

Coyotes triathlon & bike club newsletter

Volume 5, Issue 4

April 2010

Special points of interest:

- **SUPER SEAL & SUPER FROG TRIATHLONS**
- **BOSTON MARATHON**

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Super Seal & Super Frog Triathlon

The 32nd annual Naval Special Warfare SUPERFROG and 3rd SUPERSEAL Triathlons! Will be held on April 11, 2010. The SUPERFROG and SUPERSEAL remains the Frogmen and SEALs "grassroots" race that features a cold ocean and surf swim, the discipline and endurance of a windy bike ride and the mind-bending harassment of a soft sand and pavement run. This year we have two of our Coyotes participating in this great event. Alfredo Zepeda will be doing the Super Frog triathlon and using this race as preparation for his Ironman Canada 2010.

Jeff weeks will be doing the Super Seal triathlon and will continue his preparation in 2010. This is a local race and it is a very spectator friendly race. If anyone is in Coronado on April 11th, we strongly suggest that you go support your local coyotes. The bike portion in this race can be very misleading as in paper the bike ride is very flat, and you would think that is very fast, but with head winds the entire way, it can crush even the toughest of them all. The swim portion is very wavy and cold, but this should be no problem for our coyotes that have practiced

open water swimming year long, they actually welcome the challenge and the rougher it is the better for us. The run is a grueling loose sand run, that will crush almost everyone. This will be a testament to your mental preparation as your legs will be begging you to stop. Ahuuuuuuuu and good luck guys.



APRIL 11, 2010

Boston Marathon

The Boston Marathon is the world's oldest and most prestigious annual marathon and part of the World Marathon Majors. A maximum field size of 25,000 participants begin in the rural town of Hopkinton and run the legendary course through eight cities and towns before finishing in Boston's Back Bay. The 2010 edition will mark John Hancock Financial's 25th year as principal sponsor. This year we have one Coyote

participating in this edition, although 2 other Coyotes qualified for this event, they have deferred to 2011. This year Tim Wilson will continue his quest for personal Marathon glory and is hoping for a stellar performance, which could see a marathon time of 3:15—3:22. Tim has been achieving very good results in his preparatory races, and most recently finished with a 1st place in his age group and 10th overall in

the Coyotes Challenge 10K, in San Bernardino area. Congratulations to Tim and make us proud at the biggest Marathon stage of the world, AHUUUUUUUUU



2010 BOSTON MARATHON

APRIL 19, 2010

Members & Birthdays

Please welcome this months newest Coyotes

- 1.- Christopher Geldert
- 2.- Juan Carlos Baca

Our total number of coyotes is now 40 with the potential to keep growing.

April has 3 coyotes celebrating their birthday on our coyote birthday tracker .

- Adan Contreras — April 15th
 Hector Marquez— April 16th
 Thomas Gal — April 16th

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

Happy Easter to everyone, remember to spend some time with your loved ones and to be with each other as much as you can, life is really too short to miss the great opportunities we have to spend with Family and loved ones, show them the same support that they have shown you by making the same sacrifice that they have done to

see you achieve your dreams, remember that without our family and loved ones, we would not be in this place at this time. Happy Easter and don't eat too much Chocolate Bunny's on the way...
 AHUUUUUUUU



HAPPY COYOTE EASTER
 EASTER COYOTE!!!!

Announcements

- Coyotes Triathlon & Bike Club, Inc are sad to announce that due to a near drowning incident by one of our own at Moonlight beach, the City of Encinitas has BANNED the club from taking on any activity in the City of Encinitas, anyone seen wearing a Coyote Uniform or Entering California Waters in Encinitas, will be cited and fined \$300 dlls. This has been a test to see if anyone really does read this dam newsletter and not

only looks at pretty pictures. If you did, then you would also know that today is April 1st, which means you just have been a victim of the third annual Coyote April Fools day. The coyotes are stronger than ever and looking forward to an excellent and promising 2010 season. Keep training and supporting the club. Ahuuuuu - Coyotes are proud to announce the latest addition to our Breast Feeding division

with Maria Jose Ramirez Duarte, who was born on March 20,2010. Congratulations to proud parents Karla and Alfredo Ramirez who are doing very well. Ahuuuuuuu



Maria Jose Ramirez Duarte

Coaching Tips- Wildflower Olympic Distance Tips

1) Make sure you know what Aid stations have - I didn't take a gel at one aid station on the run, because I thought I'd get one at the next one, but the next one only had water and liquid drinks! .

2) I was also completely unprepared for the uphill run to the transition area after the swim, so I would advise swimming hard for a bit then running up some stairs

to practice that.

3) Do hill intervals on the bike! You can catch TONS of people on the bike, if you are a strong rider. I was afraid of the hills because I thought they would be long stretches of uphill, but honestly, the hills are rolling hills so you get a downhill reward really quickly!

4) One final piece of advice, this still cracks me up, the course is marked in Kilometers not miles. I

thought I was flying during the bike part, then I figured out the course was marked in K. That was fine. However, when I started running, I forgot again that the course was marked in k, and I knew I wasn't running that fast. I thought the Cal Poly kids had moved the signs!

This article was written by 2009 Collegiate Athlete Leslie Stanton

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MASSAGE WORK
 by Brian

baunfire



Bulldog Bike Race (Results)

The Bulldog Bike Race took



Jean-Claude Constandse 1:17:20

place on February 27th, in Camp Pendleton, and four of our Coyotes participated in this fun, but crazy day. The day was one of the hardest and craziest cycling conditions that you could imagine, the rain was coming down very hard, that you could not see more than 20 feet ahead of you, and the wind was blasting all of the riders that decided to brave this race. The group was split into two Waves, in the first wave we had Blaize Baehrens, Jean-Claude Constandse and Alfredo Zepeda start together, and as the group rolled, there was evidence by the aggression started in the early miles that this was going to be a fast race, since most of the riders were freezing and needed to push the pace to try and stay warm. The group stayed together for the most part for the first 10 miles until we hit the famous break hill, which is where most of the attacks happen and the group splits into mini pelotons of 4 or

6 riders that try and stay away from the rest of the field. This year, JC was able to stay with the lead group until the hill hit, then he started the aggression but was quickly passed by the your nytro race team, and it became a struggle to try and keep up with them. After the hill there was a lot of carnage done, and JC was able to stay with the second group, and eventually finishing 4th overall



Blaize Baehrens—1:22:25

in the wave and 1st in his age group. This was JC's first Road Race, and he is hooked. The following group contained Blaize Baehrens, who missed the lead group prior to the hill and was not able to re-group. Although not as fast as last year, this coyote managed to get 7th in his age group and a very respectable overall position.

The next group after Blaize, contained Alfredo Zepeda, who also was doing his first road race and also is said to be hooked. He placed 8th in his age group and was very happy with his performance this early in the season. The second wave started 10 minutes after the 1st and it included our Coyote Jeff Weeks, who also was debuting on road racing. Jeff had no teammates to work with, so he represented the coyotes on this group by himself, and he made all of us proud. He finished middle of the pack of the second wave, but most importantly he had fun like the rest of us out there getting soaked in a borderline typhoon conditions. We encourage all of our coyotes to sign up for this great race next year, and show up as a big group and team and help each other reach the podium. Congratulations to our four coyotes for showing up and racing....



Alfredo Zepeda—1:24:30



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St. Patrick's Day 10k (Results)

The San Patrick's Day 10k took place on March 13, and this year we had 3 of our Coyotes out in Fiesta Island trying to tackle this seemingly flat course



Brian Kildow—36:20

that can be very challenging due to the head wind that is always present in this island. The race took off and like always off the front we had our very own Brian Kildow pushing the pace and setting out like a mad man possessed. He was out to try and beat his all time 10k time, and has been doing a lot of hard and painful work at the track to get his speed to par. This day was not the day he broke his All time PR, but it was good enough to break his Fiesta Island record, and it was so hard, that it made him consider never doing a race in the island again. His average pace was a 5:45 Pace, this is crazy fast. His 36:20 was good to place him 3rd in his age group and get a Podium for the Coyotes. The second Participant in this great event, was Steve Edwards, who also has been putting in a lot of time in the track

and staying away from injury. Steve has become a High school track coach and most recently started doing the track workouts for the Coyotes Triathlon & Bike Club, Inc. Steve has used this knowledge to continue to post faster times, and as he said, he feels like he is on his new age 37 again. It must be as Steve got a time of 45:53 and broke his ALL TIME personal best by over a minute, which is incredible considering the conditions and the location where he did it. Steve time was also



Steve Edwards—45:53—PR

good for 2nd place in his age group, also making it to the podium on this day and having a double Coyote whammy. The third of our Coyotes to cross the line was Thomas Gal, who also has a story of his own. Thomas was in a horrible accident in Texas that saw him in coma and was told that he would never do triathlons again. This was a mere 8 months ago, since then Thom has not only done triathlons, he went on to

Finish the IRONMAN Cozumel in November and has steadily been progressing in his times, he is determined to keep improving and getting faster. It is almost like Tom Got a renewed life opportunity and he is maximizing his every effort. Tom did not break any PR's this day, but he was very happy with his performance, as he said it himself, the last two miles of the run, he did in 15 minutes, which is an under 8 minute mile pace, incredible achievement for Tom, especially on t he back side of the course. Congratulations to all 3 of our Coyotes for going out and representing, for wearing the colors and for achieving your goals, but most importantly for going out there and keeping active, and leading an active lifestyle. To finalize Thomas has stated numerous times that he thinks he is alive right now thanks in part to his



Thomas Gal— 54:10

triathlon lifestyle, as it kept him healthy and physically strong, and allowed his body to respond to the huge trauma. AHUUUUUUUUUUUUUU



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Pasadena Triathlon (Results)

The Pasadena Triathlon took place on March 20th, 2010 and this year we had one of our

lap swim at the Rose Bowl aquatics swimming pool in Pasadena, if anything else, this

Bike. Congratulations to Maggie for her outstanding start to the 2010 season, and warm up for her next race which is the Wildflower Triathlon in lake San Antonio in just over 4 weeks. Thank You to Jeff Leader for the great photos and for the race report, and for keeping us up to speed on the whereabouts of Maggie.

Thanks to Maggie for representing the coyotes during the podium presentation and for making us proud out there, AHUUUUUUUUUU.



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Ironman Organic Coffee



Maggie Riley-Hagan - 1:05:26

injured coyotes Maggie Riley-Hagan do her comeback debut. Maggie is back to her usual self of winning and shredding every race she enters, and this race was no exception. Maggie had a really bad knee that saw her on the side line of triathlons for almost 1 year, she had been training and slowly getting back her fitness level, but not wanting to compete until she was 100% back. Well She is back Maggie Won Her age group with a time of 1:05:26 and placing 18th overall in the women's field and 126th out of 600 total, so needless to say, couple of the guys out there were just chicked by our very own Maggie. The interesting thing about this triathlon is that it is a reversed triathlon, meaning you start off with a blistering 5k, followed by a 15 k bike that sees you pass 3 times on this close circuit bike loop, and finishes with a 150 meter three



Maggie Riley-Hagan - 1:05:26



race is certainly a challenge mentally as finishing a triathlon with a swim can no be easy after going all out on a run and

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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



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**Coyotes @ Saturday
Bike Ride**

*(L-R): Mark Simpson,
Glenn Kaplan, Steve
Edwards, Dan
Egoroff, Maggie Ri-
ley-Hagan, JC Con-
standse, Nancie Con-
standse, Brian Kildow*