

Coyotes triathlon & bike club newsletter

Volume 8, Issue 1

January 2013

Special points of interest:

- CARLSBAD MARATHON & HALF MARATHON

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Carlsbad Marathon & Half Marathon

Carlsbad is a winter marathon/half marathon unlike any other. It offers spectacular coastal scenery and course, perfect weather conditions and a dedicated and well trained staff that will be there providing all the support and motivation for you to get through this wonderful race. It is a great race to start motivation and training for your 2013 season. It is also the first of 3 marathons/ half marathons that form part of the triple crown of marathons. 39.3 miles of running paradise with three of the country's best and most scenic half marathons. The 2013

Half marathon Triple Crown series will kick off with Carlsbad.

This year the Coyote presence will continue for a 87th year. We will have Tim Wilson doing the full marathon and in hopes to qualify for Boston, as well as using this as a final tune up for his 2013 Boston running. We will also see doing the half marathon first time Carlsbad participant Jeannine Hillmer, who will be using this race as a tune up for her 2013 season and running training for her Wildflower debut.

Coyotes Nancie Constandse

and JC Constandse will be out in the course cheering and supporting our Coyotes and we encourage all other coyotes out there to come and support such a fun race and our fellow Coyotes as they kick start our 2013 season. Best of Luck to Tim and Jeannine, and remember to respect the Paw!



JANUARY 27, 2013

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Members & Birthdays

Our total number of coyotes is now 31 with the potential to keep growing.

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

Maggie Riley Hagan— Jan 5th.

Bill Riley — Jan 15th

Neily Mathias — Jan 30th

Happy Birthday to all, remember to celebrate in style and be ready for a new age group challenge in 2013.



Announcements

- 2013 season is upon us and as a reflection to 2012. There are lots of things that we can do to improve our health and modify our life. Congratulations to all of our coyotes for such a successful and fun season, we grew as a team, we got to know more people and expand on our friendships amongst our club members.

- Hotels for Wildflower are selling out fast. Motel 6 Paso Robles still has rooms available for

75/night. Call 805-239-9090 to book your reservations today.

- Wildflower registration is now open and we have 13 coyotes participating in this event so far. Be sure to add your name to the team if you are going to participate. Last year we had 5 coyotes participate in this event, so lets get the team up there and have a bigger turnout this year. This has long been our club race SIGN UP, AHUUU

- Please remember to **pay your club renewal fee of 35 dlls by no later than January 15th**. You can make the check to Coyotes triathlon and bike club, Inc.
- Coyote team hoodies will be ordered as promised this Friday Jan. 4th, so if you want one, please make sure to let me know and send your cash ASAP. Hoodie Photo at the end of the section. \$43.10

Coaching Tips—By Tom Mertz

The Three Best Hip Exercises You've Never Done.

If you suffered through last race season nagged by an IT band injury or pain, weak hip and/or core muscles are often to blame. Here, we take a look at a new twist on two classic exercises and the best hip exercise you've never done. Start working this winter to strengthen and stabilize the hips and decrease injuries for next season.

Leg Press (Single-Leg): Single-leg

exercises challenge the body in ways that cannot be accomplished through the double-leg version. The glutes are far more activated in the single leg version, and it helps even out strength imbalances between each leg. In addition, core muscles fire to help stabilize this off-center movement.

Pelvic Drops: IT band pain, knee pain, and low back pain can all be associated with (and caused by) weak hips, specifically a weak gluteus medius.

Slow Step-ups: Generally, step-ups are thought of as a quick up & down on a weight bench or stair. And, although that exercise does provide some benefit, consider removing the momentum and focusing on the muscle groups being targeted. The quick up/down version of this exercise uses the muscles of the calves to provide most of the push-off and propulsion that pops the athlete to the top of the step surface. By removing the momentum and slowly "pulling" up to the top of the step, the hip extensors and stabilizers gain functional strength.

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Ridgecrest High Desert 50k Ultra (Results)

The Ridgecrest High Desert 50k Ultra took place on Dec. 2, 2012, and this year we had one of our Coyotes participate in this extremely difficult race which takes place at the Mojave Desert, which is nice and cool this time of year and the trail is all up and down the low hills on dirt jeep roads. Neily in typical fashion lined up in the front of the pack and started at a blistering pace, while she had pavement to work, but once the sand started, and yes, there was soft sand from mile 3 to mile 15, and all uphill, so imagine having a person that averages 7.5 minute miles be forced to run 9.5 to 11.5 minute miles due to the harsh conditions. Neily, was using this race to finish yet another perfect sea-

son for her and try to slip in one more podium for the Coy-



Neily Mathias— 5:10:24

otes. Neily finished the 2012 season with a bang!!!!. Third in her Age group, 5th overall fe-

male and 32nd overall, and came with a sense of fulfillment and satisfaction that comes after one has had the race of her life. Last Year Brian Kildow did the 30K race and received a nice quail trophy, this year Neily received a fox, and it is apparent that this late season race is becoming a favorite race for our hard core competitive coyotes. Will the tradition continue in 2013? We will see, but in the mean time, Neily had a fantastic 2012 season, hitting numerous podiums and representing the club with her signature Giddy Up Smile. Congratulations Neily on such a fantastic and amazing season and hoping for an even more successful and spectacular 2013. Ahuuuuuuu



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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 2013 Sponsors:

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2013 Coyote Hoodies