

Coyotes triathlon & bike club newsletter

Volume 3, Issue 9

September 2008

Special points of interest:

- Fiesta Island Team Time Trial
- Pacific Grove Triathlon

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Fiesta Island Team Time Trial

Fiesta Island is the fastest Time Trial course in North America. There is no more than 10 feet of climbing per lap. The race consists of 6 laps around the Island. This year will be the first year that the coyotes participate in this event. Although we have had 2 other coyotes do this event prior to them joining the club. The team will consist of Jay Brant, Jean-Claude Constandse, Blaize Baehrens and Glenn Kaplan. These athletes have been going every Tuesday to practice the team positioning and working on the speed of the team. Although this event is highly competi-

tive and past winners have averaged 30.8 MPH, our coyotes are hoping to finish the race in one piece and

hopefully not in dead last. Ahuuuu and good luck to our guys, be safe and ride care-

40k Team Time Trial

Saturday, September 6th, 2008



Pacific Grove Triathlon

2008 will begin the 2nd Decade of the Pacific Coast Sprint Distance Triathlon. This years' race will be held on Sunday Sept. 7 at beautiful Crystal Cove State Park in Newport Beach, CA. The picturesque race course features an ocean swim, a bike course along a rolling three mile stretch of PCH, and a run that follows the bluff along with a 1/2 mile segment of beach that takes you through the historic cottages

This year, we have 2 of our coyotes participating in this great event. Monica Lewis will be doing this race for the third year in a row, however this will be her first go as a coyote. She will be trying to break her record and do a PR as well as keeping a streak at

top 10 finishes. Jeff Weeks will also be doing this race and he too will be trying to keep his top 10 streak going. The question is which of these two coyotes will get top honors as it was a dead on duel at the Solana beach tri that had both coyotes place

The AVTA Pacific Coast Triathlon
Presented by PHILADELPHIA and Aquatic Center
Sunday September 7th 2008
CRYSTAL COVE STATE PARK • NEWPORT BEACH, CALIFORNIA

Members & Birthdays

Please welcome this months newest Coyote

1.- Gabriel Garcia

Our total number of coyotes is now to 65 with the potential to keep growing.

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

Jorge Casillas — Sept. 8th

Jeff Weeks — Sept. 17th

Jay Brant — Sept 21st

Tim Wilson — Sept. 25th

Alfredo Zepeda — Sept. 30th

Happy Birthday to all !!!!!!!

Happy Mexican Independence Day to all of our coyotes

Viva Mexico, Arrribaaaa!!!



Announcements

Coyotes are pleased to announce that we have successfully partnered up and secured another sponsorship for the club. This time with Bertrand, Fox & Elliot a Legal firm out of the Bay Area that has agreed to help us out with making the coyotes triathlon & bike club an official and legitimate Non-Profit Corporation. We are now official and the actual name of the corporation is Coyotes Triathlon & Bike Club, Inc. Special Thanks

go to Rich Osman, who made all this happen and was instrumental in making the legal aspect of the club take place. Not only is Rich an integral part of the firm, he is also an integral part of the Coyotes, as he always participates in the northern California events like Vine-

Man and Wildflower, but also in local events like the City of Los Angeles triathlon.

We look forward to this long lasting relationship with our legal partners and remember to always keep things on the right side of the law.... It is our duty and obligation.



Coaching Tips

7 Steps for Successful Swimming:

Here's our seven-step plan for leaving everyone in your wake

1.- Swim tall: Rotate your body along this axis with each stroke, stretching your leading arm (the one reaching out front) as far forward as you can.

2.- Drop an anchor: Keep your hands broad, flat, and

firm.

3.- Put yourself on heavy rotation: Each stroke begins with your leading arm having entered the water, and that side of your body

4.- Keep your head down:

5.- Find your glide path: In the Pool, fewer strokes is better

6.- Drag your feet: Your legs should be taut, scissoring you

through the water, while your feet remain flexible.

7.- Don't waste your breath:

Gasping for air every time your head nears the surface is a great way to drown, Emphatically exhale the air from your lungs (all of it, not just 90 percent) before snagging a quick, full breath on the high side.

By Matt Bean

Men's Health, through active.com

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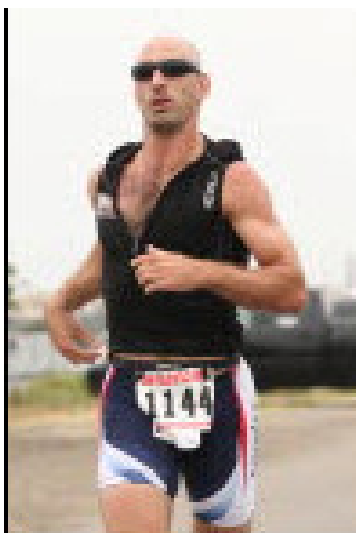
Camp Pendleton International Triathlon (Results)



The Camp Pendleton International Triathlon took place on July 19th, 2008 and 5 of our

The rest of the coyotes did very well. The first one to cross the line out of the coyotes was Liam Their, who also managed to get into the top 10 in his age group, with a 7th place. Ahuuu and way to represent the coyo-

ing that he is already at the top of his game beating veteran coyotes like Luis "Ironman"



Liam Thier— 2:19:01

coyotes took place in this race. Unfortunately one of our coyotes suffered a major injury during the bike portion of the tri and had to abandon in order to prevent from injuring himself even further, we hope that



Liam Thier— 2:19:01



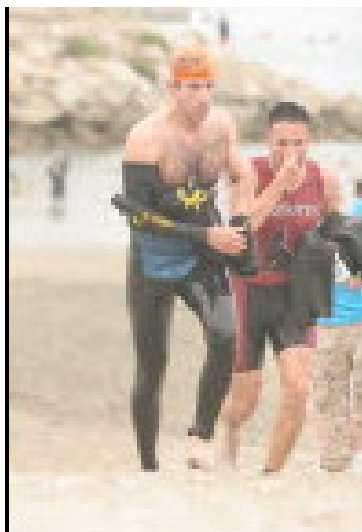
Eduardo Lizarraga—2:38:31

Zepeda and Omar Zurita. The third coyote to come in from the coyote line up was Luis Zepeda, with a time of 2:44:14. Luis was the first one to hit the water and had a very strong swim, fellow coyotes blaize



Liam Thier— 2:19:01

Steve Edwards has a quick recovery and back on the races soon. Aside from that set back



Eduardo Lizarraga— 2:38:31

tes Liam. The second out of our coyotes to cross the line was Eduardo Lizarraga, who crossed in a time of 2:38:31. This was the first triathlon for Eduardo as a Coyote, having joined just last month and prov-



Eduardo Lizarraga— 2:38:31

baehrens and Jean-Claude Constandse scoped the race while doing their Saturday ride, and

Camp Pendleton International Triathlon (Results Cont.)



Noticed that Luis Zepeda was in 29th position overall including the pros by the time they



Luis Zepeda — 2:44:14

hit the 5 mile mark of the bike. Luis looked very strong and comfortable at this point. Omar Zurita was our final coyote to finish this race with a time of 2:57:49. He had a strong swim and a very decent



Luis Zepeda — 2:44:14

run split. Overall our coyotes did very well in this race and made all of us proud, it also kept the streak of top 10 finish-

ing in a race for the 5th week in a row for our coyotes. All of our coyotes were in the top 1/3 of their divisions which is a very respectable place to be. We hope that next year the participation number of our coyo-



Luis Zepeda — 2:44:14



Omar Zurita — 2:57:49

tes can be increased, since this is a very cheap race to participate in and it is very local to our club. The weather conditions were perfect and the team took full advantage of it to do a great team performance. Thank

you to all of our coyotes who represented the club out there with the uniforms, it really does



Omar Zurita — 2:57:49

make it very easy to spot a coyote and it gives everyone a chance to get a big ahuuu from the crowds as was the case in IM Vineman, where one of our coyotes was sporting her uniform for the first time and got



Omar Zurita — 2:57:49

plenty of compliments.

Ahuuuuu and keep on racing

Solana Beach Triathlon Results



The Solana Beach triathlon took place on July 27th and 4 of our coyotes where out there

the finish line. Seconds after Adan came our lady coyote Monica Lewis, who finished with a time of 1:05:22 and managed to crack the top 10 in her division, placing 6th. Way to represent the coyotes monica,

place in this race. This has created an unprecedented rivalry between these two coyotes that



Francisco Reynoso — 1:00:56

representing. The first one to cross the line was Francisco Reynoso, who finished just over 1 hr. After Francisco came Adan Contreras with a mad dash to the finish line. As you



Adan Contreras — 1:05:01



Monica Lewis — 1:05:22

can be felt every time they are out there and even at our Friday nytro swims, these two coyotes are constantly going at each other. This rivalry will be settled at the Pacific grove triathlon, where both of this athletes will duke it out. Congratu-



Jeff Weeks — 1:06:07



Francisco Reynoso — 1:00:56

can see from his photo, this coyote left nothing behind, he was even rumored to have given a big ahuuu as he crossed



Monica Lewis — 1:05:22

this is the first top 10 for monica, but definitely not the last one. Seconds after monica came our last coyote in Jeff Weeks, who also managed to crack the top 10 in his age group and also placing 6th



Jeff Weeks — 1:06:07

lations to Monica and Jeff for keeping the top 10 streak alive.

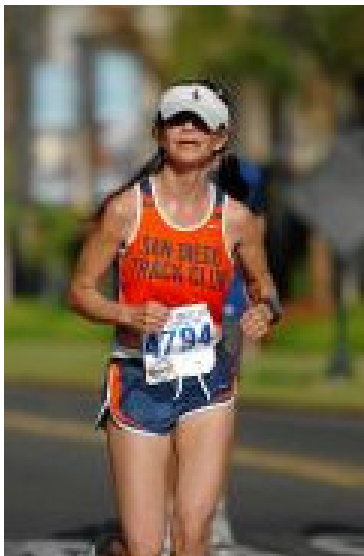
Americas Finest City Half Marathon (Results)



Americas Finest City Half marathon was as always a very

ing ironman in Florida. The third coyote to cross the line was Adan Contreras, who is using this as a tune up for his up coming Imperial Beach triathlon. Monica Lewis was just

able to keep up with her and ended up with a very good time



Erika Hernandez — 1:36:21

solid race for our coyotes, leading the group was our running superstar Erika Hernandez, who managed an incredible time of 1:36:21 and almost cracked the top 10 in her age

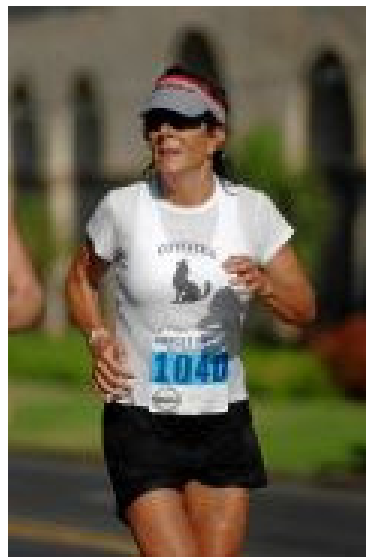


Adan Contreras — 1:46:47



Alberto Saenz—1:49:24

of 1:49:24. After alberto came Omar Zurita who was only minutes behind alberto, finally we had Jeff Weeks come in at the end as he was running with a severe injury that only got



Monica Lewis — 1:48:21

minutes behind this coyote with a second best time for her and getting into the top 20 as well in her age group. Alberto” Toro” Saenz traded places back and forth with monica through the race, but eventually was not



Omar Zurita—1:57:59

worse as he ran. He almost fractured his shin and will be out of commission for a while

And may put his Pacific Coast triathlon on hold for the time being as he tries to recover in time for his next half marathon scheduled for November. Congratulations to all of our coyotes who achieved the Triple Crown of Marathons this year, by completing the Carlsbad Half Marathon, the La Jolla Half Marathon and Americas Finest City Half



Jeff Weeks — 2:27:05

marathon. This is an incredible achievement and we give you a big Ahuuu for your performance out there and throughout the entire season.



Alfredo Zepeda—1:39:19

group missing it by 3 places. Second in from our group was Alfredo Zepeda, who has been training very hard for his com-

Photos by:
Marathon Photos

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Coyotes Triathlon &
Bike Club

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 2008 Sponsors:



Coyotes at Saturday Bike Ride

(L-R) Greg Hendrickson, Glenn Kaplan, Brian Kildow, Blaize Baehrens, JC Constandse