

Coyotes triathlon & bike club newsletter

Volume 4, Issue 7

July 2009

Special points of interest:

- CARLSBAD TRIATHLON
- VINEMAN IRONMAN 70.3

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Carlsbad Triathlon

Carlsbad Triathlon ranks in the World's top 5 Longest Running triathlons. It is a sprint distance race, consisting of a 1K open-water ocean Swim, 25K Bike and 5K Run. The course begins at Tamarack Surf Beach, and follows the coastline of Carlsbad, past our scenic beaches, lagoons and wildlife preserve. It boasts an ocean swim, a rolling bike course and a smooth run for the finish. This year we have Morgan Ringwald taking on this local course, with a possible showing of Blaize Baehrens. Morgan is a local to Carlsbad and has frequented this course during

his regular triathlon training, so it should be a course that he can dominate and take control of things. Expect local coyotes to show up and lend some support as well as it is in the back yard of the Coyotes. This is a fast race that attracts local talent and a good pro field as well. Morgan will use his swimming skills practiced at the Coyote Friday's swims to pass through the rough wave start that this race is know for. This will give him an advantage over other athletes that have not practiced the rough water swimming and wave entry and exit. The bike has

some rollers that should be no problem for Morgan, and finally the fun is mostly flat, with a short steep hill to get your blood flowing at the start of the run, and finishes at the Tamarack Grass area, the finish line is usually a great spectator area and it is centrally located so that you can see multiple parts of the event.



JULY 12, 2009

Vineman Ironman 70.3

The Vineman Ironman 70.3 Triathlon will be held on July 20th, 2008 in Sonoma County, California. The event consists of a 1.2 mile swim, a 56 mile bike, and a 13.1 mile run. The point-to-point event begins at Johnsons Beach in Guerneville and takes entrants past literally hundreds of vineyards and dozens of wineries before it finishes up in at Windsor High School (just north of Santa Rosa). The course is a tour of Sonoma County's beautiful wine

country, passing through four different grape growing regions: the Russian River Region, the Dry Creek Valley, the Alexander Valley, and Chalk Hill. This event has become one of the most popular and highly competitive triathlons in the world and this year we have 1 of our coyotes participating in this great event. Rich Osman will be doing this event for the 6th straight year and is a local favorite. Rich has all the advantages of

having this course be right at his back yard, so watch out for him to put on some good times in this though race. Good Luck to our coyote. Ahuuuuuuuu



JULY 19, 2009

Members & Birthdays

Please welcome this month's newest Coyote.

1.— John Reed

Our total number of coyotes is now 41 with the potential to keep growing.

July has 3 coyotes celebrating their birthday on our coyote birthday tracker .

Eduardo Argueta—July 8th

Morgan Ringwald—July 15th

Alberto Saenz —July 21th

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

Coyotes wish you a very happy 4th of July. Happy Independence day, remember to celebrate with your loved ones, have a great time, share good memories, and spend some time relaxing and catching up with your sleep. Go see the fireworks and if you drink and party hard, please don't drink and drive.



Announcements

- Coyotes are sad to report that due to the hard economic times that we are seeing, three of our sponsors have decided to not continue our sponsorship. We thank Crosschem, Mama Mia Pizza and Excel for their support during the 2008-2009 Season, wish them well in the future and thank them for helping the Coyotes be where they are at the moment. We appreciate their support and hope to get continued support in the future from

them.

- Coyotes will celebrate their anniversary with our third annual BBQ on La Jolla shores lawn on August 1st at 9:00 A.M. for a nice cove swim followed by a run and BBQ. We encourage ALL of the coyotes to come out and play, meet your fellow coyotes, help out on the BBQ if you are not planning on running or swimming and just come out for a great time in the sun, perfect time to



2nd Annual Coyote BBQ

socialize and meet your fellow coyotes.

Coaching Tips – Nutrition

Pre-Exercise Energy Bars

While fueling with a pre-workout PowerBar and Gatorade (\$2-\$3) is one way to energize your workout, you could less expensively consume 300 calories of banana+yogurt+water (\$1) or pretzels+raisins+water (50¢). Any of these choices are carbohydrate-rich and will offer the fuel your muscles need for a stellar workout. The best pre-exercise snacks digest easily, settle well in your

stomach, and do not talk back to you. Standard supermarket foods can do that as well as engineered foods. Experiment to determine what settles best in your body.

Energy Drinks

There's little doubt that Red Bull and other energy drinks are popular, particularly among folks who use them for alcohol mixers.

For athletes, energy drinks are the source of enough sugar and caf-

feine to give you a quick energy boost. The problem is, one quick fix will not compensate for missed meals. That is, if you sleep through breakfast and barely eat lunch, having a Red Bull for a pre-workout energizer will unlikely compensate for the previous inadequate food intake. If you can make the time to train, you can also make the time to fuel appropriately, rather than rely on a quick fix. By Active.com

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CATS Sprint Triathlon (Results)

The 2009 CATS Sprint Triathlon took place on June 7th, 2009 in Arkansas, and one of



Jeff Weeks—1:33:24

our Coyotes participated in this event. Visiting all the way from California, our very own Jeff Weeks managed to squeeze in a race while doing a family visit in Arkansas. Not knowing what to expect and how competitive the field would be, Jeff went out all geared up to have fun and try to represent. Not only did Jeff have a good time amongst the hayfields, razorbacks, cornhusks, straw bale hats, long johns and what not, but he also managed to place top 10 in his division and making a strong presence for the Coyotes in an out of state race. Jeff exited the water in good position after recently having practiced the double white buoy sessions of the Coyotes Friday swim, so this sprint swim was only a warm up for Jeff, he even had time to walk from the swim to the transition area, while mentally preparing himself for the bike ride. Once

on the bike, Jeff took no prisoners, and set out on a blazing pace, being used to California hillside, once he saw the flat portions of Arkansas and found himself being chased by non other than razorbacks, well I guess you would be biking hard as well. Jeff mentioned that he passed couple of triathletes in Long Johns, Farmer Johns and straw bale hats instead of helmets and wondered if he was in the right path, or he had somehow strayed out of the course and found himself in some



Jeff Weeks—1:33:24

wicked mid west Farmland. Nevertheless, Jeff remained focused and continued his mission and finishing the bike portion and ready for a strong run. Jeff has also been practicing his run by doing morning runs prior to the swims, so this early morning run was no surprise for our great Jeff and once he found out that part of the run was being done in a grassy field, well he was all happy to know that his shin splints would not

be a driving factor in determining his run outcome at this race. Jeff had full support from his family and in laws as well, so you know that he had to put in a good showing or he was not going to get dinner that night. Well 7th in his age group is a very respectable showing and I am willing to bet big bucks that Jeff got a good dinner that night and some well deserved rest, after all, how many races you go through that you find yourself being chased by razorbacks, pass hillbillies while on the bike and having fans and spectators yell at you while chewing on a strawbale “home is what you make it” as in Joe Dirt’s famous expression, which again made for an extra fast run for Jeff. Congratulations Jeff for a great performance, incredible adventure, and great club representation in Arkansas, way to represent the coyotes in this first out of state



Jeff Weeks—1:33:24

race, Ahuuuuuuuuuu



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Equinox Adventure Race (Results)



Benoit Guizar & Alfredo Ramirez

On May 30th, the newly formed Coyotes Adventure Race Team embarked on their first race ever, which promised to be a challenge of endurance, know-how (or lack thereof), and camaraderie. At roughly 8am, the team consisting of Alfredo “the leader” Zepeda, Monica “bring down the hammer, and the mountain bike while you are at it” Lewis, Alfredo “chillin” Ramirez, Nico “hardcore” Prieto, Luis “why not?” Zepeda, “El Master” (need I say more?), Benoit “the real Master” Guizar, Jorge “hardcore2” Ortega, along 2 other group friends gathered at the designated camp grounds on Mt Laguna at a cool 6000 ft of elevation.

After the ceremonial hello’s and Ahuuu’s, the team quickly made its way to the bike drop off area, to then come back to the start/finish campground, where the mandatory meeting/orientation was to be held at 9am. Having a team limit of 5, the group was forced to split in to 2, which only made the

situation better, as a race was quickly brewing.

During orientation, each group was handed a list of coordinates for the respective Trekking, Mountain Bike, and Orienteering portions of the race, alongside a handful of topographical maps to plot the coordinates on. The rules of the race were simple. Some checkpoints on each discipline were mandatory, and there were other optional points (of varied degrees of

consisted of both of the now dubbed “hardcore” AR Coyotes, Nico and Jorge, along side 2 other friends. Starting with an easy run towards the woods, the roughly 80 people participating in the race, quickly started spreading, as each team concentrated on their paths of choice, and race tempo.

Coyotes AR Team2 decided to tag along a veteran team from Tijuana, and carried a grueling pace from the get go. Coyotes



AR Team1 chose a more conservative pace, to give them a

difficulty) for the taking. All in all, a time limit of 8 hours was imposed, and at the end, teams would be scored by total time, and extra points for the optional coordinates successfully completed.

After a 20 min prep time (to plot coordinates and choose routes), at exactly 10 am, the race was off! Coyotes AR Team 1 consisted of both Alfredo’s, Benoit, Monica, Luis, and Coyote AR Team2 defector “El Master”. Coyotes AR Team 2,



Alfredo Ramirez

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Equinox Adventure Race (Results Cont.)



Luis & Alfredo Zepeda
 overall, and having had a great race where much was learned. Team 2 took the opportunity to make the most of the day, and continued on to do part of the orienteering portion with similar success, placing 21st overall. Not a shabby start to our new AR group within our Coyotes team! . This report has been brought to you by our own Luis Zepeda. Coyotes are proud to announce the launching of the Coyotes Adventure



Coyotes Adventure Race Team

Race team. We are currently in the process of finalizing the process and how we will divide duties so that members can do Adventure Race specific training and be part of the training schedules. Coyotes is very excited that this type of race has brought this much hype and are proud to be involved in another type of sporting event that is in a way related with the sport of triathlon. For all of the Coyotes who have not done a race, please keep an eye for up com-



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Orientation
 ing information on the web page and emails for future races and planned training events. Congratulations to all of our participating coyotes, what a way to splash into the Adventure race stage and most importantly for having an absolute blast and keeping true to the coyote spirit and mantra, which is **HAVING THE ABSOLUT MOST FUN AND EXERCISE AT THE SAME TIME. BIG AHUUUUUU TO EVERYONE.**

Photos By:
 Alfredo Ramirez, Monica L.

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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 2009-2010 Sponsors:



Coyotes at Equinox Adventure Race

(L-R) Alfredo Zepeda, Monica Lewis, Alfredo Ramirez, Luis Zepeda, Benoit Guizar, Mystery Guest