

Coyotes Summer 2018

Coyotes Strong and Mighty in Brampton



[photo: Coyote member Noelle House, a grade 2 student from Owen Sound competed in the Mite Girls 400m race and then moved up an age-group to race in the 800m Tyke Girls division. She ran a personal best time in both events]

On Saturday, June 23rd, the Georgian Bay Coyotes sent a small and mighty crew of 13 of their grade-8-and-under members to compete at the Brampton Racers Track Meet held at the Terry Fox Stadium in Brampton. Our crew were welcomed to rainy conditions in the morning, which then let up in the afternoon under 18'C calm and overcast conditions.

There is not much that slows down the Coyotes, and rainy race conditions is not one of them. Our Team have been training very hard the last 5 weeks since their last competition and came pumped to perform. With all but 1 of our 13 runners competing in 2 events, we brought home 10 medals and posted 16 personal best performances. We had 2 others just miss PB by less than 0.1 sec and others not far off their best times.

Double medal performances came from Freja Kulakowsky, her brother Kaj, and Olivia Latham - each winning a gold and silver. Bronze medal performances came from Taryn Wepler, Rimyelle Grady, Taryn Lee, and Payton Dodd. We had a few huge personal best times as well. Noelle House dropped her 800m time by a whopping 30 seconds and also carved 7 seconds off her Mite Girls 400m time. Taryn Wepler dropped her 1200m Tyke Girls time by a massive 24 seconds. Ethan Mei took 9 seconds off his Atom Boys 800m previous best and

obliterated his 1500m previous best by 14 seconds. Wes Brown made a big jump in his Atoms Boys 1500m time by 11 seconds and lowered his 800m time by 3 seconds. Payton Wepler shaved 6 seconds from her Senior Girls 1500m and Taryn Lee dropped her Atom Girls 1500m time by 7 seconds.

Knight Competes at Kincardine Legion Meet



Hannah Knight of the Georgian Bay Coyotes Track Club competed at the Royal Canadian Legion District-C Meet held in Kincardine on Saturday, June 23rd. She was our lone Coyote at this meet.

Her 3000m race in the "17yo-and-Under" division in the morning began under humidity high. She started off on a good pace, but fell back off the lead to place 2nd in a time of 12:28.41. In the afternoon, the humidity broke and racing became easier. Her 800m event was stronger as she crossed the line in 3rd place with a time of 2:44.91, only 0.23 seconds off her personal best time.

Hannah will compete again in Toronto on July 7th and 8th with her team mates.

Coyotes Flying at Angels International Meet



[photo: Spencer Book #451 and Remyelle Grady #456 were two of 18 Coyotes to compete at the Flying Angels International Meet at York University in Toronto on July 7th and 8th. Book finally broke the 2:00 barrier for the 800m and Grady carved 14 seconds off her 1200m time.]

the volume of competition in the distance races was somewhat limited in most races, possibly due to the heat wave over the last several days.

The Georgian Bay Coyotes Track Club had 18 members competing at the annual Flying Angels International Meet in Toronto on Saturday, July 7th and Sunday, July 8th. Over 900 athletes were competing, with competitors coming from southern Ontario, Delaware, Philadelphia, New York City and the Caribbean Islands, as well as other regions. With several days of scorching heat waves leading up to the event, 25-27°C temps on race day, along with a good head wind coming down the final stretch of the track, running personal times was difficult, but our Coyotes were up for the challenge.

The sprint events and the field events had very large fields of competitors, while

Even so, our Coyotes came ready to battle as they are preparing for their provincial championships coming up in the next couple weeks. With our 18 members only competing in the 800m, 1200m and 1500m in their specific age groups, we brought home 22 medals and had

14 personal best performances, with several just missing their best times. Some of our members made tremendous improvements in their times. Micah Abbott dropped her 800m time by a whopping 32 seconds!! Rimyelle Grady improved her 1200m time by an impressive 14 seconds and Freja Kulakowsky knocked 10 seconds off her 800m time.

The performance of the weekend for our Coyotes came from grade 10 Meaford student Spencer Book. He has been hovering around the 2:00 barrier for the 800m for a few months now. He finally broke that elusive 2:00 barrier on Sunday with his 2nd place finish in the 17-and-Under Boys 800m race with a personal best time of 1:59.77. His team mate, Ethan Pentland, a grade 9 Durham student, has also been hovering around the 2:00 zone. Pentland was hot on Book's heels the entire way of the 800m race and took 3rd spot with an ever-so-close personal best time of 2:00.10.

Our Team will be casually competing at the annual Meaford Harbour 1km/5km Road Race on Saturday, July 14th as they taper down for their upcoming provincial championships. We will be taking some of our top older runners to Windsor on July 21-22 for the Athletics Ontario Track and Field Championships and then taking several of our grade-8-and-under members to the Minor Track Association Track and Field Championships in Hamilton on July 28-29 to bring our summer season to an end.

Results [* = personal best time]

Girls 8-and Under 800m

Freja Kulakowsky - 1st/4 @ 2:53.36*

Micah Abbott - 3rd/4 @ 3:11.28*

Girls 9-and-Under 800m

Rimyelle Grady - 3rd/4 @ 3:02.17

Girls 9-and-Under 1200m

Freja Kulakowsky [8yo] - 3rd/5 @ 4:43.22

Rimyelle Grady - 4th/5 @ 4:44.81*

Taryn Weppler - 5th/6 @ 5:00.23

Girls 10-and-Under 1200m

Olivia Latham - 4th/4 @ 4:26.27*

Girls 11-and-Under 800m

Taryn Lee - 2nd/9 @ 2:38.49*

Skyler Carefoot - 5th/9 @ 2:56.45

Megan Cowan - 7th/9 @ 2:59.35*

Girls 11-and-Under 1500m

Taryn Lee - 2nd/3 @ 5:58.23

Skyler Carefoot - 3rd/3 @ 6:09.22

Girls 13-and-Under 800m

McKenna Karn - 2nd/4 @ 2:50.28*

Girls 13-and-Under 1500m

McKenna Karn - 2nd/3 @ 6:04.00*

Girls 15-and-Under 800m

Olivia Karn - 1st/5 @ 2:28.09

Girls 15-and-Under 1500m

Olivia Karn - 1st/2 @ 5:13.78

Girls 17-and-Under 1500m

Hannah Knight - 1st/1 @ 5:34.49*

Boys 8-and-Under 800m

Nathan Leary [7yo] - 3rd/4 @ 3:25.00

Boys 9-and-Under 800m

Emmett Leary - 2nd/4 @ 2:51.85

[missed PB by 0.05 sec]

Boys 9-and-Under 1200m

Emmett Leary - 2nd/5 @ 4:28.27

Nathan Leary [7yo] - 5th/5 @ 5:21.46

Boys 10-and-Under 800m

Kaj Kulakowsky - 2nd/6 @ 2:47.89*

Jack Farmus - 5th/6 @ 3:01.18*

Boys 10-and-Under 1200m

Kaj Kulakowsky - 1st/2 @ 4:15.71*

Boys 11-and-Under 1500m

Wes Brown - 1st/1 @ 6:11.92

Boys 17-and-Under 800m

Spencer Book - 2nd/6 @ 1:59.77*

Ethan Pentland [15yo] - 3rd/6 @ 2:00.10*

Boys 17-and-Under 1500m

Ethan Pentland [15yo] - 1st/5 @ 4:16.67

[missed PB by 0.54 sec]

Spencer Book - 3rd/5 @ 4:31.12

Humid Conditions for Coyotes at Harbour 5k



The annual Meaford Harbour 5km Road Race + kids 1km race was held on Saturday, July 14th. Race day was overcast, hot and very humid as 263 runners and walkers hit to the streets in support of the Meaford General Hospital, but the humid conditions made running fast times difficult though. The Georgian Bay Coyotes Track Club took time out from their busy summer racing schedule to continue to support Meaford, its sponsors and its hospital.

With 32 of our 60+ Coyotes participating, a sea of orange lined up to put their training to the test. With provincial track championships coming up in each of the next two weekends, the Team held back a bit to make sure they remained rested heading into their final two big races. The Coyotes are sending 4 to the Athletics Ontario Track and Field Championships in Windsor on July 21-22 and a much larger team of our Grade 8 and Under members to the Minor Track Association Track and Field Championships on July 28-29 in Hamilton.

Coyote 5km Results: [Personal Best Times = *]

3rd - Ethan Pentland @ 17:20.....2nd in 13-19 Male

5th - Spencer Book @ 19:05.....3rd in 13-19 Male

18th - Kevin Hooper @ 20:44.....2nd in 50-59 Male

22nd - Devlin Gillis @ 21:09.....7th in 13-19 Male
23rd - Rohan Egan @ 21:13.....8th in 13-19 Male
24th - Ethan Mei @ 21:21*.....1st in 12 and Under Male
27th - Luke House @ 21:34*.....2nd in 12 and Under Male
30th - Kaj Kulakowsky @ 22:04*....3rd in 12 and Under Male
33rd - Hannah Knight @ 22:25.....2nd in 13-19 Female
38th - Brennan Law @ 22:42*.....4th in 12 and Under Male
40th - Emmett Leary @ 22:45*.....5th in 12 and Under Male
44th - Olivia Latham @ 22:54*.....1st in 12 and Under Female
53rd - Kate Manwell @ 24:02*.....1st in 40-49 Female
55th - Coco Robertson @ 24:15*.....2nd in 12 and Under Female
57th - Denon Taylor @ 24:33*.....8th in 12 and Under Male
59th - Julia Latham @ 24:38.....4th in 13-19 Female
60th - Dave Ellis @ 24:41*.....4th in 60+ Male
61st - Will Olivier @ 24:48*.....9th in 12 and Under Male
62nd - Taryn Weppler @ 24:50*.....3rd in 12 and Under Female
78th - Freja Kulakowsky @ 26:17*..5th in 12 and Under Female
80th - Megan Cowan @ 26:27.....6th in 12 and Under Female
84th - Skyler Carefoot @ 26:39*.....7th in 12 and Under Female
85th - Payton Weppler @ 26:46*.....8th in 12 and Under Female
97th - Wes Brown @ 27:33.....13th in 12 and Under Male
99th - Noah Boughtflower - 27:38*..14th in 12 and Under Male
106th - Remyelle Grady @ 28:06*10th in 12 and Under Female
107th - Sebastien Mei @ 28:09*.....15th in 12 and Under Male
109th - Kathy Higgs - @ 28:18.....8th in 40-49 Female
129th - Jacob Boughtflower @ 29:22*..19th in 12 and Under Male
142nd - Donna Pickard @ 30:50.....3rd in 60+ Female
146th - Liam Law @ 31:12*.....20th in 12 and Under Male
149th - Ava Olivier @ 31:31*.....12th in 12 and Under Female
169th - Natalie Book @ 32:40*.....13th in 12 and Under Female

Strong Performances for Coyotes in Windsor



[photo: Hailey Abbott placed 4th in the 2000m and 6th in the 1200m, running two personal best times, at the AO Track and Field Champs]

with the lead pack and took the lead with 300m to go. He was caught on the final stretch as he placed 5th in a very close finish. His time of 3:16.95 was only 0.05 seconds off his best time. Spencer Book, a grade 10 Meaford student finished the day for the Coyotes as he stepped up to the line in the U18 1500m Boys race. He had a great first lap, fell back in the middle 1/3 of his race. His strong last 300m moved him up to place 23rd in a time of 4:23.02, just a few seconds off his outdoor season's best time.

Sunday was also a strong day for the Coyotes. Hailey Abbott laced in the Girls U16 2000m event. In the first 200m of her race one girl fell with a pack of girls around her. Abbott alertly dodged the pile up and ran to another personal best time by 8 seconds with her 4th place finished of 6:52.69.

The afternoon had the 800m races underway. Olivia Karn ran a stronger race as she competed in the Girls U16 event. She finished with a strong kick in the last 50m to take 19th spot in 2:30.93. Ethan Pentland ran another aggressive race in his attempts to break the elusive 2:00 barrier in his Boys U16 800m. He placed 4th overall in a very fast race and fell just short of breaking 2:00 as he crossed the line in 2:00.86, only 0.76 seconds off his best time. Spencer Book was also in a very heat with his Boys U18 800m. He went out in perfect pace over the first 600m to break 2:00 again, but struggled just a bit in the last 200m. He still ran a very solid 2:01.47 to take 12th spot.

These 4 Coyotes are now on a well deserved break before switching over to their Fall cross country training in early August. The Team will be taking 24 of their grade 8 and under members to Hamilton on July 28-29 for the MTA Provincial Track and Field Championships.

The University of Windsor was host for the 2018 Athletics Ontario Provincial Track and Field Championships on Saturday, July 21 and Sunday, July 22. Weather was a combination of torrential downpours to overcast skies with comfortable 20°C temps and light winds. On Saturday morning it rained so hard that with all the rain on the track, it was difficult for runners in the steeplechase event to actually see the water pit they had to jump into. The Georgian Bay Coyotes sent 4 athletes to compete and fortunately the weather was favourable for their races.

Our weekend began with the Girls U16 1200m on Saturday afternoon. Hailey Abbott, a grade 8 Collingwood student, began with a 12 second personal best time of 3:48.39 as she ran a very aggressive race and crossed the line in 6th spot. Team mate Olivia Karn, a grade 9 Coldwater student, struggled in that race as she stopped the clock at 4:10.37, placing 23rd.

Ethan Pentland, a grade 9 Durham student, also ran an aggressive race in his Boys U16 1200m event. He went out

Kulakowsky Leads Coyotes at Provincials



[photo: Freja Kulakowsky lead the Coyotes at the MTA Provincial Track and Field Championships with a gold medal in the Mite Girls 800m and a bronze in the 400m]

The Minor Track and Field Championships were held at the Mohawk Sports Park in Burlington on Saturday, July 28th and Sunday, July 29th with over 900 kids in attendance. The \$1 million newly resurfaced track was a welcome site for the athletes looking for fast performances and the Georgian Bay Coyotes were on the prowl for some hardware and some personal best performances.

But....It is a rare occurrence for the Coyotes to compete at a provincial championship and the majority of the Team come out "flat". We are known for peak-performances at championship events and a steady stream to the podium, but that was not the case this weekend. On Saturday, our 21 runners posted only 4 personal best times and earned only 1 medal. After a night of reflection, they came out more positive and aggressive, but still struggled to clock their usual high number of personal best performances and medal count. Sunday brought with it only 2 medals and 7 personal best times with 19 Coyotes competing.

Leading the way for the Coyotes was grade 2 student, Freja Kulakowsky of the Blue Mountains. She won gold in the Mite Girls 800m and bronze in her 400m event. Liam Law, a grade 1 Meaford student, won our other medal - bronze - in the Mite Boys 800m. He also posted 2 personal best times on the weekend in his 400m and 800m events. Ethan Mei, a grade 5 Meaford student, also posted two personal best times in his Atom Boys 800m and 1500m races.

The Coyotes are a hungry, determined, motivated and resilient group. After they have their well deserved two week break, they will all come back more focused than ever to catch up on lost ground for their Fall cross country season.

Coyotes Warm-Up with Bayshore Road Race



[photo: Coyote coach, Kevin Hooper, took 1st place in the Men's 50-59 age group and 8th overall with a season-best time of 20:27.1 at the 9th annual Bayshore Road Race in Owen Sound.]

The Georgian Bay Coyotes Track Club have begin training for their Fall Cross Country season and used the Owen Sound Bayshore Road Race as a warm-up race to see where everyone was at. Race day on Sunday, August 26th was calm, dry, sunny and comfortable on a new race course as over 400 hundred runners gathered in support of the Owen Sound Regional Hospital, which raised over \$40,000. With half-marathon, 10km, 5km and a Kid's 1km race being offered, the Coyotes had 14 members competing in the 5km race and 4 in the Kid's 1km race.

Top Coyote on the day was grade 11 Meaford student, Spencer Book as he placed 3rd overall and 2nd male overall. He crossed the line in 18:46.1. The team made several trips to the podium and 6 ran personal best times, which is exciting for being so early in the training season.

The Team continues training for another month before officially kicking off their Fall racing season on September 22nd in Brantford and then host their 8th annual Coyote Cross Country Race in Meaford on Saturday, September 29th at the GBCS athletic field to over 400 local JK-Grade 8 school kids.

Coyote Alumni Hannah Woodhouse, now with University of Guelph, took 1st female overall in the Owen Sound 5km race, while Sam Nusselder, now with McMaster University in Hamilton, took 2nd spot overall in the 10km race. Jessie Nusselder, a 4th year student at Laurentian University comfortably ran to a 2nd female overall in the 10km women's race.

Results:

5km Race [* = personal best time]

Spencer Book - 2nd male overall of 141 @ 18:46.1
Kevin Hooper - 8th overall and 1st male 50-59 @ 20:27.1
William Latham - 12th overall and 1st male 20-29yo @ 21:45.2
Luke House - 13th overall and 1st in 14-and-under male @ 21:54.1
Steve Leary - 14th overall and 4th in 40-49yo male @ 22:00.8
Olivia Latham - 19th overall and 1st 14-and-under female @ 22:23.9*
Bethany Woodhouse - 20th overall and 2nd in 14-and-under female @ 22:24.2*
Emmet Leary - 21st overall and 3rd in 14-and-under male @ 22:30.2*
Hannah Knight - 22nd overall and 1st in 15-19yo female @ 23:05.2
Julia Latham - 24th overall and 2nd in 15-19yo female @ 23:26.5
Madison Calder - 27th overall and 3rd in 14-and-under female @ 24:00.5*
Dave Ellis - 29th overall and 2nd in 60-69yo @ 24:03.9*
Taryn Wepler - 32nd overall and 4th in 14-and-under female @ 24:23.9*
Wes Brown - 35th overall and 7th in 14-and-under male @ 25:00.2

1km Kid's Race:

Remyelle Grady - 1st overall of 56 @ 4:11.4
Nathan Leary - 6th overall @ 4:40.8
Noelle House - 7th overall @ 4:57.1
Avery Brown - 13th overall @ 5:15.4