

Coyotes triathlon & bike club newsletter

Volume 5, Issue 5

May 2010

Special points of interest:

- **WILDFLOWER TRIATHLONS**
- **ENCINITAS TRIATHLON & 5K**

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Wildflower Triathlons

The Wildflower triathlon Festival will take place on May 1-2, and this year the Coyotes continue to show up in strong numbers. We are 21 strong, and although we have had some miss haps with some of our members, we will be strong. In the long Course we have: Brian Kildow, Dan Egoroff, Blaize Baehrens, JC Constandse, Mark Simpson (injured), Greg Hendrickson (out). In the Olympic we have: Nancie Constandse, Monica Lewis, Maggie Riley, Mary Riley, Vanessa Feregrino, Thomas Gal, Marc Guerra, Richard Osman, Jeff Weeks, Luis

Zepeda and Omar Zurita, and finally in the Mountain Bike Division we have: Hector Marquez and Steve Edwards. Wildflower has always been the club race for the coyotes and this year we will continue the tradition of having two groups. The camping group and the Motel 6 Group, but out in the course we are all united and strong. Wildflower is a great race for both beginners and accomplished competitors. This year the coyotes will try to improve on last years club performance of 10th place in the club rankings. Look out for a great support crew as

well at this event.

Be sure to wear all of your coyote gear out there so that we can identify everyone and give you a big Ahuuu. There will be a Team Photo the morning of the race so be sure to be all decked out and ready for the media release.

Ahuuuuuuuuuuu



MAY 1-2, 2010

Encinitas Triathlon & 5k

The Encinitas sprint triathlon will take place on May 16th, 2010 and it will be a local race for many of our coyotes, who practice the swim every Friday at the location of this swim start. This year, we will have 3 coyotes participating in this event. Blaize Baehrens will be coming off Wildflower Long Course and will be using this race as his last stepping stone prior to IM Coure'Alene. Maggie Riley will try to continue her hot

streak comeback by adding another podium to her resume and get the Coyotes another win. Steve Edwards is participating in the 5k and hoping to do a PR, we will see how fresh his legs are after the Wildflower. This is a very fast course and look for our guys out there to do very well. If you are in the area and feel like you can stop by and support the crew, it is always nice to get a couple of Ahuuus from your club

members and encourage you to get to the finish line faster than you would normally. Good luck to all of our coyotes who will be doing this race, Ahuuuuuuuu



MAY 16, 2010

Members & Birthdays

Please welcome this months newest Coyote

1.- Daniel Galvin

Our total number of coyotes is now 43 with the potential to keep growing.

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

Phil Yim — May 2nd

Alejandro Aceves — May 4th

Brian Kildow — May 12th

Monica Lewis—May 20th

Gerardo Charvel — May 28th

Mark Simpson — May 30th

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

May is the National month for biking. May 13th, 2010 is the official bike to work day, so lets help the world be a better place and give it a day of fresh air and no pollution. Get your bike out and go to work on it, do it as much as you can during the month of May.

Besides, there is no easier way to get your training in and helping keep the environment at its best than by biking to work, do something about it and encourage your loved ones to get on their bikes and enjoy the time out. AHUUUUUUU



Bike To Work Month

Announcements

- Coyotes Triathlon & Bike Club, Inc. is proud to announce our newest 2010-2011 sponsor. Fit Stop Humane Performance Lab is a fitness promotion company that provides advanced assessment services to fitness minded organizations and individuals alike with programs that are designed for the novice as well as the experienced exerciser. Fit Stop will perform VO2 Max Tests, calculate your heart rate training zones and

Allow you to take your training and competition performance to the next level. There are multiple Coyotes that have participated in this tests with Fit Stop, and have all benefited from it. Fit stop will be providing 15% - 25% to our Members depending on the type of test or program you request. Fit Stop also provides personalized coaching for all of you who are looking for that side of training as well. Ken Nicodemus is a great asset

to our club and please make sure to pick his brain and use his expertise.



Coaching Tips

In this "[Dance with the Water](#)" article series, we continue discussing the idea that an athlete must listen to the signals the water gives, like a dancer following the lead of their partner. Move to your own beat, and not in rhythm with the water, and you're bound to struggle.

In this column, I'll highlight the need to build coordination and movement efficiency in the water.

Ask a swimmer or triathlete how

their swim session went, and you'll probably get an answer which tells how far they swam. If they are a more advanced swimmer, they'll probably also tell you a key set they did, on a send-off interval, or holding a certain average time.

This is good, because the athlete understands the fact that there are different aspects to training besides volume. Volume is simply how much swimming you're doing, while giving a speed and time interval

helps to define the intensity.

Put another way, volume helps to show aerobic fitness, because an athlete must have some basic aerobic fitness to be able to swim a distance. Intensity will show the muscular fitness of an athlete, because the athlete must have a certain amount of muscular power and fitness to complete the intervals on a set time.

For complete article see www.active.com by Jim Vance

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Ironman California 70.3 (Results)

The Rohto Ironman California



Jean-Claude Constandse 4:48:10

70.3 took place on April 27, 2010 and this year we had 8 coyotes participating in this great event. As always the Coyote support crew was incredible and it made for some fast Coyote times. The first to finish out of our Coyotes was Jean-Claude Constandse, who had a great swim and was able to



Jean-Claude Constandse 4:48:10

break his PR by 8 Minutes, he had a great race, being able to

bike with fellow Coyote Dan Egoroff and feed each other during the entire ride, and then the extra bonus to be able to run with blaize (chase him really), and for the first time,



Jean-Claude Constandse 4:48:10



Dan Egoroff—4:53:21

being able to cross the finish line together. The second Coyote to cross the line was Dan Egoroff, who was using this race as a tune up race for up Coming Ironman Courc A'lene. Dan had a solid swim and follo-

Wed that with a super bike



Dan Egoroff—4:53:21

split, and finished with a very strong run. Dan stayed with JC switching leads on the bike, until eventually he would end up dropping him at around mile 50 of the bike ride. On the run, Dan kept the same pace as Blaize and JC and was hovering just a minute behind the two of them, the entire run he could



Dan Egoroff—4:53:10

see his fellow coyotes just up the road. Ahuuuuu this was



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Ironman California 70.3 (Results Cont.)

Dan's first IM California Ex-



Blaize Baehrens—4:58:10

perience. The third Coyote to cross the finish line was Blaize Baehrens, who also is using this race as a tune up for up coming Wildflower and Ironman Courc A'lene. Blaize had a strong swim and bike combination and was going to use his super running skills to put himself in the podium, however suffering



Blaize Baehrens—4:58:10

a knee injury just the week prior to this race, he was not

able to do the run he would have liked to. Blaize did end up with a PR on this course improving his time from last year by 18 minutes. Watch out for Blaize in the up coming races as



Blaize Baehrens—4:58:10



John Reed—5:38:57

he continues to improve on his biking powers and is always strong on the run of any triathlon. The fourth Coyote to cross the line was John Reed, who is also training for Ironman Courc A'lene. John had a solid

Performance in all 3 events,



John Reed—5:38:57

having been practicing his swim with the rest of the Coyotes on the Friday swim, he quickly got out on his bike and started hammering, and followed up that with John's strength the run. John had qualified for the Boston Marathon, but due to personal commitments he decided to transfer his entry for



John Reed 5:38:57

2011, This was also a PR for John on this course, ahhuuu



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Ironman California 70.3 (Results Cont.)

Following John was a set of



Juan Carlos Baca—5:47:25

Coyote new comers and Ironman 70.3 rookies making their debut. Juan Carlos Baca had just joined the coyotes a couple of months prior to this event, and just weeks prior to the event finished his first white buoy swim with the Coyotes. He was gunning for under 6:00 Hrs and he simply crushed that



Juan Carlos Baca — 5:47:25

goal, by getting a time of 5:47:25. He is said to be in-

spired and hooked with this distance and is already steering the pot to do another 70.3 in the near future. After Juan Carlos, we had Daniel Galvin, who although not an official Coyote



Juan Carlos Baca—5:47:25



Daniel Galvin—5:51:04

at the time of the race, by the time the race was over, he was quickly hooked with the Coyote Spirit and support group, that saw him getting some big ahuus as well and decided that he too wanted to be part of this fun

And supportive crew. Daniel



Daniel Galvin—5:51:04

had previously done a Half Ironman, so this was not his first rodeo, but was still looking for a solid performance that could catapult him in preparation and confidence for his Ironman Debut in Arizona, on November 2010. Daniel has since then attended most of the Coyote training events and is



Daniel Galvin—5:51:04

quickly focusing his attention on his up coming IM 70.3 race



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Ironman California 70.3 (Results Cont.)



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After Daniel, we had Rodolfo



Rodolfo Aguilar—6:01:52

Aguilar, who was not that far behind JC, Blaize and Dan after the swim and bike splits, but having suffered major cramps on the run, this coyote was faced with some heavy mind and body games, the mind was fresh and telling him to continue pushing strong, the body was against him and wanted no



Rodolfo Aguilar—6:01:52

part of the run. Rodolfo although reduced to a walk at

some times, managed to suck it up and finish strong, and although hi did not break the 6:00 hr mark, he did achieve a PR for this race and took in some valuable lessons for up



Rodolfo Aguilar—6:01:52



Gerardo Charvel—6:05:38

coming races. The last but not least of our coyotes to cross the line, was probably our most crazy coyote, this guy went from doing a sprint triathlon to a half ironman distance triathlon in less than a year. Gerardo

Had a great race, and managed



Gerardo Charvel—6:05:38

to survive the swim which was his weakest sport, and having nearly drown a week prior on the coyotes swim practice (I had to put this in G). Gerardo was seen extremely happy and proud during the final meters of the run, accomplishment that he had set his eyes on and managed to finish, and finish strong



Gerardo Charvel—6:05:38

and happy, way to go G you are an Ironman 70.3 Finisher, ahuu

Super Frog & Super Seal Triathlon (Results)



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The Super Frog and Super Seal



Alfredo Zepeda— 5:32:25

triathlons took place on April 11, 2010 and this year we had 3 of our Coyotes participating for the first time in this event. Alfredo Zepeda took on the Super Frog triathlon which is the half ironman distance. After having a bit of a struggle with the Monster waves that the race morning had to offer, Al-



Alfredo Zepeda— 5:32:25

fredo settled into a nice rhythm and finished with a very decent

time of 5:32:25. In the Super Seal division, which is Olympic distance, we had two coyotes. Jeff Weeks who did a PR for this distance, with a time of 2:56:18 and used this race as his



Jeff Weeks— 2:56:18



Jeff Weeks— 2:56:18

final tri tune up for his up coming Wildflower race, which will be the first time Jeff participates in this race as well. Jeff had a solid swim which is a testament to the Friday Swim practice at moonlight beach. Our Come-

Back coyote Jose Luis Garcia



Jose Luis Garcia— 2:45:12

Chavez, was back in action in the super seal division as well, coming back from a broken leg injury, he managed to do a PR on this course as well with a time of 2:45:12. Impressive for being his first race back in action since mid of last year. Congratulations to all 3 of our coyotes for racing well and rep-



Jose Luis Garcia— 2:45:12

resenting the club,
AHUUUUUU

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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.

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Coyotes @ Ironman California 70.3

(L-R): Alejandro Aceves, XX, XX, Juan Carlos Baca, Carlos Hernandez (Not a Coyote), Gerardo Charvel