

# UW TRI TIMES November

## Fun Stuff Coming Up: Plan Ahead!

Planning ahead is a life skill that is especially important for triathletes to master. Before anyone jumps in the water to start a race, a lot of long term preparation must take place. Training, race registration, and travel plans must all be made well in advance. Small oversights (some as simple as for-

### Time to Plan for:

- Next Year's Races
- UW Tri Spring Break
- Getting a date to the UW Tri Winter Formal
- Doing the rest of your volunteer and fundraisers (Do 3 of each for discounted racing)
- Training Strategies

up with awesome Tri-related events!

race morning) can lead to unpleasant consequences. Lack of planning leads to missed opportunities or worse.

A lot of groundwork for next year needs to be laid before January 1st. So read the rest of the articles in this month's newsletter, then pull out next year's calendar and start filling it

## Spring Break

The UW Triathlon team has a proud tradition of having some of the best spring break trips North of the Rio Grande. In fact, UW Tri Race Coordinator Wild Bill Martin wouldn't be known as "Wild" if it wasn't for the Tri Team's annual spring break excursion. Last year's trip was a great success; about 30 team members took the trip to Wimberly Texas for a week full of running, biking, swimming, and hot tubbing (triathlon's unofficial 4th discipline).

This year Bill is busy planning the next chapter in the Tri Team's storied Spring Break tradition, and he wants YOU to come along! The Spring Break trip is a great way to get to know your teammates, get in shape (or just relax and get a tan) and have an awesome time doing it!

See the SPRING BREAK 2007 article on page 5 for all the details!

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*Spring Break Deposits are being accepted now until Dec. 1st or until 40 People have signed up. Get yours in ASAP, before it's full and you're stranded in Wisconsin for Break!*

# Another Social Event on the Horizon

## Winter Formal

The Winter Formal is a great opportunity to dress fancy and party with the rest of the Hot Bodies on the tri team! We will be having a little bit of a pre-party with appetizers and drinks, then go to a restaurant for a nice dinner, and finally ending the night with a big bash with music, dancing, and other college appropriate activities. The Formal has always been one of the team's favorite socials and this year promises to be no different.

In order to make this event happen, the Team needs someone to volunteer to host the party. This is a huge favor to the triathlon team and you will make many friends by hosting the year's most swingin' bash. We are looking for someone who has a house near that could accommodate a party of 40-50 people to volunteer to host. We will take care of all of the decorations



and entertainment (i.e. drinks, food, music). There will also be a group of people who will take care of ALL OF THE CLEAN UP the next morning. Literally all you have to do is supply the house and we take care of the rest!

The plans aren't finalized yet, but watch your email for the official invite; the deposit will probably be due before winter break

## UW Triathlon Bicycling Update

It's starting to look a lot like Christmas... Which means there are some changes to the bicycling events available to team members.

First off, the Fall Team Bike Time Trial was held on October 15th, and 10 riders took part. Check the results on Page 4!

Next, note that the outdoor bike rides have been removed from the workouts schedule, but don't despair! Spinning is a great way to stay in shape this winter, and spinning workouts are offered several times a

week- check the workout schedule for times!

There are also bike trainers which team members can check out for free for a week at a time. Email Jeff Kokott <jtkokott@wisc.edu> for a form.

A final thing to keep in mind if you are looking to buy a bike or make some upgrades is the Bike Swap at the Alliant Energy Center will take place on January 13th this year. It's a great place to buy used bikes and equipment cheap!

### Bike-Related Info:

- Team Time Trial Results on P. 4
- Outdoor Biking Ended
- Trainers Available to Check out
- Spinning is on the Weekly Workout Schedule
- Bike Swap January 13th

# Featured Event:

## *Ironman World Championship in Kona, Hawaii*

*Nick Rhoades was a member for the UW Triathlon Team in 2005 when he finished Ironman Wisconsin in 11 hours and 17 minutes to place 3rd in his age group and qualify for the Ironman World Championships in Kona Hawaii. This is his story:*

“At least the sun isn’t out.”

This isn’t a phrase that one would likely hear on any ordinary vacation, but I was saying this with genuine relief. Had the sun actually been blazing in the sky at that time temperatures would have been melting the rubber of my tires and sucking the will to live. You see, at that moment I was pushing pedals through a sweeping, young, lava field, on a black asphalt highway, on the “Big Island” of Hawaii, about seven hours into the Ironman World Championship on October 21st 2006. At the time, the wind was blasting directly into my face and the pace had suddenly dropped, striking a deep depression only a cyclist heading into the wind can possibly understand. If I had to put it into words it would be like a combination of disappointment stemming from the fact that you will not likely reach the

desired pace again and the fear of questioning how much more you can take. Suddenly, and I do mean



within seconds, my body or mind, I’m unsure which, said to hell with slow speeds and I was off.

The week had begun with a shaky start, pardon the pun, but a 6.7 earthquake struck about ten miles from where I was then standing six days before the big race. Apparently 6.7 is what flatten the raised highways of L.A. in 1994, so it was no laughing matter. Ha! As I described it the day of.....

This morning I awoke and poured myself the ceremonial glass of calcium orange juice. Simultaneously the old man was doing a few stretches on the floor. Suddenly I heard a deep rumbling, at first I thought if might be a passing truck or some machinery on the floor above us, within seconds it was much to strong to include these possibilities. The ground lurched and things began falling off the walls. I turned to look at the

old man and if "What the @#\$ % ?" could ever be absolutely communicated by an expression he had it down perfectly. We just froze in that "What the #@%& ?" kind of way as we watched things fall to the floor. As

quick as it was on, it was off. All I could do is laugh my ass off, if only I had gotten a picture of the expressions on our faces!

Damage was very minor even with a magnitude 6.7 earthquake occurring just a few miles from where we stood. Around town some buildings cracked and goods flew off shelves but at 2pm, as I write this, all is normal albeit some power outages, debris on the road, and panicked land mammals.

Ha! Now, hopefully this volcano won't blow up before Saturday....

From there it was smooth sailing. I registered on Monday, saw some sights of the island Tuesday, Wednesday, relaxed on Thursday, and checked in my gear on Friday. Everyone in the area seemed to be incredibly fit, hardened faces dotted the crowds, and chiseled abs on fifty-year-old women was normal. As a competitor noted later, "I like coming here because I'm no longer a freak."

*(Continued on page 5)*

# Race Results: November

## **Ironman Hawaii 10/21/06 M20-24**

Nick Rhoads 10:58:14 (personal best!)

## **Chicago Marathon 10/22 F20-24**

Elizabeth Smith 294th 3:51.07

## **Ironman 70.3 Championship**

### **Clearwater Florida 11/11/06**

Aaron Kamnetz 4:14:45 76th Overall  
8th Age Group

## **Bike time trial results (20 km):**

Zeb Breuckman 32:24

Adam Book 33:15

David Schurter 34:00

Bill Martin 34:46

Carl Kaiser 35:03

David Pernitz 36:50

Jackson Potter 37:25

Jen Lachowiec 37:35

Jeremy Chapman 37:55

Asher Kach 40:02:00

Great Job to All our Racers! Please submit Race Results to AJ  
<[ahaertel@wisc.edu](mailto:ahaertel@wisc.edu)> so we can post them on the website and  
put them in the newsletter to show our sponsors that we  
Represent!!!

## Collegiate Nationals

Registration for Collegiate Nationals opened up Nov. 1<sup>st</sup>.

The race is an Olympic distance triathlon (1.5k/40k/10k) that will be held in Tuscaloosa, AL on April 21<sup>st</sup>. This is a great race to kick off the season and test your skills against the rest of the country. It's also only two weeks after Spring Break, so those of you who go down to Texas will be set up perfectly for a taper for Nationals. We would really like a big turnout and a strong showing at this race, as UW's participation has been down in recent years.

That being said, don't be intimidated by the race. Yes, the top 50 or so are guaranteed to in-

credible, but there really is a wide range of racers there.

Plus, we are the largest collegiate team by numbers in the country. There's no reason to think that we can't compete against teams like Purdue, Colorado, Montana, or any of the other top clubs.

I talk to so many people who say that they miss high school swimming or cross country. Well if that sounds like you, this is a race you don't want to miss. Last year in Reno, the atmosphere took me back to my cross country days. If I hadn't been trying to hold in vomit all day long, it probably

would have been the most fun race I've ever competed in. You have the opportunity to compete for your school, an opportunity most college students don't have. Don't let it pass you by, take advantage of it now. To sign up go to:

<<http://usatriathlon.org/AthleteFocus/Collegiate/CollegiateNationals.aspx>> and follow the links. It's \$55 to register. Oh, and this just in- We will be chartering a bus to drive us down to Tuscaloosa. Prepare for the best road trip ever.

## Ironman Hawaii Race Report (continued)

Well said.

Race morning, Saturday, was pleasantly standard, high energy breakfast, body marking, bike once over, pump tires, load water bottles, bike twice over, sit, wait, envision transition, sit, wait, BOOM! A cannon signals the start of the pro race, which proceeds general entry by fifteen minutes at 6:45am. Then the other 1400 athletes squeeze into the narrow cove for the mass pandemonium swim start. The swim start of an Ironman is like a bear attack, no need to fight back, it will only make it worse. Thus, I avoided flailing arms and sidekicks until I found a little breathing room. The course goes out 1.2 miles around a catamaran and back to shore battling people, currents, surf, and sighting the whole way. The buoys were big orange balls but as half the racers had orange swim caps this made keeping on course difficult. Going to have to pass that bit of wisdom along to the IM crew. Halfway I checked my watch, 35 minutes, good, I was on pace to beat Ms. Schreiner's, soon to be Mrs. Rhoads', IM swim PR (Personal Record). Coming out of the water I checked again 1:18—beaten by my lady, it's so hard to be humble. Thankfully, it was my PR anyway and I took the humiliation like a man.

I had ridden the bike course previously and I was well aware of its contours and dangers. This day the clouds were present, shielding the sun and in the beginning the winds were light. From Kilauea-Kona the racer first goes south up a decent hill where they then turn and head north up the infamous "Queen K" highway, a shiny blacktop two lane with large six foot shoulders and on any other day bumper to bumper traffic. Today, vehicular movement was limited for the race but at this time that wouldn't have been a concern anyway. The

Queen K is surrounded by black lava fields and should the sun peak out things can get hotter than a frying pan on fire. Also to be considered are the winds that can come pounding if from the ocean unobstructed by the flat coastal landscape, potential for a disaster lurks on every mile. Finishing off the highway it continues up the coast on a 12-mile ascent to Hawaii where it turns around and screams down the hill you have just come up. Today the wind pounded the ascent 20-25 mph, and pushed the descent to an easy 30mph average on the bike where I could wind out the legs and get a rest. That didn't last long. Back on the Queen K, the wind reversed directions and seemed to be trying to live up to its legend of the toughest part of IM Hawaii. Here, I uttered my beginning phrase, it wasn't hot and that felt good.

When I finally broke free of the winds it was like being released from a cruel jail. My bike computer had gone haywire previously and somehow had lost ten miles, my pace was up in the air so I punched it a took full advantage of my power surge. Coming off the bike I checked my watch and figured another PR. Things were ok, but a substantial run of 26.2 miles laid ahead.

I poured head first into the run feeling terrible and only relying on previous experience that indicated I would snap out of it. I was being passed left and right and it didn't feel good. Six miles in I did snap out of it and I was able to bring the pace up, but by 11 miles my legs starting locking and the run turned into more of a shuffle. The sun had appeared and things were beginning to heat up, the leaders were already finished, Norman Stadler, from Germany was the new world champion with a time of 8:11. The run goes out back on to the Queen K on to the "Natural Energy

Lab" which makes its way down to the ocean front and back out the way it came to Kona for the finish. I shuffled, better than walking, poured water on my head at the aid stations and attempted not to bite my lip off. The rage of my leg muscles were just about all I could take. I wasn't really cramping, but just a failure to fire, they felt like useless chunks of meat better suited for grilling. I scraped the bottom of my shoes on each step, cocked my head to the right side, which I always do when in peril, and just gutted it out.

The finish strode down the famous Ali'i Drive surrounded by screaming spectators. I wish I could have put more energy into the finish, a royal jump, perhaps, but I had nothing left. 10:58:14 and a new PR brought over a years worth of work to an triumphant end. I stumbled with a 1,000-yard stare and was caught by volunteers. My damn legs and feet hurt like they had been beat with hammers, I never welcome that feeling again. Still, a few days later I walk in pain and occasionally step wrong and send pains all around, curbs are my current nemesis.

I feel good, glad it's over, eager to accomplish new things, proud that I stuck with the plan, didn't get pissed off, and set the PR. When people I meet uninvolved with Triathlon find out that I've done this Ironman thing, they usually say, "I could never do that, I don't know how you guys do it." I usually respond, with something like "Well, yea, it's hard but you just got to work up to it, you could do it." And I'm serious, anybody can do it, they just have to want it, bad. Mahalo!

Rhoads

*Nice Work Rhoads!*

# *UW Triathlon's Spring Break is Notoriously Awesome*

## **Details for Spring Break 2007**

*Back by popular demand- Country Door Inn, Wimberley, TX (Near Austin)*

**Dates:** Sat, March 31st-Sat, April 7th.

**Traveling:** Leave Madison on Friday 30th. ~20-22 hr drive w/o stops. Arrive Saturday 31st morning/afternoon. Leave Wimberley morning of Saturday 7th. We will be taking personal vehicles to/around/from Texas. Drivers must keep their gas receipts and the receipt for an oil change to be reimbursed by the team after the trip.

**Meals:** Meals will be served family style, with "teams" of ~5 people (we'll sign up when we get there) shopping and preparing dinner and breakfast for the following day. Lunches are grab as you go, given different training schedules. There will be extra "snack food", i.e. granola bars, trail mix, cookies, Gatorade, juice, fruit, etc. available... bought by the "teams" on an as-needed basis. If you have a dietary restriction (vegetarian, gluten-free,



lactose-intolerant) we will do our best to accommodate you if you make us aware, however you may want to bring some personal food.

**Lodging:** For those who didn't go last year, the place has a deck for grilling, a pool, hot tub (a must for tri team spring break), plenty of riding areas and is close to Barton Springs for open water swimming and running. There are also plenty of great bike shops in the area.

The house will comfortably sleep ~20 people. 20 additional people can bring tents to sleep outside (there is room in the house if you bring an air mattress or don't mind sleeping in the living room) for a reduced cost. Let me know which you prefer when you turn in your first deposit.

**Cost:** Cost includes lodging, travel and food. There will be 3 deposits spaced throughout the winter.

Cost for insiders- \$340

Cost for tenters- \$320

1st deposit- \$100

**DUE:** on December 1st. I will begin accepting it on November 11th. First come, first serve. Your spot is reserved when I have your check in my hand.



## **Reasons to go on spring break with the Tri Team:**

-Train as much as you can/want

-Only two weeks until Nationals, perfect for a final hard week then taper when you get back

-There's always someone to ride with

-Warm weather

-Barton Springs (open water swimming hole)

-Jack and Adam's/  
Austin Tri-Cyclist (local bike/tri shops)

-Make great friends

-Hot tub and pool at the house

-Downtown Austin

-Great food all week long, and you only have to cook once

-Our road trips are always fun

-Option of doing a Triathlon; see next Page

## Registration for several races of interest to UW Tri Team Members has opened:

**Collegiate Nationals** opened on **November 1st**. There is going to be a cap on how many athletes can go per school (50). To register, go to [http://www.active.com/event\\_detail.cfm?event\\_id=1374236](http://www.active.com/event_detail.cfm?event_id=1374236). The team has already been created, so select University of Wisconsin when asked for your school. Cost is \$55.

**Lone Star Triathlon** also opened registration Nov. 1st. This race is during Spring Break in Galveston, TX. According to Race Coordinator Bill Marin, "There is a sprint tri on Saturday, which would be best for people to do. I wouldn't suggest signing up for the half or quarter IM as they are Sunday, which is inconvenient, and I don't think anyone would want to spend the whole week recovering from a race." There's no pressure to do this race, but if you want to, the link is <http://lonestartri.com/lonestar/lonestarsprint.html>. People doing this race would leave one day earlier to get there Friday afternoon.

**J-hawk earlybird** has also opened registration email Bill Martin <[wdmartin@wisc.edu](mailto:wdmartin@wisc.edu)> for an entry form.



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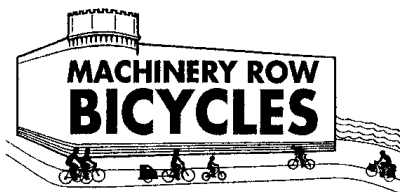
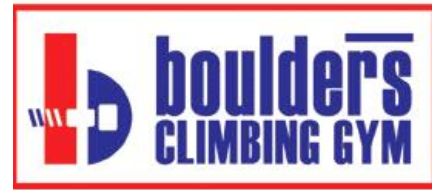


**FROM MADISON**  
Take Beltline Hwy 12/14 west. Exit at Greenway Blvd. (exit 252) just past Old Sauk Rd.

**FROM DOWNTOWN**  
Take University Avenue west through Middleton. Turn left at stop lights onto Deming Way.

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# Thank You to all our 2005-2006 Team Sponsors



## November & Early December Events

November 19th 6 P.M. General Team Meeting. Uniforms will be available to try on, and we will also be going over

- New and Improved Race Schedule
- Spring Break
- Nationals
- Formal
- Sponsorship Details

November 30th 3 P.M. Adopt-A-Block Volunteer Event. We will be cleaning up along the Lakeshore Path on campus. We need tons of volunteers for this Event!

December 1st Last day to turn in deposit for Spring Break trip! You don't want to miss it! Deposits go to Bill Martin  
[wdmartin@wisc.edu](mailto:wdmartin@wisc.edu)

December 9th Jingle bell Run 5k or 10k here in Madison; see their website for more info <http://jbrmadison.kintera.org/faf/home/default.asp?ievent=201148>

Every Week.... Too Many Team Workouts to list here! Check the Website for the Workout Schedule.



**Endurance House, a sporting goods store geared towards Triathletes will be opening in Middleton this December. Check out their ad on page 7 or go to [endurancehouse.com](http://endurancehouse.com) for more info!**

# November 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 <i>T-Spot</i>	13	14	15	16	17	18
19 <i>General Team Meeting 6 PM</i>	20	21	22	23 <i>Burbie Derby Run</i>	24	25
26	27	28	29	30 <i>Adopt-a-Block Volunteer Event</i>	1 <i>Spring Break First Deposits DUE!</i>	2
3	4	5	6	7	8	9 <i>Jingle Bell Run</i>
10	11	12	13	14	15	16

Thanks for Reading the Newsletter! Don't forget to check the Message Board frequently for up-to-date info! <http://www.uwtriathlon.com/MessageBoard/index.php>

Add it to your Favorites!

Corrections, Submissions, and Suggestions are all welcome! Send them to:

Zeb Breuckman <[breuckman@wisc.edu](mailto:breuckman@wisc.edu)>