

# Coyotes triathlon & bike club newsletter

Volume 4, Issue 3

March 2009

## Special points of interest:

- **ST. PATRICK'S DAY 10K RUN**
- **HAVASU TRIATHLON**

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## St. Patrick's Day 10K run

The St. Patrick's Day 10k run is another great race put on by Kathy Loper events which puts together the San Dieguito Half Marathon. This is a very fast course that takes place on the streets of Mission Bay, it is a very flat course and you can expect PR's to be broken in this course. This year we have two of our coyotes participating in this event. Steven Edwards will be looking to see where he stands at the start of the season, having worked all winter on his running endurance, now it will be time to show how his speed work is doing this early in the sea-

son. The other Coyote that will be doing this race is Brian Kildow. He will be using this race as a tune up for the Camarillo Half Marathon, where he is hoping to do a PR and break the 1:18:00 mark, look for this coyote to take off like a bat out of hell and never see him again until the finish line where he will be happy to down couple of Irish IPA's and possibly drink some green shots in the process. This is a very fun event, so if you happen to live near the area or are in the mood to go and cheer for our two coyotes, please head down to mission bay and remember to

give them a big Ahuuu. The season is starting to shape up and so far we have had incredible results early in the season, will this be another race in which we see a Coyote in the top spot and claim a podium spot!!!!!!.. Find out on our next edition of the Coyote Newsletter, in the mean time, best of luck to both Steve and Brian and most importantly, have fun.



**MARCH 14, 2009**

## Havasu Triathlon

The Havasu Triathlon will take place on March 21, 2009 and this year we have two more coyotes participating in this event. Although not a popular destination for a big coyote group, this event has attracted coyotes for the last 3 years. Last Year Coyotes Alfredo, Karla and Guayo took on this course and did a great time and it was Guayo's induction to the triathlon circuit. This year, we have two of our newer coyotes participating in this event.

Kim Schreiner and Jay Brant will both kick their triathlon season with this event. Both of them seem to be in peak shape as they have spent the off season working on their runs, and both come off personal best at the Carlsbad Marathon and the San Dieguito Half marathon.

The Havasu Triathlon is an Olympic distance triathlon and it is one of the biggest and most important early season triathlons in the coun-

try. Lake Havasu City is becoming known as one of the best triathlon venues in the United States. In 2004 and 2005 Lake Havasu hosted the National Collegiate Triathlon Championships.



**MARCH 21, 2009**

## Members & Birthdays

Please welcome this months newest Coyote

1.– Phil Yim

2.– Jose Luis Garcia

Our total number of coyotes is now to 62 with the potential to keep growing.

March has 4 coyotes celebrating their birthday on our coyote birthday tracker .

Kim Schreiner — March 1st

Mary Riley—March 4th

Alberto Equihua—March 21st

Juan Sanches — March 21st

Happy Birthday to all, remember to celebrate in style.

Happy St. Patrick's Day to everyone, remember to party hard and drink lots of green fluids, but be safe, If you drink don't drive, if you drive don't drink and if you don't drink nor drive then at least bike.

Like our good old coyote, don't let a bit of green beer or a leprecon scare you away from a good time, Triathletes love the beer gardens at the end of each

race, and for a good reason, they bring us good carbs and recovery protein for our muscles.

Ahuuuuuuuuuuu



## Announcements

- Please remember to pay your 2009 Renewal Fee and return the form to me no later than this month. Members who do not return their form and dues by the end of this month will lose their membership and all benefits associated with them

- If you have not registered for Wildflower or have not booked your hotel, you better think of it soon as it is selling out fast. half of the coyotes are staying

at the Motel 6 Paso Robles Hotel 805-239-9090. The other half are planning on Camping, Please contact Blaize Baehrens for camping organization and Jean-Claude Constandse for Hotel organization.

- Coyotes are in the process of creating their Team Canopy which will be a 10' x 10' Canopy that will be brought to major races as a place for our members to gather, meet and cheer.

- Coyote/NyTRO Friday swims are back full time starting this month and so will the Sunday cove swims and runs. Starting on March 9.

- Congratulations to Blaize Baehrens for placing 2nd in his age group at the recent Bulldog Bike Race in Camp Pendleton, This was Blaize first bike race and what a way to represent the club. Look for him in next months results page

## Coaching Tips

### *Doing it Right on the run*

**Posture:** Try to avoid exaggerated lean, either forward or back. Too much forward lean reduces the efficiency of the legs and can place strain on the hamstrings. Excessive backward lean can create muscular tension in the lower back and gluteal group, which can hasten fatigue and inhibit running efficiency.

Instead, focus on running tall. An athlete with a slouched posture places restrictions on the limbs' ability to move freely. Still, despite the need for good running posture, stay loose—not rigid. A rigid posture leads to muscular tension that, in turn, inhibits performance.

**Relaxation:** After spending an hour or six on the aerobars, many triathletes hop off the bike with tight, bunched shoulders. And, as fatigue mounts, athletes frequently

shrug their shoulders up into their necks, limiting their arms' ability to swing freely.

Build physical relaxation techniques into your training program and race-day regimen. Work at keeping your fingers, hands and jaw relaxed; no clenched fists, as this creates stiffness and tension. Emphasize the backswing with your arms and stay smooth and symmetrical.

## 2009 Sponsors



## San Dieguito Half Marathon (Results)

The San Dieguito Half Marathon took place on February 7th, 2009 and one of our Coyotes debuted his season with this race. Coming out of a first place finish in his division at the Silverman Half Ironman, last year, the pressure was on to see how his off season fitness had evolved or maintained. Jay Brant, had a great race and managed to do a PR on this very challenging and hilly course with a time of 1:34:17 which is the equivalent of a 7:12 minute mile pace. The weather conditions did not cooperate either, as it was extremely cold and wet out there and the runners experienced harder than usual conditions. Jay Brant is using this race as a pre-race tune up for the Wildflower Long Course triathlon to be held in Lake San Antonio

on May 4th, 2009 and has all the intention to defend his title of fastest coyote on this event.



**Jay Brant—1:34:17—PR**

Congratulations to Jay Brant for such an incredible performance on this very challenging course, and for anyone out there that

Thought that Jay was only a good swimmer and biker, well we now have evidence that he is a force to recon with in the run as well. Watch out for this Coyote to do very well in the 2009 season.

Jay Placed 11th out of 85 in his division on this race and top 50 overall.

Please join me in giving Jay



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## Surf City Half Marathon & 5k (Results)

The Surf City Half Marathon and 5k race took place on February 1st, and two of our coyotes were there to represent. Steve "El morro grande" Wiesner did the half marathon as part of his continual commitment to this local race for him. Having it done for 4 straight years, he was looking in improving his time from last year. He was so fast that he escaped all the photographers for this event, and we were not able to get a photo of him shredding this course, but his final time was 2:56:06, which is a great time for this big Coyote. The most important part is that he has continued to participate in this event year after year,

No matter what the conditions are out there. Every year, it



**Morgan Ringwald—24:29—PR**

seems to be a very cold and wet

Up in force. The second coyote to show up to this race was Morgan Ringwald, who after doing the 10k in January, decided that he wanted to tackle this 5k and see if he could do a PR early in the season, and he did, with a time of 24:29. Morgan has set two PR's in two races. Morgan also placed 15 out of 102 in his division, so that is a great accomplishment for this up coming coyote. Congratulations to both of our coyotes for a great day out there, and for representing the club with good attitude and spirit. Big Ahuuuu to both of you for such a great 2009 season kick off.

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Coyotes triathlon & bike Club  
6096 Citracado Circle  
Carlsbad CA, 92009

Phone: 619-307-0900  
Fax: 858-642-2554  
E-mail: [triclubcoyotes@yahoo.com](mailto:triclubcoyotes@yahoo.com)  
[www.triclubcoyotes.com](http://www.triclubcoyotes.com)

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 Dave Scott Bike Ride

(L-R ) Gabe Garcia, Greg Hendrickson, Monica Lewis, Dave "The Man" Scott, Blaize Baehrens