

Coyotes triathlon & bike club newsletter

Volume 4, Issue 8

August 2009

Special points of interest:

- **AMERICA'S FINEST CITY HALF MARATHON**
- **IRONMAN CANADA**

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Americas Finest City Half Marathon

Americas Finest City Half Marathon will take place on August 16, 2009, and this has been a Coyote favorite year after year. It is a beautiful challenging yet fast course, that starts at the top of Cabrillo national monument and finishes at Balboa park, and in the past years it has been a very hot and challenging day for the runners. The weather patterns always have very hot temperatures and high humidity, but the entire course is filled with supporting spectators and spectacular views of San Diego harbor that will keep the athletes motivated and moving for-

ward. This year, we have two of our coyotes participating in this great event. Omar Zurita will be representing the coyotes and will be trying to do a personal best. The second Coyote that will be participating is Alejandro Aceves, who is trying to complete his last half marathon in order to get the prestigious triple crown of half marathons which started with Carlsbad, then La Jolla Half, and finally Americas Finest. Alejandro, has had an on off season, which has been plagued by injury. He has completed 6 Half marathons and 3 Full marathons so far,

so lets hope that he can finish this race without too much injury.

Good luck to all and remember to wear your Coyote running shirts, and for all of our coyotes spectating, be sure to look for your fellow Coyotes and give them a big Ahuuuuuuuuuu, when you see



AUGUST 16, 2009

Subaru Ironman Canada

Ironman Canada will take place on Sunday August 30th, 2009 and this year we have 2 Coyotes participating in this event. Ironman Canada is one of the hardest Ironmans to get into and apparently has a spectacular course in place, and the best local support in this town of Penticton that transforms itself during the ironman week. Blaize Bae-hrens will be participating in his first Ironman and is looking in using a superb running ability to catapult himself to

the finish line, he is shooting for under 11:00:00 hrs. The second coyote to participate will be Jean-Claude Constandse, who will be doing his second Ironman and looking to improve on his 11:31:19 previous time of Ironman France. He too will be looking to breaking the 11:00:00 hr barrier and is relying on his biking skills to do this. Both Coyotes have a fair advantage as it has been said that athletes coming from California tend to do well in this chal-

lenging yet fast course. Be sure to follow all their progress by visiting ironman.com Good luck to both, race hard, race smart and be safe out there, and remember to make the Coyotes Proud, Ahuuuuuu.



AUGUST 30, 2009

Members & Birthdays

Please welcome this months newest Coyote.

1.- Ethan Edwards

Our total number of coyotes is now 42 with the potential to keep growing.

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

Luis Zepeda—August 22nd

Omar Zurita —August 29th

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

-Coyotes 2009-2010 Uniforms will be finalized and orders will be taken so that we can have these uniforms under production, remember that if you don't pay in advance, your uniform WILL NOT GET ORDERED.



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Announcements

- Coyotes are proud to announce that we have successfully gotten a new sponsor for the 2009-2010 season. Beaker Concepts, Inc. is the inventor of the hydrotail, the speedfold and the vasoSocks, as well as their own brand of uniforms and bikes. The Sponsorship will consist of a discount TBD to all of our active Coyotes on any of their products. Please visit our newest sponsors page at www.beakerconcepts.com



-Coyotes are also proud to announce that along with Beaker Concepts, we have secured sponsorship with Massage Worx by Brian. Which is a Sport injury prevention and

treatment service that uses the most advanced A.R.T./ Deep tissue techniques along with cold laser technology. 20% off your first visit will be taken off for any Coyote Members.



Coaching Tips – Fast Transitions Socks or No Socks?

Prevention: The three major contributors to blisters include heat, moisture and friction.

Wearing moisture-wicking socks is one remedy that can reduce or eliminate blisters altogether. Some competitors prefer single-layer, thin socks while others prefer the double-layer socks. Wearing double-layer socks keeps feet cool and dry by wicking moisture.

Sock Free Tips:

Four major categories to combat blisters include lubricants, powders, hydration and taping. Interestingly, it's been found that rubbing "moist" skin produces more friction than rubbing either very wet or very dry skin. Lubricants help reduce friction by keeping skin-to-skin or skin-to-shoe areas wet and slick. Powders and antiperspirants reduce friction by keeping feet very dry.

If you over-hydrate and take in excess sodium, fluid retention causes your toes to swell into Vienna sausages and your feet into potatoes.

If you underhydrate and lose too much sodium from sweating, fluid tends to accumulate in your feet and you actually retain fluid in extremities.

Always practice in smaller runs before trying it on a race.



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San Diego International (Results)

The San Diego International Triathlon took place on June 28th, 2009 and as always, this is



Blaize Baehrens—1:43:36

a favorite and local race for our club, so to no surprise, we had good representation through the day. The first one of our coyotes to cross the finish line, was Blaize Baehrens, who surprised even himself of how well he fared in this preparation



Blaize Baehrens—1:43:36

race. Blaize had a time of 1:43:36 which placed him in 3rd place of a very competitive

and big age group, it also gave him a huge confidence booster for his level of fitness and speed leading into his A race which is Ironman Canada, Blaize used a superb run of 6:15/ minute mile to put himself in the podium. The second coyote to finish out of our



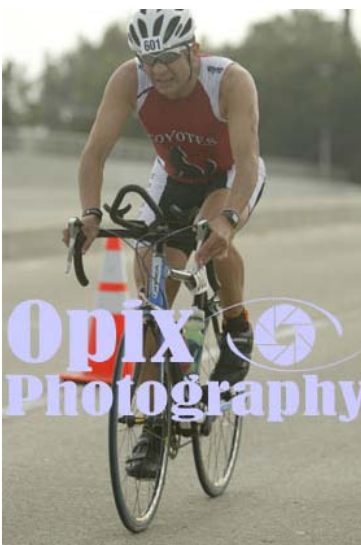
Morgan Ringwald—2:14:46



Morgan Ringwald—2:14:46

group was Morgan Ringwald, who had a solid all around performance through the day and managed to come in the middle of the pack of his age group.

The third Coyote across the finish line was Eduardo Lizarraga, who had a good bike split



Eduardo Lizarraga—2:24:55

and a solid run. He also had a very solid support group that was chasing him all over the streets of San Diego and trying to intercept him prior to his appearance at various stages of the run, this can sometimes be



Eduardo Lizarraga—2:24:55

harder than it seems when you have to deal with traffic.



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Beaker Concepts, Inc.

San Diego International (Results Cont.)

Jeff Weeks was the last of our Coyotes in the International Division, and he was compet-



Jeff Weeks—2:32:00

ing as he usually does in the Clydsdale division. Jeff was using this race as preparation for the up coming half marathons and to see how his shin splints are behaving. Jeff has had multiple injuries in his shins and can easily re aggravate them to the point of stress fractures, which is what happened to him last year. So with a very solid swim thanks to his double buoy Friday swims and a solid bike ride to back that swim, Jeff placed himself in a good position to be able to run at a comfortable pace that would not lend to injury. The Coyotes also had representation in the Sprint Division, with Steven Edwards, who had a finishing time of 1:26:29 and getting into the top 5 of his age group, missing podium by seconds. Steve was so fast out of the water and bike that the Opix Photographers had a hard time catching up with him and

as evident in this newsletter, there where no shots of him for us to share with all of you. Steve has been coaching high school track, so he has had a very solid running program that has propelled him to excel in his age group and be a very dangerous threat once he is on the run. Congratulations to all of our coyotes for solid performances all around, for participating in this great event and supporting the local San Diego events, and most importantly for going out



Jeff Weeks—2:32:00

there and having fun while doing it. You all looked very good out there and showed your true colors. Congratulations to all and look forward to future results from each one of you, as you have all used this race as a preparation race for up coming events. We know that Blaize will be doing the Ironman Canada and using this event to practice his speedwork was vital, he not only got a 3rd place in his age group, but managed to add a 6 mile run back to

Transition as he prepared himself for his first ironman. Morgan's next race was the Carlsbad Triathlon, which unfortunately did not turn out to be a great race for him and had to abandon, but never the less, had a great performance at this years SD Int. Jeff weeks has the Solana Beach triathlon next, so we hope that he used this longer distance event as proof of his conditioning and he can shred the shorter distance course without a problem. Steve was planning on doing the Triathlon at Pacific Grove, but due to some family plans and changes in the schedule, he will no longer participate in this great event.

Eduardo Lizarraga is flying under the Coyote radar at this point and there is no know event for him at this time, however this master of hiding will show up in your upcoming event without you knowing he was there until you get a big



Steven Edwards— 1:26:29

Ahuuu from the crowds and realize that he is there.



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Message Worx by Brian

Carlsbad Triathlon (Results)

The Carlsbad triathlon took place on July 12, 2009. This year our Coyote Power Couple



Kim Schreiner—1:19:52

participated and as is usually the case with this power team, they placed in the top 10 on their divisions. Kim Schreiner, took control of the situation right from the start, having an excellent swim that put her in the top 5 of her age group,



Kim Schreiner—1:19:52

once she was on the bike, there was no catching this future “Natasha Badman”, Kim pow-

ered her way through the bike and moved all the way to 1st, where she remained for the entire run and taking top honors in her very competitive age group with a time of 1:19:52. Her time was so impressive, that if she would have raced in the pro division she would have



Kim Schreiner—1:19:52



Jay Brant—1:20:46

placed 3rd, behind Kate Major and Jessie Stensland. Jay Brant had a great race himself, having a very solid swim, he quickly started to make ground on his

Competition on the bike, and getting closer to the lead, once on the run, Jay remained in



Jay Brant—1:20:46

control of things and secured a 6th place finish in his age group with a time of 1:20:46. Congratulations to both of our coyotes for doing their last race as bachelors, they have made this power team official and will



Jay Brant—1:20:46

be getting married this month. Congratulations !!!!!!!!!!!!! Ahuuuu



WATCHMYRACE

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Watch My Race

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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:

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Coyotes Friday Swim

(L-R) Tim Wilson,
Special Guest, JC
Constandse,
Marc Guerra,
Murph, Blaize
Baehrens, Monica
Lewis