courses in the country. As our most popular track, it is well known for being scenic and flat. Runners come from all over to experience this exhilarating run. Start along Pacific Coast Highway and pass by the famous Hunting-

ton Beach pier. Enjoy the beauty of the Bolsa Chica Wetlands as you start your turn. Kick it up a notch for the crowds at Main Street on your way to a monumental finish line moment! More than 1,000 volunteers and several bands will be along the way cheering you on and making sure you have plenty of nourishment and energy!

Last year three of our coyotes participated in this great event and had great races considering the conditions. This is always a challenging run early in the season, and it has been very cold and rainy

the past 3 years, making it particularly difficult for competitors and testing their will to endure pain and strength in the rain.

Good luck to our big Coyote Steve Wiesner, and go out there have fun and represent.

Ahuuuuuuuu



FEBRUARY 1ST, 2009

UCSD Tritonman Triathlon

This sprint distance race will be held at the same location as the first triathlon in history! The Mission Bay Triathlon, put on by the San Diego Track Club, was a run-bike-swim-run event and took place right here on Fiesta Island in 1974.

The original race consisted of 5 miles of running, 5 miles of bicycling, and 600 yards of swimming. We have decided to modernize the distances of the Tritonman Triathlon and

have set them to 1/10th of the ubiquitous IRONMAN distance race (500y swim, 12m bike, 5k run). How about that! And this year, we have two coyotes taking on this first time event put out by the local University of San Diego. Gerardo Charvel will be using this event to start his season off, then will follow with an Olympic and finish off with a half ironman towards the end of the year. Morgan Ringwald, will also use this event as a tune up to

his up coming season. This event promises to be a very fast triathlon, so if you are around the bay on Feb 21st, stop by and give your fellow coyotes a big Ahuuuuuuu.



FEB. 21ST, 2009

Members & Birthdays

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

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

Marc Guerra — Feb. 7th

Eduardo Lizarraga -Feb. 14th

Gabriel Garcia — Feb. 20th

Robert Estrada — Feb. 21st

Glenn Kaplan — Feb. 23rd

Happy Birthday to all, remember to celebrate in style.

Happy Valentines Day to everyone, we hope that you value your friendships, teammates, partners, family and loved ones.

Remember to show all of your family members and friends that support you through the race season how much you love them and appreciate them, without them we would not be able to do what we do.



Big Ahuuuuuu valentine

Announcements

- Please remember to pay your 2009 Renewal Fee and return the form to me no later than this month. This is a club built out of trust and we need everyone to do their part to make it and keep it fair for everyone, so please do your part to keep up to date. Thank You to all of you who have paid on time and taken the time to return this information to me.

- Wildflower is on the horizon and we need to make sure that everyone has coordinated their camping or their hotel stay, so that we can be sure to meet up and have a way to meet prior to race day.

- Coyotes are proud to announce that they are working on a deal to have Zoot Sports and Zipp be additional sponsors to the team. Zoot would be our main Wetsuit sponsors and also

Running shoes. We will then work on their line of clothing and or possibly make the next set of running shirts be part of the zoot brand.



Coaching Tips

Winter riding can be a good way to break up the solitude of the bike trainer, but when you venture outside you should be prepared to deal with the elements. Having the right gear is a good place to start, and even if you don't want to take out a second mortgage to outfit yourself, there are several ways to combat the cold, and we'll show you some examples.

Starting with the feet, you should

pull plastic bags over your socks to help insulate your digits, and then after you put on your cycling shoes you might want to use a pair of booties as extra protection. For the legs, try to use a riding tight that is windproof in order to give you more insulation from the wind and cold.

For the upper body, breathable fabrics are key. There are many fabrics, like Polartec, that are great for high-intensity activities like

winter cycling. I like to see athletes begin with a wicking base layer and then add layers as necessary. Using cotton as a base layer is not a good option as you will end up wet and cold rather quickly. The top layer should be breathable, wind and waterproof. I don't have any problem wearing three or four layers under my jacket in order to stay warm. I would rather start out too warm and peel down the layers than be too cold .

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Carlsbad Marathon & Half Marathon (Results)

The Carlsbad Marathon and Half Marathon took place on January 25th, and the Coyotes



Kim Schreiner—3:36:09—PR

showed up in force for this local event with a record showing of 17 club members strong. We had 3 Coyotes that took on the Full Marathon and the rest tackled the Half Marathon. In the Marathon, we had Kim



Alfredo Zepeda — 3:36:56—PR

Schreiner do a PR in a Marathon and Qualified for the prestigious Boston Marathon in April. She had sacrificed a bit

of her triathlon training to focus entirely on the run and it paid off for her. She was the first out of our coyotes to finish the Marathon and placed 8th in her age group and was 28th female overall. The second Coyote to cross the line, and only a few seconds behind Kim was Alfredo Zepeda. The most improved Coyote of 2008 is off to a great 2009 start, setting a PR in this marathon and showing that he is in great form for the 2009 Season and IM California in just a couple of



Luis Zepeda — 6:59:00

months away. Luis Zepeda, took this marathon as a challenge and bet with couple of his friends, that he would not get an un-trained, un fit person that never does anything to finish a marathon. He in deed suffered in the process of making this challenge a reality, but with 1 minute to spare, Luis and his companion finished the Marathon in time and he collected a nice 400 dll bonus for doing that as well. Got to give it to this Coyote who always seems

To like to suffer. In the Half Marathon division we had plenty of coyotes break their



Nick Bokhoven—1:22:37—PR

PR's and the first one to cross the line in a super fast time of 1:22:37 was not surprisingly to any of us, Nick Bokhoven, who has been working very hard to lower his times and try to get a podium place in IM California,



Francisco Reynoso—1:28:28—PR

at this rate, there will be no stopping Nick Bokhoven on the 2009 season. The second



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Carlsbad Marathon & Half Marathon (Results)

Coyote to cross the finish line from the Coyotes was Francisco Reynoso, with a personal



JC Constandse—1:31:09—PR

best of 1:28:28, he too is in great running form heading into IM California, and will look to be a factor at this event. The third Coyote and also with a PR in a Half Marathon was Jean-Claude Constandse, with a



Adan Contreras— 1:45:36

time of 1:31:09, making it barely under the 7 minute per mile. Adan Contreras was try-

ing to best his goal of 1:45:00, which he has failed to do in the past half marathons, so he set out and came just seconds short with a time of 1:45:36, needles to say he is so close to doing his best time ever. Alex Aceves is on route to do the Triple Crown, and Carlsbad being his first event, he started off to a great start, with a PR time of 1:47:34. Alex has just come back from a knee injury that set him back at the Las Vegas Marathon, and has forced him to re-think the ultimate goal of



Alejandro Aceves—1:47:34—PR

qualifying for Boston. Short after Alejandro was Eduardo Argueta, who has also battled knee problems, and was using this race to test his fitness and see if the knee was holding up. The race ended up being his PR as well and having no problems with the knee. After Eduardo, came Brian Kildow, who had set out to do a PR, and upon noticing that he was not going to achieve this goal, which by the way, to all of you out there it is a ridiculous time of 1:15:00

Which equates to a 5:52 minute mile. He opted to do the right thing and wait for his fellow



Eduardo Argueta—1:47:50—PR

coyotes and encourage them to do their PR's. The problem is that in an event that has 8,000 participants, it is not that easy to spot your compatriots, so he waited to try to spot some, without success, until one of his



Brian Kildow—1:49:56

clients spotted him, and asked if he would help her break her PR. Brian did just that, and at



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Carlsbad Marathon & Half Marathon (Results)

The same time, did a bit of marketing for himself, which with this economic times, what better way to promote your business. After Brian, Alberto “



Alberto Saenz—1:51:30

Toro” Saenz was the next to cross the line, realizing that he is not in top shape yet, , but getting there, so he is calculating every step it will take him



Gerardo Charvel—1:51:41—PR

to be in peak shape for the IM California. Gerardo Charvel was just seconds after toro and

he also happened to break his PR in this race. He raced along Jean-Claude Constandse and Alejandro Aceves on the earlier miles, capitalizing on their speed to propel him to a great time of 1:51:41 and break the 2:00 Hr. mark. After Gerardo, there was quite a story brewing. Nancie Constandse and Monica Lewis had trained together for this event in an effort to try and lower the coveted 2:00 Hr. mark that Nancie has been trying to break for 9 years. Monica has broken the time at many other times, but promised Nancie that she would help her



Nancie Constandse—1:56:38-PR

break this mark barrier and that they would do it in this race. They set out with a fast and furious pace of 7:30 minute miles, which took monica for surprise, there was nothing that was going to stop Nancie from not breaking his set time, and they together trashed the 2:00 Hr. Mark with a time of 1:56:38, setting a PR for Nancie and a great deal of satisfaction for monica. So much so, that

Monica started celebrating at the last 800 meters of the race with some fashion, it was reported by the ESPN Latino



Monica Lewis—1:56:38

correspondent “ Coyote Cojo” that she was doing cartwheels and cheerleader style moves to encourage Nancie to finish strong. Monica, thank you for doing what Jean-Claude Could-



Jorge Ortega—1:57:23

n’t do in over 9 years. After the two ladies, came the two baby strollers, both jorge ortega and



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Carlsbad Marathon & Half Marathon (Results)

Nico Prieto took on this challenge with their baby strollers, this is the first time that both

know that the dam walkers have to always take first wave, and that they walk side by side



Nico Prieto—1:57:23

of them have done a half marathon with their strollers, so we must give them a hand for still finishing the half marathon in under the 2:00 hr mark. The two of them set off in the last wave to respect the entire marathon field and found out that that was a big mistake, they ended up trampling over

4 deep and provide a blocked NFL lineman approach and have zero respect for who is behind them. Needless to say, these two coyotes, plowed their way through the field and should have provided aero helmets for their kids the way they were running out there. Seriously congratulations for a great performance. Finally, but by no

Miles for this race. She did it in style, with integrity and with a smile on her face, way to go Mary, congratulations :). This concludes the re-cap of an amazing race for the coyotes, where we saw 10 Personal Records fall and also an amazing turn out for our coyotes, this is a very good sign that the 2009 season is on for the coyotes and expect a lot more results to come in 2009. There is also a number of Coyotes out there that are going for the coveted triple crown of half marathons, so keep an eye on the upcoming La Jolla half marathon and the always favorite Americas Finest City Half. Congratulations to all for a great race, awesome performances and for your companionship before and after the race. We had different coyote breakfast celebrations to the incredible achievements done on this day. Can you say Ahuuuuuuuuuu. Looking forward to many more PR's and



Mary Riley—2:31:38—PR

all the walkers that started the race under wave #1. We all



Monica Lewis, Jean-Claude Constandse, Nancie Constandse means with the least effort, came Mary Riley, who also set here PR in this race, and beat her goal of going under 11 min. solid performances from the club. You guys rock. ESPN Latino Correspondent “Coyote Cojo”



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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 Sponsors:



Coyotes at Breakfast

(L-R Top) Monica Lewis, Nancie Constandse, Blaize Baherens, Dennise, Greg Hendrickson, Sonja, Brian Kildow—Power breakfast after a nicely run Carlsbad Marathon.