

# Coyotes triathlon & bike club newsletter

Volume 5, Issue 10

October 2010

## Special points of interest:

- ORANGE COUNTY TRIATHLON
- LONG BEACH MARATHON

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## Orange County Triathlon

The 3rd Annual Orange County Triathlon is scheduled for Sunday October 10th, 2010. With the success of the 2009 race and the new finish line down by the Mission Viejo Lake beach area we know 2010 will be a great race. The 2009 O.C. Triathlon featured The Best of the U.S. Series National Championship.

For over ten years Mission Viejo was home to one of the best races in the USA. Now it is again. In 2010 the beautiful community of Mission Viejo will again host the only Olympic Distance Triathlon

in Orange County. Nestled at the foot of Saddleback Mountain and surrounded by the award winning Community, the race is becoming a must on every Triathletes' races "to do" list.

This year we have two of our Coyotes participating in this great event. Lori Ann Stevens and Brian Turner will take on this beautiful and challenging course and will continue their 2010 season success. Most recently Lori Ann finished the Ironman Vineman, so this will be a fast paced change for her, while Brian will be coming off the Nautica

Malibu triathlon, which was an Olympic distance triathlon, so his legs should be well adapted to this fast paced shorter distance triathlon. Good luck to both of our Coyotes and give the OC a big Ahuuuuu, but most importantly have fun out there and be safe. Ahuuuuuuuuuu



OCTOBER 10, 2010

## Long Beach Marathon

Want to run one of the most scenic and flat courses in California? Choose to RUN Long Beach this year. Starting and finishing in Downtown Long Beach. After running on the Beach Path, you'll run through Marine Stadium, past Blair Field and then out through the student filled cheer alley at California State University, Long Beach. Re-trace your steps back to downtown, and you'll be greeted back into Downtown by cheering fans, family and the great sounds

and energy at the Finish Line Festival. It's a race that can't be missed!. This year we have two of our Coyotes participating in this Must Do Race. Lori Ann Stevens and Brian Turner will do this race just a week after competing in the Orange County Triathlon, which will be their last speed workout prior to doing this long run. These two coyotes have been very busy in 2010 and their season continues. We wish them the best of luck in this race and we hope that they can

manage to get a coveted spot in the famous Boston Marathon. We will be following the 26.2 mile course from our homes and wishing you and giving you big Ahuuuuuus



OCTOBER 17, 2010

## Members & Birthdays

Our total number of coyotes is now 51 with the potential to keep growing.

October has 6 coyotes celebrating their birthday on our coyote birthday tracker .

Laurie DeNicolo—Oct. 6th

Shane Ressie—Oct. 6th

Nancie Constandse—Oct. 8th

John Reed—Oct. 11th

Karri Egoroff—Oct. 30th

JC Constandse—Oct. 31st

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

Happy Halloween to all of our coyotes, remember to go to a costume party and take lots of photos so that we can all enjoy in Novembers newsletter, If you drink don't drive if you drive don't drink and if you get dressed up, remember to have fun and enjoy all the moments life has in front of you. And live the ahuuuu lifestyle and laugh a

lot and have a great time.



Happy Halloween

## Announcements

- A mainstay in the history of the Ironman, the Ironman lottery began in 1983 thanks to the vision of one of Ironman's founders, John Collins, as a way to provide athletes of all abilities the opportunity to qualify for the world's most challenging one day endurance event. The 2011 Ironman Lottery Program will officially open on Wednesday, October 1 at 12:00 p.m. EST and will close on Saturday, February 28, 2011 with all winning

entries being announced on Wednesday, April 15, 2011. The Ford Ironman World Championship selects 200 athletes each year to participate through a lottery system. One hundred and fifty of the athletes will be selected from the United States applicants and fifty athletes will be selected from other countries. The Ford Ironman World Championship is one of the most in demand athletic events in the world. Qualifying gets

more difficult each year, so the lottery is another option to enter the race. If you are interested in signing up for this event, we have evidence that it is truly a lottery and that you can be selected as Luis Zepeda has proven on his first attempt.



## Coaching—Running with a Partner

why it's better than going solo:

**1. You've heard it before**, but it's so true: There's nothing like good conversation to make a run fly by.

**2. A partner can help troubleshoot your running form.** Have him or her look at your stride and point out what you're doing wrong.

**3. Partner running is safer.** Particularly for women and during nighttime running, you're much less likely to encounter trouble if you have company.

**4. Partners are good pacesetters.** If you have a hard day planned, call Speedy. He or she will keep you honest. Likewise, if you want to be sure to run easy, set a running date with Slowpoke.

**5. A partner is the perfect pick-me-up** when you're bored with your running. Or with life, for that matter. If nothing else, you'll have someone to blab to about your problems.

**6. If you're apt to miss running days for no good reason**, a running

partner will help. You won't want to disappoint a friend by being a no-show.

**7. If you're tired of the same old running routes**, a partner is sure to know some different ones.

**8. Partners make great alarm clocks.** If you've always wanted to do more morning runs, find a morning person to run with. Added benefit: You'll be better acclimated to those a.m. races once you've done some a.m. training.

## 2010 Sponsors

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MASSAGE WORX  
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# Ironman Canada (Results)

The Ironman Canada took place on August 29, 2010 and this year we had 4 of our Coyotes

more participants than that held last year. The morning conditions were not bad, with calm winds and clear sky's but that quickly changed over the first half of the bike, and by the time the competitors were hitting

Our coyotes to cross the finish line was JC Constandse, who was returning to Canada for



JC Constandse—10:02:03—PR

tes participating in this great event. The weather conditions leading to this event were very unusual for this area this time of year, and it promised to deliver very hard, windy and wet conditions come race day. Race



JC Constandse—10:02:03—PR



Dan Egoroff—10:37:44

unfinished business. He was looking to get that coveted Kona slot that he missed the previous year by 5 spots. JC improved his swim by 3 minutes, and started the bike in



JC Constandse—10:02:03—PR

day started with a record setting field for IM Canada, which included 2,790 athletes, 500



Dan Egoroff—10:37:44

mile 80 of the bike, they were confronted with record winds, torrential downpour and some even got hail on the bike. Needless to say it was a very cold day out there on the bike and most of the run. The first out



Dan Egoroff—10:37:44

typical fashion, but was confronted with the hail and wind and ended up losing time on



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# Ironman Canada (Results Cont.)

His competition, having and identical split from last year, which included a flat tire. After



**Alfredo Zepeda—11:51:15**

the freezing bike, T2 was a struggle as most of the athletes could not feel their hands or feet, making it very difficult to change. JC's run was an improvement from the previous year by 17 minutes and giving



**Alfredo Zepeda—11:51:15**

him a new 10:02:03 PR time. The second Coyote to finish was Dan Egoroff who was

coming out of IM Couré A'lene and needed to have a solid race. He had a fantastic race considering the weather challenges and improved his time from Couré A'lene by almost 10 minutes. This was Dan's first trip to



**Alfredo Zepeda—11:51:15**



**Luis Zepeda—14:57:11**

Canada. The next coyote to cross the line was Alfredo Zepeda, who was visiting Canada for the first time as well, and was looking to break the 12 hr mark. The weather conditions did not help, but this

Determined Coyote pushed on and was not about to let his dreams slip away, he crossed



**Luis Zepeda—14:57:11**

the line in 11:51:15. The last of our Coyotes, was trying to complete his 4th Ironman and first time IM Canada participant. Luis Zepeda with his signature 2 week training plan managed to impress everyone and finish



**Luis Zepeda—14:57:11**

in just under 15 hrs. Although he did say, this has been by far the hardest IM he has done.



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## Nautica Malibu Triathlon (Results)

The Nautica Malibu Triathlon took place on Sept. 11, 2010 and one of our Coyotes, Brian



Brian Turner—2:28:38

Turner participated in this great event. This is the second year in a row that we have had coyotes participate in this race,

so it may be a new race tradition for our Coyotes. Brian was doing this race as a change of distance from his most recent Ironman Vineman and his previous half ironman triathlons, so he was focusing a bit more on the speed that this triathlon has to offer and off course on giving the Hollywood and L.A. crowd a couple of Ahuuu's. Brian had a great race, solid swim followed by his typical strong bike riding skills and finishing with a fast paced 10k to give him a total time of 2:28:38 in his first Olympic of the season. Brian was using this event as well as a warm up for his up-coming O.C triathlon and Long Beach Marathon, which will see him use his recent endurance build up and now his focus on speed. Congratulations to Brian for such a

Great race, for representing the Coyote colors and most importantly for having fun and pro-



Brian Turner—2:28:38

moting the sport of triathlon. Ahuuuu and can't wait to hear about the results of the upcoming races.



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## Ironman Branson 70.3 (Results)

The inaugural Ironman Branson 70.3 Took place on Sept. 19th and our Mid West Coyote



Kim Brant—5:32:57

Kim Brant continued her impressive return to racing after recently giving birth to a beautiful baby girl. Kim started with a sprint race, followed by an Olympic and now a half Ironman. Kim as always had an impressive race, that featured the hardest bike course she has ever ridden, which include Wild-flower long course and Silverman, and with the run hitting temperatures of 96 degrees, she proved that there is no course out there that is going to stop this Coyote. Kim finished in 5th place in her age group and was welcomed at the finish line by Husband and future kona champ Pierson Brant.

Ahuuuuu, and congratulations for such a performance on your come back season. Impressive



Kim Bran— 5:32:57

# San Diego Triathlon Classic (Results)

The 2nd Annual San Diego Triathlon Classic took place on



**Blaize Baehrens— 2:19:26**

Sept.18, 2010, and this year we had two of our Coyotes participating in this local event that continues to gain recognition and is becoming one of the most popular Olympic distance triathlons in California. The first out of our Coyotes was Blaize Baehrens, who had not



**Blaize Baehrens— 2:19:26**

been able to continue with his long distance training due to an

early season injury that jeopardized his IM Coure A'lene dreams and continued after. Blaize has shifted focus from triathlons to Mt. Biking in an effort to get stronger on the bike. He had not run since June, so a 6 mile all out effort would test his fitness and injury, but was what Blaize needed to see where he was. Blaize had a strong swim, followed by a blistering bike, which has been the fastest sustained effort and MPH average that he has had in any race he has participated, so the Mt. Training and the efforts he's been putting on the bike is paying off. Blaize then took off on the run and with no change to his typical speed, he managed to hold his own and finish in 10th place in his age group. Very impressive showing for not having train as much. The second of our Coyotes to do this race was John Reed, who also has had a long season, and he too did the IM Coure A'lene. John has managed to stay healthy on the training side of things, so he was out to put some speed into the remainder of his season. John also had another race the following day, so he needed to practice the discipline of pacing in order to do well in both races. John had a good swim, strong bike and finished with his powerful run to finish with a time of 2:39:23, and although he could not catch his son Hunter and show the young punk how things are done, he did put enough pressure to make him worry about his old man. We where on your side John, no worries :). Congratulations to both of Coyotes

For outstanding performances at the San Diego Triathlon



**John Reed— 2:39:23**

Classic. It appears that this local race is quickly becoming a favorite race for our Coyotes and we expect more showing in the up coming years. Thank You for representing the Coyotes in these local events and for giving the crowd of San Diego a cou-



**John Reed— 2:39:23**

ple of well deserved Ahuuuu's and showing the Coyote spirit.



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*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**



**Coyotes at La Jolla Cove 10 Mile Relay**

(L-R):

Blaize Bachrens, Alex, Chris Gustard, Daniel Galvin, Nancie Constandse, Jeff Weeks, Brian Kildow, JC Constandse