

UW TRI TIMES February 2007

Freezin' for a Reason: The 2007 Polar Plunge

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6 UW Tri team members took their training to the next level by completing their first open water swim of the year on February 17th in Lake Monona.

The event was a fundraiser for the Wisconsin Special Olympics, and the swim was actually just race to get out of the freezing water, but it was refreshingly intense despite its short duration.

The Triathlon Team also provided volunteers to help run the event, which turned out to be a big success for Wisconsin Special Olympics. The Madison Polar Plunge raised over a quarter of a million dollars this year; the money will be used to provide people with cognitive disabilities opportunities to participate in athletics.

Thank You to everyone who volunteered!



Triathletes Taking the Plunge:
(From Left) Danny Craven, Sara Eskrich and AJ Haertel

Spirit of Racine Half Ironman Team Registration Deadline

The Spirit of Racine Half Ironman is one of the UW Tri Team's most popular races for many reasons: Racine is just 90 minutes away from Madison, the race is well run, the spectators are great, and the course is very fast. Last year the team had more than 20 people race, and our racers placed quite well. Check out the September newsletter on the website for last year's race report.

Because of last year's awesome turnout, this year team members who register with the team will be

getting a discount on the race entry fee. In order to get the discount you need to fill out a mail in entry form, which is available at www.spiritofracinetri.com and get it along with your entry fee of \$ 95 to Bill Martin by **MARCH 1st**. (the deadline has been moved up because the race is selling out faster than originally expected). This is a great race, so don't miss out. Contact Bill Martin wdmartin@wisc.edu with any questions.

Spirit of Racine

5TH ANNIVERSARY

TRIATHLON

The Sprit of Racine Half Ironman is on Sunday July 22nd this year.

News & Notes

New Newsletter Editor Needed

Triathlon Team is currently seeking a new Newsletter Editor because the Zeb Breuckman will be moving to Treasurer. The Newsletter Editor takes minutes at officer's meetings and writes the newsletter.

Anyone interested in the position is encouraged to email Team President Jen Lachowiec <jlachowiec@gmail.com>. Please include your reasons for seeking the position, your involvement in the triathlon team this year, and any other pertinent information.

Attention People Going on Spring Break!

We still need cars! It's time to beg to borrow a car to drive to Texas for Spring Break so no one gets left behind. Remember you will get reimbursed for gas, and the team will pay for an oil change. If there is any chance you could get a car for Spring Break please email Bill Martin wdmartin@wisc.edu and let him know as soon as possible.

Bill is also knee deep in planning for Nationals and all the other races this summer so he'll get enough gray hairs without having to worry about finding cars for spring break.

Thank You to everyone who has already volunteered to bring a car!

Thank You to Orion and Delta Theta Sigma

The UW Triathlon Team would like to thank team member Orion Schultz and the Delta Theta Sigma fraternity for hosting this year's winter formal. This year's formal was a great success, and we couldn't have done it without you!

Horribly Hilly Hundreds Registration Opens March 1st at 10 a.m.

The Horribly Hilly Hundreds <http://horriblyhilly.com/home.html> are a grueling cycling event which takes place on the country roads West of Madison. There at 100km and 200km rides which are both Horribly Hilly.

The Horribly Hilly Hundreds are a very popular event and sells out very quickly. Registration for the rides will open on March 1st at 10 am on active.com This year's ride will take place June 16th.

Last Chance for Fundraising

For team members still trying to qualify for discounted racing this summer by completing 3 volunteer and 3 fundraising events, please note that the last fundraising opportunity planned for this year will be the letter writing campaign. To get credit for this event you need to send a letter seeking donations to 5 people by March 10th. Contact Jenna Acker at <jcacker@wisc.edu> for further instructions and to get the fundraising letter template emailed to you.

Race Results: February

Sampson Stomp 5k (1/21/07)

Andrew Haertel 90th 22:54

Valentine's Day 5k (2-10-2007)

Place-Name-Time / Pace

- 8 - Nick Rhoads - 17:42 / 5:42
- 13 - Adam Book - 18:36 / 6:00
- 15 - Zeb Breuckman 18:40 6:01
- 24 - Jackson Potter 19:37 6:19
- 37 - Rachel Penczykowski - 20:21 / 6:33
- 73 - Julie Sauer - 23:28 / 7:33
- 100 - Lauren Kasten - 25:14 / 8:07
- 160 - Emily Zimmerman - 30:53 / 9:56

Team Time Trial @ the Shell (2-24-07)

3200m

- Jen Lachowiec 13:25
- AJ Haertel 13:13
- Jackson Potter 12:12

5000m

- Rachel Penczykowski 20:25
- Carl Kaiser 19:47



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

Time to Start Thinking about Fun in the Sun!

The weather here in Madison has been frightful lately, but, the highs in Austin Texas are still in the 70s and 80s... Spring Break (March 31st to April 7th) is right around the corner!

Wild Bill Martin has started to put together a packing list for people going to Texas. Here's the preliminary list of things to think about having for Spring Break; check it over and let us know if we've forgotten any essentials.



Swimming Stuff:

- Swimsuit
- Wetsuit
- Goggles
- Swim cap
- Towel
- Sunscreen
- Hot Tub Attire



Biking Stuff:

- HELMET
- Functional Bike
- Bike shoes
- Bike shorts/ Jersey
- Flat fixing kit
- Tire Levers
- CO2
- Patch Kit
- Spare Tubes
- BodyGlide
- Cell Phone w/ Teammates #s
- Ziplock Bags
- GU/Energy bars
- Bike Gloves
- Light Jacket
- Sunglasses
- Water Bottles
- Sports Drink



Running Stuff:

- Running shoes
- Watch
- Workout clothes
- Running cap/visor
- Headlamp
- Heart rate monitor



Other Necessities:

- Cowboy hat
- Money
- CD player, movies
- Non-workout clothes
- One nice outfit-optional
- Something warm
- Sleeping bag/ pillow/ Teddy bear for campers
- Toothbrush, deodorant
- Common Sense



Upcoming Events

February 26 & 27— Bucky's Blood Drive Volunteer Opportunity. Email the event coordinator directly to sign up for a shift. btrachtenber@wisc.edu.

March 1st— Spirit of Racine team registration deadline. Checks and mail in registration forms need to be given to Bill Martin by this date to get the team discount on the race entry fee.

March 1st— Turn in full time registration forms to Bill Martin if you are going to Collegiate Nationals.

March 1st— Registration for the Horribly Hilly Hundreds Bike ride opens at 10 am on active.com

March 4th— Team Order Deadline for Kestrel (Bikes), Blue Seventy (Wetsuits), GU (nutrition and apparel) and SockGuy (Socks and apparel)

March 10th— Letter Writing fundraiser deadline (Letters must be mailed by this date)

March TBA— Girls' Night

March TBA— Texas Night Social

March 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 <i>Bucky's Blood Drive Volunteer Event</i>	27 <i>Bucky's Blood Drive Volunteer Event</i>	28	1 <i>Spirit of Racine Registration. HHH Reg Opens @ 10 am</i>	2	3
4 <i>Team Order Deadline for Kestrel, Blue Seventy, GU & SockGuy</i>	5	6	7	8	9	10 <i>Letter Writing Fund-raiser mailing deadline</i>
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Aaron Kamnetz has resigned from his position as Treasurer to concentrate on coaching and training. The UW Triathlon Team would like to thank Aaron for his service as Treasurer this year and wish him good luck in his other endeavors.

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>