

UW Tri Times April 2007



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Spring Break Approaching

With only a couple weeks left in March, many of the triathlon team members are anxiously awaiting the arrival of spring break. The warm weather will be a very pleasant change to the current frigid temperatures that many of us have had to put up with. Say good-bye to long and lonely trainer rides and finger numbing runs and hello to warm Texas sun!

Here is the list of the current spring breakers and the times they are leaving Friday:

Bill Martin (Wed)--Aaron Kamnetz, David Pernitz, Dan Albright

A.J. Haertel (~2:30pm)--Carl Kaiser, Kaitlyn Busse, Jackson Potter

Brianna Cash (10-11am)--Rebecca Panzer, Meghan Korol

Sara Eskrich (~2:30pm)--Jenna Acker, Danny Craven, Steph Rindt

Lauren Kasten (~2:30)--Jess Yurchich, Antonio Faciola, Chase Kettler

Jen Lachowiec (~2:30)--Caitlin MacNair, Zebadiah Breuckman, Pat Versteegen

Ben Peirick (~2:30)--Hannah Sievers, Emma Kultgen, Talia Kohn

Urgent Reminders:

1. Final Payments **were** due to Bill Martin on March 23rd. If you missed the date, you must give your deposit to your driver **before** leaving on the trip.
2. For Safety—update your phone with the numbers of all the other spring breakers.
3. There is a group of kids that will be there on Sat/Sun when we arrive. Try not to interfere with their activities.



Bicycle Essentials



Spring is right around the corner and with it will be many opportunities for outdoor cycling. Spring—the temperature is warm, the birds are chirping, everything seems to be going great. What could possibly go wrong on a

pleasant afternoon bike ride? The sun is out, your freshly cleaned bike is oiled up and ready to go, tires are pumped up, and nothing stands in your way—how could anything really go wrong during your slow and steady 45 minute ride? Nothing has ever happened before...what's to say that it will happen this time—right?

Wrong. The truth is that accidents and minor annoyances do and will occur when on the road and it's important to be well equipped and well versed with what many cyclists call *road essentials*.

The following will touch base on much of the equipment that a cyclist will need on the road, however it will not go into detail on how exactly the material should be used. For detailed explanation on how to change a tube, use a patch kit, use levers etc., please contact someone at your local bike store, a knowledgeable friend (like Rhoads), or the world wide web.

Road Essentials

1. One or Two extra inner tubes/ Patch Kit

When getting a flat tire, usually what this means is that the inner tube inside of the bicycle tire has been punctured. The tire itself is usually fine but odds are the tube will need replacing and or patching. Punctured tubes can result from a wide array of incidents and are fairly easy to replace/patch with practice. Many people argue that patching should be used as a last resort since it doesn't always create the best seal. Standard thickness inner tubes are usually about \$4 and patch kits vary depending on how elaborate the kit really is.



2. Tire Levers

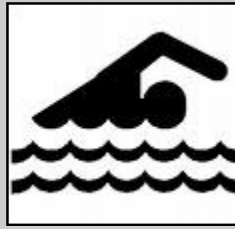
These skinny things are useful for removing the tire to get at a punctured tube. Levers are rather cheap and can save a lot of time and finger pain.



(CONTINUED ON PG. 4)

Packing List for Spring Break

Swimsuit
Wetsuit
Goggles
Swim cap
Sunscreen
Regular Swim suit



Bike
Helmet
Bike shoes
Bike shorts/jerseys
Sunscreen
Flat fixing kit(tirelevers, co2 or pump, patch kit, spare tubes)
Cell phone w/ everyone's number in it
Ziplock bags to put cell in so it doesn't get sweaty on rides
Gu/energy bars or other food for rides

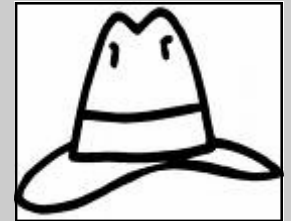


Bike gloves
Light jacket
Sunglasses
Water bottles/sports drink mix

Running shoes
Heart rate monitor
Workout clothes
Sunscreen
Headlamp



Money
MP3/CD player/CD's
Movies
2-3 non-workout shirts/pants/etc (don't need a different outfit every day)
One nice outfit if you want
Zeb- cowboy hat
Common sense



Upcoming Races:

April 21st: Collegiate Nationals

<http://www.usatriathlon.org/>

April 29th: J-Hawk Early Bird

<http://www.j-hawks.org/tri/tri.aspx>

May 20th: Memphis in May

Team Deposit Due: April 1st

<http://www.mimtri.racesonline.com/>

Race Results for March:

500 yard Time Trial Swim Results: March 21st followed by 1st Semester Time in parenthesis if applicable.

TT Results

Eric Bean 5:37
Chase Kettler 5:48 (5:56)
Jen Lachowiec 6:03
Carl Kaiser 6:04 (5:57)
Liz Prange 6:11
Danny Craven 6:18
Hannah Sievers 6:26 (6:49)
Julia Byers 6:40
Emma Kultgen 6:46 (6:56, 7:16)
Zeb Breuckman 6:49
Dan Albright 7:26 (7:36, 8:30)
Sara Eskrich 7:28 (8:11)
Kristen Schram 9:22 (11:12)
Brandon Serwe 10:00 (15:27)



3. Pumping System (CO2 or Frame Pump)

It is essential to have some sort of pumping system to inflate a tire. Frame pumps or “mini pumps” are nice to have but take quite a bit of time to inflate the tire. CO2 pumps are fast acting but sometimes require an adapter to direct the gas into the tire. Also, CO2 pumps can only be used once and can be very cold to the touch when inflating. A frame pump will cost you around \$20 whereas a CO2 inflator will cost around a \$1.



4. Multi-tool

A multi-tool basically contains all the tools needed to tighten and or loosen many of the parts found on a bike. A tool like this is essential on the road to make quick adjustments or major changes in a matter of seconds. Multi-tools range in price depending on their quality and complexity.



5. Cell phone/ Map

A cell phone is an obvious must have. Though flat tires and loose screws can be fixed on the road, serious issues such as a broken chain cannot be. Additionally, falling off your bike in the middle of nowhere can be a life threatening occurrence that may need immediate help. It is always important to let a few people know that you are going on a bike ride and it is also essential that you have the numbers of a few available friends who could give you a ride in a sticky situation. If possible, try to ride in groups or with a friend. A map is also important to have in case you get lost.

6. Food/Hydration

It is important to always bring some sort of hydration item on bike rides. One or two water bottles attached to your bike can prevent dehydration and fatigue while riding in the hot sun. On longer rides, it is also important to have some sort of nutritional item to keep the juices flowing in your muscles. Gels and power bars are especially popular because they are generally rich in carbs and are easy to eat and digest while on the go.



Other Nice Things to Have:

-Money

-Chain Tool

-Bits of string/tape

-Cycle Lock

-disposable polythene / plastic gloves

-screwdriver to take the cleats off your shoes if you need to walk miles!

-your name, address and a contact phone number for someone on a piece of paper

Other Team News

Officers Pushing For More Message Board Use

With such a large team, tons and tons of emails can become rather burdensome. So please, sign up with the UW-Triathlon message board. It takes about 5 minutes to do so and it has a place to post for just about anything that you may need/want. Need to sell something? Want to find a buddy to go riding with? Want to talk about transitions? The Message Board is the place to go.

<http://www.uwtriathlon.com/MessageBoard/>

Please sign up with a username similar to your actual name.

New Officer Elections Approaching

Elections will be held for the UW-Triathlon Team on either May 1st or 2nd—stay posted for details. There are many awesome positions on the team ranging from President, to Volunteer Coordinator, to Treasurer, etc. There also may be positions added in order to take care of spring break planning, etc. So, if you are interested...come ready to let people know that you are the one for the job!

Collegiate Nationals

Collegiate Nationals is just around the corner and many of the UW-Triathlon members are anxiously waiting for the big day. The team has really been training hard both mentally and physically and it should pay off big come race day—we are looking to have a very strong showing and should place well. Congratulations on all your hard work so far and good luck at the race.

Seed Order

Male:	Female:
Aaron Kamnetz	Jen Lachowiec
Eric Bean	Brianna Cash
Bill Martin	Jessie Duppler
Carl Kaiser	Jess Yurchich
David Pernitz	Jenna Acker
Dan Albright	Rebecca Panzer
Zeb Breuckman	Julia Byers

Team Orders

GU, Blue Seventy, and Sock Guy Pick Up orders are in! Pick up times are as follows:

Sunday March 25, 7-9 at Adam's House

Monday March 26, 8pm-8:30 at the Swim Workout at the Nat

Wednesday March 28, 8-9 at Adam's House

Adam's House: 724 N. Gammon Rd.

Park Tool Orders will be put in soon! Keep posted for updates.

Volunteer and Fundraising Opportunities

In the next couple weeks we may be doing a fundraiser with Potbelly's sandwich shop. You'll be able to eat and help the team out! Also, there may be volunteer opportunities at Machinery Row in the next couple of weeks. Some of the details involved with these are still being worked out. Look for an email or two in the next couple of weeks.



Open Water Swimming Tips



With warm weather ahead of us, there will be many opportunities for open water swimming. Open water swimming is a lot different than regular pool swimming—it provides challenges. These challenges it creates need to be properly faced with or very troublesome and even deathly consequences can occur. It is very important that you understand your capabilities as a swimmer, for if you get tired you probably won't be able to touch the bottom. Know the conditions of the lake or river, trust how your body feels, and never try to push yourself too hard—especially if you are alone.

Good Tips To Adhere To:

Swim with a group or a friend

Swim near a lifeguard if possible

Stay out of boat lanes and avoid rocky areas

Wear a bright swim cap

Practice open water swimming—your first time in the water shouldn't be the 1st time in a race

Use all the gear you can get:

Cap: added warmth and visibility. Wear two if it is extra cold!

Ear Plugs: Prevents dizziness once back on land

Goggles with anti-fog

Wetsuit

Learn to relax and remain calm at all times

Duck under the waves as you go through the surf

Rule of thumb: only swim **half** as far as you can comfortably swim in a pool

Have Fun!

(Information Provided by USAT Magazine)

UPCOMING EVENTS/DATES

1st: Team Deposit due for Memphis in May (no...this is no April Fool's joke)

8th: Return From Spring Break

15th: T-Spot : TITU : 7-8pm : Mykos will be guest-hosting massage on stretching for injury prevention

19th: Racers leave for Collegiate Nationals at 6 a.m.

21st: Collegiate Nationals

23rd: T-Spot: TITU: 7-8pm:

Our adviser, Tim Gattenby, will be guest-hosting on bike fitting and muscle balance training

29th: J-Hawk Early Bird

TBA: Volunteer Events

TBA: Park Tool Orders Due

Thank-you for reading the Newsletter. Any comments, questions, corrections, and or concerns please contact Carl Kaiser at cjkaiser@wisc.edu.

April 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Team Deposit</i>	2	3	4	5	6	7
8 <i>Spring Break Ends</i>	9	10	11	12	13	14
15 <i>T-Spot</i>	16	17	18	19 <i>Nats Departure</i>	20	21 <i>Collegiate Nats</i>
22	23 <i>T-Spot</i>	24	25	26	27	28
29 <i>J-Hawk</i>	30					

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