

Coyotes triathlon & bike club newsletter

Volume 4, Issue 4

April 2009

Special points of interest:

- **IRONMAN 70.3 CALIFORNIA**
- **BOSTON MARATHON**

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Ironman 70.3 California

The Ford Ironman 70.3 California will take place on Saturday April 4th, and this year we will have the most coyotes present in this event. Being that it is a local race for our club, we expect a lot of support from the rest of the club as well, so please plan on attending and cheering on your fellow coyotes. This race will be the kick off race for many coyotes, which include Monica Lewis, Blaize Bahrens, Nick Bokhoven, Gabe Garcia, Liam Their, Jorge Ortega, Alberto Saenz, Eduardo Argueta, Mike Drury, Adan Contreras, Nico Prieto, Salvador Moreno—out from

Jean-Claude Constandse, Francisco Reynoso, and Jeff Weeks who will be doing his half ironman debut on this race. 15 Coyotes strong will be taking on the challenge in Oceanside. For some, this will represent their 4th year doing it, for others it will be their first, and for others it will be the time to test their fitness level at the start of the season. We also expect Nancie Constandse, Marc Guerra, Glen Kaplan, Brian Kildow, Vanessa Feregrino, Hector Marquez and hopefully many more to come out and cheer. Keep an eye for the Coyote Banner which will be dis-

played near the transition area and close to where the turn-around for the run will be, so that you can meet, join and support your club, be sure to wear the colors and be ready to give a couple of big Ahuuuus,

Thank You for your support, remember that it is the friendship and support that makes this club so unique, ahuuuu.



APRIL 4, 2009

Boston Marathon

The Boston Marathon is the world's oldest annual marathon and ranks as one of the world's most prestigious road racing events. The Boston Athletic Association manages this American classic, which is sponsored by John Hancock Financial Services. The Boston Marathon has distinguished itself as the pinnacle event within the sport of road racing by virtue of its traditions, longevity and method of gaining entry into the race (via qualification). This year

we will have one Coyote participating in this event and one friend of the coyotes as well. Both Tim Wilson and John Reed will take on this challenging course and will try to do personal records. This is the third consecutive year that a Coyote will participate in this prestigious event. Tim Wilson has been concentrating on his running since January, sacrificing a bit of the early season triathlons to do a PR in this course and come home with a mark in

history. Past participants include Erika and Greg Hendrickson. Good luck to both Tim and John on this incredible accomplishment and make the Coyotes proud. Ahuuuuuu.



APRIL 20TH, 2009

Members & Birthdays

Please welcome this months newest Coyote

1.— Juan Feregrino

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

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

Scott Pinson—April 10th

Adan Contreras—April 15th

Thomas Gal — April 16th

Hector Marquez — April 16th

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



SPRING COYOTE, SWIM FAST, BIKE FAST AND RUN FAST....DON'T GET CAUGHT !!!!!!!

Announcements

- Due to a lack of responsibility by our members participating in club workouts and events, and from members getting involved in car accidents this year, the cost of liability for the club has sky rocketed and it has let to no other option than to start charging members an annual fee of \$200 starting next month, or we will have to dissolve the club from its existence. This has been a test to see if anyone really does read this dam newsletter and not

only looks at pretty pictures. If you did, then you would also know that today is April 1st, which means you just have been a victim of the second annual Coyote April Fools day. The coyotes are stronger than ever and looking forward to an excellent and promising 2009 season. Keep training and supporting the club. Ahuuuuu - This is just a reminder that while we are all out there biking, running and swimming and

we are wearing coyote gear, I ask that each and everyone of you take action and responsibility for our actions while out on the streets. We represent a club and want to keep the image of such as a clean and friendly group of people that enjoy what they do. Please obey all traffic laws, act responsibly, share the road with cars, try to ride in the bike lane as much as possible as we have seen 4 times now, the car will win the battle. Thanks

Coaching Tips

Tips for putting a nutrient dense eating approach into practice:

Include a higher water content fruit and or vegetable at each meal.

Higher water content usually means lower calories. Fifty per cent of the meal, in volume, should be FRESH or frozen (without added sugar or fat)

vegetables and/ or fruit. You should strive for nine + servings per day which range from yellow to red and green to dark blue in color.

Meet your carbohydrate needs with whole grains, starchy vegetables and fruit.

Focus on rich dark brown grains with a lighter texture such as brown rice. Select flake or

puffed cereals over dense granola type cereals. Use starchy vegetables such as baked or sweet potatoes instead of a helping on enriched pasta to refuel muscle stores. Snack on fruit instead of energy bars.

By Ironman.com

2009 Sponsors



Bulldog Bike Race (Results)

The Bulldog Bike Race took place on February 28th, in

how slow the pace was, he was tempted to do a solo attack, but

By the time that they were coming to the finishing stretch, blaize and Mr. Swami had traded leads back and forth, and had formed an alliance, and with very good sportsmanship, blaize decided to share to his competitor that he in fact was in the same age group as him and that if they were going to decide who the winner was, it was not going to be by who's turn it was to go in front, but rather duel it out. They both acknowledge the challenge and continued to work together, until the final bend, where blaize had the leading wheel, and decided to let the swamis guy pass so that he could sneak from behind and attack on a sprint. The problem with this strategy was that as soon as the turn finished, the finish line popped right up, and blaize had very little time to react to the situation, and set out to an all



Blaize Baehrens—1:14:10

Camp Pendleton, and one of our Coyotes, Blaize Baehrens, used this race as his first official bike race. Blaize had been

decided to respect the group and understand how the racing thing works. He did a smart decision by holding on. The first couple of miles passed by and the group was intact, but it was not until the first hill that the real race began and mayhem started. Blaize kept his composure, managed to stay with the lead group and when he turned around to see the carnage done by the hill, he realized that there was a leading group of 5, and that they had left everyone else in the dust. Capitalizing on this, blaize soon find an alliance with a Swami biker that appeared to be at the same speed and fitness as he was, and both soon realized that the leading 3 riders where pulling away from them, so they decided to work as a team, and work with each other to try and catch the leaders or at least not loose more ground. Although the strategy did not work to catch the front guys, it did great work to keep the peloton from coming from behind and catching the first chase group of blaize and swami man



Blaize Baehrens—1:14:10

doing quite well in his bike training and decided to give the group riding a go. Having no prior experience in bike races, blaize strategy was simple, stay with the leaders as much as you can, and then hold on for dear life. Blaize set out with the pack, and he was surprised on



Blaize Baehrens—1:14:10

out sprint, only to loose by half a wheel. Blaize got 2nd in his age group. Congratulations!!!!!!



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Havasu Triathlon (Results)

The Havasu triathlon took place on March 21st 2009 and



Kim Schreiner—2:25:50

two of our coyotes participated in this great event. This is the second year in a row that we have had coyotes participating in this event. Kim Schreiner was not feeling 100% when the race started, and although she had some stomach problems in



Kim Schreiner—2:25:50

the bike that made her share her cookies with the road, she was impressive. Kim not only beat all the girls in her division,

she was First Female overall. Now you have to remember that this was also the site of the Collegiate championships, so the best of the college ladies were out there trying to beat our very own coyote, and non of them where successful. Kim



Jay Brant—2:28:22

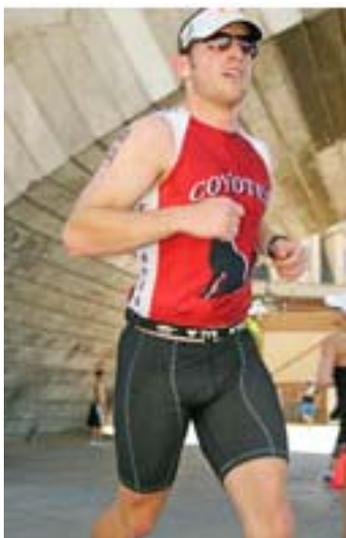
finished with a time of 2:25:50. The second Coyote to finish, was Jay Brant, who was coming off a great end of season race at Silverman and took this race as his first of 2009. Jay looked very strong in his element which is the bike, and set a very

Fast pace, but his running legs did not show up to this race, so



Jay Brant—2:28:22

as soon as the run started, Jay realized that he was not going to have the day he was looking for, needles to say, Jay managed to finish in the top 10 in his age group with a finishing time of 2:28:22 and placing 8th in his category. Congratulations to



Jay Brant—2:28:22

both Coyotes for outstanding performances, way to represent the Coyotes, ahuuuuuuuu.



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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 Tour de California Final Stage

(L-R) Spencer's Sister, Spencer Evans, JC Constandse