



# Tri Times June 2007

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## Officer Elections

*Team votes in several new faces to the officer board*

Officer elections were held on May 1st with the company of Pizza Hut pizza, literally boxes full of free give-aways, and for the first time this year, the opportunity for club members to ask the candidates questions regarding their intentions for the 2007-2008 officer positions. All of the positions were uncontested except for the Vice Presidency in which club members Dan Albright and Benjamin Peirick each took turns battling heated and direct questioning. Despite Peirick's awe-inspiring speech, Dan Albright's inspiring plans for the future brought him to victory. Albright wasn't the only winning candidate who provided exciting promises for the future, in fact, all of the newly appointed officers shared new and fresh ideas to further improve the largest (and arguably best) club on campus. A new position was recently added for the coming year—the Alumni Relations/Race Director, appointed to Adam Book, will both help to organize a race for the team, and he will also help to formulate a plan to connect alumni together in their own similar yet separate club. The officers' new focus for the upcoming year will be fixated on further improving all aspects of the club possible. The club welcomes our new officers to the 2007-2008 year and says thank-you to our past officers.

Position	New Officer	Old Officer
President	Bill Martin	Jen Lachowiec
Vice President	Dan Albright	Sean Spencer
Treasurer	Zeb Breuckman	Zeb Breuckman
Webmaster	AJ Haertel	AJ Haertel
Race Coordinator	Jess Yurchich	Bill Martin
Fundraiser and Volunteer Coordinator	Hannah Sievers	Jenna Acker
Sponsorship Coordinator	Jen Lachowiec	Adam Book
Apparel Coordinator	Emily Zimmerman	Jeff Kokott
Secretary	Carl Kaiser	Carl Kaiser
Social Coordinator	Danny Craven	Kaitlyn Verstegen
Alumni Relations/Race Director	Adam Book	Did Not Exist

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### Did You Know?

A 1-inch slice of watermelon is a great source of hydration—it contains 92% water and as much prostate-protecting lycopene as four medium tomatoes. Another plus: Lycopene boosts skin's natural SPF.

# Press Releases and Upcoming Races

## GREEN BAY TRIATHLON RETURNS TO ASHWAUBOMAY PARK

The "Green Bay Area Triathlon" is returning for its second year on June 10 at 7 a.m. at Ashwaubomay Park. This Sprint Distance triathlon, 400 yard swim, 15 mile bike, and 5K run, is uniquely designed for triathletes to start their season with shorter distances and it will also encourage first time triathletes. Get your kids involved as well! There is a Kids' Triathlon 10 a.m.; following the Adult Triathlon. This is a great opportunity for the kids' to participate in a multi-sport event.

Enjoy the man-made lake for the swim; kick back in cruise control on the bike; and breathe in the beauty of the Fox River on the run. The event course will include De Pere, Ashwaubenon, Hobart and Green Bay. The Green Bay Triathlon features a KIDS' Triathlon to also take place on Sunday, June 10. All kids ages 3-12 can participate! The event is completely safe for the kids' as the swim goes parallel to the shore and they will not be in water above their waist.

Keep yourself occupied and entertained the entire week-end. Come down to Ashwaubomay Park for the Green Bay Triathlon Health Expo and Packet Pick-Up, then Sunday take part in this great event!

Registration is open for the Green Bay Triathlon and Kids' Triathlon! Fees are \$45 for individual, \$75 for relay teams, and \$12 for kids'(12 and under). Register at [midwestsportsevents.com](http://midwestsportsevents.com), call 920-338-8741 or 800-429-8044, or email [info@midwestsportsevents.com](mailto:info@midwestsportsevents.com)

## "Physically Challenged" High Cliff Triathlon

New Fitness Event for Participants with Special Needs

A NEW event is coming to Northeastern Wisconsin this summer and for the first time people with special needs will have the opportunity to participate in a triathlon. The "Physically Challenged" High Cliff Triathlon will live up to the motto of "Events for all abilities, all ages and all fun." Distances will be based on each athlete's individual ability and the cost to race is FREE!

The event will be held at 3 p.m. on Saturday, June 23rd at High Cliff State Park in Sherwood and will kick off the 4th Annual High Cliff Half Ironman and Sprint Triathlon on Sunday, June 24th.

All athletes participating in the special triathlon will get all of the perks! T-Shirt, goodie bag, medal, food and fun after the event.

Also featured on June 23rd will be a presentation by guest speaker Dick Hoyt at Kaukauna High School at 5 p.m. Hoyt, along with his son Rick, have competed in many triathlons and make up this father and son duo, Team Hoyt. What makes their team so motivational is that they participate together while Dick pulls, bikes and pushes his son Rick from the start to finish. Rick was born with cerebral palsy and together with his father they have crossed hundreds of finish lines.

His inspirational talk on incorporating people who are physically challenged into every day life is free and open to the public.

Organizers are asking anyone wishing to participate to first contact our office at 800-429-8044 or 920-338-8741 to assist in registration as well as developing the individual distances for each athlete.

For more information visit [midwestsportsevents.com](http://midwestsportsevents.com), call 800-429-8044 or email [gloria@midwestsportsevents.com](mailto:gloria@midwestsportsevents.com).

## Upcoming Races:

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

June 17th: Wisconsin Triterium

<http://www.triloop.org/>

June 24th: Ohio St. Scarlet and Gray

<http://fatrabbitracing.com/events/ScarletGray/>

July 8th: Festival of Races

[www.3disciplines.com](http://www.3disciplines.com)

July 21st: Evergreen Lake

<http://tri-shark.org/evergreentri/>

## 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. This summer people will be looking for fellow club members to do workouts with.

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

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

# RACE REPORTS

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

## Flint Hills Triathlon

6/3/07 Manhattan, KS

### **Men 25-29**

Jack Dudley 9th 2:29:55

### Crazylegs Classic 8k

4/28/07 Madison, WI

### **Female 15-19**

Kristen Schram 7th 35:23

Jess Yurchich 12th 36:39

Talia Kohn 15th 37:06

Julia Byers 108th 48:07

Emma Kultgen 109th 48:08

### **Male 15-19**

Paul Pezzi 33rd 35:17

Austin Wessel 37th 35:53

### **Female 20-24**

Kaitlyn Busse 11th 35:52

Liz Prange 85th 40:08

### **Male 20-24**

Jackson Potter 22nd 31:18

Ben Peirick 39th 32:49

Orion Schultz 93rd 35:11

### **Male 25-29**

Ken Laczkowski 28th 31:19

## JHAWK Earlybird Sprint Triathlon

4/29/07 Whitewater, WI

### **Female 01-19**

Rachel Stellar 3rd 1:49:29

### **Female 20-24**

Kristina Meissen 9th 1:31:28

### **Male 20-24**

Mike McLean 4th 1:11:56

Danny Craven 5th 1:12:55

Brandon Serwe 12th 1:17:13

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## Memphis in May

5/20/07 Millington TN

### **Male 20-24**

Bill Martin 5th 1:58:47

### **Male 25-29**

Antonio Faciola 26th 2:11:25



President Bill Martin and club member Antonio Faciola both had a chance to take a picture with Australian Professional Triathlete Chris McCormack or Macca as he is affectionately known. Chris is one of the most affable athletes in the sport of triathlon. Chris won both the 1997 Triathlon World Championships and the 1997 ITU World Cup Series. This gutsy, determined display recorded Macca as the first and only male triathlete to ever win both titles (the double) in the same year.

## Lake Mills Triathlon

6/3/07 Lake Mills, WI

### **Female 20-24**

Katie Bishop 1st 1:16:48

Sarah Rous 4th 1:25:00

### **Male 20-24**

Bill Martin 3rd 1:03:46

Ben Peirick 8th 1:09:52

### **Female 25-29**

Vanessa Curtis 10th 1:18:05

### **Male 25-29**

Andrew Peterson 11th 1:12:04

### **Athena**

Kristina Meissen 6th 1:32:52

### **M-Novice**

Jeremy Chapman 21st 1:29:04

## Madison Marathon

05/27/2007 Madison, WI

(Unofficial Results taken from UW-Triathlon forum. Official Results have yet to be posted)

Danny Craven 4:06:40

Kory Seder 4:05:37

Jackson Potter 3:11:20

Sarah Rous 4:04:00 ish

## Madison Half Marathon

Jeremy Chapman 1:40:29



# Officer Updates

## Summer Workout Schedule

The summer workout schedule is now up. Please visit the UW-Triathlon website for details.

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

Contact Vice President Dan Albright for questions, comments, or concerns regarding the workout schedule at

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

## Fall 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 fall. Any suggestions at all should be directed to

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

## Race Reports

Summer is upon us and that means a lot of members will be racing. Send race reports to Webmaster Andrew Haertel at

[<ahaertel@wisc.edu>](mailto: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>](mailto:ezimmerman2@wisc.edu) to see what is in stock.

There are many 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>](mailto:wdmartin@wisc.edu)

## Club Social Events

This summer the club will be having occasional summer bike rides out to Devil's Lake. Look for updates on the webpage and forum. Tentative schedules will be posted soon.

Also, do you have any ideas or suggestions for social events? If so, please contact Danny at

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

## Volunteer and Fundraising Opportunities

The Ironman Expo in September is the next big fundraiser opportunity coming up for the club. Stay posted for updates from Hannah Sievers in the coming months.

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

## Discounted Racing Information

People who qualified for discounted racing need to email Treasurer Zeb Breuckman with their address and amounts for reimburses of race fees and/or team deposits for any races on the team schedule (including Nationals and Ironman) The \$200 you are entitled to needs to be spent in its entirety this year or it goes back into the team's general fund.

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

## New Section Will be Added to Newsletter

Next month the newsletter will have a page designated to members of the club. The page will include fun club poll results, one or two brief member bios, a couple of member prompt responses, and anything else people submit to me (Carl Kaiser). Look for updates through email or on the message boards. [<cjkaiser@wisc.edu>](mailto:cjkaiser@wisc.edu)

# The Motivation/Fun Section

## Quotes of the Month:

"Whether you think you can or think you can't, you are right."

-Henry Ford

"What goes around comes around, just like a flipturn."

-Unknown

"We are what we think."

-Buddha

## Picture of the Month:



Rick and Dick Hoyt finishing the 2006 Boston Marathon in an impressive time. For a motivating video and history of the Hoyt's, follow this link: <http://www.youtube.com/watch?v=dDnrLv6z-mM> I highly recommend it! The Hoyt's will be at the High Cliff Triathlon this month.

## You know you're a triathlete when:

-That charming "cologne" or "perfume" you wear to work is chlorine

-When asked to mow the lawn in 90 degree heat, you say that its too hot to do that (and you mean it) and then an hour later you go on a century ride because its so nice out.

-Your room has the "swim pile" and the "bike pile" and the "run pile" and the "weight room pile" and you pick and choose kind of like a cafeteria on your way out the door.

-When asked, how old you are you answer 20-24.

## A Triathlon Poem

In my world,  
The water is cold,  
The wind is hard,  
And the road never ends.

In my world,  
There are no losers.  
Only competitors  
still on their way,  
And spectators  
waiting to be inspired.

In my world,  
Victory is not weighed in gold,  
But in determination and courage.

In my world,  
There are no boundaries,  
No limits,  
There is no end.  
Every day is the last day of my life,  
And the first.

In my world,  
The word "can't" does not exist,  
And nothing is impossible.

by Olivier Blanchard  
Greenville, SC

# Building Concentration Skills for Racing

Concentration is paying attention to the right things at the right time. Along with physical skills, strong mental skills are an essential for peak performance. It is the mind that often holds us back. In the heart of a race many things compete for your attention, distracting you from your goal objective. With strong concentration skills you can focus your thought and attention on performance, ignoring distractions.

When 2002 Ultraman winner Gordo Byrn was asked what he thought about during the 10k swim, he replied "my stroke."

During the pre-season physical training is focused on building general fitness. As the race season rolls around training becomes more specifically geared towards race performance. Mental training follows the exact same pattern of general to specific, from pre-season to peak season. A general mental training ability to practice during the pre-season, is concentration. Many race specific skills, such as self-talk control, focus under pressure and mental imagery, are built using concentration skills. With excellent concentration skills, you can control what thoughts are present in your mind and focus your attention where you desire. Learning to focus your mind requires practice and time. Developing the power to focus full attention on one task can be done with simple exercises performed daily.

## Sample Exercises

**Focus on One Task** Count your pulse for 60 seconds without thinking about anything else. If other thoughts wander into your mind, start over. The goal is to have 60 continuous seconds with your complete attention focused on one task. This exercise builds the skills of attention focusing, distraction filtering, thought control and self-talk control. For an advanced exercise, maintain your concentration uninterrupted for five minutes.

**Maintain a Clear Mind** Start the timer on your watch, close your eyes and clear your mind of any thoughts. Maintain a clear mind with no thoughts for as long as you can. Note the length of time you were able to maintain this concentration. Aim to lengthen this time with practice.

**Control Distracting Thoughts** Fill your mind with many thoughts about training, racing, work, family, finances etc until your head is buzzing. Then choose a single thought to keep in your mind and quiet all of the other thoughts. Continue to think only about this single thought for one minute.

**Observe One Function** Clear your mind of all thoughts. Use all of your senses to observe your breath. Listen, feel and hear the air moving in and out of your lungs. Recognize and quiet any distractions.

When you have mastered the art of concentration, race specific mental training will be easy.

Article written by Lynda Wallenfels

<http://www.trifuel.com/profile/lynda-wallenfels>

from [www.trifuel.com](http://www.trifuel.com)

# UPCOMING EVENTS/DATES

16th-17th: Race deposits due to Bill Martin for Grand Haven and Ohio St. Scarlet and Gray

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

17th: Verona Triathlon Race

24th: Ohio St. Scarlet and Gray Race

### 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)>.

# June 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 <i>D-Day</i>	7	8	9
10	11	12	13	14 <i>Flag Day</i>	15	16 <i>Race Deposits</i>
17 <i>Verona Race</i> <i>Father's Day</i>	18	19	20	21	22	23
24 <i>Ohio St. Scarlet and Gray</i>	25	26	27	28	29	30

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