



UW TRI TIMES

UW-Madison Triathlon Team Newsletter

VOLUME 3 ISSUE 4

JULY 2006

SPECIAL POINTS OF INTEREST

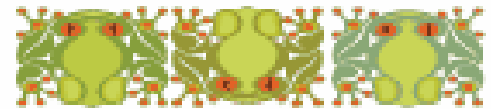
- Advisor Tim Gattenby on the news (Pg. 2)
- Transition tips from new Race Coordinator "Wild" Bill Martin (Pg. 3)
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Strong Showing at Memphis in May

Sunday, May 21, 2006



Memphis in May Triathlon

Even with temperatures reaching the high 80's, the eight members and many alumni from the UW Triathlon Team proved they could compete with the best at the Memphis in May Triathlon. The race, which is part of a month long festival in Memphis, Tennessee, is one of the highest attended races in the country. There was a mountain bike triathlon on Saturday, May 20, followed by an Olympic distance triathlon on Sunday, May 21. The team drove over 10 hours one way to attend this well-known race.

Team participants included Zeb Breuckman, Aaron Kamnetz, Jeff Kokott, Meghan Korol, Jen Lachowiec,

Bill Martin, Ryan Ramsden, and Nick Rhoads. Alumni included Jesse Adams, Michael Boehmer, Brian Herzog, and Kristen Korevec. Aaron Kamnetz was the highest placing finisher of the current team members with a time of 1:59.31, placing 4th in the Male 20-24 age group. Alumni Michael Boehmer also had an impressive 1st place finish in the Male 25-29 age group with a time of 1:55.52. For full team results see Race Results on Page 13.

Nationals Proves to Be a Challenge

Saturday, April 22, 2006

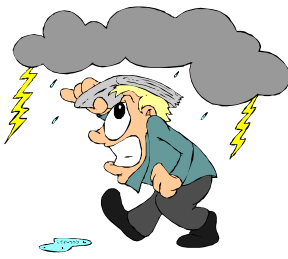
Two courageous team members, Aaron Kamnetz and Bill Martin, better known as "Wild Bill" made a journey all the way to Reno, Nevada to represent the team at USAT Collegiate National Triathlon Championship. They faced many challenges and obstacles on their short trip. The team hopes

to send more members next year when Nationals are held in Florida. For complete nationals race results and reports see Pages 5, 6, and 13.



Triathlon Class Once Again Battles the Elements

Sunday, April 30, 2006



Winds reached 25mph, along with rain

For the third year in a row, students of

the UW-Madison Triathlon Class had to deal with poor weather for their April 30th Triathlon Class race. For many students in the class, this was their first race. The winning female was Megan Thomas

at 2:23.16, and the winning male was Josh Estep with a time of 2:19.15. The students learn every aspect of triathlons from swimming technique to quick transitions to proper nutrition from UW Professor and fitness guru Tim Gattenby. They end the class with their own triathlon that consists of an 800 yard pool swim, 40K bike, and just under a 10K run. The class is only offered in the spring semester and is open to all abilities and experience levels.

3

The number of Chipwiches you'd need to eat to replenish the 990 calories burned on a 1.5 hour, 14mph bike ride.

Making a Difference: Tim Gattenby

Wednesday, May 3, 2006

If you were watching the 27 News on May 3rd, you would have seen a great feature on our very own advisor, Tim Gattenby. Here's the full story:

"Mitch Weber met Tim Gattenby who says a disability is not a limitation. He works with people living with all kinds of disabilities.

Tim teaches his students and the clients there are ways to get stronger physically and mentally even with a handicap. Today is the last day of class for Tim Gattenby's adaptive fitness class. Tim's class is the only way for these clients living with disabilities to exercise. When Tim was in college he broke several bones in his leg in a skydiving accident. Tim's passion is passed

on to his students.

Megan Petrik was so inspired by this class she wrote a proposal for a three-thousand dollar grant to expand the hours for this service. Jane Schmieding has been in Tim's class for a couple years. Tim has learned that it's more than the equipment that can make people stronger it's the support of others who are there to help them along the way.

Tim says the money from the grant will be used for the open gym starting this fall and even if a person isn't a student their fees could be waived, so Tim hopes more people will take advantage."



Upcoming Team Races

- | | | |
|----------------------|------------------|---|
| Saturday July 8th | Lactic Edge | http://www.spymca.org/2006-YMCA-Lactic-Edge-Triathlon--July-8.html |
| Saturday, July 8th | Timber Man | http://www.timberman.org/ |
| Sunday, July 23rd | Spirit of Racine | http://www.spiritofracinetri.com/ |
| Saturday, August 5th | Ripon | http://www.midwestevents.com/profile1/about.phtml?action=&ukey=68 |
| Sunday, August 20th | Pigman Half | http://www.pigmantri.com/ |

Taking Care of Transitions: by “Wild” Bill Martin

May, 2006

As all of you know by now, race season is officially underway. For many of you this means your first triathlon is in sight. If you're like I was, then you're probably getting a little nervous. There are plenty of reasons to be, like swimming in open water or wondering whether you will finish under your goal time. Another aspect of triathlon that is seldom practiced and sometimes overlooked is the transitions.

Usually, in a short course (Olympic distance) triathlon the combined transition times only take up between 2-4 minutes out of a 2-3 hour race. The difference between a good transition and an O.K. transition is not that much time. Therefore, you can't really win a triathlon in the transition area. However, you can most certainly lose it. I've heard horror stories of people who can't find their bikes or can't take off their wetsuit for 5-10 minutes. On a personal note, in my first race with the team last year I missed out on winning my age group in Memphis due to poor transitions.



In the interest of covering all possible questions, I'll assume you know nothing and start with the absolute basics. The transition area in a triathlon is a large, fenced off open space, usually a parking lot, which is located close to the end of the swim course. In this area, there are bike racks set up and entrances/exits for the "swim in", "bike out", "bike in" and "run out". Sometimes two or more of these are the same. Athletes arrive a couple hours before the race starts to rack their bikes and set down all of the equipment they'll need. Since there will be lots of bikes, try to find a landmark near your bike that is easy to see so you find it right away.

If you're going to be wearing a wetsuit, practice taking it off before you race in it. (Don't do anything new on race day, but especially practice this) Also, all races make you wear a timing

chip on your ankle, so make sure your wetsuit goes over it, and not the other way around. A few strokes after you feel the bottom of the water at the end of the swim it's time to stand up. Wetsuits come off fastest when they're wet, so if you have a long way to run to the transition area, you might want to consider taking it off in the water. If you decide to run back with it on, start taking the top half off as you're running. Have your goggles and swim cap already off when you get to your bike so you can start putting your bike shoes on right away.

Just remember that putting on socks isn't very fun when you're tired and your feet are wet, so if you can, it would be better not to wear them for the bike. Of course, if you happen to own a pair of socks that you know will go on quick, by all means wear them. You'll also need to put your helmet and sunglasses on. Your helmet absolutely must be buckled while you are still in the transition area or you will be disqualified. I usually have my helmet balanced upside down in between the aero bars with my sunglasses in it so that I can put them on as I'm running my bike out of transition. Again, I get my helmet buckled before I cross the timing mats to the bike. Also, some people bypass putting on their cycling shoes by having them previously clipped in, so that they can slip their feet in once they get on the bike. This would cut down on time in the transition, but it would probably add even more time on the bike course since you now have to struggle to strap your shoes while on the bike. Remember, it's your final time that matters, not your splits.

The transition from bike to run is usually quicker than the first. One trick some people do is taking their shoes off while they're coasting in at the end of the bike course. It takes a bit of practice, but it is actually faster than taking them off in transition. But didn't I say earlier that it was harder on the bike? Well, in the first case yes, but you'll be coming in a lot faster than 5mph, so you shouldn't have problems staying upright on your bike. Next, run your bike to the rack, park it, slip on your running shoes and grab your race number if you have it on a race belt. Then you're ready to start the run. Just remember to take your helmet off too, the run isn't that dangerous.

**HOW FAR
WOULD YOU
GO TO GET IN**

A RIDE?

*"My in-laws
were having a
family dinner. I
paged myself at
their house, did
a fake call back
and apologized
for having to
back to work
for an
'emergency.' "*

*-Spence deBry, UT;
Bicycling Magazine*

2006-2007 Triathlon Team Officers Elected

Tuesday, April 18, 2006

Congratulations to the 2006-2007

UW Triathlon Team Officers:

President	Jen Lachowiec
Vice President	Sean Spencer
Treasurer	Aaron Kamnetz
Web Master	AJ Haertel
Spons. Coordinator	Adam Book
Apparel Coordinator	Jeff Kokott
Fund./Vol. Coordinator	Jenna Acker
Race Coordinator	Bill Martin
Newsletter Editor	Heidi Adams
Social Coordinator	Kaitlyn Verstegen



Thanks to everyone who participated-we had great attendance!

An election meeting was held on April 18th to elect next year's team

officers. Over fresh Gumby's pizza the team listened to the candidates speeches and asked them questions about their skills and ideas. There were a lot of great people running and voting was tough.

Pedal Your Belly Flat May, 2006

According to Bicycling Magazine, "Duke University Scientists tracked 175 people's levels of visceral adipose tissue-the abdominal flab that causes arterial inflammation, hypertension, and high blood sugar-over a six-month period. Those who burned 1,100 calories a week-by

walking 11 miles or cycling 22 miles-kept their belly fat at bay. Bottom line: Ditch the Ab Roller; instead, fry the calories on two wheels [or two legs] to find your abs."



Volunteer for Ironman

If you're not racing in Ironman you can still be involved in this very special event. There are opportunities to volunteer with every aspect of the race, including registration, the swim, the bike, the run, and the finish line. Simply go to: http://www.sportsinwisconsin.com/volunteer/index.php?category_id=994, click on "Sign up Now" and follow the instructions. The team has a sponsored run aid station which is listed as "Breeze Terrace." Keep an eye out for more details on our aid station!

Picture of the Month



Race Reports

These are edited versions of racer's reports. For full race reports visit the "Results & Reports" section of the UW Tri Team Message Board at www.uwtriathlon.com/MessageBoard

Collegiate Nationals: April 22, 2006 (1 of 2)

As I was walking back to my apartment Wednesday evening, a black cat ran across the sidewalk in front of me. Of course I laughed it off, but looking back, maybe that wasn't such a good idea.

The trip out to Reno went pretty smoothly. I was starving, so I decided to go with the fried shrimp meal. As far as my trip was concerned, that was the beginning of the end. What should have been a good 8-9 hours of sleep ended up being interrupted by a couple of unpleasant trips to the bathroom, culminating at about 6am when Aaron got the rude awakening of hearing me barfing my guts out. To put it lightly, for the next 6 hours, I was dehydrating myself every half hour or so. At the end of the day it was official, the race was going to be a duathlon. (1.8mile run, 40k bike, 10krun) As I went to bed Friday night (having eaten a maximum of 200calories all day) I still felt awful, but had a slight hope that I would feel better the next day.

At around 4am the next morning, I was awakened by Aaron's obnoxiously loud cell phone alarm. I decided right then and there I was going to race. It wasn't going to be pretty, but I was going to make it to the starting line. The great thing about the race was the atmosphere. All the teams were jumping around and cheering. Next thing I knew, I heard a loud beep, and the first wave started to run.

I was able to feel decent running at a certain pace, but no faster, due to a cramp that stuck with me the entirety of both runs. My first transition was slow, but that didn't matter to me. Next I got on my bike and headed out. Actually, the bike went relatively well, although I still felt beaten down and terribly weak. I also started wondering when Aaron was going to pass me.

I kept chugging away, and then on the only major hill on the course, I saw Aaron come up on my left and pass. We were together just long enough for him to say, "I crashed", and me to say, "Oh crap". The last 10k was just a mental challenge really, as I wasn't able to go fast, but I just had to keep going. I finished the race, grabbed a gel and a banana, the banana was brown so I threw it out, and got a water bottle for finishing. SWEET! Next on my agenda was to find a bathroom.

Sunday morning, wake up obscenely early, call a cab, get the stupidest human being ever born to drive us, get to the airport, wait... wait... finally someone comes to the desk at 4am. Woman is the slowest bag checker I've ever seen. Ripped up and reprinted our boarding passes twice. Also, apparently a kid in crutches and a leg brace is a serious threat to our national security. Get on the plane, take off, land, and go to claim our stuff. Soon we saw our two bags, and waited for our bikes. And waited....and waited....and waited..... To make a long story

short, the airline people haven't got any more of an idea where our bikes are then they have command of the English language. They say that "we're all good" for 5 days, and if they don't turn up by then, they'll put them under their intensive search. (which probably means someone will actually look for them). How do you lose oversize luggage anyway, especially when you get paid extra to ship it?

Even though we don't think we could have possibly planned a worse trip, there was some good that came from Nationals. We got to meet a lot of other athletes from other schools and hear how they're doing things with their teams, and we actually have ideas for the future and a positive outlook for next year's race. It would be great to get a large crew out there next year, and don't worry, nothing bad will happen. We used up all of UW Tri's bad luck for the next few years this past weekend.

-Bill Martin

Nationals (2 of 2)

Wednesday night before we left for Reno Bill and I ran into some trouble getting the van down to campus and the bikes loaded and what not. Anyways, I was happy as my race wheels were glued and ready to go, so I was going to take them on the plane Thursday, as nobody could ship them for me. Not a problem...until I got to security on Thursday at the airport. They tried to make me wedge them into the x-ray machine, which didn't work, so they finally examined them for 20min and determined that they would not blow up. Once on the plane I gave them to a stewardess telling her not to "crush, bend, or put pressure on them in anyway." She turns around says, "Okay" and then slams them between to large suitcases of her's. Needless to say they were out of true when I got them back in my hands. Nothing broke or lost luggage/bike wise. By the time we finished that we realized it was 10pm and went out to look for a restaurant. We found none. So, we went to one of the hotel's 24hr joints at like 11:30. I got a large chef's salad (which tasted like crap) and Bill got fried/battered shrimp. We got to bed around 1:00am. Bill was awake at about 4-5am. Food poisoning is a pain.

RACE DAY! I finished the first run in about 10:50 according to my watch (they didn't have a timing mat, but had chips on us) and got on to the bike and out of T1 ahead of my whole wave and most of the wave ahead of me. At about mile 1 of the bike course there was some un-swept gravel and an idiot from the wave ahead of me who decided to pass me on the inside of the turn at the last minute, I rode through the gravel and spun out. I tore my meniscus in my knee (that is the current non-MRI diagnosis).

After trying to stand up and crawl onto the bike and clean out my pedal/pedal clip of mud so it would work I began riding. I couldn't stand up on the bike at all. It hurt way to much. I got off the bike at the 1:15 mark, or about a 23.5mph avg. pace. I couldn't get my shoe off though. But it was off after 2.5min in T2. The run was horrid. I had to swing the right leg in a circle the entire time as it would not bend. I finished in just over

Race Reports Continued

(continued from page 5)

2:01:00...probably around 40-50th place (I was in the ER when they gave the results). Anyways, I spent the rest of the day in the ER and in the hobble mode around the hotel.

To top off the whole trip, when we got back to Chicago (oh, after getting hassled at security for my knee brace and crutches) we found out that the airline lost our bikes. So, my Trek Project One TT and Bontrager Carbon wheels are gone along with Bill's P2 Cervelo and his race wheels. Over \$11,000 in bike gear is gone. Thanks airline travel. So yeah, race weekend from hell as I could've been top five and instead am in a brace and on crutches.

Injured athlete, out.

-Aaron Kamnetz

Lake Monona 20K: Saturday, May 6, 2006

Today we had a gorgeously sunny spring morning for the Lake Monona Run. Nick Rhoads, who dominated last year's race, was conspicuously absent, but I'm sure his competition was relieved.

For those of you who have never done this race, I highly recommend it. It's a 20K (12.4 miles) that circles Lake Monona clockwise. This was my second year at the LMR, and my time improved by about 14 minutes. Also, the race shirts are of a nice DriFit variety....very classy indeed. If you're really lucky, Chris Clausen will cheer you on when you pass the Machinery Row bike store (thanks Chris!). If you can handle it, beer is offered before one of the water stations near mile 9. So all-in-all a great way to avoid studying for finals. Next year--do it!

-Rachel Penczykowski

Massanutten Trail 100 Miler: Saturday, May 13, 2006

After running the Rocky Raccoon this winter, I felt like running another 100 miler would be easy. I thought that Massanutten Mountain 100 would be the perfect race. It features over 19,000 ft of climbing, over 20 peaks, and an extremely technical rock-littered trail. It is known as one of the hardest hundreds in the world with several ultra legends who have DNF'ed in the past. Contrary to what I first thought, this race would be the hardest thing I've ever had to endure.

My training was weak. I was on the waiting list for the race for a couple months, and really didn't think I was going to get in. Three weeks before the race, I was notified that a spot had opened up, and that I was now accepted into the race. I was really excited for a second, and then I realized that I hadn't been training at all. For the next three weeks I was running on average 15 miles a day. I knew that if I finished this race, it would be a miracle.

I woke up at 5 and was dead tired. I didn't get any sleep. Camping the night before a race is never a good idea. The race started with somewhere around 150 runners. With the average age around 35, I was the youngest competitor. I was super excited, this day was going to be an amazing adventure. The trails looked rugged, and the scenery was absolutely beautiful.

I felt really good; the first couple peaks went down really easy. I was having a blast, and met a bunch of runners who shared the same pace as me. At mile 30, I knew I was in trouble. It hit me all of a sudden; I started to experience tunnel vision. I was having a hard time focusing on the trail, and felt extremely light headed. What was going on? One of the major problems I was having is running down mountains isn't easy. If you brake, your quads will be destroyed by the end of the race, and if you simply "let go" you risk injury or maybe running off a cliff. I was braking pretty hard, and it was causing my quads to lock up. Also, the trail was the hardest thing I've ever run on. Every inch was covered with a large rock. The entire hundred miles was spent leaping from rock to rock, and attempting to find good foot placements. At night, this effort was near impossible.

At the aid stations I would stock up on food, and say Hi to my parents who were graciously crewing for me. Around mile 40, I had my second wind. I felt great, and was attacking the course. I was becoming slightly dehydrated. Mile 50 came and went, and I was still feeling good. The next mountain climb knocked me down, and I was soon back in the hurt box. The rocks had taken their toll on my body, and extending my Achilles jumping from rock to rock was too much for them to take. As I ran into mile 60, I knew that the rest of the race was going to be a death march. On top of it, my kidneys weren't working and food wasn't digesting. I told my parents before the race, "at no time let me give up, even if I look like I'm going to die, let me do what I need to do." I slowly chugged along, walking and running. I was in trouble, and it was getting worse. At the mile 68 aid station, darkness finally came over the Virginia Mountains. I was looking bad, and felt even worse.

At this point, something happened that would change the rest of the race for me. A random guy from the crowd saw me and reached out. This guy came over introduced himself, and asked me if I needed a pacer. I accepted. I hadn't eaten anything for over 4 hours. I was in serious trouble. We walked down the path, and he talked to me so that my mind wouldn't focus on the terrible pain I was in. He talked me into forcing food and water down the hatch. I knew this would make me puke, but it was the only option. Eventually I did puke; it burned, dry heaves, and the taste of blood is never a good sign. This was the low, and probably the lowest point I've ever been physically and emotionally. I wasn't comprehending what was going on, and at points I could

PICK UP YOUR ORDERS!

FSA and SOCKGUY orders are in. Contact Adam Book at ajbook@wisc.edu to pick up your order. UNIFORMS are also in. Contact Jeff Kokott at jtkokott@wisc.edu

Race Reports Continued

(continued from page 6)

hear my pacer talk, but didn't understand what the words meant. I was walking off the course into the woods, and not realizing that I was doing so. He helped me stay on the trail, and forced me to slowly rehydrate. It was a slow recovery. After you puke, flushing out all the food and water in your stomach, it takes several hours to recover and become rehydrated and re-energized. At the next aid station I saw my parents, and I knew there was something wrong when they looked at me. My mom said, "kelly, you know you don't have to do this." Everything was telling me to quit – my body, my mind, my parents. It was getting dangerous, but somewhere deep down there was something that told me to keep going. My pacer and I took off again, and slowly I started to become more conscious, and energized. The pain was still there, but it was all manageable. As we walked into the night, it was almost like life itself was easier to understand. This might sound absurd, but after breaking yourself down so far, you somehow see the world much clearer. It had been an amazing experience, and 20 miles were between me and the finish line. With 17 miles left, my pacer left my side, and my dad took over to pace me to the finish line.

The last 17 miles was a great struggle. The sun was rising and I had been out on the trail now for a full day. I was taking it slow, unable to move fast with a pair of trashes Achilles. The conversations with my dad kept me in the race. At this point it was a personal battle. I was destroyed, but somehow I kept moving. Every runner that passed us was screaming, yelling and swearing. I wasn't suffering alone. The last miles very slowly ticked away. The last 1.5 miles seemed as if it was a joke, it was literally straight up. I thought about crawling up, and it hurt more than I would like to think about. There were runners who at that hill, 98.5 miles, gave up and couldn't finish the race. It took me awhile, but I got over it, and was making my way to the finish line. I knew it was close, and I was starting to get excited. As my dad and I came to the finish line, I ran as fast as I could. To cheers of a small group of spectators – I finished. It was an amaz-

ing journey. Without my family, and also my pacer buddy I have no doubt that I wouldn't have finished the race. I snagged a sweet belt buckle, and finished somewhere around middle of the pack. The day after the race I couldn't walk, and my parents had to roll me out of the hotel on a luggage cart. It was an adventure, and a struggle, but one that I would endure again in a heartbeat.

-Kelly Korevec

Memphis in May Triathlon: May 21, 2006 (1 of 3)

So this past weekend a group of us made the trip down to Memphis for the triathlon. Despite the length of the trip, we had Jeff's dad's GPS to entertain us, once saying we had gone off-road and later leading us to Coe and Coe's Family Kitchen for dinner (which turned out to be an actual family kitchen, not a restaurant) So we ate at Wendy's instead.

At 5am on race day we were up and beginning to load the cars. Memphis in May is unique in that instead of doing a wave start, it is an individual time trial format, so everyone lined up by their race number and they sent each person off 3 seconds apart. Most of us were in the 800's or 900's, (out of over 1500) so that meant there were plenty of people to chase down.

I started the race 3 seconds after Aaron, and after about 50 yards I had caught him, since I wanted to draft off him. That lasted for maybe 200 or so, but then I lost him. For the most part I swam in a fairly straight line, which doesn't always happen to me. I came out of the water and headed into transition. Aaron was already there, and we ended up starting the bike right next to each other as well. So far, so good. The bike went pretty well too. There was a headwind for a good part of the course, but it was pretty flat, so I can't complain. I came into transition feeling pretty good, and was off and running. This year I remembered to take my race belt with me.

The run sucked. I don't know if it was the heat that I wasn't used to yet or if I just didn't do enough bricks, but whatever the reason, a half mile into it I started cramping pretty bad. It got worse and then let up a little for the last 2 miles, but it stuck the whole time. As it turns out, I had a great swim and

Necessary Accessory

Running out of places to bike ride? Tired of the same loop you have done 20 times? Invest in the Bombay Cycling Club's Dane County Bicycle Rides Book. It has rides starting from all over Madison that vary



from 20-100+ miles. You can purchase it at Budget Bicycles or Machinery Row. (Make sure you mention that you're on the triathlon team to get your discount)

Team Bike Boxes

Traveling on a plane this summer and want to bring your bike? Rent a team bike box for only \$15/week. That's half of what you will pay anyplace else!

Contact Nick at
rhoadsclimbs@yahoo.com

Race Reports Continued

(continued from page 7)

a strong bike. Even with the crappy run, I beat my PR by 7 minutes for a 2:13 low. I had a blast before, during and after the race, and I think everyone had fun. It's a great race and I hope to see some more of you down there for next year's event.

-Bill Martin

MIM (2 of 3)

The City of Memphis is dirty hole. On the contrary the race was held in a nice park just east of town with a small lake and a neat looking golf course. I enjoyed the course, well-marked swim, good pavement, and shaded run; it was well done. After was an included feast with doughnuts, Ho Ho's, chips, pasta salad, BBQ pork sandwiches, and BBQ chicken and my favorite; cold Coca Cola. Budweiser was also included but I was deterred by an upcoming 13-hour drive to South Carolina and besides, I'm from Wisconsin and drinking "Bud" might have gotten me hung back home.

"Wild Bill" surprised me the most, get the boy another sandwich or two, give him a good year of hard workouts and he will be able to throw down like Donkey Kong in a cage match.

-Nick Rhoads

MIM (3 of 3)

Memphis has the best watermelons East of the Mississippi. We arrived at around 10 p.m. at some state park down there, where Wild Bill proceeded to circle the wagons, and we pitched the tents in the dark. We also encountered a thriving community of insects of all shapes and sizes. Dinner the night before was an experience, apparently in Tennessee, southern hospitality doesn't extend to Wild Bill, as he was not served dinner. Eventually they got around to cooking him some Texas sized meatballs and my six shooter never left the holster. Later a few of us went for groceries, and found an abandoned watermelon in the cart rack. Being a kind, good person at heart, I took it in, named it Harold, and the whole posse ate it as a bedtime snack. Waking up at 4:50 the next morning wasn't as difficult as expected and we were at the race site in plenty of time.

This was my first triathlon so I was pretty nervous about forgetting something, dying, etc., but everything went well, it was really nice to have 10 other triathletes to learn from. My swim was pretty slow. I think I swam like an extra half mile because of my "sawtooth" or zig-zag line of travel. (my goggles were quite fogged, and I actually swam face first into a marker buoy) The transition went smoothly, except that I

slipped on someone's wetsuit and bloodied my toe, and stomped on, rather than ate my piece of power bar. (not until after the race did I realize why it was so hard to clip in my pedal) The bike course was nice, cool, flat, and my slow swim meant that I had a lot of passing to do on the bike. A few old guys with disk wheels passed me but I was happy with my bike time. The run was tough. It was hot, sunny, hilly, and by that point in the race, I was a bit tired. The run was a definite gut check though, but I kept moving and even had enough left in the tank to pick it up a little on the home stretch.

Overall it was successful first race for me and I'm happy I did it. It was really actually fun, even when I was dying on the run I was enjoying it, and if anyone's intimidated to try their first tri, just do it. I was a little intimidated, but it's really not that complicated and it was a lot of fun. All in all I think I gained some valuable experience and look forward to doing many more

-Zeb Breuckman

MadCity Marathon: Sunday, May 28 (1 of 4)

What a terrible, horrible, beautiful day to run 26.2 miles. In fact, it was so nice out that anyone who didn't get to mile 24 by the 4:30 mark was told to finish at their own risk because medical staff was stretched too thin. It was about 80 degrees at the start, and reached 90 by the finish, with virtually no cloud cover the entire time. I guess Mother Nature forgot it was still May, and not August.

I think my favorite part of the marathon were all the unofficial volunteers (people with hoses, sprinklers, bags of ice, etc.) who were everywhere along the course. And my favorite of all was the guy handing out FlavorIce at about mile 23...that blue raspberry really hit the spot.

While running, I spoke to a guy whose run a marathon in every state, and the 2006 Mad City was his 225th marathon, and his 5th in the past 4 weeks. Of those 225 marathons, he said the weather conditions on Sunday were in the top 5 for the worst he's run in. There were approximately 1230 entrants (give or take a few) and only 780 finished (63%). I think all the tri team members who started, finished, so congrats to all!

-Jeremy Chapman

MadCity (2 of 4)

Well I went into the race feeling pretty well hydrated and only somewhat hesitant about running in some crazy conditions. I did a good job of staving off any cramps till about mile 24. I feel good about the race; it was my fastest marathon on this

Shout Outs...

Fast healing to **Kaitlyn Verstegen** with her broken leg
 Congratulations to **Mike Cook** on becoming a Marines 2nd Lieutenant
 Safe travels to **Aaron Kamnetz** traveling to Europe to go biking

Race Reports

(continued from page 8)

course and I think had the conditions been a little better I would have set a personal best. Congrats to everyone that finished, and I encourage those of you who this was your first to try it again when the weather is better.

-Ken Laczkowski

MadCity (3 of 4)

It was pretty darn HOT out there, and everyone who finished should be incredibly proud of him/herself! I had a lot of straight-up fun in my first marathon. My favorite parts included all the sprinklers lining the streets, little kids with hoses that would spray you down, girls with super-soakers who couldn't aim, random non-official volunteers who would hand you massive chunks of ice (I love those people!), "the jogger," pace team leaders that ended up walking (that was kinda confusing), the guy with the boom box on his bike...80's style, the kids with tambourines in Maple Bluff, seeing Kelli Hayes outside the Arb, "planning a race" with another woman runner in which the finish line would be a Slip-n-Slide (wouldn't that be awesome??), eating chocolate gu, having the bugles start us off at the square, the free sports massage afterwards, and seeing lots of hot-bodied Tri Team people!

-Rachel Penczykowski

MadCity (3 of 4)

Okay this was my first Marathon and here is the report...

I hoped I had had a better training but injures in both my ankles, my right knee and mainly in my back prevented me to do enough long runs which – of course are key to do a good marathon... I tried conventional medicine, bikram yoga, acupuncture, and lots of rest... everything worked pretty well especially the acupuncture which I strongly recommend for everybody who has some sort of pain that never goes away...

So here comes the race day, I was feeling good with some normal anxiety and adrenaline peculiar to race day... My goal was to finish around 3:45 (plan A), maybe 4:00 (plan B) or just cross the finish line (plan C). I started strong and tried to keep a moderate pace since I knew the hot weather would catch me later on so I kept a 8-8:15 pace throughout the first 8-10 miles, than the little pain I had in my right ankle started to become a big pain... by the half marathon the pain was getting worse and worse... at this point my right knee start to kill me too (maybe a consequence of my soar ankle...) so by mile 14 I had to slow down, and the more I slowed down the higher was the pressure on my knee and ankle... somewhere near there I got reached by Julie we talked for a few minutes then she just passed me and kept a strong pace (great job Julie!). By mile 16 I couldn't run anymore then it became a mental effort to finish the race I knew I had 10.2 miles ahead and I needed to stay focused to complete it! I tried to run smart and I drank lots of water, Gatorade, GU gels, bananas and explore the most of the aid stations, the sun was brutal and the humidity too, the asphalt was so hot that I could feel my feet swollen and getting tighter

and tighter inside my shoe... I got passed by basically everyone, I saw some fellow tri buddies who were very nice to me. I really didn't care about my time anymore, plan C was achieved successfully. The thing that most amazed me was the many stories that happen in a Marathon, many friends call me crazy and ask me why I did such a sacrifice hurting myself for nothing... I honestly don't know the answer for that I guess for people who just watch is something that we cannot describe...you just understand when you try yourself... the accomplishment is fantastic, I'm sure each individual has it owns reasons which are really hard to put it all together I can only say that I'm very proud of myself, proud of my friends and family who gave me enormous support and I'm very happy to get the chance to live such amazing experience and to be able to share so many nice stories with great people!

-Antonio Faciola

Lake Mills Triathlon: Sunday June 4, 2006

So last Sunday I traveled a whole 30minutes to Lake Mills for their sprint triathlon. As far as I knew, I was going to be the only one from the team going, but I was pleasantly surprised to see some other tri team members once I got there.

The weather that morning was beautiful. I couldn't have asked for better conditions for a race. When I got in the water just before the start, it felt really nice, almost too warm for a wetsuit.

I was signed up to start in the first wave with the pros, elites and relays. Tim Deboom (2x world IM champ) and his wife, Nicole, were in town for something for trek and were racing with me. Also Will Smith (short course pro, not the actor) was there too. The swim started with me stuck in the middle of the wave, trying to get to the side to stop running into people. Overall my swim went well, and I didn't have any problems taking off my wetsuit. I came out of the water and into transition in 7:15.

Normally in races when I'm on the bike I'm doing some passing and getting passed up by some, but generally riding alone. In this race I started off riding alone, getting passed by a few riders and passing no one. That lasted a couple miles until a pretty large group caught up with me. Well, they got in front of me but didn't drop me. A few times I made a move to try to leave the group behind, but they always stuck on me, and a few minutes later, they were right there again. With a few miles left of the 15 mile course we got more spread apart. Some dropped off and some surged ahead, leaving me somewhere in the middle. In T2 as I was reaching for my race belt the number got snagged on something and ripped off the belt. I had to stand there and reattach it upside down so it would stay on. Not the worst thing that's happened to me in transition, but still annoying. I couldn't believe how good I felt on the run. The course was pancake flat and I was picking people off one by one. As I came on to the final stretch of the run, I was neck and neck with a few guys. I sprinted it in, dropping 2 of them but getting beat out by

Race Reports

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another. As it turns out, I did the 5k in 18:22, very close to my PR from high school cross country. I finished in 1:07:02, dropping 7 and a half minutes off last year's time and good enough to win the age group. This was my first age group win ever (hopefully not the last) and the best race I've ever had.

-Bill Martin

Elkhart Lake Triathlon: Saturday, June 10, 2006 (1 of 2)

Elkhart Lake is a good race and a very beautiful area of the state. Thanks to Julie and her parents for letting us stay at their house! It was a bit cold that day so it took ~ 7 or 8 miles into the bike for my muscles to get warm. I took 3rd in age group, which was kind of a weak age group when you look at the next age groups up (the really old people).

-Kevin Forrest

Elkhart (1 of 2)

This was my second triathlon and as Kevin said the place is beautiful I enjoyed a lot the race even though my knee and ankle were still very sore... So I decided not to do the run so I just did the swim and the bike as a training... I was pretty happy with my result, in my age group (25-29) I had the second best time in the water and the 4th time in the bike (I took a wrong turn which took me a few minutes to come back to the right route...) Julie's sister - Laura, did the run for me and did a good job finishing 7th in my age group so I ended up with the fourth place in my age group just behind Kevin. It was fun!

-Antonio Faciola

Horribly Hilly 100's Bike Race: Saturday, June 17, 2006 (1 of 4)

I pulled into the blue mounds park with my liter of iced coffee mostly consumed and Neil Young cranking. The day was hot, humid and windy but the scenery was beautiful and I was ready thanks to training through the BCETS group which is run through Bombay Cycling Club. I felt really strong going up the mound the first time (with Lauren and Brodie cheering...thanks) and then cranked on. The first set of hills were no sweat and was dancing to the Clash up Barlow feeling strong. (Some guy huffing next to me asked if all the hills were like this)....Tried to get Aero on the down hills and my new (used) Trek 5200 flew and it was so much fun. Just before Zwettler I started feeling a little tired but took the hill easily and then zipped into the rest stop for some hammer gel and then on to the last leg...Pinnacle was fine...there is that one part that my entire body starts to melt (I hit my AT I guess) but it was my third time up in as many months so I was used to the situation. The climb into Barnevald was a little tough - not because of the climb but because of all the walkers who thought it was okay to walk their bikes (and stop!) in the middle of the road. Another BCETer and I pulled each other and passed the Yahoo's and did a quick hit of the

bathroom in the park for water. I laid on the bench for a moment to visualize that last climb..."the big girl" as I call it. I settled in and pedaled up...past all the folks walking their bikes. Then I got to that part (the one just past where you can see the pool) and I knew that I had to get off the bike. But I knew that I always feel like I have to get off the bike at that part but if I just kept going I would finish strong and on the saddle...which I did. I had wanted to finish the climb standing but did manage a one handed cheer. It was a tough but great ride. As usual, I didn't break any speed records (did it in 6:40) but did it feeling strong. I want to thank all the folks from Tri team who either cheered me on before or during the event and those who inspired me by their own efforts...(I saw Wild Bill finish the 200K looking like so strong).

-Denise Oen

HHH (2 of 4)

Hehe, well it's a good thing Denise didn't see me about 10 meters earlier. That was after Adam gave me a push at the top of the hill so that I could get back on my bike.

Horribly Hilly doesn't fully describe this ride. It would be more appropriately named the Horribly Hilly and Windy and Hot Hundreds. Started off feeling great and well trained. I did a good job of holding back in the first segments and not hammering the hills too hard. The third of five stages was the easiest, but there were plenty of tough sections. At the next rest stop in Black Earth I still felt ok, but was starting to hurt. This was at about Mile 65-70 I think. Stage 4 was brutal, and by the time I got to the final rest stop at about mile 98 I felt awful. I was really unsteady even standing up, all parts of my legs were just trashed and every time I took a deep breath I started coughing.

The last 25 miles came straight from hell. Soon after I chugged along for awhile longer, taking forever on the big hills. Two of them especially gave me problems. At one point when I was going up this enormous hill, tons of sweat just started pouring down my face and into my eyes. My eyes started burning and it soon got to the point where I couldn't open them, so I had to stop and rinse them out with some water. Of course, there was no way I was going to be able to start again on that incline, so I was forced to walk the rest of the way up. The final hill was the worst. As I was going up, my quads started cramping hardcore, and I couldn't push at all. I had to stop and stretch them out. I sat on the ground at the side of the hill for a good five minutes less than a mile from the finish line. I got up and again, had to walk up. This time, even walking hurt a lot. I saw Peter go by, and as I got to the top I saw Adam and Julie already refreshed and cheering. As I said earlier, I got on the bike with a few meters to go and Adam gave me a push so I could start on the hill, then I kicked it into the finish line with all I had left.

I'm still not sure if I'd do it again. Obviously it was hard, but there were really nice parts of it and some of it was even fun. The scenery was great. I thought the best view was as we went past this church in the town of Vermont. It felt great to

Race Reports

(continued from page 10)

finish, and I hope Ironman will be an even bigger rush. Of the 1000 registered participants in the ride, 267 finished the 100k and 329 finished the 200k. That makes not quite 600 finishers. As far as I know, all UW Tri people finished. That's something to be proud of. Nice job everyone.

-Bill Martin

HHH (3 of 4)

The 100 K was actually 68.7 miles, which I was not happy to figure out when I hit 65 miles at the *bottom* of Mound Park Road. What a race, so glad to be done in under 5 hours! I saw lots of familiar faces before the race. Denise was her usual cheerful and encouraging self! I completely agree with Denise about the benefits of the BCETS training group. It felt good to ride with Julie, she was riding strong and pulling me along. She finished in the top ten women! My only mishap was when I dropped my water bottle right in the middle of the road after 12 minutes, decided to turn back and pick it up. Scary decision, but would not have been pleasant with only one bottle.

I felt pretty good most of the ride. Some minor stomach upset climbing a couple of the huge hills. And then coming into Barneveld at mile 62 or so, facing a strong headwind on Hwy T, I suddenly got a severe groin/quad cramp. I told Julie to keep going, and I stopped and stretched. The cramps never came back. Hallelujah! I kept riding up and up Blue Mound, spinning in my triple chain ring (could not have done it without the triple!)

I finally got to the ranger station, looked at my time, and said to the third doctor, "We have five minutes to break five hours! Can we do it?" He promptly said no, got off his bike and walked up. I was not discouraged, but my competitive spirit kicked it in to the top, successfully finishing in 4:58:43. I was the 12th of 84 women, 78 of 292 finishers overall. I could walk the next day, I didn't puke afterwards, and I wasn't delirious--all measures of success to me. Actually, on Sunday I swam in Fireman's Park quarry and ran 11 miles, and cheered on fellow tri team members racing. Anyway, great job to all HHH and Verona racers last weekend! Especially Tracey Cornell who finished 1st for the women 100K in 4:18; that's truly amazing!

-Thea Larson

HHH (4 of 4)

Like mentioned before I did the 100K and had an awesome time doing it. It was an alright day, a little hot, a little windy, but I was done before that all really came full force...the poor 200K riders. I rode with Adam Book and Peter Maves to the race site in the morning, got up at 3:30 to get everything ready and I still started 10 minutes late! Which didn't make that much of a difference.

Once the ride started going it was impossible to stick together. The boys headed off in front of me...I said they had a 120 miles to race and they couldn't ride with me for more than 10 because they were racing...but whatever.. It was really easy to

find people to draft off of and it was so much fun. I also had ridden the course a few times previously which really helped because I knew what I was getting into.

Going up all the hills I just told myself...this is the hardest hill ever and once I got to the top I would always think...well that could of been worse. I was riding with lots of packs until the 200K split off and then there seemed to be no one left, but I did find a really nice women from MN to ride with. We pulled each other along on the only flat section in the race and we caught up to Thea who then joined our group. We were going along pretty well until both Thea and Jane just cramped up right before the hill into Barneveld. I kept going, I was feeling great, I owe it all to my triple as well...couldn't done it without that.

I came to the Blue Mounds hill, dumped out all of my water bottles to ensure I wasn't carrying anything more that I needed up that hill. I was surprised on how many people were walking, it never crossed my mine, ever. My goal was to finish under 5 hours and I did, 4:48ish. My sister and parents were at the top of the hill and did not recognize me...they told me I looked like a boy, and then just got pictures of my butt. Oh well. I then went and hung out at the pool for about 2 hours, showered and then proceeded to watch Adam, Peter, Bill and my advisor finish the 200K. They all are crazy! I would do the race again the 100K was great, nice distance to actually race. I also swam in the Verona tri the next day...it was a blast. Congrats to Thea, Tracey, Denise, Bill, Peter and Adam...and everyone else that I missed! Next race...Spirit of Racine...train on.

-Julie Sauer

UK 70.3: Sunday, June 18, 2006

Europe is a ton of fun. The course that this race took place on makes any hilly course back home in Wisconsin seem tame. Part of this I thought at first was due to the fact that my only form of training since leaving the States has been LSD rides with a 30lbs pack on my back. Sure, Scotland had hills (some at 22% grade that took you into snow covered mountain tops) but I could go at a nice steady pace for those...not race pace. Anyways, the race was a big one with some top notch triathletes (Chris McCormack for starters).

The morning's air temp was around 55 degrees, so it was pretty darn chilly. The race was done with a mass start into some cold (60 degrees at noon) water with my wave containing around 350-400 athletes. Anyways, Rich and I both came out of the water in decent places (I was around 25min and Rich was around 33min, as best we can guess) and headed up the 400m long track to transition. This was a clear transition, so everything was in bag and placed on hooks separate from your bike. Anyways, my T1 was slow while Rich's was pretty decent

The bike was Rich's strong point and an area he planned to hammer, which he did getting off the bike in around 8th place for the age group. I was doing well for the bike ride until my flat

Race Reports Continued

(continued from page 11)

(on a hill of all places) at about mile 18, and I had decided to take tire changing gear at the last moment too. Anyways, that cost me about 10min, which in the end, didn't really matter.

T2 was fast for me, and slow for Rich, but the run went well for both of us. Rich was happy with it because he finished it and it was the longest he had ever run in his life. He finished 129 overall and 8th in the age group. The run was a blast for me as I got to hunt runner after runner down, passing tons, but never being passed myself. I moved from 7th in the age group off the bike to 3 at the finish line and 29 overall.

My goal at this race wasn't time or place, but only to qualify for Clearwater (World Championships for Ironman 70.3) in November. I need a 4th place, and I got third so it worked it wonderfully.

Richard's Finish = 5:35 (8th and 129th)

Aaron's Finish = 5:02 (3rd and 29th)

-Aaron Kamnetz

New Massage Sponsor

Todd Fager, LMT, at U-Tan is our new massage sponsor. Here are the great discounts he's giving us:

\$5 for 15min.

\$10 for 30min.

\$30 for 1hr.

\$40 for 1.5hr.

Contact Todd at:

431 W. Gorham (1st Level-U-Tan)

Office #: (608) 258-1533

Ironman Participants

Ironman athletes are in the middle of the peak of their season. There are still 19 collegiate spots left for athletes. For more information visit www.ironmanwisconsin.com. The following are UW Triathlon Team members signed

up for Ironman:

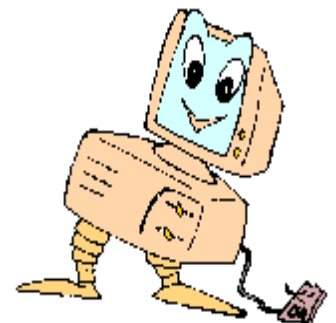
Abney, Carter
Book, Adam
Breuckman, Zeb
Conger, Brian
Dunning, Lori
Eichinger, Kevin
Esch, Julie
Forrest, Kevin
Haertel, Andrew
Hayes, Kelli
Kamnetz, Aaron
Kokott, Jeff
Laczkowski, Ken
Martin, Wild Bill
Maves, Peter*
McLean, Mike
Penczykowski, Rachel
Rous, Sarah
Sauer, Julie
Speer, Scott
Styza, Danika
Terlizzi, Becca*
Verstegen, Kaitlyn
Walsworth, Alyssa
Ziehr, Matt
* = Alumni member

Best of Luck with Training!

New Team Email

Please direct general team questions and concerns to the new email address, rather than individual officers:

uwtriathlon@gmail.com



Race Results

Trailbreaker Full Marathon 4/01/06

Male Age: 19 & under

Andrew Haertel 1st 3:24:29

Trailbreaker Half Marathon 4/01/06

Female Age: 20-29

Kathleen Bishop 3rd 1:39:32

LaSalle Bank Shamrock Shuffle 8K 4/2/06

Meghan Korol 38:47

Collegiate Triathlon National Championship 4/22/06

This race was diminished to a duathlon (5K run, 40K bike, 10K run) due to cold temperatures.

Aaron Kamnetz 100th 2:01:50

Bill Martin 283rd 2:21:36

Crazy Legs 8K 4/29/06

Age: 15-19

Ryley Karl 1st 27:44

Andrew Haertel 5th 30:32

Allison Forrestal 14th 32:35

Talia Kohn 90th 38:54

Age: 20-24

Bill Martin 17th 29:55

Ryan Ramsden 43rd 32:20

Paul Konkol 53rd 32:51

James Bujold 58th 32:58

Kaitlyn Busse 113th 34:57

Meghan Korol 384th 40:11

Sean Spencer 523rd 42:21

Diana Blau 525th 42:22

Age: 25-29

John Niederhaus 8th 27:37 (Alumni)

Ken Laczkowski 26th 30:51

Joe Blunck 60th 32:33

Jeremy Chapman 112th 35:28

Antonio Faciola 130th 35:54

Kedra Clough 535th 42:21

J-Hawk EarlyBird Triathlon 4/30/06

Male Age 15-19

Ryley Karl 1st 1:06:53

Male Age: 20-24

Mike McLean 3rd 1:08:57

Carter Abney 18th 1:25:47

Male Age: 25-29

Adam Book 2nd 1:10:32

Female Age: 20-24

Katie Lewitzke 7th 1:37:29

Katie Nowicki 13th 1:53:04

Lake Monona 20K 5/6/06

Rachel Penczykowski 1:30:53

Meriter 10K 5/11/06

Ken Laczkowski 11th 39:56

Journeys End Half Marathon 5/13/06

Denise Oen 2:20:49

Green Bay Marathon 5/21/06

Mark Skiffington 25th 3:51.15

Memphis in May Triathlon 5/21/06

Male 16-19

Zeb Breuckman 7th 2:23.37

Male 20-24

Aaron Kamnetz 4th 1:59.31

Jesse Adams 5th 2:05.19 (Alumni)

Nick Rhoads 10th 2:11.40

Bill Martin 12th 2:13.08

Ryan Ramsden 27th 2:43.12

Jeff Kokott 31st 2:52.02

Female Age 20-24

Jen Lachowicz 6th 2:22.43

Meghan Korol 9th 2:41.17

Male 25-29

Michael Boehmer 1st 1:55:52 (Alumni)

Brian Herzog 3rd 2:00.38 (Alumni)

Race Results Continued

MadCity Marathon 5/28/06

Males

Ken Laczkowski		3:38:53
Mike Mclean		4:09:00
Jeremy Chapman		4:40:07
Antonio Faciola		5:11:22

Females

Rachel Penczykowski	5th	3:40:32
Julie Esch		4:17:36
Kiersten Frobom		4:50:52

MadCity Half Marathon 5/28/06

Males

Jesse Adams		1:34:48 (Alumni)
Kevin Forrest		1:49:28
Paul Konkol		2:02:08

Females

Kristin Korevec		1:51:02 (Alumni)
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Little Smokies Half Ironman 5/28/06

Male Age: 25-29

Adam Book	1st	5:27:31 (6th Overall)
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Women Age: 20-24

Julie Sauer	2nd	6:54:30 (54th overall)
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Lake Mills Sprint Triathlon 6/4/06

Male 20-24

Bill Martin	1st	1:07:02
Paul Konkol	12th	1:16:48

Female 20-24

Kathleen Bishop	6th	1:26:41
Heidi Adams	7th	1:31:56

Male 30-34

Matt Jaroz	24th	1:16:22 (Alumni)
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Athena

Denise Oen	9th	1:38:54
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Elkhart Lake Triathlon 6/10/06

Male 25-29

Kevin Forrest	3rd	2:36:18
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Antonio Faciola	4th	2:37:16
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Green Bay Sprint Triathlon 6/11/06

Male 20-24

Mark Skiffington	2nd	1:12:15
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Menomonie Tinman Half 6/12/06

Male 25-29

Andrew Peterson	3rd	5:14 (Alumni)
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Female 25-29

Vanessa Curtis	1st	4:48 (Alumni-1st Overall)
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Horribly Hilly 100's 6/17/06

100K

Tracey Cornell		4:18:02 (1st Overall)
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Julie Sauer		4:48:36
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Thea Larson		4:58:43
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Alyssa Walsworth		5:52:22
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Denise Oen		6:40:18
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200K

Adam Book		8:07:42
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Peter Maves		9:49:22
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Bill Martin		9:53:05
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Moose Scat Scoot Half Marathon 6/17/06

Andrew Haertel	2nd	1:25:06
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Verona Sprint Triathlon 6/18/06

Female 19 & U

Jenna Acker	1st	1:14:42
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Male 20-24

Alex Viana	2nd	1:03:10
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Jeff Kokott	8th	1:11:28
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Verona Sprint Triathlon 6/18/06

Male 19 & U

Josh Shapiro	2nd	2:39:50
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Male 20-24

Carter Abney	8th	3:01:47
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UK 70.3 Ironman 6/18/06

Male 19 & U

Aaron Kamnetz	3rd	5:04
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South Wood County Triathlon 6/24/06

Male 20-24

Ken Laczkowski	1st	1:07:04 (3rd Overall)
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From the Editor..

Thank you for taking the time to read over this issue of the newsletter! The team has obviously been very busy racing and having a wide range of experiences. If there are any corrections to this newsletter that you would like recognized, please don't hesitate to let me know!

-Heidi Adams, Editor

[hjadams @wisc.edu](mailto:hjadams@wisc.edu)

FOR THE NEXT ISSUE...

Sponsors:

please send me updates on products and deals!

Team members:

please email me *SHOUT OUTS*, send race results to AJ at ahaertel@wisc.edu, and keep posting your results!

Officers:

help keep the members informed by sending me your updates!



Just tri it. UW Tri: Hot Bodies

Thank you sponsors for your continuing support!

