

Coyotes triathlon & bike club newsletter

Volume 5, Issue 8

August 2010

Special points of interest:

- **TRI INDY**
- **SUBARU IRONMAN CANADA**

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Tri Indy

Last year a sell-out crowd of 1,200 people participated in the second annual Tri Indy event - the event was spectacular! Utilizing the picturesque canal of Downtown Indianapolis and the streets traversing the city's cultural and historic landmarks, Tri Indy will once again offer participants a challenging and memorable course. Tri Indy will consist of an Olympic Distance (1500 meter swim, 40K bike and 10K run) a Sprint Distance (500 meter swim, 20K bike, 5K run) and a Short distance Duathlon (2 mile run, 20K bike and 5K run) There is also a relay divi-

sion for the Olympic distance triathlon (2 or 3 person). This will be the first time that the downtown Indianapolis canal will be utilized for a swimming venue and the first time a triathlon has started and finished in downtown Indy! According to USA Triathlon this may be the very first of its kind in the country! This 'newly cleaned canal' venue is sure to please most all swimmers. The canal is about 40 feet wide. Both the Olympic Distance event and the Sprint event will be a point to point swim. Faster swimmer will go first with slower swimmer going in the

final waves. Be sure to check your swimming ability when you enter. This year we have two of our Coyotes participating in this great event. Our Mid West Contingents of Kim and Jay Brant will be doing their Olympic debut and representing the club. Good luck to both of you and give Indi-



AUGUST 1, 2010

Subaru Ironman Canada

Ironman Canada will take place on Sunday August 29th, 2010 and this year we have 4 Coyotes participating in this event. Ironman Canada is one of the hardest Ironmans to get into, it has a spectacular course in place, and the best local support in this town of Penticton that transforms itself during the ironman week. Jean-Claude Constandse, who will be doing this race for the second year in a row is looking to im-

prove on his 10:19:30 showing from last year. Dan Egoroff coming off a great Ironman Coure A'lene is hoping to break 10 hrs in an effort to qualify to Kona. Alfredo and Luis Zepeda will continue their sibling rivalry which currently stands in 2-0 in favor of Alfredo. Be sure to follow all their progress by visiting www.ironman.com Good luck to all, race hard, race smart and be safe out there, and remember to make

the Coyotes Proud, and see if we can get our first official Coyote into the big dance that is The Ironman world Championships in Kona, Ahuuuuuu.



AUGUST 28, 2010

Members & Birthdays

Please welcome this months newest Coyotes

- 1.- Carlos Martinez
- 2.- Shane Ressie
- 3.- Jessica Nichols
- 4.- Lori Ann Stevens

Our total number of coyotes is now 51 with the potential to keep growing.

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

Eduardo Argueta—August 7th

Brian Turner — August 16th

Todd Krajewski August 21st

Luis Zepeda — August 22nd

Omar Zurita — August 29th

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

-Coyotes 2010-2011 Uniforms will be finalized and orders will be taken so that we can have these uniforms under production, remember that if you don't pay in ad-



Announcements

- Coyotes are proud to announce that we have successfully gotten a new sponsor for the 2010-2011 season. Integrative Sports Acupuncture combines contemporary Sports Medicine and Traditional Chinese Medicine to optimize each patient's healing process. Whether you are training for a marathon, working in your garden, or just trying to increase your fitness level, you are an athlete.

Integrative Sports Acupuncture provides quality, personalized health care so that you can reach your goals pain and injury free. The healing modalities of acupuncture, manual therapies, therapeutic exercise, kinesiology taping, herbs, and supplements are utilized to enhance a patient's recovery and to achieve their desired level of functioning. *For more information please visit www.ISAtherapy.com*



Coyotes will get 50% off their first visit, and 15% for follow up visits and product line available.

Coaching-Threshold workouts for the Bike

If you are looking to improve your speed at any race distance, you want to increase your lactate threshold. Though the workouts can be strategically used in a number of [training plans](#), they are particularly useful for Olympic distance triathletes and cyclists aiming to improve their 40k time trial ability.

Cruise Intervals

On a mostly flat course or indoor

trainer, do 5-7 x 3 minutes, allowing heart rate to rise into [Zones 4 to 5a](#) over the course of the interval. Take 1 minute of easy spinning in Zone 1 between work intervals to recover. For the work intervals, begin the first one at the low end Zone 4 and end your last interval at the high end of Zone 5a. This strategy keeps your average power output and speed high for the entire session.

Criss-Cross Threshold

Do the session on a mostly flat or rolling course. After your warm-up, slowly increase heart rate to Zone 4. Once Zone 4 is attained, begin timing. Gradually build speed until the top of Zone 5a is achieved. Then, gradually reduce speed until the bottom of Zone 4 is achieved. The build and reduction time segments should take about two minutes. Continue the criss-cross from low Zone 4 to high Zone 5a for 20 minutes. By Active.com

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Ironman Coure A'lene (Results)

The Ironman Coure A'lene took place on June 27th 2010 and this year we had 3 of our



Dan Egoroff—10:43:33

coyotes participating in this great event. Two of them where here for the second time for this wonderful event, and for one it was his second ironman, but first time visiting the beautiful forest town of Idaho.



Dan Egoroff—10:43:33

The first of our coyotes to cross the finish line was Dan Egoroff, who has been training

like a demon and logging in the big miles needed to succeed in such a long and challenging race. Dan had a superb swim with a time of 1:05 and felt strong coming out of T1, then he settled into his favorite sport and his strong suit and decided to power up the engine and try to make up places. Dan took a conservative approach to the first of two loops and monitored his power output and heart rate knowing that the second loop would be the one that he tried to do a negative split on and still have enough gas in the tank for the run. After watching his splits carefully Dan put a strong bike performance and finished with an impressive bike time of 5:17:00, which was good enough to keep him in the top 30 in his age group. The weather conditions where perfect and by the time Dan hit the run, it was nice and warm, all the cold and numbness on the feet from the bike ride where starting to gain feeling again and Dan was ready for the punishing marathon. Dan did have a special weapon in his bag of tricks for the marathon and that was in the form of his parents who volunteered in a water/ Aid station in the earlier miles of the Marathon. Dan had an opportunity to greet both of his parents and gain that extra energy that one gets from a loved one in the course, he powered through the first loop with a very good pace, however the course was a bit too demanding and his pace was too aggressive in the beginning of the marathon, which led to a somewhat of a meltdown

For the second half of the marathon, again feeding from his parents support and his



Dan Egoroff—10:43:33

lovely wife Karri, helped him gain more momentum and confidence to eventually finish with a strong 10:43:33 and although not happy with his performance, this was a very solid race for Dan Egoroff. The second



Blaize Bachrens—12:38:58

of our coyotes to finish was Blaize Bachrens, who had high expectations coming into the



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Action Sports International**

Ironman Couré A'lene (Results Cont.)

race in the leading months to it, but then quickly turned into a survival game, when he realized



Blaize Bachrens—12:38:58

that he had been nurturing a knee and hip injury that would prevent him from properly training and getting the required miles that are needed for this event. Blaize could only focus on his swimming portion



Blaize Bachrens—12:38:58

in the last 4 weeks leading into the race, and he knew that he wanted to have a solid swim

performance, which he did with a swim time of 1:07. After the swim Blaize headed into the bike with hopes of his hip not bothering him, but it was evident very quickly that this was going to be a very long and painful ride, so he shifted focus to try and enjoy the course, the beautiful scenery that Idaho has to offer and to minimize the damage to his injury so that he could muster enough energy to finish the run. Blaize arrived into T2 after a 6:33 bike split and was now in the last stage of pain and test, it was now time to test how well his knee would hold up. Having it injured during wildflower, he had not been able to do a longer run than 9 miles, so he knew that the Marathon was going to be a long and gruesome portion of this event, but he was mentally in it, and so he started out nice and steady, clicking one mile at a time, and was seen enjoying his time as he passed by his support group and future wife Sonja Johnson.... Yes he did propose after the race was done and yes she did accept to this proposal :) congratulations to both Sonja and Blaize for their engagement. Although not the time that he expected, Blaize ended up with a 12:38:58 which considering the circumstances he was extremely pleased and happy with his performance at Idaho. After Blaize, we had our third Coyote cross the line, in the form of John Reed, who has become a local in this area signing up year after year for this wonderful event and making it his passion to train and

Race along his son Hunter side; and although he did not get the best out of his son, he did get a



John Reed—12:54:16—PR

PR for this course, John really wanted to break the 13 hr barrier and so he set out with a steady performance in all 3 disciplines, carefully monitoring his bike, and letting it all loose on the run, which is John's



John Reed—12:54:16—PR

strength. Congratulations to all 3 of our coyotes, and remember YOU ARE IRONMANS.....



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Carlsbad Triathlon (Results)

The Carlsbad Triathlon took place on July 11, 2010 and this year we had 3 of our coyotes

which was followed by a quick T1. Once on the bike Juan Carlos enjoyed the scenery and started to pick up some of his competition, knowing that his run would probably suffer a bit with the injury. T2 went by and there was no sign of pain, but

The second of our coyotes to cross the line was Mary Riley, who has been flying low below



Juan Carlos Baca—1:41:05

representing in this fast growing and local race for our club. The first one out of our Coyotes was Juan Carlos Baca, who had been battling a nagging calf injury since his race at Ocean-side, and was concerned about



Juan Carlos Baca—1:41:05



Mary Riley—2:17:24

the Coyote radar, she claims to not be fast enough to be a worthy Coyote, well ESPN latino correspondent Coyote Cojo was able to sneak into the race media and capture some photos of Mary and Bill Riley, who



Juan Carlos Baca—1:41:05

how the Calf would hold up for the run portion of the event. Juan Carlos had a great swim,



Mary Riley—2:17:24

as soon as the running miles clicked in, it was evident that this was going to be a painful 5k run. Never the less our Coyote powered through the run and finished with a nice smile.



Mary Riley—2:17:24

although not wanting to let the club know that they had done this race, they where captured



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Action Sports International

Carlsbad Triathlon (Results Cont.)

Not only participating in the Carlsbad triathlon, but more importantly having fun while



Bill Riley—2:18:18

doing it. Mary used this race as a come back to triathlons after suffering a nasty bike accident with non other than a “stupid driver” reminding all the coyotes to be 100% aware of your surroundings while riding in the coast. Mary had a successful swim, which she has been practicing with husband Bill and the Coyotes on the Friday Ocean swims, then T1 came and Mary was ready to start the bike and enjoy the ride, coming into T2 with a smile and finishing a strong 5k run, reminding the rest of the coyotes that life is not always about going fast and speeding, but it is about being out there, having fun, enjoying your time out, and most importantly challenging yourself in a personal level to take on these challenges. Mary You are worthy of being a Coyote and we are proud of you and support you in any way we can, so here is a big Ahuuuuu

for you today. The third coyote to cross the line was Mary’s husband Bill, who also did not inform the club that he was racing. Carlsbad triathlon was Bill’s second triathlon ever. Bill has been practicing swimming 3 times a week on the ocean and is a regular at the Friday Ocean Swims, he has a love for the Ocean like no other and enjoys his time out there, so the swim posed no problem for Bill. Once bill got on the bike, he settled in a pace that he was comfortable and started ham-



Bill Riley—2:18:18

mering down the PCH, there must be a family resemblance between Bill and Maggie that both like wearing short tops on the bike, as to feel the wind cooling them and having this sensation that they are flying, which is fitting for Bill since he happens to be a Commercial Pilot. Bill made it to T2 and set out on the run, he got himself in his groove and powered through the 5k run. Both Bill and Mary where worried that they would be last in their age

Groups and that they would not make the Coyotes proud, well ESPN Latino correspondent Coyote Cojo is proud to inform both of you that you where NOT LAST IN YOUR AGE GROUP, and that we are still very proud of your performances. Next time you need to inform the club members so that we can lend more course support and give you the famous and encouraging Ahuuu’s that will take you from why am I doing this dam race and I need it to be over, to “Ohh yeah, ohh yeah, Ahuuuu baby Ahuuu”. Congratulations to all 3 of our Coyotes for representing locally in this race, which is in our backyard, and we hope to see more representation in the future races to support the community and the sport in this area, keep on training and using this event to motivate you to achieve your next athletic endeavor and remember that



Bill Riley—2:18:18

YOU WILL NOT BE LAST..... AHUUUUUU



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Ironman Vineman 70.3 (Results)

The Ironman Vineman 70.3 took place on July 18, 2010 and this year we had 4 of our Coyo-



JC Constandse—4:43:31 –PR

tes participating in this beautiful event. The first to finish this race for the coyotes was JC Constandse, who had a breakthrough race here at vineman and managed to do his all time half ironman distance PR with



JC Constandse—4:43:31 - PR

a total time of 4:43:31, besting his time of Clearwater by 2 minutes, JC had a solid swim,

almost breaking the 30 minute barrier, after a rough T1 he started the bike along the top in his age group, but only minutes after starting the bike ride, he realized he had a flat tire, which set him back 5:30, but this “resting of his legs” allowed



JC Constandse—4:43:31—PR



Monica Lewis—5:52:30—PR

him to do his PR run split for any half ironman and 3rd fastest half marathon ever. This result should boost his confidence leading towards Canada in just 6 short weeks. No Flats!

The second Coyote to cross the line, and also with a Half Ironman PR was Monica Lewis,



Monica Lewis—5:52:30—PR

who had a solid swim, a very good bike split and a consistent run. Although a bit disappointed with her run, monica still managed to accomplish her goal of breaking 6:00 hrs with a total time of 5:52:30, way clear



Monica Lewis—5:52:30—PR

of her anticipated goal time and demonstrating that once she replaces her motorbecane bike



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Ironman Vineman 70.3 (Results Cont.)

With a proper bike she will be a force to be recon with. Monica placed 20th in her very com-



Rich Osman—6:28:41

petitive Age group. The third of our Coyotes to cross the line was local boy and 6th time participant of the Vineman 70.6 Rich Osman, who has stated that this is by far his favorite race, and although he did not



Rich Osman—6:28:41

post a PR performance on this day, he did do a crazy performance, in that just after the race,

he had to head back and directly to the airport for a business trip that he had to take, now how is that for dedication to your favorite course. The fourth coyote to cross the line was Nancie Constandse, who was doing her second ever half ironman. Nancie had been practicing for the last couple of months on his weakness which was the bike, she did not want to get eliminated before the bike cut off time. It was reported that Nancie actually enjoyed her bike ride, and was



Nancie Constandse—6:59:31

seen smiling along the course, chatting left and right as she passed people in the course. Nancie did not have much time to practice the run, so that was her highest concern, and knowing that vineman is notorious for high temperatures, especially during the run, there was that worry that maybe her set goal of going under 7:00 hrs would be jeopardized. Well Nancie did put the spectators to a trilling finish, as she came in to the finishing shoot within a

Minute of the 7:00 hr mark and by the time she actually stopped the time, her watch said 6:59:31



Nancie Constandse—6:59:31

making this a very successful triathlon for all of our coyotes who not only got PR's along the way, but met their goals as well and had a blast. This must be a repeat race for our Coyotes as it is set in a beautiful area in



Nancie Constandse—6:59:31

California and the scenery is spectacular. Congratulations to our coyotes, 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 @ 4th annual Summer Party

(L-R Top):

Aisling Lewis, Lauren Peterson, Juan Carlos Baca, Christie Baca, Bill Matizza, JC Constandse, Nancie Constandse, Monica Lewis, Brian Kildow, Glenn Kaplan, Gabe Garcia, Regan Garcia

(L-R Bottom):

Ella Baca, Lenah Baca, Dylan Lewis, Siobhan, Lewis, Griffin Lewis, Bianca Kaplan, Cole Kaplan, Madison Garcia