

Coyotes triathlon & bike club newsletter

Volume 5, Issue 7

July 2010

Special points of interest:

- **AMICA IRONMAN 70.3 RHODE ISLAND**
- **IRONMAN VINEMAN 70.3**

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Amica Ironman 70.3 Rhode Island

The Amica Ironman 70.3 Rhode Island will take place on July 11th, 2010 and it will take athletes through a variety of Rhode Island's scenic areas, including Narragansett, the picturesque communities along State Road 102 and downtown Providence. The swim will be held in the protected waters off Roger Wheeler State Beach in Narragansett. Water temperatures are expected to be 68-72 degrees F. The majority of the bike course encompasses the quiet, scenic communities of Exeter, West Greenwich, Coventry, North Scituate and Johnston. The bike route

finishes in downtown Providence, with the bike-to-run transition located at Waterplace Park. The two-loop run course takes athletes through the historic East Side of Providence, tree-lined Blackstone Boulevard, Brown University campus and downtown Providence's business district. The race finishes with a backdrop of the State Capitol and Providence Place Mall. This year we have 1 coyote participating in this event. Local boy Daniel Galvin will be visiting his family back East and has planned on attending this beautiful yet challenging race while at it. This will be Daniels first time

doing this race and his first official race as a Coyote. Daniel will use this race as a fitness preparation and test to see how his training progress is for the big race he has at the end of the year in Arizona. Good luck to Daniel, have fun enjoy the family and give the locals of the east coast some big Ahuuuuuuuuus



JULY 11, 2010

Ironman Vineman 70.3

The Vineman Ironman 70.3 Triathlon will be held on July 18th, 2010 in Sonoma County, California. The event consists of a 1.2 mile swim, a 56 mile bike, and a 13.1 mile run. The point-to-point event begins at Johnsons Beach in Guerneville and takes entrants past literally hundreds of vineyards and dozens of wineries before it finishes up in at Windsor High School (just north of Santa Rosa). The course is a tour of So-

noma County's beautiful wine country, passing through four different grape growing regions: the Russian River Region, the Dry Creek Valley, the Alexander Valley, and Chalk Hill. This event has become one of the most popular and highly competitive triathlons in the world and this year we have 5 of our coyotes participating in this great event. Rich Osman will be doing this event for the 7th straight

year and is a local favorite. Monica Lewis, Nancie Constandse, JC Constandse and Omar Zurita will all be doing their debut here, while Maggie Riley will be doing the aquathlon. Good Luck to



JULY 18, 2010

Members & Birthdays

Please welcome this month's newest Coyotes

Our total number of coyotes is now 47 with the potential to keep growing.

July has No coyotes celebrating their birthday on our coyote birthday tracker .

Coyotes wish you a very happy 4th of July. Happy Independence day, remember to celebrate with your loved ones, have a great time, share good memories, and spend some time relaxing and catching up with your sleep. Go see the fireworks and if you drink and party hard, please don't drink and drive.



HAPPY COYOTE 4th OF JULY

Announcements

- Coyotes will celebrate their anniversary with our fourth annual BBQ on La Jolla shores lawn on July 25th at 9:00 A.M. for a nice cove swim followed by a run and BBQ. We encourage ALL of the coyotes to come out and play, meet your fellow coyotes, help out on the BBQ if you are not planning on running or swimming and just come out for a great time in the sun, perfect time to socialize and meet your fellow coyotes.

- Coyotes will be RE-ORDERING uniforms in July, This year there will be NO change to the current uniforms, which will make it easier for everyone to update what they currently have and need or simply continue with what you currently have. This was we will have very little minimums to meet and we can get everyone using the newest uniforms at our races.



COYOTES 3RD ANNUAL BBQ

Coaching Tips—Running hard the last miles

It's often said that the race is won or lost in the last few miles.

Although the natural instinct is to run faster early in the race for insurance, that strategy can leave you fatigued and unable to push when it counts.

A strong finish is the outcome of a wise start. Learn how to plot your strategy to push

through the final few miles.

Run Patiently: Cut the race in half and aim to run the second half slightly faster than the first half (negative split). Conserving your energy early on will leave you with enough gas to push through the most demanding part of the race--the end.

Run Mindfully: When you pace yourself wisely from the start, you end up with plenty of energy to go

fishing in the last few miles of the race. And that's when racing really gets fun! Focus on a runner ahead and slowly reel them in.

Then catch another, and another...there is nothing more motivating than to have the stamina to pass runners (nicely) in the final few miles. It keeps your mind actively engaged in reaching for a specific short-term target and allows your body to push hard to get there. By Active. com

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Xterra Trail run Mission George (Results)

The Xterra trail run at Mission George finally took place on May 30th, 2010 after several cancellations due to bad weather and concerns that the trails would get damaged...They did say Xterra Trail run?... O.k back to the report, we were informed by our very own Latino correspondent Coyote Cojo, that one of our own, Monica Lewis captured the age group win and second podium of the year for her on her first time doing this incredibly hard race and second in the series. Monica has now moved into third in the overall points standings after only doing two races of the series and is in contention to qualifying for the Xterra Trail worlds. In monica's own description of the course, this was as close to hell as anyone will come to,

now there are serious doubts about her really knowing what hell looks like, so for the rest of us that have not had the displeasure of coming face to face with hell, it is described as follows. The race started with single track racing, and then it immediately started to climb, there was a trail along the mountain that you could see people zig zagging up the hill, there was no where to pass and a lot of people were walking the trails, once you reached the top, you would be confronted with another mountain pass that you would have to negotiate with, and the saga continued, then there was a section of water along the small stream where you would have to jump over the stream, and get your feet wet, allowing for mud and blisters to start forming, and for

Very slippery conditions. After all the water experience, they were confronted with a huge 6' rattle snake that was in the middle of the single track with knee height bushes on both sides, making a permanent stop for everyone who was coming upon this point, they waited until some impatient runner decided to grab a stick and chuck the beast in the air, lucky for Monica, she was next in line so she did not stick around to see the return of the mighty python to the trails, and finally she had to do a bit of rock climbing towards the last climb of the day as the trail got so steep that it required the use of your hands to pull yourself up. CONGRATULATIONS TO MONICA LEWIS FOR HER FIRST PODIUM VICTORY AHUUUUUUU



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Hoosierman Triathlon (Results)

The Hoosierman Triathlon took place on June 13, 2010 and one of our Coyotes who recently moved back to their home state of Indiana was there to represent our club in the Mid west division and to continue his success back home. Jay Brant had a very successful race and although his sentiments after finishing the race indicated that he had just done a very hard race and that he had achieved a very poor result was all a typical smoke screen behavior that you get when you have given it all you have and your body is craving for some rest, and wants nothing to do with tri-

athlons. After he had some down time, and some well deserved hugs from his wife and fellow coyote Kim and lovely daughter who was there to witness her daddy's first race, he realized that his achievements had come to fruition and that he ended up with nothing more and nothing less than HIS FIRST COYOTE VICTORY OF 2010. Jay Won his 25-29 young puck division and continues his success of racing in the Mid West. He has represented the colors of the coyotes and has given the mid west triathlon division some hefty challenges. Ahuuuuu and congratulations for such a fine perfor-

Mance, we are told that his lovely wife Kim is also making a strong comeback and they both have very busy race schedules coming up in the next couple of months, so keep an eye for this mid west contingency to start sweeping podium victories. We miss you guys and AHUUUUUUU

Ironman Kansas 70.3 (Results)

The Ironman Kansas 70.3 took place on June 6, 2010 and this year we had one of our newest



Brian Turner—5:06:55

coyotes participating in this great event. Brian Turner who recently joined the Coyotes after seeing the club at Wild-

flower and deciding that the coyotes was a club that was right up his alley, he decided to go to the mid west and do this 70.3 race and test himself with the best. Brian made the Coyotes proud by placing 44th in his out of 231 in his very tough and competitive M30-34 Age group. Brian had a strong swim which was followed by a long bike ride that took the athletes through some very nasty rollers, and this was where Brian started to move up in his division, but so was the sun, and the conditions started to get hotter by the minute. The run was a very fast and furious run where Brian was trying to catch the leaders while holding his position and not allowing the uber runners to catch him. At the end, Brian got to cross the famous yellow brick road of

The Kansas 70.3 where Dorthy, the tin man, the scarecrow, the lion and todo where waiting for



Brian Turner—5:06:55

this Coyote in anticipation and ready to receive a big Ahuuuuuu, Congratulations for a great race brian

Morro Bay Triathlon (Results)

The Inaugural Morro Bay Triathlon took place on June 6, 2010 and this year we had our newest coyote participating in this great event. The location was beautiful on Morro Bay and highly recommended as spot for a triathlon. The weather was perfect sunny and bright, windless, the water calm and still. After settling into the 50-55 degree water in the bay for the swim Bill was feeling pretty good. The bike course was a beautiful ride near San Luis Obispo in the rural hills around Cuesta College. The run along the beach was mostly packed sand with some rough patches of seaside rocks to

navigate. In all the course



Bill Mattiza— 3:09:36

seemed fast and a little hilly.....

but what do I know about a triathlon course said Bill at the end of the race. Congratulations to Bill for finishing his first ever Olympic distance triathlon, for representing and making the Coyotes proud in this inaugural race and for placing 9th place in your division. Way to go and welcome to the sports of triathlon. After the race, Bill inquired as to why we plan the triathlons well in advance, the answer is as you progress in this sport, you will find that it becomes very addictive and competitive, and the events you want to do will quickly sell out, so keep on training and SIGN UP for your next event..... 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
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WATCHMYRACE



Coyotes @ Wild-flower Triathlons

(L-R Top):

Steve Edwards, Brian Kildow, Dylan Lewis, Monica Lewis, Nancie Constandse