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Tri Times May 2007

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May 1st 2007

Lucky Seven!

Tri Team shows awesome performance at largest collegiate triathlon in history.

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Over 1000 competitors from nearly 77 different institutions took part in the largest triathlon national championship ever in history. The array of talent was quite impressive—many of the competitors were All Americans, several were former and current Division I swimmers, and a handful were even professionals. Despite the very competitive field, the UW-Triathlon team had an extraordinary finish placing 7th for males, 8th for females, and 7th overall—a finish that Bill Martin describes as one that definitely “put Wisconsin back on the map in the collegiate triathlon community.”



The race itself was beautifully situated just out of sight of the University of Alabama. The river in which the swim portion took place was a chilly 62 degrees but very clean and slow flowing. Race waves were spaced in five minute intervals which provided adequate spacing and generally problem free swimming. The first wave was started off by the Mayor of Tuscaloosa whom allegedly was not heard by the competitors—the look of utter confusion on all the racers faces was priceless. Heads turned left and right and then upon seeing the entire shore of competitors screaming “go”, the wave burst ahead along the banks of the river.

The bike portion of the race was a two lap, generally flat course with a couple hills. Despite the three turn-a-rounds on each lap, most people agreed that the course was generally a fast and smooth one perfect for cycling. (Continued on page 3).



Officer Elections Q & A

Date: MAY 1st (Today!) 7p.m. 1101 Humanities

Q: What positions are up for grabs and what does each position do?

A: President:

1. Rec. Sports Contact
2. Officer direction and delegation
3. Answer membership emails
4. Make quick decisions when necessary
5. Make Agendas/Run Meetings
6. All membership recruitment duties

Vice President:

1. Works out schedule and promotion.
2. T-Spot coordinator
3. Helps other officers

Treasurer:

1. Keeps team checkbook in balance
2. Manages money for spring break
3. Prepares budget reports and backs up files

Webmaster:

1. Liason between officers and members
2. Keep email lists up to date
3. Website updates
4. Establishes roster and keeps things up to date

Race Coordinator

1. Chooses races
2. Organizes rides/vans
3. Makes hotel reservations
4. Collects deposits
5. Budgets for each race
6. Collects proper forms

Sponsorship Coordinator:

1. Establishes a proposal during the summer
2. Contacts companies by phone
3. Updates sponsors
4. Answers emails regarding sponsorships
5. Receive orders from members
6. Order timetable
7. Update the simple orders webpage

Volunteer/Fundraiser Coordinator:

1. Keep track of people's hours
2. Find volunteer opportunities and volunteers
3. Find and coordinate fundraising events
4. Run the letter campaign

Social Coordinator

1. Establish new social ideas
2. Make arrangements and set dates
3. Promote events
4. In charge of spring break

Apparel Coordinator

1. Team uniform and apparel—design/order
2. Handout apparel
3. Make sure people pay for shipping etc.

Secretary

1. Take minutes
2. Work with sponsorship coordinator to promote team to sponsors
3. Sends periodic newsletters to sponsors, members, alumni, etc.
4. Writes the newsletter during the school year and summer.

Alumni/Tri Team Race Coordinator *(New Position)*

1. This person will be in charge of looking into what it will take to set up a race for our team and to create an alumni team.
2. After information is collected, a committee or two may be created to further pursue these ideas.
3. Details will be explained at elections

Q: How do the elections work?

A:

1. Anyone interested in a position will put their name on the board
2. People running will give a speech
3. Questions and answers will follow
4. The people running will leave the room
5. Voting will be done blind
6. Results will be announced immediately

Q: What if I'm hungry?

A: **Food will be provided at the elections.**

Q: What should the former coordinator do after the elections?

A: Set up a plan to work with the newly elected person over the summer to help them learn the ins and outs of the position.

Q: Anything else important?

A: Yes, **the team will be selling apparel.** Bring money if you want.

(Continued from *Lucky Seven! Pg 1*)

The run was a beautiful course that first headed westward along with the Black Warrior River, looping around Capitol Park and then back through the University of Alabama campus. Many people commented that it was a tough course with several steep and winding hills.

The finish line was situated right in the heart of campus near some green space where tents of food and massage therapists were waiting. Many of the Alabama locals were pitched around the area—all of them were very friendly. It was a nice place to end the race and mingle with teammates and other athletes.

Most would agree that the race was definitely a fun filled an memorable experience—one of the club's highlights for the year. Congratulations to all whom participated and thank-you to all whom made it possible!

"DU" THE PAPER DISCOVERY DUATHLON

The Paper Discovery Duathlon is scheduled for Sunday, May 6 starting at 9 a.m. at the Paper Discovery Center in downtown Appleton. Held in conjunction with the duathlon is a 5K Run/Walk starting at 9:30.

Athletes and spectators can take in several aspects of Wisconsin's beauty from the natural features of the Fox River and the scenic splendor along the run route on the Newberry Trail and the sights of the city and rolling countryside experienced on the bike course. Get your kids involved as well and have them participate in the Kids' Duathlon! This is on May 6th starting at 8 a.m. This is a very safe and fun event for kids ages 3-10; distances vary by age. This year we are again featuring the 5K Run/Walk starting at 9:30 a.m., after the start of the duathlon.

The Paper Discovery Duathlon boasts very achievable distances; a 3.1 mile run, 22 mile bike, and a 3.1 mile run and kicks off at 9 a.m. on May 6. Local businesses and corporations, along with members of the community, are encouraged to participate individually or as a relay team.

Register now and get the early bird discount! Current fees are \$35 for individual and \$60 for relay, \$12 for kids and \$15 for the 5K.

For information or to register for the event visit midwestsportsevents.com, call Midwest Sports Events at 800-429-8044, or email info@midwestsportsevents.com

Upcoming Races:

May 20th: Memphis in May

www.mimtri.racesonline.com

June 17th: Wisconsin Triterium

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

June 24th: Ohio St. Scarlet and Gray

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

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

Collegiate Nationals Olympic Distance 4/21/07Tuscaloosa

Team finished 7th overall out of 80 teams

Women (Women's team finished 8th)



Brianna Cash15th 2:18:03
Jen Lachowicz 32nd 2:22:24
Kaitlyn Busse 50th 2:26:56
Jess Yurchich 68th 2:28:59
Liz Prange129th 2:39:00
Kristen Schram163rd 2:43:03
Jenna Acker164th 2:43:47
Hannah Sievers175th 2:45:32
Sara Eskrich189th 2:48:14
Leia Maves 214th 2:51:31
Emma Kultgen 216th 2:52:15
Erin Petrik 232nd 2:55:05
Megan Petrik 233rd 2:55:18
Sarah Rous 234th 2:55:25
Julia Byers 240th 2:56:12
Becky Panzer 252nd 2:59:10
Kaitlyn Verstegen 263rd 3:00:50

Alumni

Nick Rhoads~2:10 Given wrong timing chip
Meghan Korol 2:50:41
Jenna Ramaker 2:56:00

Men (Men's team finished 7th)



Eric Bean4th 1:53:19
Aaron Kamnetz13th 1:56:57
Zeb Breuckman84th 2:08:38
Bill Martin87th 2:08:52
Ryley Karl100th 2:10:15
Ken Laczkowski106th? 2:10:52
Keegan Karl148th 2:13:31
Ben Peirick151st 2:13:56
Carl Kaiser 167th 2:15:25
Dan Albright 172nd 2:15:44
Antonio Faciola216th 2:19:39
Andrew Haertel275th 2:25:11
David Pernitz 282nd 2:25:42
Chase Kettler293rd 2:26:31
Jackson Potter316th 2:28:50
Jack Dudley341st 2:32:07
Jeff Kokott 482nd 3:10:34

Bucky's Race for Rehab 5K4/14/07Madison, WI

Jackson Potter7th 17:56

Lone Star Sprint Triathlon3/31/07Galveston Island, TX

Men 20-24

Aaron Kamnetz1st 57:54
Bill Martin3rd 1:04:13
David Pernitz7th 1:12:19

Other Team News

Year Wrapping Up—Team Says Thank-you/ Good-bye to Leaving Members

With the school year coming to an end, many of the triathlon members will be leaving and or graduating. The team wants to say thank-you for your team support and spirit, and good luck to you in your future endeavors in the world of multi-sport and life in general—you will be missed.



Racing With the Team this Summer?!?!

Team Races: <<http://www.uwtriathlon.com/schedules.htm>> Click on "Race Schedule" Races include:

Ohio St. Scarlet and Gray

Festival of Races

Evergreen Lake

Spirit of Racine

Mideast Regionals

Iowa Tri-Hawks

Purdue Biolerman

If you are planning on doing ANY races with the team this summer, you must EMAIL BILL MARTIN SAYING SO by **May 1st**. (That's today!) Once he has a list of people for each race, he'll contact you about getting deposits in and registering for the race. If you are doing OSU or Evergreen, Bill especially needs you to respond quickly. Please don't procrastinate on this, or you will be left out.

Bill Martin: wwdmartin@gmail.com

Team Orders

ORDERS WILL BE DUE **MAY 4th**

Adam will be taking orders for Park Tools, Accelerade, San Marco, FSA, Sarris, Rudy Project, Blue Seventy, and Kestrel. If you have any questions send them to Adam Book <ajbook@wisc.edu> or to <uwtriathlon@gmail.com>

Team members, remember to use the discount link found at the bottom of UW-Tri emails.

Volunteer and Fundraising Opportunities

1. 20Km Run race volunteer
May 5th, early morning
2. Triathlon Class Race
May 6th, 8am. Set up time is at 7am.

Tim our advisor needs people for timing, someone to watch the race turnaround, and people to help out with the cookout after. Please bring cell phones. (10-12 people)

Contact Jenna at <jcacker@wisc.edu>



Spring Break

Spring break in Texas was definitely a trip to remember—a trip of long hard workouts and tons of fun. The beautiful “Young Camp Judea” provided almost anything one would want: several rooms with bathrooms, a large kitchen and living space, a river and pool for swimming, basketball hoops, a fire pit, a tree house, 700 acres to explore and run through, and a lot more. It’s probably safe to say that everyone enjoyed the trip in some way or the other. There were the good times like the long rides through the Texas hill country, the bad times like when many of the riders flatted, and even the painful times when one rider lost the battle between herself and a pothole. But despite the minor hardships, all in all, the trip was definitely a positive experience for all who attended and was a perfect, much needed break from school.



The Flip Turn




Flip Turn: a technique used by swimmers to reverse the direction in which they are swimming. It is usually done when the swimmer reaches the end of the swimming pool but still has one or more lengths to swim.

Advantages: Saves time and allows for a smoother transition between laps. Allows the swimmer to do speed workouts more effectively and consistently—it also looks cool.

1. Approach the wall of the pool swimming freestyle. Begin your turn just short of a body length away from the wall.
2. Tuck your chin to your chest and roll your body into a ball, so that you start to do a forward flip in the water. Blow air out of your nose to avoid inhaling water.
3. Open your body halfway through your flip and extend your legs to push off against the wall.
4. Push off the wall in the opposite direction from the one in which you were swimming. You should still be on your back at this point.
5. Streamline your entire body and roll back over onto your belly as you glide. Your shoulders should be up against your ears and your fingers should be pointed. Begin kicking immediately.
6. Begin stroking with your arms as soon as your body breaks the surface of the water.

Things To Remember:

- As you get more comfortable with the turn, practice twisting as you turn.
- Also begin to open up your flipping position so as not to be in a tight ball, but rather a half-tuck position.
- Be careful not to hit your feet on the wall as you flip over.
- Remember to Stream Line 
- Be sure your feet are back in the water before you begin to extend for your push-off.



Drills for Practice:

Practice a somersault: The key to a successful somersault involves approaching the flip while keeping the shoulders parallel to the surface of the water and not allowing any twisting of the shoulders. Try a somersault on dry land with a mat to re-introduce yourself to the motion.

Mid-pool somersault from a floating position: With hands at your side assume a floating position followed by four to six fast flutter kicks then execute a somersault, spinning quickly. If you find yourself twisting on this drill, take two empty one-gallon milk jugs positioned at your side and use them to assist your spin. This is similar to the hand-to-hand drill but allows you to assume a floating position.

Jumping somersault: Standing in chest-deep water, assume a standing at attention position. Initiate the somersault/flip by jumping more forward than up by sliding your chest over the water. Next, execute a chin-to-chest, shoulders-to-thighs and heels-to-butt somersault, keeping the hands at the side throughout. See if you can feel your calves and heels slapping the water as you finish

UPCOMING EVENTS/DATES

1st: Officer Elections
and Race Intentions
due to Bill Martin

4th: Team Orders Due

5th: 20Km Run race
volunteer

6th: Paper Discovery
Duathlon and Triathlon
Class Race

11th: Last Day of
Classes

19th: Exam Period
Ends

20th: Memphis in May

Thank-you for reading the News-
letter. Any comments, questions,
corrections, and or concerns please
contact Carl Kaiser at
cjkaiser@wisc.edu.

May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Officer Elections/Race Intentions due to Bill</i>	2	3	4 <i>Team Orders Due</i>	5 <i>20Km Run race volunteer</i>
6 <i>Paper Discovery Duathlon/ Triathlon Class Race</i>	7	8	9	10	11 <i>Classes End</i>	12
13	14	15	16	17	18	19 <i>Exam Period Ends</i>
20 <i>Memphis in May</i>	21	22	23	24	25	26
27	28	29	30	31		

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RUDY PROJECT

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