

UW Triathlon Team Newsletter



Volume 2
Issue 4

www.uwtriathlon.com
Corrections, questions,
concerns:
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Ironman Updates

Ironman is just around the corner, and as a members of the tri-team (and being a tri-geek in general) we have several opportunities to volunteer and take part in this event.

First, if you are interested in volunteering to help with the race, there are many positions still available. As of this writing, they still volunteers of all types both on race day and prerace. If you are interested in signing

up, visit the following website: <https://www.wsdcregistration.com/volIMWaiver.jsp>. From there you can register and choose what you would like to do. Continued on page 2...



Volunteer Opportunity



On August 20th, we will have our second car wash to fundraise for the team. Once again it will be held at the Shell station. If you are able, look into working a 2-hour shift (from 10-12 or 12-2). Also, bring any of

those car washing essentials. We needs towels, buckets, sponges, brushes, etc. Oh, and don't forget the most important part, a gift for Heidi (our pres) because it is her 21st Birthday!

Special points of interest:

- *Recent race results, page 3
- *English Channel Record broken, page 4
- *Thoughts on Boulder Peak, page 4

CAR WASH
August 20
10am-2pm
Shell Station
For more details
Dmblau@wisc.edu



Sponsors



SIDI

SIDI cycling shoes hail from Italy, always known for its high-fashion, but not always functionality. SIDI's mantra however is, "Better fit equals better performance." Established by Dina Signori in 1973, SIDI was the first to create a cycling shoe with a built-in fixing plate. Previously, cyclists had been nailing cleats to the soles of their shoes to improve power.

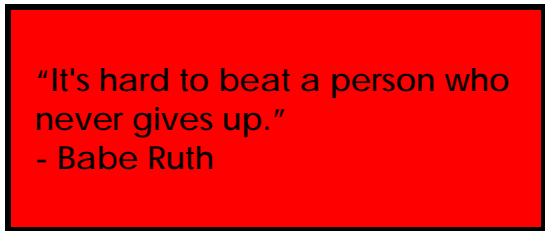


Visit the message board for the most current information. Uniforms, Park Tools, and Extran are all at Emily's too. Email her for pick-up times if you can't make any of the ones she emails out at ernaparalla@wisc.edu. Bike stuff should be arriving soon!

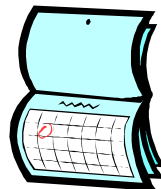
Ironman Update Continued

Continued from page one. More specifically, members from the team run the running aid station at Breeze Terrace, so join us! Second, for those entertainers among us who enjoy being scantily clad, Alex Viana is continuing the tradition of the G-Unit, Hotbodies, or whatever they prefer to be called. After the swim portion of Ironman, the G-Unit will gather at the foot of Garfoot Hill to cheer on competitors and motivate them as they had never been motivated before. For more details, email Alex at acviana@wisc.edu. Finally, the team has a great opportunity to do a lot of easy

fundraising. Inside-Out Sports sells gear at the Ironman Expo all through the week leading up to the big race. We have been offered the chance to work for them at a rate of \$10/hour. Visit the Newsletter portion of the website www.uwtriathlon.com to view available times to work. Email times you can help to Diana at dmbrau@wisc.edu.



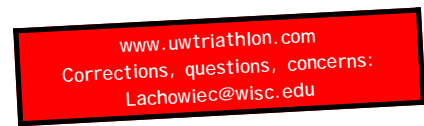
Coming Up...



- Saturday, August 20th
Car Wash/Pres Heidi's Birthday
- Monday, August 29th
Officer's Meeting
- Wednesday, August 31
REC Showcase at the SERF 1-3
- Monday, September 5
Involvement Fair 1-4
- Thursday, September 8
Student Organization Fair 5-8

- September 6-11
Ironman Expo at Monona Terrace
- September 11
Ironman (wooo!)
- Tuesday, September 13
New Member Kick-Off Meeting
- Thursday, September 15
Returning Member Kick-Off Meeting

Prospective Members: Visit us on the 31st, 5th, or 8th to introduce yourself and learn about the team.



Race Results

Coeur D'alene IM 6/25/05

Female Age: 18-24

Brianna Cash 1st 11:32:12 On to Hawaii!!!!

Timberman Triathlon 7/9/05 Called "Minnesota's Premiere Destination Triathlon".

Male Age: 20-24

Jesse Adams 2nd 2:01:40
 Nick Rhoads 3rd 2:05:24
 Mike Cook 4th 2:06:18
 James Bujold 6th 2:21:09
 Geoff Jara-Almonte 7th 2:25:04
Male Age: 25-29
 Jack Bork 14th 2:40:48 (Late Start)
Female Age: 20-24
 Heidi Adams 4th 2:44:50
 Caitlyn MacNair 5th 2:57:22 (Flat Tire!)

Stevens Point Lactic Edge 7/9/05

Male Age: 18-24

Matt Schaning 5th 1:16:37

Pewaukee Sprint 7/17/05

Brian Schaning 1st Overall
 1:02:05

Male Age: 19 and under

"Wild" Bill Martin 9th 1:19:24
Male Age: 20-24
 Justin Woycke 34th 1:42:49
Male Age: 25-29
 Kevin Forrest 23rd 1:25:36
Female Age: 20-24
 Caitlyn MacNair 8th 1:31:55

Xterra 10k Scramble 7/23/05

Male Age: 30-39

John Pulkrabek 3rd 45:37

Female Age: 20-29

Kim Smith 2nd 54:05

Madison Track 3k 6/30/05

Nick Rhoads 2nd 9:41

Peter Wyant 4th 10:16



Racine Half Ironman 7/24/05

1.2 mi swim, 56 mi bike, 13.1 mi run

Impressive number of tri-team members competed in this event! Kudos to all who attended!

USAF Division

Matt Geren 9th 6:36:03

Male Age: 15-19

David Schurter 1st 5:34:55
 Andrew Haertal 4th 5:58:42

Male Age: 20-24

Nick Rhoads 2nd 4:52:29
 Geoff Jara-Almonte 4th 4:57:39
 Joe Blunck 6th 5:05:47
 Peter Wyant 7th 5:06:20
 Chris Clausen 8th 5:17:26
 Ryan Plantz 14th 5:30:16
 Adam Book 15th 5:32:55
 Paul Konkol1 17th 5:35:08
 Mike Cook 19th 5:48:05
 Sean Spencer 20th 5:50:14
 James Bujold 22nd 5:58:55
 Brian Becker 25th 6:06:03
 Brandon Kopald 26th 6:06:04
 Silas Bernardoni 28th 6:16:49
Male: 25-29
 Matt Jaroz 22nd 5:32:55
Female Age: 20-24
 Julie Sauer 4th 5:49:11
 Diana Blau 5th 5:53:18
 Julie Esch 6th 5:59:43
 Heidi Adams 11th 6:30:56
 Julie Kassander 14th 6:49:57
Female Age: 25-29
 Kedra Clough 23rd 6:29:47
Female Age: 30-34
 Tracey Cornell 9th 5:33:09
Female Team Relay
 Emily Naparalla 1st 5:11:21

Boulder Peak Triathlon 7/24/05

Female Age: 20-24

Colleen Muldowney 25th 3:06:47

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!



Check out the Message Board for info on rides and accommodations for upcoming races.

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UW Triathlon Team
Madison, WI

Website: 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.



Upcoming Races

August 21st:
Pigman Half Ironman
Cedar Rapids, IA

September 11th:
Wisconsin Ironman
Madison, WI

October 9th
Chicago Marathon
Chicago, IL

Let me know what other races you are planning to do to add for the next newsletter.



Though this has escaped most media coverage, the BBC has not let us down. German swimmer Christof Wandratsch has broken the record for swimming across the English Channel. He completed the swim in 7 hours and 3 minutes, beating the previous record by fourteen minutes. It was set in 1994. He is considering doing the swim again. For the article, see http://news.bbc.co.uk/2/hi/uk_news/england/kent/4736685.stm. Unlike the English Channel's distance of 21 miles, Lake Mendota is only a little over 4 miles across. Several tri-team members are considering taking on the challenge of swimming its diameter. If you are interested, check out the message board under the Swimming heading.

Officer Reports

From the editor (Jen):
I asked Colleen Muldowney how Boulder Peak went:

"...the hill on Old Stage Road was a killer, 15% grade, which I found out was pretty steep, but the beautiful scenery and racing in the mountains really made it worthwhile. There were also a lot of really amazing athletes there, for instance the man who started my wave, was the first winner of Iron Man Hawaii."

Sounds pretty awesome, especially for someone who has never gone west. Also want to say that I can't wait to get back to Madison. The next newsletter will be coming out September 5, so I will take any submissions until September 2. Lachowiec@wisc.edu.

