

Coyotes triathlon & bike club newsletter

Volume 5, Issue 2

February 2010

Special points of interest:

- **SAN DIEGUITO HALF MARATHON**
- **BULLDOG BIKE RACE**

Inside this issue:

ANNOUNCEMENTS 2

COACHING TIPS 2

KAISER PERMANENTE SO-CAL HALF MARATHON (RESULTS) 3

CARLSBAD MARATHON & HALF (RESULTS) 4

San Dieguito Half Marathon

The San Dieguito Half Marathon will take place on Feb. 14th, 2010 and this year we have 4 of our Coyotes participating in this great event. Nancie and Monica will tackle the course in the women's divisions hoping to podium while the guys will be represented by Blaize and Jean-Claude. The course for this race starts and ends at San Dieguito County Park. This is a very scenic course through Rancho Santa Fe. And should be a good result for the Coyotes since they are very familiar with this course as they practice their Thursday and Sunday Runs on

parts of this beautiful course. Competitor Magazine describes this course as "one of the most beautiful and scenic courses you will ever run." and they are not joking, this has been a favorite race for Coyotes due to its beautiful and challenging course, and it is a favorite pre-race tune up for IM California 70.3, Wildflower and the rest of the Triathlon Season. We highly encourage anyone who has not participated in this event to give it a try, you will not be disappointed with the results and you may even end up doing a PR to start the year. Good luck to our 4 Coyotes

who will be participating in this event, remember to have fun, and run fast as you will have to get back to your house to celebrate Valentines day with your loved one, unless your love one happens to also be racing in this event, to which then you better be sure to wait for him/her at the finish line with a big hug.



FEBRUARY 14, 2010

Bulldog Bike Race

This 26-mile road race starts in the 43 Area, down Las Pulgas Road towards the ocean and onto Stuart Mesa Road, heading south. There is an approximate 1-mile steep climb that levels off, keeps climbing at mile 13, then descends down at a 10% grade. The remainder of the course is rolling. Ocean views are throughout the majority of the course; this is one of three opportunities to ride on base. Perfect warm-up for the

Duathlon and Triathlon. **THE BIKE PORTION IS NOT A CLOSED COURSE. YOU WILL BE SHARING THE ROAD WITH CARS - PLEASE RIDE SAFELY.** This year we have 2 Coyotes participating in this race. Defending his 2nd place and trying to improve to 1st will be Blaize Baehrens in the M25-29 division while new comer to this Race Alfredo Zepeda will try to establish another Coyote podium for

the M35-39 division. Please remember to ride carefully and if you happen to be in Camp Pendleton on this day, stop by and show some support to our Guys. Ahuuuuuuuu



FEBRUARY 27, 2010

Members & Birthdays

Please welcome this months newest Coyote

1.- Kerri Egoroff

Our total number of coyotes is now 48 with the potential to keep growing.

February has 5 coyotes celebrating their birthday on our coyote birthday tracker .

Marc Guerra — Feb 7th

Jose Luis Garcia— Feb. 11th.

Eduardo Lizarraga—Feb. 14th

Gabriel Garcia—Feb. 20th

Glenn Kaplan—Feb 23rd

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

Happy Valentines Day to everyone, we hope that you value your friendships, teammates, partners, family and loved ones.

Remember to show all of your family members and friends that support you through the race season how much you love them and appreciate them, without them we would not be

able to do what we do.



Happy Valentine Day

Announcements

- Please remember to pay your 2010 Renewal Fee and return the form to me no later than this month. This is a club built out of trust and we need everyone to do their part to make it and keep it fair for everyone, so please do your part to keep up to date. Everyone that joined in 2009 will have until their joining day before they are dropped from the distribution list, everyone who joined prior to 2009, you dues are late, please pay up.

- Wildflower is on the horizon and we need to make sure that everyone has coordinated their camping or their hotel stay, so that we can be sure to meet up and have a way to meet prior to race day. So far we have 17 Coyotes registered for this race, so we need to motivate the rest of the club to sign up and show up for what has been known as the Coyote stronghold, last year we had 23, lets try to match or increase that number in 2010.

- Ironman Organic Coffee is having a special Coyote promotion. Place a coffee order of \$100 or more they will receive a free visor. **be sure to have them enter "Coyotes free visor" in the comment field as their is no mention of this promo on our web site. This is a very**



cool looking visor and great tasting Coffee.

Coaching Tips

Staying motivated to train is a problem every athlete faces. While there are many ways to tackle the problem, every sport has its tricks of the trade—some seem pretty obvious, others not so much.

Another thing that seems pretty obvious is why one should stay motivated. However, when winter descends and the environment becomes a bit trying, it's the "why" which can be more important than the "how". To put it simply, if you don't think you need to stay moti-

vated there is little chance that you will somehow get motivated.

Here are 4 Reasons to be motivated to ride this winter.

Build Your Self-Confidence

The physical factors such as equipment and fitness are always part of the equation, but the mental aspect is just as important, if not more.

Strive for Good Suffering

You just can't see yourself climbing that hill because you are out of shape.

You are out of shape because you couldn't find the motivation to train. Don't get me wrong, suffering is an integral part of endurance sports.

Legitimize Your Training

When you are motivated, your workouts take on a greater meaning.

Remember the Competition

Lastly, staying motivated, especially over the winter, may give you a leg up when the spring returns and the season begins in earnest.

By Active.com

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Kaiser Permanente So-Cal Half Marathon (Results)

The Kaiser Permanente So-Cal Half Marathon took place on January 9, 2010 and one of our



Alejandro Aceves—1:41:55—PR

local Irvine Coyotes participated in this event with hopes to making a PR and improving

his chances to qualify for the big dance in Boston. Alejandro has been working on Speed, and improving his 5K and 10K setting new personal records along the way, so when this Half Marathon came, he wanted to start the season with a high. Alejandro did just that, he set his PR of 1:41:55 and is 100% injured Free. Alejandro was the first Coyote to race in the 2010 season and he has demonstrated that the Coyotes mean business in 2010. He placed 20 out of 96 in his Division and is ready to tackle some more half Marathons and potentially a Full marathon to try and get to Boston. He will continue to work on the 5k's as he is determined to do one in under 17 minutes, which is flying. Congratulations to our Irvine

Coyote for representing in the north and for wearing the team colors at local races. There is



Alejandro Aceves—1:41:55 -- PR

word that he may show up for the San Dieguito Half, so look out for him.. Ahuuuuu



 **baunfire**

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Carlsbad Marathon & Half Marathon (Results)

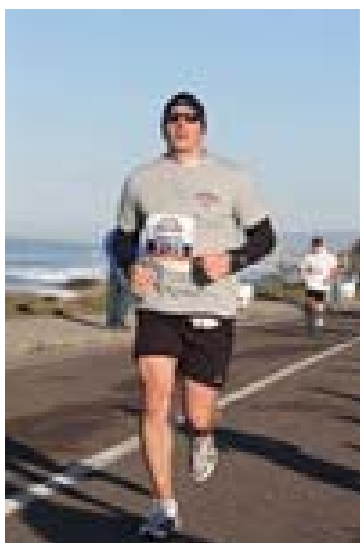
The Carlsbad Marathon and Half Marathon, took place on January 24th, 2010, and with a



Gerardo Charvel—1:49:03—PR

the presence of a beautiful day after all the soaked and rainy days that we had, the field was inspired to go fast and break PR's. Two of our Coyotes participated in this great event, who has seen Coyote participation for the last 5 years. In the Half Marathon division, Gerardo Charvel was using this race as a preparation for his Ironman 70.3 debut in March, He did not want to go all out as he still has to do heavy training for the Half Ironman, but regardless he wanted to represent the Coyotes and do well. Gerardo not only did well, but managed to break a PR for this race, making him the Second Coyote in a row that has done a PR in 2010 in 2 races, so this is a testimony of how Gerardo's training has been going and he is right on track for his grand 70.3 debut, he has the run down, now he has to get the swim and bike down and he

will be a factor in the Half Ironman. In the Marathon division we had Alfredo Zepeda representing the Coyotes, and although he was in shape still carrying on from IM Arizona in November, he had not specifically focused on this race, he



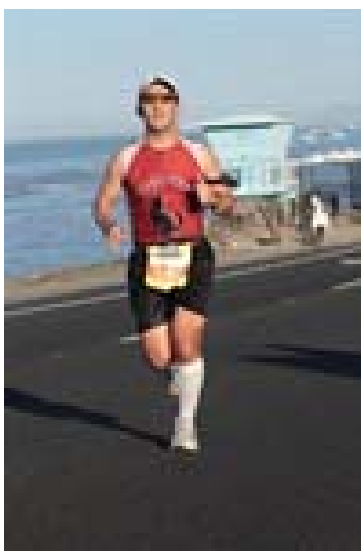
Gerardo Charvel— 1:49:03—PR



Alfredo Zepeda—3:23:48—PR

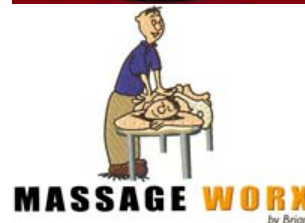
managed to get a spot for this race and decided to take on the challenge. He did put in some good mileage for this but again was not a primary focus this early in the season for him, yet

He wanted to go out and see what he was capable of doing early in the season. Alfredo was surprised to see the results, he too did a PR of 3:23:48 and was 9 minutes off from qualifying to the prestigious Boston Marathon in April. This result means that so far we have had 3 coyotes having raced in 2010 and all 3 of them achieving PR's.... This is starting to be a great season for the Coyotes and is very inspiring for the rest of us doing our race debuts in February. Alfredo will have much more confidence heading into his Ironman Canada Preparation knowing that his Marathon time has progressed to a much higher level and can now know that he has the run right where he wants it to be, now he needs to focus on his bike and swim to be able to hold a similar marathon pace after the bike and swim. Congratulations to both of our Coyotes for breaking PR's, for representing so



Alfredo Zepeda—3:23:48—PR

early in the season, and for having fun while doing it. Ahuuuu



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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 Night with
Matty Reed:**

(L-R Top): Jeff Weeks, JC Constandse, Mark Simpson, Dan Egoroff.

(L-R Bottom): Jay Brant, Monica Lewis, Greg Hendrickson, Matty Reed, Kerri Egoroff, Lauri DeNicolò