

Coyotes triathlon & bike club newsletter

Volume 6, Issue 9

September 2011

Special points of interest:

- SUPERFROG TRIATHLON
- SAN DIEGO TRIATHLON CLASSIC

Inside this issue:

MEMBERS & BIRTHDAYS	2
ANNOUNCEMENTS	2
COACHING TIPS	2
IRONMAN CANADA (RESULTS)	3

2011 Sponsors



Superfrog Triathlon

The Superfrog Triathlon race-course is not for the faint of heart. The [swim course](#) is a two-loop open ocean water swim in the brisk September waters. There will be multiple wave starts that will be set 5-10 minutes apart. The water temperature will be approximately 60 degrees. Wetsuits are recommended. Next, the [bike course](#) is a flat and fast 56 mile bike ride of four loops on Highway 75. Safety certified CPC certified helmets are required for the bike portion of the race. You will NOT be allowed to race without a helmet. And lastly, the [run course](#) is a 13.1 mile

course, and is a combination of roads, well groomed trails, hard-packed sand, and a little soft sand for tradition. The run is made up of two 6.55mile loops. And this year we have one of our Coyotes in Jose Luis Garcia who will be taking on this challenging and classic course. This course has been modified and date has been changed to September to separate the superseal and seal sprint from the half ironman triathlon that takes place on the Coronado silver strand portion of San Diego. Jose Luis Garcia will be doing this race for the first time. We wish Jose Luis

a successful race, and wish him luck on this challenging course, and don't forget to give the locals our famous calling... Ahuuuuuuuu



SEPTEMBER 11, 2011

San Diego Triathlon Classic

The 2011 San Diego Triathlon Classic will take place on September 17, 2011. The San Diego Triathlon Classic features San Diego's only true Olympic Distance Race consisting of a 1500m flat-water protected swim, a 40k hilly bike course, and a 10k flat run. Participants will have the opportunity to swim in the NTC boat canal, a flat and protected portion of beautiful San Diego Bay. Next, they will race their bikes from Liberty Station through the Naval Submarine Base at Point

Loma, and up to Cabrillo National Park where breathtaking views of Mexico, downtown San Diego, and the rugged mountains to the east await. The San Diego Triathlon Classic provides riders the rare opportunity to ride through the Naval Base at Point Loma, situated on San Diego Bay across the water from the City Center. The run course takes participants throughout San Diego's newest Parks and Rec addition, NTC Park at Liberty Station, a historic and cultur-

ally vibrant area of central San Diego. This year we have two of our Coyotes Daniel Galvin and Juan Carlos Baca doing this race for the first time. This will be Juan Carlos Come back race since his accident. Ahuuuuuuuu



SEPTEMBER 17, 2011

Members & Birthdays

Our total number of coyotes is now 33 with the potential to keep growing.

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

Daniel Galvin — Sept.11th

Tom Mertz—Sept. 13th

Jeff Weeks—Sept. 17th

Jay Brant — Sept. 21th

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 2011.

Happy Mexican Independence Day to all of our coyotes

Viva Mexico, Arrrrribaaaaa!!!



Announcements

- Coyotes are proud to announce our latest sponsor. One-Tri.com is a specialty triathlon store based on Anaheim CA, with on-line support. Please check them out at www.onetri.com



Coaching Tips– 7 Steps for Successful Swimming

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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MASSAGE WORK
by Brian

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Ironman Canada (Results)

The 2011 Ironman Canada took place on August 28th, 2011 and this year we had one Coyote Nancie Constandse



Nancie Constandse 13:43:29—PR

take on this beautiful and challenging course for the first time and accepted the challenge to become an Ironman. The temperatures leading to the race where in the high 80's and 90's and they did not disappoint during the race, where temperatures reached a high of 100 degrees. The sky's where clear and had moderate wind conditions. The 29th edition of the Ironman Canada boosted the largest starting field in Ironman History, with 3200 athletes registered, 2841 starting the race and 2540 finishing the race due to extreme conditions. The race started with the typical Ironman pandemonium, and Nancie was in the thick of things, she decided to line up in the middle of the pack and in the front, being that she is a strong swimmer and has a water polo background this tough Coyote was not afraid to duke

it out with the rest of the Kona Contenders. Nancie powered through the swim with a time of 1:07:14 and in 12th place in her division out of a total of 167 participants in her age group. Once Nancie exited the water, she did a quick transition and was off to the races on the bike. Nancie had been practicing for over 1 year on becoming a faster more efficient biker, and was most concerned about the bike portion of the ironman than any other discipline. Nancie was aiming to do an under 8



Nancie Constandse 13:43:29—PR

hr bike ride, and during her bike ride, she was on par to breaking the 7 hrs, but decided to dial it back a bit during the last miles of the bike to save her legs for the grueling and hot marathon. Nancie's bike split of 7:05:02 was more than 40 minutes faster than she expected, which put her on a very happy place starting the marathon, she contemplated breaking 13 hrs and was within grasps. Nancie's smile was so big during the entire bike that

she actually appeared to be enjoying the bike ride and was looking forward to doing the Marathon. Nancie started the Marathon looking very strong and with the smile still ear to ear. It was not until Mile 2 that Nancie got a bad nose bleed due to the hot temperatures and the fact that she had the beginning of a cold. Nancie was forced to walk for a couple of miles to stop the bleeding and as a true warrior got passed this miss hap and continued trucking along. Nancie finished the Marathon in a time of 5:19:55 and managed to only loose two spots during the marathon. Nancie's final time of 13:43:29 was 1 hr faster than what her husband expected and only missed finishing during the day by 30 minutes. Nancie finished her year long goal of becoming an Ironman and on August 28th, 2011 at 8:43:29 P.M. Nan-



Nancie Constandse 13:43:29 —PR

cie achieved that goal....
Nancie, YOU ARE AN
IRONMAN, Ahuuuuuuuuuuuu



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Coyotes Triathlon
& Bike Club, Inc.

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 2011 Sponsors:

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2011 Ironman Canada

(L-R)

Michelle Jezycki, Nancie Constandse