

Coyotes triathlon & bike club newsletter

Volume 5, Issue 1

January 2010

Special points of interest:

- **CRYSTAL COVE XTERRA TRAIL RUN**
- **COLE FREDERICK KAPLAN**

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Crystal Cove Xterra Trail Run

Race #3 of the Nor Cal Xterra Series takes place at [Crystal Cove State Park](#), which is located five miles south of Newport Beach and/or five miles north of Laguna Beach. The race features two distances - an introductory 5k trail run and a longer 17k trail run for the more experienced runner. This all takes place on fire roads and single track trails in the El Moro area of Crystal Cove State Park.

And to start the season off we have one of our Coyotes Monica Lewis participating in this event. She has partici-

pated in this event in past years when it used to be a 15k, but now that they have added 2 extra k the competition better watch out as they have just given more real estate for this fast Coyote to catch up and increase in her previous performances. Crystal Cove is a beautiful place and presents some very challenging and demanding hills that these athletes will have to negotiate if they have any desire to claim their title at this event. Monica Lewis also has the local factor to her favor, since she was a local Newport Beach Resident and used this particular area as a

training ground. This will be the first indication on how the fitness of our Coyote has remained during the off-season and what to expect in the coming months as we start shaping up for the 2010 race calendar. Good luck to Monica and start the year for us with a bang.

AHUUUUUUU



JANUARY 24, 2010

Cole Frederick Kaplan

On December 7, 2009 Coyotes Glenn and Bianca Kaplan welcomed to this world their newest addition to the family with Cole Fredrick Kaplan weighting in at 5lb 11oz, this little bundle of joy entered this world to compliment their family and change their lives forever. Congratulations to the proud parents and thank you for giving the club one more addition to the toddler division. Please keep up posted on the progress of

this little one. We can't wait to see him and welcome him to the club gatherings. Both Mother and Son are very healthy and dad is apparently very very tired. Ahuuuu



COLE FREDERICK KAPLAN

Members & Birthdays

Please welcome this months newest Coyote

1.– Lauri DeNicolo

Our total number of coyotes is now 47 with the potential to keep growing.

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

Ethan Edwards — Jan 4th

Maggie Riley Hagan— Jan 5th.

Fred Powell—Jan. 10th

Bill Riley—Jan 15th

Happy Birthday to all, remember to celebrate in style and be ready for a new age group challenge in 2010 .

Remember to make all of your 2010 resolutions a reality, include one or two races for your 2010 calendar year and break at least one of your PR this year.

Train Hard,

Train Smart and stay away from Injuries.

See you all in 2010 Ahuuuuuu



Happy Holidays

Announcements

- 2010 season is upon us and as a reflection to 2009. There are lots of things that we can do to improve our health and modify our life. With that said, the results of our first annual Coyotes awards where as follows: Coyote Rookie of the Year went to Dan Egoroff. Most improved Coyote of the Year to Alfredo Zepeda, Coyote Power Couple went to Kim and Jay Brant, Male Coyote of the year went to Brian Kildow, and Female Coyote of the

Year went to Kim Schreiner-Brant. Congratulations to all of our coyotes for such a successful season and fun season, we grew as a team, we got to know more people and expand on our friendships amongst our club members. Special Thanks to Monica Lewis for letting us host the Coyote Holiday party at Casa de Lewis. Ahuuuuuu - Hotels for Wildflower are selling out fast. Motel 6 Paso Robles still has rooms available

for 75/night. Call 805-239-9090 to book your reservations today.

- Wildflower registration is approaching its limits and so far we have 17 coyotes participating in this event. Be sure to add your name to the team if you are going to participate. Last year we had 23 coyotes participate in this event, so lets get the team up there and have a bigger turn out this year, AHUUUUU

Coaching Tips

Triathlon is an exciting sport, catching the attention of every level of athlete from beginner to podium seeker.

The sport of triathlon offers common distances such as sprint racing (450-yard swim, 11-mile bike and a 3.1-mile run), Olympic-distance events (0.9-mile swim, 24.8-mile bike and a 6.2-mile run), Ironman-distance events (2.4-mile swim, 112-mile bike and a 26.2-mile run) and variations of those basic distances.

It doesn't matter whether you are

"just thinking about doing a triathlon," consider yourself a committed newbie or whether you're an old-dog-triathlete. It's time to decide to go long or short, go for the road or dirt, participate as a member of a team or go it solo. This column offers 10 valuable tips that can help you this New Year:

1.– Set a goal

2.– Periodize your training

3.– Rest

4.– Health first, Performance Second.

5.– Mix it up for whole body fitness

6.– Get Strong

7.– Monitor Workout intensity

8.– Change Intensity, get a range of gears.

9.– Once achieved, maintenance is easy.

10.– Technique, technique, technique.

By Active. com

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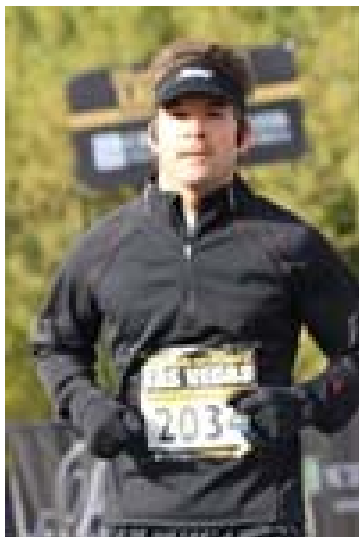
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Las Vegas Rock & Roll Marathon (Results)

The First Annual Las Vegas Rock and Roll Marathon took place on Dec. 6th, 2009 and



Blaize Bachrens—3:16:33

this year we had one of our Coyotes Blaize Bachrens participating in this event. This was the first stand alone Marathon for Blaize and his second total, after the one he did as part of Ironman Canada. Blaize was hoping to use this race as a Boston Marathon qualifier, and knew that the pace that he needed to maintain was a 7:10 pace. He set himself at the back of corral # 1 and set his sight on the 7:10 pace marker. He started the race with them, and quickly realized that this was going to be along and painful task to keep the pace for 26.2 miles, but never the less, he set to keep his goal and unless his legs gave out, he would continue charging ahead with this goal. By the time he hit mile 4 his legs had settled into a pace that finally felt comfortable and was inspired to do this race at that pace. He kept this fast and furious pace for a while, until

the half way point of the marathon, when things started to remind him that the pace was a bit too much, and a bit too fast for his comfort. His quads started to ache really bad, his calves were burning, feet hurting and he was trying to come up with thoughts that would relieve the pain, but could not come up with any good reasoning. After seeing the banner go up a few feet, he would need to do surges to try and keep pace with the 7:10 pace banner, and this small bursts of energy



Blaize Bachrens—3:16:33

where only taxing our coyote a bit further, he kept this cat and mouse game for 2-3 more miles until he finally decided that if he did not let the 7:10 pacer go, he would be in jeopardy of not finishing the race at all. This brave coyote was suffering big time at this point and was now trying to establish his pace that would feel comfortable, unfortunately for him, once he had reached the red line, there is no turning back, and his engine was severely overheated in need

Of fluids and his body begging him to stop, he got passed by the 7:15 pace and realized that his dream for qualifying for Boston was over, but still wanted to do a PR and hold on for dear life. He stayed with the 7:15 pace as much as he could knowing that even that pace at this late of the game was fast and furious and very very painful. In the last couple of miles, the pace was too much and he let this banner go, and made it to the finish line in a pace that although not comfortable, was at least doable to finish. Blaize time was 3:16:33 which is a PR for Blaize and an amazing time for a first stand alone marathon. This is also as a result of only a couple of long runs since his Silverman Half ironman, so incredible time considering the training he actually put in for this race. Blaize now found a new respect for a Marathon and accepted the fact that Boston needs to be earned and it is not



Blaize Bachrens—3:16:33

just given away. Boston, watch out Blaize has you in his sight.



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Dana Point Turkey Trot 10k (Results)

The Dana Point Turkey Trot 10k took place on Nov. 26, 2009 and one of our Coyotes



Steve Edwards—46:32

Steve Edwards was there to take part in this Holiday Run. Steve was striving to reach a

PR in this course having done a lot of track prep work and teaching track to high school kids in Carlsbad. Steve used his track experience and knowledge to do exactly that and do a PR in this fast and furious 10k with a time of 46:32 and placing him in the top 10 in his division out of 112 athletes, representing again our coyotes in the process. Congratulations to Steve Edwards for an outstanding performance and for still breaking individual records as the seasons pass by. Steve used this race as preparation for his upcoming Marathon at the beginning of December. Steve Edwards will also be leading a Coyote track workout that will start as soon as daylight savings starts and should be a great addition to our club workouts,

Please keep an eye on your email box for these and many more running additions to our



Steve Edwards—46:32

2010 club workouts and races. Congratulations Steve and big Ahuuuuu for you.



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Thunder Road Marathon (Results)

The Thunder Road Marathon took place on Dec. 12th, 2009



Mark Simpson — 3:45:41

in Charlotte South Carolina, and it was a cold one as you

can see from the gear that our East Coast Coyote was wearing. Mark Simpson was hoping to improve his personal best time that was achieved at the 2009 Carlsbad Marathon. However due to the hard cold conditions this was not to be this time, however his time of 3:45:41 is still a very respectable Marathon time. Mark Simpson joined the Coyotes 1 year ago and since has moved to the East Coast, there are rumors that he is on his way back to the West Coast, but in the mean time, he has been keeping busy representing the Coyotes on the East Coast and spreading the Ahuuuuu's across the country. We are hoping that Mark will be able to move back to the

West Coast and join us once again at the Coyote strong hold



Mark Simpson—3:45:41

2010 Wildflower, big Ahuuuuu to Mark Simpson.

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

Phone: 619-307-0900
E-mail: triclubcoyotes@yahoo.com
www.triclubcoyotes.com
Facebook: Coyotes Triathlon & Bike Club, Inc

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 2010 Sponsors:

Coyotes Triathlon
& Bike Club, Inc.

WATCHMYRACE



2nd Annual Coyote Holiday Party:

(L-R Top): Alfredo Ramirez, Karla Duarte, Franchesca Gonzales, Jeff Weeks, Alfredo Zepeda, Luis Zepeda, Kim Schreiner, Jay Brant, Monica Lewis, Greg Hendrickson, Nancie Constandse, Bill Riley, Maggie Riley, Mary Riley, Karri Egoroff, Lauri DeNicolo,

(L-R Bottom): Vanessa Feregrino, Brian Kildow, Blaize Baehrens, Jean-Claude Constandse, Dan Egoroff