

Coyotes triathlon & bike club newsletter

Volume 5, Issue 9

September 2010

Special points of interest:

- NAUTICA MALIBU TRIATHLON
- SAN DIEGO TRIATHLON CLASSIC

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Nautica Malibu Triathlon

The Nautica Malibu Triathlon will take place on September 11, 2010 and it promises to be a good one. This triathlon has been a favorite amongst the Hollywood celebrities and the local favorites include Matthew McConaughey, Jennifer Lopez, and other high caliber celebrities.

The Nautica Malibu Triathlon Olympic distance race course features a 1.5K Pacific Ocean swim, a 40K out-and-back bike course along the Pacific Coast Highway, and a 10K out-and-back run course on pavement and blacktop

along the sands of Zuma Beach. The course goes through some of the most beautiful roads in Malibu, with spectacular views of the mountains and the Pacific Ocean. This year, we have one of our Coyotes participating on this event, Brian Turner, will be taking on this course, coming off the full distance Ironman at Vine-man, he will be looking to apply some fast twitch muscles to this fast and furious race. Last year we had two of our coyotes participating in this event in the form of Gerardo Charvel and Juan Carlos Baca, so it appears as if the

Nautica Malibu triathlon is becoming a repeat race for our club. This high profile race promises to be a great one, and Brian should be in peak form to shred this course. Good luck out there, ride hard, ride safe and represent with a couple of big Ahuuuuuu's



SEPTEMBER 11, 2010

San Diego Triathlon Classic

The San Diego Triathlon Classic will take place on Sept. 18, 2010. This event will be the first USAT sanctioned Olympic distance triathlon in San Diego, and is in its second year. This Race Course features a 1.5 mile Swim in the Pacific Ocean, followed by a challenging bike course up to Cabrillo National Monument, but unlike the San Diego International Triathlon, this course takes you inside the Navy Base which is

on the west side of the hill and then takes you up a steep hill to the top of the lighthouse and back. The run is also in a new location and it promises to be equally challenging. The second year of this event will see one of our Coyotes taking part, which will make it two years in a row that we have Coyotes doing this race. Blaize Baehrens will be doing his first race since Ironman Coura A'lene, and although still a bit

injured, he will be able to handle the distance a bit better and not further his injury. Good luck to Blaize and have fun while racing the Olympic distance, and representing locally in SD. Ahuuuuuu



SEPTEMBER 18, 2010

Members & Birthdays

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

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

Christopher Geldert—Sept. 10th

Daniel Galvin—Sept 11th

Jeff Weeks—Sept. 17th

Jay Brant—Sept. 21st

Tim Wilson — Sept. 25th

Alfredo Zepeda—Sept 30th

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



AHUUU VIVA MEXICO !!!!

Happy Mexican Independence Day to all of our coyotes

Viva Mexico, Arrrrribaaaaa!!!,

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Announcements

- Uniforms have been re-ordered and are expected to arrive in San Diego at the end of September.
- Coyotes Visors will be ordered next month, so be sure to put in your order if you don't want to miss having one of these.
- Coyote Swim Caps are in, so please contact JC to ensure you get your cap and represent while swimming

In the Ocean or in the Pool

Coaching—4 Steps for Perfect Marathon Fuelling

Below is a step-by-step guide to help you determine your total calorie needs during training runs, and your target calorie replacement needs based on your race pace. Happy running trails!

Determining Your Total Calorie Needs

Step 1: Determine running calorie expenditure per mile

0.63 x body weight (pounds)

Step 2: Determine goal race pace or how many miles per hour you'll cover

Example: An eight-minute miler will cover 7.5 miles/hour

Step 3: Calculate hourly expenditure based on goal race pace

Example: An eight-minute miler would multiply 7.5 by the figure

from step 1.

Step 4: Determine hourly calorie replacement needs

0.3 x the figure from step 3

(Note: Research shows runners can physically absorb about 30 percent of what they expend.)

By Active.com

Ironman Vineman (Results)

The Ironman Vineman took place on July 31, 2010 and this year we had two of our Coyotes



Lori Ann Stevens—13:52:50

tes participating in this great event. Although not part of the Ironman branded Circuit, this is one of the oldest and most beautiful races in the country and very highly regarded by everyone. The first one of our



Lori Ann Stevens—13:52:50

Coyotes to cross the line was newest Coyotes Lori Ann Stevens who joined the club the

Friday prior to the race and was successful at securing full uniform for representation. Ahuuu and kudos for team spirit!!!!.

Lori Ann had a great swim at the Russian river, followed by a great bike split and a super run. The weather conditions were typical for this area, HOT, AND EVEN MORE HOT, but that did not stop Lori Ann from taking on the course, and enjoying the ironman. It is said that she received multiple Ahuuus through the course. Lori Ann was joined by fellow Coyote and boyfriend Brian Turner who was also doing this race for the first time, and he too was ready to take on this challenge for bragging rights in this relationship. It is unknown what happened to Brian, as the tracking device was going on smoothly after the swim and the bike, but apparently the weather conditions were too demanding for this coyote who brought it out too hard at the beginning and had nothing left for the run. We do not know if he actually started the run, but faded away and decided to not injure himself, or if he did not start it, but we can guarantee that he was very supportive of girlfriend Lori Ann and was seen cheering his heart out for her. In this battle in the relationship, Lori Ann has a 1-0 victory over Brian. They both had a great time up in Napa valley and although the race was not perfect for Brian, Lori Ann had a spectacular race with a finishing time of 13:52:50 and most importantly with a huge smile on her face and a sense of accomplishment that only an

Ironman finisher can experience. Congratulations to the two of you for competing in



Brian Turner

this famous event, for having fun, for staying safe and for representing the club up north. Lori Ann Stevens, YOU ARE AN IRONMAN... Brian you have finished Ironman's previously, so you too are an Iron-



Brian Turner

man in our book. Ahuuuuuu and way to rock this course



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Vineman Aquabike (Results)

The Vineman Aquabike took place on July 31, 2010 and our very own Maggie Riley-Hagan



Maggie Riley-Hagan—3:48:31

participated in this great event. In true Maggie Fashion, she pushed the pace from start to finish, coming out of the water

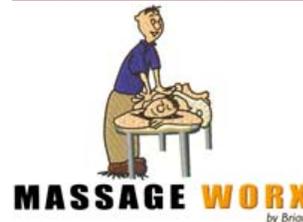
in the top spots of her age group and very excited as you can see from the photo to the left. Maggie then got into her Coyote gear and started the spectacular bike course, pushing the pace and not letting anyone get near her. Maggie finished with an impressive time of 3:48:31 and placing 2nd in her age group to stand at another podium. This event took place at the same time that Vineman Ironman was going on, so we had actually 3 coyotes racing at this venue. From the looks of this year, it is promising to be a setting that is very conducive to racing, and may end up as a Coyote favorite for years to come. Congratulations to Maggie Riley for completing this distance for the first time, and has now built her confidence that she will be a force to

Be recon with at the 70.3 distance. Maggie could not complete the running portion at this



Maggie Riley-Hagan—3:48:31

time due to a sustained injury, but we are confident that in the coming years she will be competing her first Half Iron distance. Ahuuuuuuuuuuuu



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Duathlon Jumex Sport Ciudad de Mexico (Results)

The Duathlon Jumex Sport Ciudad de Mexico took place on Aug. 7, 2010. And this year



Carlos Martinez— 1:52:54

We had one of our newest coyotes and Mexico City resident Carlos Martinez representing the club south of the border. Coyotes continue to expand and represent across the nation and internationally, and although not fully uniformed for this race, we are looking forward to having coyote representation in races across Mexico. Congratulations to Carlos for a great performance at this duathlon which was his first event as a Coyote and he finished with a very respectable time of 1:52:54 for this duathlon, and most importantly having fun and enjoying the event,

Welcome to Coyotes Carlos and thank you for representing.



Carlos Martinez— 1:52:54

Ironman 70.3 Lake Stevens (Results)

The Ironman 70.3 Lake Stevens took place on August 15, 2010, and one of our Coyotes



Bill Riley—6:10:00

participated in this event for the first time. Not only was this the first time we have had a Coyote participate in this triathlon, but it was also Bill Matiza's first attempt at this distance. Bill who joined the club a couple of months ago, has been wanting to get more and more triathlons under his belt and participated on the Morro bay Olympic distance triathlon less than a month ago, which was his first triathlon and did very well on it. This led to his decision that he wanted to get into a greater challenge and sign up for the Half Ironman Distance. Bill had been practicing the swim with the Coyotes at the Friday's ocean swim, and felt more and more comfortable with swimming in the cold open water., this skill would prove to be very handy as the waters of Lake Steven's where very choppy and cold, but Bill managed to get a good swim

and get past this first event. Up next was the bike. Bill again has been practicing this discipline with the Coyotes on the Saturday rides, and has been eager to ride with Coyotes-1 and venture on painful rides until his legs have no more to hold on this fast acting pace and eventually blow a gasket, we have all been there and learned from it, and for bill this was a mental training session as well, as he knew he could hold the pace on the bike long enough to finish in a strong position and feeling a bit good for the run. The question



Bill Riley—6:10:00

was how long would his legs be able to support this quest, since he had not done a half marathon specially following a 56 mile bike ride. Bill headed into T2 feeling confident and good about his performance so far, but he also was about to face additional challenges that are typical of triathlons. The weather was starting to turn into a scorching day, and just as bill was getting ready to face the

Half marathon, the weather was also deciding to turn the numbers into the 90's. Bill who has also been a consistent participant at the Coyotes Thursday runs, has been getting practice in running with hot temperatures and undulating terrain, which is what the course for Lake Steven's presented to the runners, this was a rolling course with some short but steep hills that tend to kill your legs, combine that with the extreme hot conditions and you have yourself a very hard race to contend to. Bill did very well for the first half of the run, but then eventually faded a bit, but still managed to finish with a very decent time of 6:10:00. Bill was hoping to go under 6:00 hrs on his first attempt at this distance, but as he quickly found out, this is a sport where you need to pay your dues if you are to visit the top spots of the podium. Congratulations to Bill for an outstanding perform-



Bill Riley—6:10:00

ance in his first Half Ironman 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:

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WATCHMYRACE



Coyotes @ Vineman
70.3

(L-R Top):

Nancie Constandse,
Monica Lewis