

# UW Triathlon Team Newsletter



Volume 2  
Issue 1

[www.uwtriathlon.com](http://www.uwtriathlon.com)  
Corrections, questions,  
concerns:  
[Lachowiec@wisc.edu](mailto:Lachowiec@wisc.edu)

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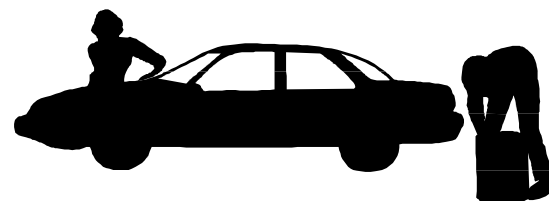
## Special points of interest:

- \* Want a free race!? See page 4
- \* Forgot your time from last August?! See page 3
- \* Bored on Wednesdays?! See page 4

## Volunteer Update

What's better than enjoying just summer's sun? When you are basking in it—while washing cars and earning money for your awesome team. Our first car wash will be June 25th at the Shell Gas Station on Park Street in Madison. It will be held from 10AM to 2PM. If you are able, stay for the whole time. If not, try to come for a two hour time block, before or after lunch. Also, if you have towels, squeegees, scrub brushes,

shammys, or anything else useful for a car wash, bring it with. Diana has already taken care of the hoses and splitter. Hot bodies: We need you there!



## Tri Commandments

Some rules of USAT (our governing body) are slightly quirky but make sense. Here a few that may get you into trouble, and the consequences. Veterans: a bit of a reminder...but you already know.

**TRANSITION AREA:** No glass containers are allowed in the transition area. Transition violations will usually get you a time penalty, but a glass container will usually result in disqualification.



**HELMET:** Make sure you have an approved helmet. Your helmet must be on your head and chin strap securely buckled before you depart

the transition area or mount your bike. If you unbuckle the helmet while on your bike you're disqualified.

**DRAFTING:** If you have just been passed, you must drop back to allow the 3 bike length gap between you



and the bike who passed you. First 2 violations are time penalties, 3rd violation is a disqualification.

**ASSISTANCE FROM OTHERS:** You cannot accept assistance from anyone except a race official, volunteers, or medical personnel. Accepting any kind of assistance from spectators is not acceptable.

Continued on page 2.....

Sponsors



Movin' Shoes and Machinery Row

As they have in the past, Movin' Shoes are sponsoring us. If you paid your dues and got in your application on time, your name will be in their database now. When you're purchasing products, just tell them you're a member of the UW Triathlon Team and they'll be sure to give you your discount. We get 10% off.

Movin' Shoes  
604 South Park St.  
[www.movinshoesmadison.com](http://www.movinshoesmadison.com)  
Store Hours: M/W/F: 11-6  
T/R: 11-8



Emily will be posting/emailing out the summer ordering schedule sometime this week, so don't despair. You can spend your summer paychecks soon!



Visit the message board for the most current information. Uniforms, Park Tools, and Extran are all at Emily's too. Email her for pick-up times if you can't make any of the ones she emails out at [ernaparalla@wisc.edu](mailto:ernaparalla@wisc.edu)



Tri Commandments

...continued from page 1

**BAD BEHAVIOR:** Foul, argumentative, or abusive language or unsportsmanlike conduct directed at competitors, spectators, race officials, or volunteers is forbidden. Penalty can be a time penalty but could result in a disqualification.

**HEADPHONES:** Headphones, Walkmans etc. are forbidden during a race. Usually results in a time penalty.

**RACE NUMBERS:** Number must face front and be clearly visible at all times. Number may not be altered in any way. So stop screaming at the officials with your helmet unbuckled while drafting, b/c that will get you "deeked".

Borrowed from [http://www.beginnertriathlete.com/Michael%20Pate/Racing\\_by\\_the\\_rules.htm](http://www.beginnertriathlete.com/Michael%20Pate/Racing_by_the_rules.htm)

“Nature gave man two end — one to sit on. And one to think with. Ever since then man’s success or failure has been dependent on the one he used most.” **Robert Albert Bloch**

Around the Horn

The Badger State Games are just around the corner, and they need our help. The triathlon every year runs short on volunteers. Who better than us, people who know triathlons, to help out and up the quality of this race?!

This is your first chance to volunteer. This is on Sunday, June 19 from 5:30 to 11:00 am. All you have to do is go to [www.sportsinwisconsin.com](http://www.sportsinwisconsin.com) and click on the volunteer tab to volunteer for the Badger State Games

For more info, contact:

Katie Lewitzke

P: (608) 226-4780 ext. 247 F: (608) 226-9550

or

Heather McKinney

P: (608) 226-4780 ext. 226 F: (608) 226-9550

Those members who do volunteer need to email Diana ([dmbblau@wisc.edu](mailto:dmbblau@wisc.edu)) and let her know so that she can have a running list of who has done what. Remember that all members need to participate in two volunteer events and two fundraising events to get the discount on traveling expenses with the team for next year.

## Race Results

May 29 was the classic **Mad City Marathon**. Unlike last year, no rain fell.

### Mad City Marathon 5/29/05

Adam Book 1:23:32 Half  
 Peter Wyant 1:25:11 (Half)  
 Rachel Penczykowski 1:53:36 (Half)  
 Matt Schaning 3:38:12  
 Julie Sauer 3:59:48  
 Becca Terlizzi 4:06:00

After Saturday night's thunderstorms cleared it was time for the June 5th **Lake Mills Triathlon**. This sprint race (.25 mi, 15 mi, 5K) under clear skies was a great June race with good results from Tri Team members.

#### Male 15-19

"Wild Bill" Martin 2nd 1:14.39  
 Andrew Haertel 5th 1:20.41

#### Female 15-19

Jennifer Lachowiec 1st 1:21.11  
 Rachel Elbing 3rd 1:23.47  
 Megan Ritters 14th 1:35.54

#### Male 25-29

Kevin Forrest 28th 1:22.06

#### Athena

Heather Defelice 6th 1:33.34

Send results of your summer races to lachowiec@wisc.edu for inclusion in the next newsletter, especially if it is not on the team's schedule!

## From the Past: LATE Results

### Ripon Triathlon: August 7<sup>th</sup>, 2004

Distance: 1000m, 25 miles, 10K

#### F-24

Kristen Kalymon 2nd 2:49.36

#### F40-44

Denise Oen 3rd 3:18.26

#### M20-24

Chris Clausen 1st 2:24.32

For complete race results visit: [http://onlineraceresults.com/event/view\\_event.php?event\\_id=544](http://onlineraceresults.com/event/view_event.php?event_id=544)

### Waupaca Triathlon: August 21st 2004

Distance: 1/2mile, 20 miles, 5K

#### F20-24

Julie Sauer 2nd 1:39.28

Maggie Steingraber 12th 1:46.30

#### F40-44

Denise Oen 15th 1:56.50

#### M20-24

Brian Schaning 1st 1:20.52

Ryan Ramsden 31st 1:52.53

For complete race results visit: [http://onlineraceresults.com/event/view\\_event.php?event\\_id=546](http://onlineraceresults.com/event/view_event.php?event_id=546)

### Applefest Duathlon: September 24th 2004

Despite a train temporarily stopping the race, and half the racers going the

wrong direction, Nick still managed to pull a win here...very intense, as Nick would say.

Distance: 2.5K, 25K, 5K

#### Women Overall

Anne Olzerowicz 62nd 1:59.14

#### Men Overall

Nick Rhoads 1st 1:18.57

Tom McClintok 25th 1:28.04

Sean Spencer 44th 1:35.28

For complete race results visit: [http://onlineraceresults.com/event/view\\_event.php?event\\_id=596](http://onlineraceresults.com/event/view_event.php?event_id=596)

### Lodi Duck-a-thon Triathlon: October 3rd, 2004

This is such a small race, the results aren't even on the internet. It's a great beginner race because it's so short. You swim 125 yards in a pool, bike 7 miles, and run a 5K. The only bad part was that it was extremely cold...the race started when it was only about



(L to R: Back Row: John Otterson, GF, Colleen Muldowney, ??, Silas Berdoni; Front Row: Heidi Adams, Atalie Hagman, and Chris Clausen)

35 degrees!

### Devil's Challenge Triathlon: September 19<sup>th</sup>, 2004

This beautiful triathlon is located at Devil's Lake State Park.

Distance: 1/2mile, 15 miles, 5K

#### 19&U

Kaitlyn Versteegen 1st 1:43.08

Rachel Penczykowski 2nd 1:46.10

#### F20-24

Thea Larson 2nd 1:27.40

Form complete race results visit:

[Http://onlineraceresults.com/event/view\\_event.php?event\\_id=570](http://onlineraceresults.com/event/view_event.php?event_id=570)

## Upcoming Races

- June 18 Horribly Hilly Hundred
- June 19 Wisconsin Triterium
- June 26 Aurora High Cliff Triathlon
- July 1 The Chris Clausen Ultramarathon
- July 2 Mighty Wolf Triathlon

Bold Races are arranged through the team. The deposit you pay covers transportation and board.

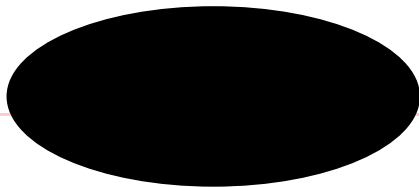
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UW Triathlon Team  
Madison, WI

Website: [www.uwtriathlon.com](http://www.uwtriathlon.com)

#### MISSION STATEMENT

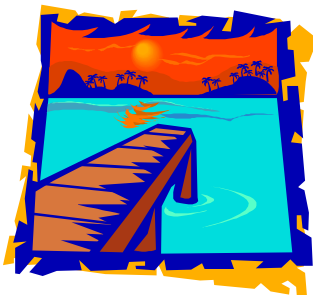
As a club sport of the University of Wisconsin Madison, the Triathlon Team strives to provide competitive and social opportunities for athletes of all abilities and interests to experience and enjoy triathlons. The Triathlon Team seeks to offer knowledge, experience, motivation, and a connection to many 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.



## Terrace Wednesdays

Every Wednesday evening, it has been tradition for members of the tri team to meet and catch up at the Terrace, enjoying whatever entertainment is there. Get to know your teammates outside of racing, workouts, and long car rides. "

"Our first Wednesday night at the Terrace went splendidly well and that people should continue to join us every Wednesday at 7pm," said social coordinator Katie Lewitzke.



## Coming Up...

Sunday, June 19th  
Saturday, June 25<sup>th</sup>  
Sunday, July 31<sup>st</sup> @ Noon

Saturday, August 20<sup>th</sup>

Badger State Triathlon  
Car Wash  
Photo Shoot @ Vilas  
Park  
Car Wash



If anyone would like to house a fellow triathlete (female) for the Ironman, contact [Kayle\\_Segal@yahoo.com](mailto:Kayle_Segal@yahoo.com). Last year she waited too long and slept in a tent, ugh...

## One more thing...

The Mighty Wolf Triathlon this year is being held on July 2, 2005 at Marble Park, Winneconne, WI. Heidi has two registration fees waived for this race...Interested? Email Jen at [Lachowiec@wisc.edu](mailto:Lachowiec@wisc.edu) or Heidi at [hjadams@wisc.edu](mailto:hjadams@wisc.edu).

## Officer Reports

Heidi Adams—President

If you're ever using a triathlon product or non-triathlon product and think it would be sweet to be sponsored by them, send Emily an email. Oh also the uniforms are in, and they're SWEET!! We actually look like red and white badgers.

Diana Blau—Volunteer/Fundraising

Another fundraising idea has come up. We will be selling authentic Wisconsin Badger table cloths during the fall on game days to all the tailgaters! It should be pretty easy and we get a \$3 dollar profit on everyone. I talked to the guy who is in charge of it and another lady in Madison to get a permit to sell on the campus grounds.

Jennifer Lachowiec—Editor

I did my first tri on June 5. Yes, I loved, can't wait for the next one, and didn't mess up too bad during the transitions. All I need to do now is sign up for more races!