

Coyotes triathlon & bike club newsletter

Volume 5, Issue 3

March 2010

Special points of interest:

- **SOLVANG CENTURY**
- **ROHTO IRONMAN CALIFORNIA 70.3**

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Solvang Century & Half Century

The Solvang Century and Half Century will take place on March 13, 2010 and this year we have 2 of our Coyotes participating in this great and beautiful event. Blaize Baehrens will be using this event to continue his preparation towards California half Ironman and Ironman Cour d'Alene, where he is hoping to do a PR and get a coveted spot to the big dance in Hawaii. The second Coyote that is planning on doing this race is Monica Lewis, having done this event in the past, there are rumors that Monica will use this event to finally purchase a new bike, which

should instantly put her in contention on the bike portion of each event. Coming off a 1974 Motorbecane stainless steel bike frame, a nice 2010 carbon frame will sure make this already tough coyote even tougher to beat. Both of these coyotes will travel to the Beautiful central coast of California for this spectacular yet challenging course. It is said that every year, Lance Armstrong himself comes to Solvang in preparation for the tour de France, so this year, our coyotes are following in the footsteps of the great cyclist and doing a mini training

camp of their own. Besides being a beautiful and challenging course, there is an even more important reason to partake in this ride, the wine tasting in this region is phenomenal and a must, and what better way to celebrate 50 or 100 miles of riding than with a couple of California wines, crackers and big Ahuuuuuuuu



MARCH 13, 2010

Rohto Ironman California 70.3

The Rohto Ironman California 70.3 will take place on March 27, 2010 and this year we will have lots of Coyote representation. Being that this race is a local race for our club, we expect a lot of coyote support from the rest of the club as well, so if you are in the area or have nothing planned for this date, please make your best to show local support to your club members, this goes a long way for the actual racers and motivates them to perform at their best. This race will be the

official triathlon kick off for many of our Coyotes, and the first important race for most of the Coyotes Participating. This year we have Blaize Baehrens, Rodolfo Aguilar, Gerardo Charvel, John Reed and Jean-Claude Constandse participating in this event, with confirmed guests Nancie Constandse, Vanessa Feregrino, Jeff Weeks, Hector Marquez, Brian Kildow, Glenn Kaplan showing up to provide the greatest support as always. Keep an eye for the Coyote

Banner which will be displayed near the transition area and close to where the turnaround for the run will be, so that you can meet, join and support your club, be sure to wear the colors. Ahuuuuu



MARCH 27, 2010

Members & Birthdays

Please welcome this month's newest Coyote

1.- Todd Krajewski

Our total number of coyotes is now 38 with the potential to keep growing.

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

Kim Schreiner — March 1st

Karri Egoroff— March 2nd

Mary Riley — March 4th

Alberto Equihua — March 21st

Juan Sanchez — March 21st

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

Happy 2010 Winter Coyote Olympics, We hope that all this high action energy and inspiring stories of strength, preservation and triumph inspire all of us to reach our 2010 goals and inspire us to attain that extra energy, that extra will, that extra positive attitude and desire to make it to the next level and

achieve a PR, a podium placement, a coveted slot to Boston or Kona, or simply put, a great feeling of knowing that you have accomplished something that you did not think you were capable of doing. Ahuuu



Vancouver Olympics

Announcements

- If you have not registered for Wildflower or have not booked your hotel, you better think of it soon as it is selling out fast. half of the coyotes are staying at the Motel 6 Paso Robles Hotel 805-239-9090. The other half are planning on Camping, Please contact Blaize Baehrens for camping organization and Jean-Claude Constandse for Hotel organization. Be sure to register as a Coyote under the scroll down menu provided.

- Coyote Friday swims are back full time starting this month and so will the Sunday cove swims and runs which will start on March 21. We may alter the Sunday swim with a long rancho run, every other weekend.

- The Coyote Running Shirts have arrived and we have limited stock available should you be interested in obtaining one. We are also in the selection process of Women's running shirts and will be letting the

ladies know when the final design is available.

- Coyote Arm Warmers, and Socks are almost here and we are in the process of pricing swim caps and water bottles for the 2010 season, again if you are interested in purchasing any of these items, please make sure you let me know so that we can put you in the distribution.

- Coyote Stickers have arrived, please coordinate with JC to obtain yours.

Coaching Tips- 6 strategies to eat better

More often than not, athletes ask me "What is a well balanced diet? What should I be eating to help me perform at my best?" They feel overwhelmed by the seemingly endless list of nutrition don'ts. Don't eat white sugar, white bread, processed foods, fast foods, french fries, soda, salt, trans fats, butter, eggs, red meat... You've heard it all, I'm sure.

If you want to eat better but don't know where to start, here's

a nutrition strategy that can help you fuel your body with a well-balanced sports diet. The suggestions guide you towards an eating style that's simple and practical, yet can effectively help you eat well to perform well, despite today's bewildering food environment.

1.- Eat At Least Three Kinds of Nutrient-dense Food at Each Meal

2.- Eat "Closer to the Earth"

3.- Fuel Your Body on a Regular Schedule

4.- Honor Hunger

5.- Think Moderation

6.- Take Mealtimes Seriously

For complete article please follow link http://www.active.com/nutrition/Articles/6_Strategies_to_Eat_Better.htm

By Active. Com

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MASSAGE WORK
by Brian

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Fiesta Island Time Trial (Results)



Jay Brant—30:30

The Fiesta Island Time Trial Series kicked off on February 7th, 2010 and 3 of our Coyotes participated in this great and fun event. The weather had been uncooperative leading to the race with heavy rain and wind, and very cold conditions. Race morning the rain had stopped and although it was still extremely windy and cold, the event went on without a hitch. The top honors out of the Coyotes went to Jay Brant, who was doing this as his last California event as he has decided to move back to Indiana and represent the Coyotes in the mid west. Jay Brant did an incredible time of 30:30 with extremely harsh conditions and managed to place 2nd in his age group. Not a bad way to kick off your 2010 season. The second of the Coyotes was JC Constandse with a time of 30:34 and finishing 6th in his age group, again not a bad way to start the 2010 season with a cycling race and sneaking in the



JC Constandse—30:34



G. Hendrickson—30:52

top 10 in his age group. The third of the coyotes was Greg Hendrickson with a time of 30:52 and also placing 6th in his age group. Can you tell that these guys are a team and train regularly together?. Congratulations to all 3 of our Coyotes for such a great 2010 start of the season and for representing the Coyotes. The Coyotes also had two of our own as support group and photography. Kim Schreiner and Blaize Baehrens where there to lend support while the race was taking place and encourage us to keep hammering. The second event of this series will take place on March 7th, and every first of each month until the culmination of the series which is the team time trial, which the coyotes have participated in the past, and could be an option for 2010. If anyone is interested in participating in this time trial event, we highly encourage you to take part in one of the individual races to get a feel for the island and the challenges it has.



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San Dieguito Half Marathon (Results)

The San Dieguito Half Marathon took place on February 14th, 2010 and 4 of our Coyotes participated in this beautiful, yet challenging course. All



Blaize Baehrens—1:29:20

of our Coyotes where using this race as a tune up race to their up coming triathlons, yet they all wanted to see how their fitness level was this early in the season and have enough time to correct things to reflect in the up coming events. The first one to finish out of our Coyotes was to no one's surprise Blaize, who is one of our fastest coyotes who's specialty is the run Blaize did a very respectable time of 1:29:20 and placed 11th in his division and top 10% overall both in Age group and total. Following Blaize was Jean-Claude Constandse, who wanted to use this race to preview a pace that would feel comfortable for the run portion of the IM California, JC started wanting to do a negative split and that is exactly what he did. Having arrived barely in time to start the race, he had to meander through the

field, but was happy to do so as there were so many friendly faces and everyone in the race was very polite and happy to be running in such a beautiful day. His time of 1:32:43 was 1 minute off of his all time PR, so considering that this is a very hilly course, he was very happy with the result, placing 17th in his division and also breaking the top 10% in both Age group and Overall. Following these two coyotes, was John Reed, who was so quick that the Opix Photographers had a hard time capturing his every move and was missed all together. John has been training for the Boston Marathon which he qualified on the New York Marathon as part of a business trip. John has been working on his speed and endurance, and used this race as final preparations. It all worked very well for John as he finished with a time of 1:41:13 and placing 23 in his division. We will be keeping track of John during the Boston Marathon and will report to the group on his progress and results. Finally, the Coyotes also had female representation in Nancie Constandse, who has been struggling with post Marathon syndrome and had lost all type of motivation to train. Reminding herself that she has Wildflower and Vineman 70.3 in the near future, she decided to use this race as a stepping stone to kick start her season and have something to measure herself. She was anticipating not finishing the race due to the lack of preparation, but decided to suck it up and run it anyway, she used it as a long

Training run and most importantly enjoyed the event for what it is, a great opportunity to be outdoors in the middle of February and run with a group of individuals that have a common goal of athletic achievement and health. She finished with a time of 2:26:12 and was not that happy to find herself with that time at this point of the season, but then again, she now has a base that she can focus on and see the immediate progress being made, and again, most importantly she finished with a huge smile on her face, reminding all of us that there is more to races than winning or placing top 10, and that is that you need to enjoy the experience and not let your ego and or drive deter you from Enjoying the event. We are told by ESPN Latino Correspondent Coyote Cojo, that the reason we don't have photographs of



Jean-Claude Constandse—1:32:43

Nancie, is because she was seen enjoying a cup of tea with the Queen of England around mile 1 and another cup at mile 12.

Ahuuuuuuuuu



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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 @ Fiesta
Island Time Trial**

*(L-R): Jay Brant,
Greg Hendrickson,
Jean-Claude Con-
standse*

