

# UW Triathlon Team Newsletter



University of Wisconsin



Volume 2  
Issue 5

[www.uwtriathlon.com](http://www.uwtriathlon.com)  
Corrections, questions,  
concerns:  
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## Ironman Updates



Twenty members of the Tri-Team will be competing in Ironman Wisconsin this upcoming Sunday. For many members, it will be their first Ironman competition; a few are old vets. Cheer on the following teammates come Sunday (a few recent grads are included as well):

Liz Adamczyk,  
Heidi Adams,  
Diana Blau,  
Joe Blunck,  
Tina Fok,  
Chris Clausen,  
Chelsey Green,  
Atalie Hagman,  
Austin Johnson,  
Jeff Kokott,  
Paul Konkol,  
Kelly Korovec,

Katie Lewitzke,  
Emily Naparalla,  
Danny Noonan,  
Ryan Plantz,  
Nick Rhoads,  
Sean  
Spencer,  
Chris Thomas,  
Kaitlin Verstegen,  
Peter Wyant.



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*Best of Luck to all  
Ironman competitors!*

## Volunteer Opportunity

### Special points of interest:

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\*Rhoads' back to school  
advice, page 3

More volunteers are still needed for our aid station at Breese Terrace on the day of Ironman. The time slot that is most in need of workers is from 8PM-12AM. Right now we are up to 78 volunteers, but more are needed.

Additionally, all team members who are available anytime this week to volunteer at

the Inside-Out booth at the Ironman Expo, located at Monona Terrace, are needed to sign up for time slots. Every hour of work volunteered earns the team \$10. This fundraiser is a crucial one because of all the potential financing it provides. Diana is about to start making calls, so try to stay on her good side!!

Welcome back to school!  
2005-2006

## Sponsors



### Headsweats

As the official sponsors of Ironman headwear, Headsweats uses many types of technology to keep you cool and dry, or warm and toasty. We have both visors and caps available at most times of the year. The best part is that they are machine washable, easy to keep clean and handy even after the most humid days.



## Race Results

### Chicago Distance Classic 8/7/05

Half-marathon or 5K

From Chris's report, the only good part of this race is that it is the last one to qualify you for preferred starts for the Chicago Marathon.

Half-Marathon

Chris Thomas 1:21

### Ripon Triathlon 7/9/05

Olympic Distance

Denise Oen 3:25:11

### Pigman 8/21/05

Olympic Distance

Female 20-24

Thea Larson	4th	5:37:34
Lori Dunning	10th	5:56:59
Julie Esch	12th	6:01:10
Becca Terlizzi	15th	6:15:51
Maggie Steingraber	17th	6:23:21
<u>Male 15-19</u>		
Bill Martin	3rd	6:19:06
<u>Female 45-49</u>		
Denise Oen	5th	7:23:33
<u>Male 20-24</u>		
Silas Bernardoni	1st w/wetsuit	5:37:25

### Lum's Pond Triathlon, DE

87 degree water, 98 out plus humidity, made for a challenging day.

.5mi/19.5mi/5k

Male 19& Under

Andrew Winker 10th 1:53:23

"It is a good thing for an uneducated man to read books of quotations. - Sir Winston Churchill"

CALLING ALL WORKOUT LEADERS! Anyone interested in leading workouts this fall, a meeting has a been tentatively scheduled for September 19th.

A temporary schedule has been made until then:

Monday, Wednesday, Friday

Spinning at 6:45AM, beginning September 7th

Spin room at the SERF

Tuesday

Ride, 3PM

Thursday

Run 5PM, Meet in front of the SERF

beginning September 15th

SEE THE MESSAGE BOARD FOR ALL UPDATES! WORK-OUT LEADERS MAY BE UNAVAILABLE DUE TO IRONMAN TAPERS OR WORKING INSIDE-OUT SPORTS BOOTH.

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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.



## Upcoming Races

September 11th:  
Wisconsin Ironman  
Madison, WI

October 9th  
Chicago Marathon  
Chicago, IL

October 2nd  
Boilerman  
W. Lafayette, IN

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

## Coming Up...



Monday, September 5  
Involvement Fair 1-4 Library Mall  
Thursday, September 8  
Student Organization Fair 5-8 MU  
September 6-12  
Ironman Expo at Monona Terrace  
Tuesday, September 13  
New Member Kick-Off Meeting , 7PM, TITU  
Thursday, September 15  
New Member Kick-Off 7PM TITU  
Returning Member Kick-Off Meeting 7:30PM  
September 18  
Welcome BBQ and Tri 101  
September 19  
Work-out leaders meeting, Lakefront at Langdon  
September 25  
First T-Spot, TITU

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

## Officer Reports

As this being the first UW Triathlon newsletter of the new school year I would like wish all of you students good luck. As a recent graduate of the undergraduate system here at UW Madison I can honestly say that I have felt your pain. To ease you pain I have included some fun activities and tips for your semester.

1. Find "Scanner Dan" and ask him for his life story.
  2. Lock yourself and a friend in one of the "cages" in Memorial Library with nothing but a full I-Pod and one of those games you play at parties that shock the last person to let go.
  3. Tip: Helen C. White is to pick out a new girlfriend/boyfriend. Don't even pretend to study.
  4. Tip: There is a guy who is always sitting at Espresso Royale on State Street. If you are a lady, do not talk to him, he is the "Lady Killer."
  5. Go try every burrito on state street in under a half hour. Then rate each burrito on "personality" and then publish your results on all the kiosks on campus.
  6. Tip: Yes, the bouncer at Wando's doesn't like you.
  7. Tip: For the love of god don't pay a cover to get into "Madison Avenue." As a triathlete you shouldn't even be seen near there. You are way too cool.
  8. As you speed your way through campus on your bike try to catch the attention of a police officer and when they chase you use it as a training ride to improve your endurance. Don't worry, as a triathlete they won't be able to catch you.
  9. On Halloween, promise me you will go hog wild but please avoid the tear gas. It burns.
  10. Tip: The UWTriathlon Team is the coolest club sport at UW. Join or die.
- Welcome to school suckers!  
Rhoads  
Webmaster/Spiritual Leader