

Coyotes Arrive in Victoria, BC – virtually



[Photo: On the Coyotes' trek across Canada, grade 5 student Rimyelle Grady logged 306.5km to help her team mates reach Victoria, BC. By doing so, she earned the 300km Trans-Canada Distance Award for our grade 5-8 members.]

The Georgian Bay Coyotes did it in only 10 weeks. As a team, they logged over 7800km to reach Victoria, BC about 4-5 weeks ahead of schedule.

10 weeks ago they virtually dipped their running shoes in the Atlantic Ocean off the shores of St. John's, Newfoundland. They then puddle jumped across to Saint John, NB in 1 week. After pit-stopping in Montreal the 2nd week, they arrived in Meaford in 3 weeks.

They then ventured off towards Tobermory and onward to Thunder Bay, Winnipeg, Regina, Calgary and then to Vancouver earlier last week. The Coyotes then completed their 7608km road trip by dipping their shoes again in water....this time the Pacific Ocean.

Along the way we had several team members reach significant "milestones", with some of our grade 4 and under members hitting the 150km, some of our grade 5-8 members reaching their 300km goal and one of high school member hitting the 500km standard.

The Coyotes will continue to train on their own through July and then take a well deserved 2 week break. Training will then resume in mid-August, hopefully as a team, with possibly another trek planned for September.

SOOO proud of all who took part in this adventure! They all stepped up and were committed from coast to coast.

300km Trans-Canada Distance Award For Snelling



Keira Snelling, a grade 6 South Penninula Shores student, is our next Georgian Bay Coyote to reach the "Distance Award" on our Trans-Canada Trek. Snelling has clocked 315km in the 9 weeks since we virtually left St. John's, NFLD to hit the 300km mark for our grade 5-8 group!!

Running with her parents and younger sister over these past 9 weeks, she has helped her Coyote team mates make gains on Vancouver, which they should hit in the next couple days. The Coyotes should reach Victoria, BC by Sunday, June 28th to complete their trek.

Grade 4 and Under = 150km

Grade 5-8 = 300km

High School = 500km

Congrats Keira!!! Keep up the great work!!

Leary Earns 300km Trans-Canada Distance Award



Emmett Leary, a grade 5 Meaford student, is our next Georgian Bay Coyote to reach the "Distance Award" on our Trans-Canada Trek. Leary has logged 311.5km in just 9 weeks to hit the 300km mark for our grade 5-8 group!!

Running with his dad and younger brother over these past 9 weeks has helped his Coyote team mates venture towards Vancouver, which they should hit in the next couple days. The Coyotes have their eyes focused on Victoria, a goal they should reach by Sunday, June 28th.

Grade 4 and Under = 150km

Grade 5-8 = 300km

High School = 500km

Congrats Emmett!!! Keep up the great work!!

O'Neil Achieves Trans-Canada Distance Award



Avery O'Neil, a grade 9 Collingwood student, is our first high school Georgian Bay Coyote to reach our "Distance Award" on our Trans-Canada Trek. It has taken Avery only 9 weeks hit the 500km mark for our high school group!! She has logged 513.5km in total.

Her dedication and hard work over these past 9 weeks has help her Coyote team mates work their way across Canada en-route to Victoria. The Coyotes are scheduled to reach Victoria by Sunday, June 28th

Grade 4 and Under = 150km

Grade 5-8 = 300km

High School = 500km

Congrats Avery!!! Keep up the great work!!

Coyotes Make It To Calgary



[Photo: Grade 9 Collingwood student Avery O'Neil is in full stride doing her post-workout sprints as she helps her Georgian Bay Coyotes team mates run across Canada]

The Georgian Bay Coyotes have checked off another mile-stone as they covered the 757km trek from Regina, SK last weekend and firmly settled in Calgary, Alberta on Sunday, June 14th.

After leaving Regina on Monday, June 8th they ventured through Moose Jaw and Swift Current, SK before entering Alberta. They then swept passed Medicine Hat before finishing their Calgary leg after only 8 weeks. To date the Coyotes have logged 6520km from when they first dipped their running shoes in the Atlantic Ocean off the coast of St. John's Newfoundland.

Next stop is Vancouver, BC., a bit longer trip of 973km. This may take us 10 days to get here, but if everyone steps up to the challenge, it is possible to be there by this coming weekend on June 21st. From here it is only a short skip to our goal of Victoria, a whole 4-6 weeks ahead of schedule!

Keep tabs on the Team's trek each week.

Snelling Achieves Coyote Trans-Canada Distance Award



Photo: Sydney Snelling is the next Coyote to achieved the Trans-Canada Achievement this week as the Coyotes reached Calgary]

Sydney Snelling, a grade 4 South Bruce Peninsula student, is the member of the Georgian Bay Coyotes to reach the Trans-Canada Distance Award. Snelling has logged 194km over the last 8 weeks.

The 1st round standards are:

- 150km for our grade 4 and under kids
- 300km for our grade 5-8 members
- 500km for our high school gang.

Congrats to Sydney as she has helped their team mates run across Canada!

Coyotes Venture Across the Prairies to Regina



[Photo: Grade 5 student Brennan Law hits the trails with his dog as he helps his Georgian Bay Coyotes team mates run across Canada]

The Georgian Bay Coyotes are like an out of control freight train as they plow across Canada, taking down 1 province at a time. Our last pit stop was Thunder Bay last weekend, May 31st. Being ahead of schedule with extra mileage in their back pocket, they ran right past their Winnipeg destination and ventured onward to Regina, SK.

The Coyotes left Thunder Bay on Monday, June 1st and headed north-west to Dryden, then west to Kenora, through Winnipeg, Manitoba and then to the Prairies. They continued along the Trans Canada Highway, through Whitewood and Indian Head before resting in Regina. A distance of 1283km and a grand total to date of 5763km from St. John's NFLD only 7 weeks ago.

This week the Coyotes accumulated over 750km once again this past week to easily reach their 6th leg on their virtual Trans-Canada Trek. Next stop is a 758km trip to Calgary, AB. Keep tabs on the Team's trek each week.

Thunder Bay Leg Complete for Coyotes



[Photo: Emmett and Nathan Leary of Meaford are climbing hills as they help their Coyote team mates make their way across Canada]

After only 6 weeks into their virtual Trans-Canada trek, the Georgian Bay Coyotes have arrived in Thunder Bay....ahead of schedule.

With another consistent week of running, along with some runners playing catch-up with their mileage, the Team made the 1241km trek from Meaford in only a week. They have been averaging just over 700km weekly and have logged over 4800km since leaving St. Johns, Newfoundland 6 weeks ago.

After leaving Meaford last Sunday, they headed up towards Tobermory, ran across the northern tip Georgian Bay to South Baymouth, up to Espanola, across to Sault St. Marie and then headed around Lake Superior en-route to Thunder Bay, the resting place of Terry Fox when he made his trek 40 years ago.

The Coyotes have also added 3 new members which will also help accumulate the mileage even faster each week. Next stop was suppose to be Winnipeg, Manitoba, which was only 702km, but with over 400km in the bank, this pit-stop is now too close. So we are going to bypass Winnipeg and scoot west 1283km from Thunder Bay to Regina, Saskatchewan. We might just make it by next week.

Continue to keep watch on our travels towards Victoria, BC, with a tentative arrival time of early August.

Leary First To Reach Trans-Canada Distance Award



Nathan Leary, a grade 4 Meaford student, is our first Georgian Bay Coyote to reach our "Distance Award" on our Trans-Canada Trek. In just 6 weeks he has run 150km!!

For different age groups we have different mileage goals to reach. For some this will be relatively easy. For others this will be more challenging.

Grade 4 & Under: 150km = photo in the paper. 500km = 1 pair of Coyote racing socks

Grade 5-8: 300km = photo in the paper. 600km = 1 pair of Coyote racing socks

High School: 500km = photo in the paper. 1000km = 1 pair of Coyote racing socks

OK Coyotes, the challenge has started.

Congrats Nathan!!! Keep up the great work!!

Coyotes Reach Meaford in Trans-Canada Trek.



[Photo: Olivia Latham of Owen Sound is one of many Coyotes virtually running across Canada]

With 5 weeks now under their belt, the Georgian Bay Coyotes continue their virtual Trans-Canada Trek.

As a team, the Coyotes have logged over 3300km since departing St. John's Newfoundland. They achieved their goal of arriving in Meaford this weekend...their 3rd leg on their journey, which is 3239km. Too bad we couldn't have a parade to welcome them into town!

Our 4th leg is a long one. We venture up to Tobermory, run across Lake Huron to Manitoulin Island, and weave our way to Thunder Bay. A grand total of 1241km. With our weekly average being around 500-600km, we should check into Terry Fox's final pit-stop 40 year ago around the middle of June.

Will keep you posted with the Team's progress.

Coyotes Arrive in Montreal - virtually.



[Photo: Georgian Bay Coyote members Wes and Avery Brown are among several Coyotes virtually working their way across Canada. Note the flag in the background. Oh Canada!]

The Georgian Bay Coyotes continue their virtual Trans-Canada Trek across as they keep focused during the COVID-19 isolation and have just completed week #4.

As a team, the Coyotes have been putting in solid workouts on their own and rapidly adding up their mileage. They arrived at their 2nd stop in Montreal, which was a relatively short 919m leg.

They continue into Ontario, heading to Toronto, north to Barrie, passing through Collingwood and Thornbury en-route to Meaford for their 3rd leg. This is a little skip of 706km. So it is possible to arrive "home" this coming weekend.

Coyotes Virtually Reach Saint John, NB.



[Photo: Georgian Bay Coyote grade 5 member, Rimyelle Grady, is in full stride with the Canadian flag in the background, as she is one of several Coyotes virtually running across Canada.]

With the COVID-19 lock-down hampering group gatherings, the Georgian Bay Coyotes have been doing online workouts and logging their own mileage. To help team motivation, they began their virtual Trans-Canada Trek across this vast and beautiful nation of ours 3 weeks ago in St. John's Newfoundland with a goal of reaching Victoria, BC by mid-August. The Team's first goal was Saint John, N.B. that would cover 1705km, as they even ran across the Bay of Fundy instead of taking the ferry.

As a team, the Coyotes have been averaging between 600km and 900km each week so far and have easily landed in Saint John, NB ahead of schedule, which was 1705km. They have logged over 2000km to date.

Next stop is Montreal, Quebec as they head up to Riviere-du-Loup and through Quebec City. This 2nd leg is 919km in total. The Coyotes should reach Meaford by the end of May. We will continue to keep you posted.

Coyotes Begin Virtual Run Across Canada



[Photo: The winter training has long since passed, along with our dreaded "Winter Boot Workout". The Coyotes now begin a virtual trek across Canada as a goal to achieve while in isolation training due to COVID-19]

While the lockdown from COVID-19 has sidelined the Georgian Bay Coyotes from meeting as a group, workouts are still being sent out and our dedicated members are training on their own. As a distance runner, this can be a very lonely trail to travel.

So to help alleviate some of the loneliness, our Coyotes are going to do a virtual run across Canada. Each week our runners will send in their weekly mileage and the combined numbers will be added up.

Small rewards of little prizes will be handed out for individual milestones that are reached. It is 7,821km from coast to coast of this great nation of ours. The goal is for the Team to reach Victoria by the end of the summer. Will keep you posted.

Woodhouse Competes at PanAm Games



[Photo: Hannah Woodhouse, #37 on the right, represented Team Canada at the PanAm Cross Country Nations Cup. Canada's Senior Women's Team took gold with Woodhouse placing 16th]

Hannah Woodhouse, a Coyote graduate and a 4th year University of Guelph student, represented Team Canada at the 2020 PanAM Cross Country Nations Cup Championships on Saturday, February 29th at the Bear Mountain Resort in Victoria, BC. She competed for the Senior Women's team.

Team Canada was selected back in November at the 2019 Canadian Cross Country Championships that were held in Abbotsford, BC. Woodhouse placed 8th in the Senior Women's event and was the 1st alternate for the Team. One of the top-7 women could not compete at the PanAm event so Hannah was then selected as the 7th member.

On race day for the Nations Cup, it was a bright, sunny and relatively warm day as the athletes ventured onto an extremely hilly and challenging course. Hannah described the course as "hardest race of my life. The hills were a killer." She said she was really happy with her performance though, and she should be.

With teams competing from Canada, USA, South America, Central America and the Caribbean, 26 women lined up for the 10km challenge doing 5 loops of the 2km course, with spectacular views. Team Canada having "home-course" advantage, they had lots of support from spectators.

Hannah captured 16th spot overall and was the 5th counter on Team Canada's Senior Women's gold medal team, "FINALLY" out-doing their American rivals as well. The women's team was led by two Canadian Olympians, Genevieve Lalonde, who placed 1st overall, and Natasha Wodak, who placed 4th. Woodhouse's time of 39:54 was just over 2 minutes behind the leader.

Hannah's winter season comes to an end on March 7th and 8th as she leaves Victoria and heads to Edmonton for the Canadian University Indoor Track and Field Championships [USport]. She will be competing in the 1500m and 3000m events.

Congrats Hannah. Your Georgian Bay Coyotes are so proud of you!

Kulakowsky Wins Ontario Award of Excel



[Photo: Coyote member Freja Kulakowsky is flanked by coaches Steve Leary, left, and Kevin Hooper, right, at the 2019 MTA Awards of Excellence in Mississauga on Saturday, February 29th]

The annual MTA "Rick Westwood Award of Excellence" banquet was held in Mississauga on Saturday, February 29th to recognize the top performers of the Ontario Minor Track Association in 2019. Numerous athletes brought home a trophy and a plaque for their efforts in a variety of events that included sprints, hurdles, jumps, throws and distance for the various age groups.

Freja Kulakowsky was recognized in the 9 year old, 1st year Tyke division for her Ontario indoor record-breaking 1200m performance and two gold medals in the 800m and 1200m at the indoor track and field championships last March. An injury kept her from competing in the outdoor season, but returned for the Fall cross country season where she was rebuilding from the summer. 2020 looks like a promising year for her as she has already won a gold and bronze medal at a competition earlier this indoor season. Freja is a repeat winner as she won the same award in 2018 as a 2nd year Mite.

Congrats Freja! The Coyotes are proud of you!

Coyotes Flying at Angels Meet



[Photo: Liam MacInnes-Wiley competed in his first ever indoor track meet and was a double-medal winner in the Mite Boys 400m and 800m events at the Flying Angels Indoor Classic Track Meet in Toronto on Sunday, Feb 23rd.]

The Flying Angels Track Club hosted a prep meet at York University on Sunday, February 23 as part of the Minor Track Association winter Track and Field program. Several track clubs from across the Toronto GTA area, Brampton, Pickering, Hamilton, Burlington, London, Milton, Brantford, Newmarket, Barrie, and Port Elgin were in attendance, along with 11 members of the Georgian Bay Coyotes. Our Coyotes have been training very hard since their last meet a month ago. So they were excited to see how they would do deep in the middle info heavy training.

The day began with the Tyke Girls and Tyke Boys running together in the indoor 200m oval. Sydney Snelling grabbed a silver medal in the Tyke Girls 1200m race as did Nathan Leary in the Tyke Boys 1200m. Keira Snelling earned a bronze medal in the Atom Girls 1500m event. The Mite Boys 400m race had Liam MacInnes-Wiley lacing up in his first ever indoor meet. He knocked whopping 9 seconds off his best time to snatch 3rd as he nosed out his rival at the line. Mason Bell dropped his 1500m time by over 2 seconds in the Atom Boys 1500m and Taryn Wepler took 7 seconds off her Atoms Girls 1500m previous best.

The 800m races began after lunch, giving our Coyotes a chance to recharge after the morning race. There were many exciting finishes and lots of reasons for cheering.

Liam MacInnes-Wiley grabbed his 2nd medal of the day in the Mite Boys age group with a , knocking a massive 18 seconds off his best time. Sydney Snelling won her 2nd medal of the day as well, taking gold in the Tyke Girls race. Olivia Latham ran a very strong race to edge out her competitors at the line to win bronze in the Atom Girls event. Keira Snelling was in close pursuit behind Latham as she posted a personal best time of 2:43.84, taking off 3 seconds. Emmett Leary also posted a personal best time of 2:42.15 in his Atom Boys 800m, dropping his time by over 2 seconds.

Overall it was a great day of racing. We brought home 7 medals and had 7 personal best performances. Many others were only a couple seconds off their best times as well. Exciting since being deep into heavy training, personal best times don't come very often.

We have just under 5 weeks before provincials. So with a few more weeks of hard training and then tapering over the final 2 weeks, our Coyotes will be in great racing shape by then.

Coyotes Lace Up for U18 Track Champs



[Photo: Grade 9 Collingwood student, Avery O'Neil competed in her first ever indoor track meet at the U18 Athletics Ontario Track and Field Championships on February 8th and 9th]

The 2020 Athletics Ontario U18 / Open Indoor Track and Field Championships were held on Saturday, February 8th and Sunday, February 9th at York University in Toronto. Veteran Coyote member Ethan Pentland, a grade 11 Durham student and new member Avery O'Neil, a grade 9 Collingwood student, represented the Georgian Bay Coyotes.

Saturday began with the 1500m events. O'Neil, in her first ever indoor meet, was quite nervous and yet excited to lace up. Being in her 15th year against girls 16 and 17 years old, her primary goal was to run a solid race and enjoy the experience. Avery did just that. She ran faster than our guesstimated run time, stopping the clock at 5:38.98, a personal best time for her. She placed 48th of 56 athletes.

Pentland was next in the U18 Boys 1500m. With some solid training over the last few weeks, he was looking for a solid race and a season best time. Ethan also performed well and accomplished his goal. His season best time of 4:21.20 placed him 13th of 62 athletes.

On Sunday, O'Neil competed in the U18 Girls 3000m race, having similar goals as her 1500m. She held consistent lap times throughout the 15 lap race and finished strong. Her new personal best time of 12:23.03 gave her a 15th placing against 16 girls.

Sunday afternoon, Pentland was optimistic of a quick U18 800m race, being in the fastest of 7 heats. His race was quite disappointing though as energy was not on his side. His slow time of 2:13.52 put him 7th of 7 in his heat and 34st of 40 overall.

Our high school student's indoor season is now done and are now prepping for a solid outdoor track season.

Coyotes Compete in Toronto Prep Meet



[Photo: Madi Calder, a grade 10 Collingwood student, laced up with team mates Hailey Abbott and Ethan Pentland at an indoor track meet in Toronto]

On Saturday, January 25th, three of our high school Coyotes competed in the Athletics Ontario Combined Events Indoor Championships and Prep Meet at York University. Grade 11 student, Ethan Pentland as well as Grade 10 students Madi Calder and Hailey Abbott laced up to see where their training has put them so far into the season.

Madi Calder began the day in the combined U18, U20 and Open Girls 1500m. She started off on pace for her event over the first half of the race and then struggled over the last 500m, but was an OK start for her season opening race. She crossed the line in 5:44.97 placing 29th of 32 competitors.

Hailey Abbot was next up, racing in the fastest of the 3 heats of the U18, U20, Open Girls 1500m race. She also was on pace for about the first 2/3rds of her race and then fell off pace. She still had a solid time of 5:04.89 for her first race of the indoor season.

Ethan Pentland was also in the fastest of 4 heats in the U18, U20, Open Boys 1500m race. Feeling sluggish even before the race began, he struggled to keep pace even after the 2nd lap of the 7.5 lap race on the 200m indoor track. His time of 4:28.37 placed him 25th of 39 competitors and only 1 second faster than his race 2 weeks ago.

Back to the training board to put some tough workouts in as they prep for their indoor provincial championships a few weeks.

Young Coyotes Season-Opener in Toronto



The season-opener track meet at York University's indoor 200m track was held on Saturday, January 18th hosted by the Mississauga Olympians Track Club. Over 400 athletes braved the winter storm and the Georgian Bay Coyotes had 12 athletes make the trip.

Our Coyotes have trained very hard over the last several weeks and were ready to show off. Our Tyke Girls and Boys [9-10 year olds] began the day with their 1200m event. We were guaranteed medals as our Coyotes were the only ones on the starting line for this race. All our runners gave 100% and, overall, we came home with 8 medals and 9 personal best performances.

This looks like another very promising year!

Pentland 3rd in Season-Opener



The Athletics Ontario season opener track meet was held at York University's indoor 200m track on Saturday, January 11th and Sunday, January 12th. The lone Georgian Bay Coyote competitor, Ethan Pentland, a grade 11 student from Durham, had a great start to his indoor track season.

On Saturday, he stepped up to the line for his 1500m race. Starting cautiously, he began at the back of the pack in the fastest of 3 heats and gradually worked his way to the front group. He was on a personal best pace at 1300m and then ran out of gas over the last 400m. This is nothing that a little more endurance speed work can't fix. He crossed the line in 4:29.66 taking 24th spot of 38 competitors.

Sunday Pentland laced up for his 800m event, his favourite distance. He was seeded 3rd going into the race and finished 3rd overall against 20 competitors, after a very solid performance. He stopped the clock at 2:02.77, only 3 seconds off his personal best time.

So this is a great start for this early in the season.