



Tri Times September 2007

Volume 4, Issue 3

October 1st, 2007

Ironman Wisconsin

www.uwtriathlon.com

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For the first time in three years, the weather cooperated for Ironman Wisconsin. In 2005 athletes were faced with 90 de-



gree heat and high humidity—the drop out rate nearly reached 19%. Last year, in the 2006 race, cold temperatures and persistent rain had many debating which of the two years was the worst—statistically nearly 11% of the participants dropped. This year was quite different; near perfect conditions allowed for one of the most pleasant Ironmans to date. The UW-Triathlon Club had many finishers all of whom represented UW very well by posting very impressive times. In fact, club members Eric Bean and Julie Esch both qualified for the Ironman World Championships in Kona! Congratulations to all who participated!

Sponsor Highlight—Blue Seventy Wetsuits

Rated Triathlon Wetsuit of the Year!

(According to the 220 Triathlon Awards 2007)

“Our design philosophy is simple - to create products that help swimmers reach their full potential. “



Pictured: A Men's Helix and a Woman's Energie wetsuit.

Support our Sponsor!: Ironmanwetsuits.com

Contact Jennifer for more information on our sponsors:

jlachowiec@gmail.com

Other Notable Race Reports

If you think Ironman is extreme, Zeb Breukman and Chris Clausen both completed a 50 mile run in Minnesota! To learn about the race, check out the race report:

<http://www.uwtriathlon.com/MessageBoard/viewtopic.php?t=2379>

Bill Martin and Jess Yurchich both had an exciting trip to Germany in which they raced at Age Group Worlds. Jess was randomly drug tested and Bill raced through a nagging knee pain! Learn more about their exciting story:

<http://www.uwtriathlon.com/MessageBoard/viewtopic.php?t=2347>

Upcoming Races:

<http://www.uwtriathlon.com/schedules.htm>

What: Duck-a-thon

When: October 13th

Where: Lodi Wisconsin

Distances: 125 yd swim, 7 mile bike, 3.75 mile run

Race Link:

http://www.loidi.k12.wi.us/sdlweb/YMCATracy/Duckathon07_lodi.pdf

HAVE YOU SIGNED UP YET?

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.

RACE REPORTS

<http://www.uwtriathlon.com/results.htm>

Purdue Boilerman 9/22 West Lafayette, IN

Spencer Tweed 2:18:26

Jack Dudley 2:29:16

Madeleine Bennett 3:01:55

Sarah Rous 3:02:59

J-Hawk Latebird 9/30 Whitewater, WI

F15-19

Susie Marceau 1st 1:26:03

Rachael Steller 4th 1:44:54

F20-24

Ashton Lloyd 1st 1:25:07

Laura Russo 4th 1:28:22

M20-24

Spencer Tweed 1st 1:05:42

Fox Cities Marathon 9/23/07 Appleton, WI

Evan Joyce 11th 2:56:31

Kevin Eichinger 217th 3:54:22

Devil's Lake Sprint Triathlon 9/19/07 Baraboo, WI

M19 and Under

Matthew Kvalo 3rd 1:33:21

Joseph Verstegen 6th 1:42:36

F20-25

Kaitlyn Busse 1st 1:25:023rd

Overall Female

Laura Russo 8th 1:42:24

Kaitlyn Verstegen 20th 1:55:22

M20-25

Pat Verstegen 14th 1:35:36

Joe Palac 17th 1:38:30

Jeff Kokott 27th 1:50:31

M26-30

Adam Book 1st 1:19:10

Elite

Andrew Haertel 19th 1:42:46

Ironman Wisconsin 9/9/07 Madison, WI

M-Pro

Eric Bean 6th 9:08:38

F18-24

Julie Esch 1st 11:23:59

Jen Lachowiec 3rd 12:48:38

Kathleen Bishop 5th 13:09:07

Vanessa Hensey 11th 14:01:15

M18-24

Keegan Karl 6th 10:52:09

Ryley Karl 8th 10:57:12

David Ziehr 12th 11:01:26

Ben Peirick 14th 11:16:21

Sam Schwaller 33rd 12:24:11

Silas Bernardoni 60th 14:28:16

F25-29

Vanessa Curtis 4th 11:10:57

Thea Larson 44th 13:26:25

M25-29

Ken Laczkowski 61st 11:40:31

Lake Geneva Half Ironman Triathlon 9/8/07 Lake Geneva, WI

Evan Joyce 3rd Overall 4:47:00

Superior Trail 50 Mile Run 9/8/07 Lutsen, MN

Zeb Breuckman 12th 10:36:55

Chris Clausen 15th 10:42:52

Moose Mountain Marathon 9/8/07 Lutsen, MN

Andrew Haertel 14th 5:04:40

Meghan Korol 45th 6:06:42

ITU Age-group World Championships 9/2/07 Hamburg, Germany

F18-19

Jess Yurchich 7th 2:34:38

M20-24

Bill Martin 98th 2:21:17

Chicago Accenture Triathlon 8/26/07

Olympic Distance M25-29

Jack Dudley 65th 2:33:15

Other News

Important Race Sign-ups

Just a heads up on some registration deadlines...

Ironman WI 2008 collegiate division closes after 100 entries or by December 31st. The website is www.ironmanwisconsin.com.

The Spirit of Racine Half Ironman on July 20th, 2008 registration (at the \$95 price point) opens on Oct 1, 2007. This early bird price is only valid for 7 days. Register online at www.spiritofracinetri.com.

For more information contact Jess Yurchich:

yurchich@wisc.edu

Workouts in motion

All abilities are welcomed!

Learn some of the best running/biking routes in the Madison area! Learn to improve your stroke! Make new friends!

Questions, comments, concerns?

Email Vice President Dan Albright:

dalbright@wisc.edu

Volunteer Event!!

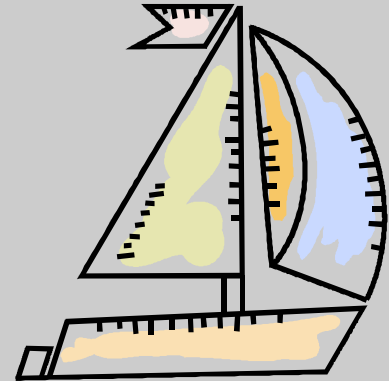
the Turkey Trot is a 5K/5 mile running race on Saturday, November 3, 2007 at Warner Park. It's an MATC Foundation Fundraiser and they are looking for volunteers to help with data entry, chip takers, chute workers, or mile marker workers/split readers. If you're interested shoot Hannah an email and include your t-shirt size.

hsievers@wisc.edu

Upcoming Social Events

Paintball is canceled due to low interest. However, we are going on a boat cruise! Keep posted for details on this fun filled event!!

craven@wisc.edu



Meet Your Teammates



Danny Craven

Danny is a senior majoring in biology and is currently the social coordinator for the UW Triathlon Club. Danny's first triathlon race was the Woodson YMCA Sprint Triathlon—this race hooked him into the world of multi-sport. Danny's favorite race is the Stevens Point Lactic Edge triathlon but he enjoys all aspects of the sport.. Danny likes finishing ahead of his girlfriend Jess Yurchich and he also likes the bike to run transition. In his spare time, Danny enjoys playing the guitar or piano and eating fruit roll ups in limitless supply. Danny hopes to complete Ironman 2008 and to also compete in Worlds in 2009.



Jess Yurchich

Jess is a sophomore majoring in business and is currently the race coordinator for the UW Triathlon Club. Jess's first triathlon race was the Danskin Women's Triathlon held in 2003—this race hooked her into the world of multi-sport. Jess's favorite race is Collegiate Nationals but she also loves the entire multi-sport lifestyle. Jess believes she excels at the running portion of races and has many experience with various different racing venues. Her biggest words of advice: remember to check the aide station cups before dumping it over your head! Jess hopes to continue participating in many races including Ironman 2008, but her ultimate goal is to beat her boyfriend, Danny Craven, in a race! Jess isn't afraid of much, but she is afraid of the wild turkeys the roam the arboretum.

UPCOMING EVENTS/DATES

October

1st: First Day to sign up for Racine

13th: Lodi Duck-a-thon

UW-Triathlon 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 provide 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.

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

October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>First Day to sign up for Racine</i>	2	3	4	5	6
7	8	9	10	11	12	13 <i>Lodi Duck-a-thon</i>
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 			

How Does Your Sports Drink Compare?

