

# Coyotes triathlon & bike club newsletter

Volume 5, Issue 12

December 2010

## *Special points of interest:*

- CALIFORNIA INTERNATIONAL MARATHON

## *Inside this issue:*

<b>ANNOUNCEMENTS</b>	2
<b>COACHING TIPS</b>	2
<b>IRONMAN MIAMI 70.3 (RESULTS)</b>	3
<b>SANTA CATALINA TRIATHLON (RESULTS)</b>	4
<b>SILVERMAN TRIATHLON (RESULTS)</b>	4

## California International Marathon

A Fast if not the fastest Marathon in the country, on December 5th, 2010 three of our Coyotes will be taking place in this fast Marathon in hopes of breaking their own personal bests and with hopes to qualifying to the grand daddy of them all. The Boston Marathon. Karri and Dan Egoroff will be doing this as their first stand alone marathon. Dan has participated in marathons in the past as part of his Ironman finishing leg, but this will be his first stand alone marathon. Dan has been focusing on running as he wants to be able to have a killer run to finish his already

impressive swim and bike combinations. Karri will be participating on his first ever marathon, and has been running very consistently and improved dramatically. The third Coyote doing this race will be Brian Kildow, who has done stand alone marathons in the past, but has a particular time that he is gunning for. He would like to break his previous record of 2:45 and get under 2:40 if possible, Brian too has been focusing on running and has dropped the focus on biking and swimming so that he can achieve this incredible result. Based on his previous perfo-

ramances he has all the tools needed to succeed on this race and should be an exciting one to watch or at least follow. Best of luck to all 3 of our Coyotes on this quest and remember to have fun and enjoy the run while you are chasing your dreams and PR's We will be behind you the entire way. Ahuuuuuuuu



**CALIFORNIA  
INTERNATIONAL  
MARATHON**

**DECEMBER 5, 2010**

## Members & Birthdays

Our total number of coyotes is now 53 with the potential to keep growing.

December has 2 coyotes celebrating their birthday on our coyote birthday tracker .

Rich Osman—Dec. 27th

Jae Nichols—Dec. 30th

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

Happy Holidays to everyone, enjoy the times with your fami-

lies, good time to eat, rest and get ready for the 2011 season, hope you get lots of new toys for the up coming season. Remember to be grateful for such a great 2010 year and to thank all of your friends, family and loved ones for getting you through the season. Time to pay back a bit, and show your love and support during this family times, let a workout or two slip by, and show them that they are #1 in your life



## Announcements

- **Starting January 2011, there will be a yearly membership fee of 65 dlls for new members and 30 dlls for renewals.**

The membership fee will include a Bike Jersey . The idea of the Fee is to minimize efforts in making uniforms for all new members and to cover all the costs incurred by coyotes in making web pages shirts, hats, etc. etc.. There will be a 4 week grace period, after which if your membership due is not paid you

will be dropped from the email distribution list and the name removed from our sponsored club listings.

- If anyone is interested in ordering running caps or visors, please let me know they should be arriving this month.

- We are planning on doing our third annual Coyote Holiday party on Saturday Dec, 11th. Please be sure to RSVP prior to December 3 so that we can

coordinate food and beverages.

- Congratulations to Coyote Brian Kildow for placing 1st and breaking the new course record that had been in place for 17 years at the Palm Springs Tram road uphill challenge 6k. Brian managed to win his age group and place 3rd overall in this race in preparation for his up coming Marathon, where he hopes to do a PR and break his all time Marathon record, best of luck Brian, Ahuuuuuuu

## Coaching— Weight room or no weight room?

### Runners

Increased body weight is one of the reasons some triathletes avoid the weight room. However, in a recent study done by the University of Science and Technology in Norway on well-trained, long-distance runners, it was found that a maximal strength-training program improved running economy without increasing body weight.

### Cyclists

There have been a number of studies on trained and untrained sedentary cyclists, with both groups experiencing positive results. In one study, untrained cyclists who strength trained for 12 weeks improved their cycling endurance by 33 percent and lactate thresholds by an average of 12 percent.

In a separate study on trained cyclists, the addition of a strength-training program increased their cycling endurance by 20 percent, allowing them to pedal 14 minutes longer before fatigue set in. They also increased short-term, high-intensity endurance performance in the four- to eight-minute range by 11 percent.

For entire article go to [www.active.com](http://www.active.com)

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## Ironman Miami 70.3 (Results)

The inaugural Ironman Miami 70.3 took place on Oct. 30th, 2010 and for this event we had our most recently joined Coy-



Marco Beltran—5:08:01

ote Marco Beltran representing the club. Marco is the latest coyote to join and the second

one that is helping develop our presence in Mexico City. Marco went to Miami in pursuit of his first half ironman and did quite well. With an impressive time of 5:08:01 Marco is finishing his 2010 season with a very strong showing. Not only did Marco had a great time while participating in this hard event, which from rumors out there also was a bit of a disorganized chaos and therefore has been granted a free entry to another IM 70.3 event. Despite the chaos and disorganization, our Coyote represented us proudly, managed to have a great time while in Miami and achieve impressive results. Marco had a solid swim, followed by a strong bike and finishing with a steady run, allowed Marco to finish in 39th place out of 521 competitors that started. Congratulations to

Marco for going to Miami and representing the club from our Mexico Division. Ahuuuu and



Marco Beltran—5:08:01

welcome to the club Marco. Hope to meet you soon at our next race in California or Wildflower.

## Santa Catalina Triathlon (Results)

The Santa Catalina Triathlon took place on Nov. 6th, 2010 and this year we had one of our Coyotes participating in this event. Maggie Riley-Hagan is on her come back tour and has been getting back to the dominating podium treat that she was before her unfortunate accident. Maggie finished with a time of 1:24:51 and placed 4th in her age group. Maggie had a typical race for her, strong swim followed by a really balanced bike and her traditional solid run. Catalina is known for it's challenging course and our Coyote had no problem managing this course and staying with the competi-

tion. This was Maggie's last



Maggie Riley-Hagan— 1:24:51

triathlon of the season, and will

be getting ready to shred the 2011 season. She has already confirmed that she will be participating in the Wildflower triathlon and you can expect her to see in many more triathlons in the 2011 season. Congratulations to Maggie for her excellent recovery and comeback from injury and for getting back to the podium. Ahuuuu an way to represent the club Maggie, and we are very excited to see you back in action in the triathlon world.



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Photos By:  
Action Sports International

# Silverman Triathlon (Results)

The Silverman Triathlon took place on Nov. 7, 2010 and this year we had our newest Coyote



**Brandon Flippin—5:33:19—PR**

participating in this event for his 3rd straight time, but first time representing the Coyotes. Brandon was going into this race as the defending Clydesdale champion and having been training for his up-coming Ironman Arizona just two weeks after this event, put him in a very strong position to defend his title. The Silverman triathlon made some modifications to last years course, adding a bit more of hills to the course just to make it a bit more challenging. The morning started out with nice calm conditions, perfect for racing, and the weather did not disappoint. Brandon started his day with the Defending World Ironman Champion Chris McCormack asking him if we could borrow his pump, this gave Brandon an extra boost of confidence and inspired him to take this course and race very seriously in his pursuit of a repeat. Brandon

had a solid swim, which has gotten much stronger thanks in part to the great workouts he attended while in California at the YMCA North County Masters and with direction of Chris Huxley. After the swim Brandon got into his strong suit and element, which is the bike, and he slowly started to pick up one competitor at a time, powering through the hills and flying like a mad man possessed on the down hills. Brandon has had to use the triple spoke wheels from HED due to him breaking



**Brandon Flippin—5:33:19—PR**

multiple spokes when riding other wheel types, the wheels and the engine did not fail, and by the time he hit the run, he was in control of the Clydesdale division, but wanted more in his regular age group, so he kept pushing and pushing, in hope that he could actually crack the podium. Brandon started to have a bit of problems with cramping on his chest and side while on the run, and decided that with Ironman Arizona coming up so closely

that it would not be a smart idea to push himself to a red limit and potentially suffer major consequences for Arizona, so he relinquished the furious running pace that he had and accepted the fact that he would not chase the rest of the age groupers ahead of him and instead focus on minimizing damage from behind. He managed to repeat as the Clydesdale champion with a huge margin of over 1 hr over his nearest rival, but also managed to finish in 4th place overall in his age group with a time of 5:33:19 and set a new PR for this challenging course. Besting his time from last year by over 12 minutes. Congratulations to you Brandon for such a strong performance and show of form in this pre Ironman race. We are all excited to see how you do in your home soil and your second Ironman race. Thanks for representing the club, for having



**Brandon Flippin—5:33:19 –PR**

fun and for showing that Coyote spirit in the Nevada desert. Ahuuuuuuuu



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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 at 2nd annual Holiday party**

**(L R Top):**

Alfredo Ramirez, Karla Ramirez, Franchesca Zepeda, Jeff Weeks, Alfredo Zepeda, Luis Zepeda, Kim Brant, Jay Brant, Monica Lewis, Greg Hendrickson, Nancie Constandse, Bill Riley, Maggie Riley, Mary Riley, Karrie Egoroff, Laurie DeNicolò.

**(L-R- Bottom):**

Vanessa Feregrino, Brian Kildow, Blaize Bachrens, JC Constandse, Dan Egoroff

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