

# Coyotes triathlon & bike club newsletter

Volume 4, Issue 9

September 2009

*Special points of interest:*

- **NAUTICAL MALIBU TRIATHLON**

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## Nautica Malibu Triathlon

The Nautica Malibu Triathlon will take place on September 12, 2009 and it promises to be a good one. This triathlon has been a favorite amongst the Hollywood celebrities and the local favorites include Matthew McConaughey, Jennifer Lopez, and other high caliber celebrities.

The Nautica Malibu Triathlon Olympic distance race course features a 1.5K Pacific Ocean swim, a 40K out-and-back bike course along the Pacific Coast Highway, and a 10K out-and-back run course on pavement and blacktop

along the sands of Zuma Beach. The course goes through some of the most beautiful roads in Malibu, with spectacular views of the mountains and the Pacific Ocean. This year, we have one of our Coyotes participating on this event, Gerardo Charvel, will be taking on this course and it will be his first Olympic distance triathlon, which is a step forward to achieving his ultimate goal of one day finishing a Full Ironman. Gerardo has recently completed a half marathon in preparation for this event, at a 8:35 minute mile pace, which should improve his

chances to have a fast run on the Olympic distance triathlon. Good Luck to our Coyote in this race, represent the club in the LA area and give the crowd a big Ahuuuuuu



SEPT. 12, 2009

## Members & Birthdays

Please welcome this months newest Coyote

1.– Daniel Egoroff

Our total number of coyotes is now 45 with the potential to keep growing.

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

Jeff Weeks— Sept. 17th

Jay Brant — Sept. 21st

Tim Wilson—Sept. 25th

Alfredo Zepeda — Sept. 30th

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

Happy Mexican Independence Day to all of our coyotes

Viva Mexico, Arrrrribaaaaa!!!,



## Announcements

- Coyotes are proud to announce that we have successfully gotten a new sponsor for the 2009-2010 season. Watch My Race is designed so athletes can share the excitement of their events on race day with family, friends and fans using high end GPS tracking systems.

**WATCHMYRACE**

Our very own Coyote Greg Hendrickson is the CEO of this company and is a very devoted Coyote.

-Coyotes Are Proud to announce that our very own Power Couple Kim Schreiner and Jay Brant got married on August 2, 2009. CONGRATULATIONS TO THIS HAPPY COUPLE, and we wish you a very happy life together. AHUUUUUUUUUU.



## Coaching Tips– Energy Bars

### THE SUN VALLEY BAR DIFFERENCE:

In Sun Valley, Idaho, a mountain community that embodies a natural, vibrant, active lifestyle, Sun Valley Bar was co-founded by

All-American athlete sports nutritionist, Sarah Walker MS, RD, LD, and specialty-foods caterer, Ann Scales. We create NUTRITION FOR THE WAY YOU MOVE™ by combining whole

food ingredients based on their nutritional and synergistic values important for specific levels and types of activity. We use only the healthiest nuts, grains, seeds and fruits.

- Simple, Clean, Whole Food Ingredients
- Nutrient-Dense – Packed with Nutritional Purpose
- Formulated for an Active Lifestyle

- OMEGA-3 oils for anti-inflammatory and bone health
- No added sugar, wheat-free, dairy-free, vegan, kosher
- Using only the healthiest nuts, grains, seeds, and fruits



## 2009 Sponsors

**WATCHMYRACE**



**baunfire**



# Americas Finest City Half Marathon (Results)

The Americas Finest City Half Marathon took place on August 16th, 2009. And this year



Omar Zurita—1:52-03

we had 3 of our Coyotes participating in this event. The conditions for this event were perfect, nice and temperate conditions that is very unusual for this event. This was very helpful for our 3 coyotes out there trying to finish this race. The first of our Coyotes to cross the line was Omar Zurita, who accomplished a personal best time of 1:52:03, and fully represented the club with shirt and cap. Ahuuu and congratulations to Omar for a great performance. The second coyote to cross the line out of our Coyotes was Gerardo Charvel, who was trying to do a personal best, and was actually right on track to accomplishing this task, until the final miles of the marathon kicked in and the hill got his quads and they started to lock on him, he was forced to reduce his pace in order to finish the race. Although he did not break a per-

sonal best, he came very close to his time, only being 1:52 off his best time ever. Gerardo was also using this race as a fitness check for his up coming Nautica Malibu race which is coming on September 12th. Gerardo did a 8:35 minute mile, which should be right on track for him to do his PR on his first Olympic distance triathlon experience, and half the way of running. The third of our Coyotes was Alejandro Aceves, and this was a bitter sweet finish for



Gerardo Charvel—1:52:22

him. Alejandro has been battling injuries all season long, and this race was no exception. Alex had a severe hamstring problem that has prevented him from doing any type of running for at least two months, and the obvious answer to this race scenario would be to have dropped out of the race and not even do it, however Alex had a much bigger goal in mind. He was after the coveted Triple Crown of Half Marathons title, which is composed by

Finishing all 3 of Southern California's most prestigious Half Marathons. The Carlsbad Marathon which is held at the beginning of the year, followed by the La Jolla Half marathon at the beginning of Summer, and is quite a challenging hilly course, and finally finishing with the Americas Finest City Half. Although his time was not what he wanted, and was reduced to walking for a lot of the miles, this Coyote demonstrated the true spirit of our club by not giving up, and accomplishing the goals he has set for to complete. Alex will be happy to not having to do these half marathons in the future and will now focus on the Triple Crown of Marathons, which includes the Long Beach Marathon, Rock and Roll and Pacific Coast Marathon. Alex needs to recover well from all his injuries first if he has any chance to performing this hard task. There is word that Alex may try



Alejandro Aceves—2:40:53

to do the Tucson Marathon in December. Ahuuuuuuuuuu



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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 3rd Annual BBQ.**

(L-R) Armando, Lilian, Alex, Oscar, Marc, Maureen, Melisa, Rylie, JC, Nancie, Sonja, Blaize, Vanessa, Jay, Kim, Monica, Jeff, Hector, Blake, Bradley, Julianne, Blain Jose Luis, Angela