



# Tri Times August 2007

Volume 4, Issue 2

August 13th, 2007

## Ironman Wisconsin

*Club needs your support!*

Ironman is just around the corner, and as members of UW Triathlon Club we have several opportunities to volunteer and fundraise at this event. Remember, to receive discounted racing one must accumulate 3 fundraiser events and 3 volunteer events throughout the year. (Those who qualify for discounted racing will not only include discounts for team races but will also receive an additional \$200 for summer racing fees!) There are many open spots still available:

### Ironman Expo (Fundraiser Event)

**Contact: Hannah Sievers <[hsievers@wisc.edu](mailto:hsievers@wisc.edu)>**

The Ironman Expo runs from September 6-8th with set-up and break-down on the 5th and 10th. This is a fundraising opportunity. The shifts work as follows:

Sept. 5: 8-11:30am, 11:30am- 3pm,  
8-11am, 11am-2:30pm, 2:30-6pm  
Sept. 6: 9-11:30am, 11:30am-2pm, 2-5pm,  
10am-12pm, 12-2:30pm, 2:30-5pm  
Sept. 7: 10am-12pm, 12-2:30pm, 2:30-5pm,  
8-11am, 11am-2:30pm, 2:30-6pm  
Sept. 8: 10am-12pm, 12-2:30pm, 2:30-5pm,  
8-11am, 11am-2:30pm, 2:30-6pm,  
9am-1pm, 1-5pm

This is a very important fundraiser for the team, so please take advantage of this opportunity, as you can see there are many shifts to fill! To make it even more enticing, we receive a 30% discount on merchandise and a 10% discount on bikes and wheels.

### Labor Plan Wisconsin (Fundraiser Event)

**Contact: Daniel Albright <[dalbright@wisc.edu](mailto:dalbright@wisc.edu)>**

Help set up, tear down, and maintain the Ironman race. [Shift lengths may count for 1-3 fundraiser credits depending on length.](#) For details contact Daniel.

#### **Wednesday, September 5th**

12pm- 6pm: 6 people for expo set up from

#### **Thursday, September 6th**

9am-4pm: 6 people for expo set up from

4pm-8pm: 8 people for transition area set up

#### **Friday, September 7th**

9am-5pm: 10 people for general set up

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### Did You Know?

During the course of the Ironman Hawaii race, more than 200,000 cups, 30,000 bike bottles, 15,000 feet of banners, 26,000 gallons of fluid replacement, cola, water and soup, 4,000 visors and 600 bottles of sunscreen are used and offered by some 5,500 volunteers lining the 140.6-mile course. More than 50 million people worldwide watch the event on TV.

# Ironman Wisconsin Continued

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## Sunday, September 9th

6am- noon: 4 people on stand by

Noon-6pm: 4 people on stand by

10:00pm.-5am- Tear Down crew-14 people

## Monday, September 10th

12pm – 5pm: 8 people to help finish clean up on site and pack trucks at the warehouse.

## Tuesday, September 11th

9am – 5pm: 8 people to help pack trucks at the warehouse.

Labor will meet in front of the Hilton the on Wilson Street each day at 9 a.m.

## Ironman Aid Station (Volunteer Event)

Great way to cheer on fellow teammates, friends and just be supportive of all athletes. To volunteer go to [http://sportsinwisconsin.com/volunteer/index.php?category\\_id=994](http://sportsinwisconsin.com/volunteer/index.php?category_id=994) The name of the aid station has changed to more accurately reflect its location. Aid station 2 (previously known as Breeze Terrace) is now called Charter and Brooks. There are also number codes associated with each station. The codes are 674, 676, and 679.

## Speedo Squad (Fun Volunteer Event)

Contact: Caitlin Mac Nair on the message board

From Caitlin:

“as for the speedo squad, it was unfortunately canceled last year due to the weather, however I'm totally up for it this year again!!

To those that are unfamiliar with speedo squad, I feel that there is no better way to support the athletes than cheering them on in minimal clothing as they come up to a big hill on the bike. Two years ago we earned money (carefully placed into the men's speedos) and almost successfully shocked people off their bikes. several had to stop and take pictures. It's hilarious, and if I can get other so to join me, it will be a success again this year!! let me know!”

## Upcoming Races:

<http://www.uwtriathlon.com/schedules.htm>

### September 9th: Ironman Wisconsin

<http://www.ironmanwisconsin.com/>

### September 15th: Iowa Tri-Hawks

<http://t3.trihawks.com/>

### September 22nd: Purdue Boilerman

[www.triclub.purdue.org/boilerman/](http://www.triclub.purdue.org/boilerman/)

## HAVE YOU SIGNED UP YET?

With such a large team, tons and tons of emails can become rather burdensome. So please, sign up with the UW-Triathlon message board. It takes about 5 minutes to do so and it has a place to post for just about anything that you may need/want. Need to sell something? Want to find a buddy to go riding with? Want to talk about transitions? The Message Board is the place to go.

<http://www.uwtriathlon.com/MessageBoard/>

Please sign up with a username similar to your actual name.

## Aquathon Series 2007

### So what is an Aquathon?

The Fleet Feet Aquathon Series is comprised of five events held at Warner Park Beach in Madison, Wisconsin. Each event consists of a 1000 meter swim followed by a 5000 meter run. Perfect for mid-week training with a bonus of raffle items at each event and series prizes for the top finishers!

Register at Active.com. All races start at 7 pm. The last race will be held on August 30th.

Triathlon Club member Ken Laczkowski currently is the overall male leader with 291 total points! Congratulations to him! Sign up today!

<http://www.fleetfeetmadison.com/aquathon.html>

# RACE REPORTS

<http://www.uwtriathlon.com/results.htm>

## **Croixathlon Sprint 6/30 Hudson, MN**

### **F15-19**

Hannah Sievers 3rd 1:27:33

## **Lactic Edge Sprint 7/14 Stevens Point, WI**

### **F Overall**

Jess Yurchich 1st 1:20:33

Brianna Cash 2nd 1:20:51

### **M Overall**

Ken Laczkowski 2nd 1:10:39

### **F19-24**

Steph Rindt 2nd 1:27:22

Sarah Rous 3rd 1:34:10

### **M19-24**

Danny Craven 1st 1:14:42

Dan Albright 2nd 1:16:37

Matt Ziehr 3rd 1:17:22

Aaron Wessell 4th 1:18:35

Austin Wessell 7th 1:23:16

## **Vineman Ironman 70.3 7/22/07 (Sonoma County, CA)**

### **M25-29**

Jack Dudley 75th 5:36:50

## **Federal Escape Triathlon 7/28 Federal Way, WA**

### **F20-24**

Julia Byers 2nd 2:39:04

## **Woodson YMCA Triathlon 8/4 Wausau, WI**

### **Sprint F20-24**

Steph Rindt 2nd 1:27:20

### **Olympic Distance F-Overall**

Jess Yurchich 1st 2:25:33

### **M20-24**

Danny Craven 4th 2:18:13

## **Spirit of Racine Half-IM 7/22 Racine, WI**

### **M-Elite Jr**

Ben Peirick 3rd 5:34:24

### **F-Aquabike Division**

Jennifer Lachowiec

### **F15-19**

Jess Yurchich 1st 5:24:32

### **F20-24**

Julie Esch 2nd 5:19:38

Steph Rindt 6th 5:40:00

Sarah Rous 10th 5:55:25

Meghan Korol 12th 6:01:38

Jenna Acker 15th 6:10:06

### **M20-24**

Bill Martin 4th 4:43:30

David Ziehr 5th 4:44:19

Zeb Breuckman 12th 4:57:03

Brandon Kopald 15th 5:00:46

Brandon Serwe 18th 5:04:57

Danny Craven 20th 5:07:51

Eric Wiesner 22nd 5:11:40

Chase Kettler 23rd 5:12:33

David Schurter 26th 5:25:38

Sam Schwaller 32nd 5:48:14

Andrew Haertel 37th 5:56:19

### **F25-29**

Katie Bishop 7th 5:11:40

Thea Larson 30th 5:47:53

### **M25-29**

Steve Almasi 19th 4:59:23

Paul Konkol 21st 5:01:05

Antonio Faciola 32nd 5:11:59

Ben Durkee 47th 5:43:43

### **F30-34**

Vanessa Curtis 9th 5:16:06

### **Athena**

Kristina Meissen 4th 6:10:38

Riley Schreiner 13th 6:58:49

### **M-XL3**

Kory Seder 1st 5:03:01

## **Lake Zurich Sprint 8/5 Lake Zurich, IL**

### **M-Overall**

Dan Albright 1st 1:01:50

**F20-24** Sarah Rous 1st 1:15:41

# Other News

## Orientation Week

Come check out the club!

### **Rockin' with Rec Sports**

West Fields

September 3rd

12pm-3pm

### **Recreation Sports Expo**

Library Mall

September 5th

10am-2pm

### **Student Org Fair**

Kohl Center

September 11th

5pm-8pm

### **Kick off meetings**

TBA

September 11th and 13th

Free food from Milios!

<wdmartin@wisc.edu>



## *Great Team Showing at Racine!*

### Club Member Notables

Congratulations to Jess Yurchich and Bill Martin! Both of these members qualified for Age Group Worlds to be held in Hamburg, Germany on September 2nd. Good luck—make us proud!

Aaron Kamnetz, whom recently earned his pro card, raced in several Pan-American Cups this summer! The club wants to acknowledge your successes—congratulations to you!

### T-Spots

T-Spots are small presentations held throughout the school year that provide information and help regarding topics in triathlon related fields. T-Spots in the past have presented information on bike maintenance, injury prevention, and training tips.

Vice President Dan Albright needs your suggestions for T-Spots for the coming year. Any suggestions at all should be directed to

<dalbright@wisc.edu>

### Race Reports

Send race reports to Webmaster Andrew Haertel at

<ahaertel@wisc.edu>

If possible, include the race name, date, location, your age group, and your overall time.

### Team Apparel is Still Available!

If you are still interested in ordering additional apparel please contact Apparel Coordinator Emily Zimmerman at <ezimmerman2@wisc.edu> to see what is in stock.

There is much to be sold.

### Women's Wetsuit Check Outs

The team now has women's wetsuits for checkout and they are absolutely FREE to use. Sizes include small, medium, and large. Contact President Bill Martin if you are interested. <wdmartin@wisc.edu>

### Halloween Costume Run in the Making

Triathlon club officers are working to create a Halloween Costume Run. Distance is to be determined. Awards may be given to fastest finisher and best costume.

# UPCOMING EVENTS/DATES

## September

3rd: Club showing at "Rockin' with rec sports"

5th: Club showing at Rec Sports Center

5th-11th: Ironman Expo and Labor Plan Fundraisers

9th: Ironman Wisconsin, Aid Station Volunteering, Speedo Squad

11th: Club showing at Student Org Fair, Kick off meeting TBA

13th: Kick Off Meeting TBA

15th: Iowa Tri Hawks

22nd: Purdue Boilerman

### UW-Triathlon Mission Statement:

As a club sport of the University of Wisconsin-Madison, the Triathlon Team strives to provide competitive and social opportunities for athletes of all abilities and interests to experience and enjoy triathlons. The Triathlon Team seeks to provide knowledge, experience, motivation, and a connection to many resources. The Team engages in volunteer activities on campus and in the community, and aims to provide an organization for exercising, racing, socializing, and building friendships through the sport of triathlon.

Thank-you for reading the Newsletter. Any comments, questions, corrections, and or concerns please contact Carl Kaiser at

[<cjkaiser@wisc.edu>](mailto:cjkaiser@wisc.edu).

# September 2007

Sun Mon Tue Wed Thu Fri Sat

1

2 3 4 5 6 7 8

Rockin' with  
rec sports

Classes Begin

Rec Sports  
Expo

## Fundraiser Events

9 10 11 12 13 14 15

Ironman  
Wisconsin,  
Volunteer  
Events

Fundraiser Events

Org Fair,  
Kick Off  
Meeting

Kick Off  
Meeting

Iowa Tri  
Hawks

16 17 18 19 20 21 22

Boilerman  
Tri

23 24 25 26 27 28 29

How Does Your Sports Drink Compare?

