

UW-Madison Triathlon Team



Newsletter



Issue 1

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New 2004-2005 Officers

On April 4th the team had their election meeting for new officers. The meeting was very successful, as well as entertaining. The past officers have carried the club to a new level. With their hard work and dedication the club has grown to 170 members strong, and been very active and successful both locally on campus and in the community, as well as nationally. The team would like to give a huge thank you to the outgoing 2003-2004 officers for all of their time, commitment, and enthusiasm:

<i>President</i>	Francis Donovan
<i>Vice President</i>	Becky Washkuhn
<i>Treasurer/Secretary</i>	Heidi Adams
<i>Race Coordinator</i>	Brodie Birkel
<i>Sponsorship Coordinators</i>	Jesse Adams and Joe Scherman
<i>PR/Volunteer Coordinator</i>	Lauren Steinhardt
<i>Apparel Coordinators</i>	Brianna Cash and Katie Mahoney
<i>Social Coordinator</i>	Matt Bailie
<i>Web Master</i>	Mike McLean

The new officers are in the process of being trained in. The incoming and outgoing officers held a retreat workshop facilitated by facility member Tara Cordes. Officers are also meeting individually to pass off the knowledge and experience they have.

The team would like to welcome the new 2004-2005 Team Officers into their positions:

<i>President</i>	Heidi Adams
<i>Vice President</i>	Alex Viana
<i>Treasurer</i>	Becca Terlizzi
<i>Race Coordinator</i>	Kelly Korevec
<i>Sponsorship Coordinator</i>	Emily Naparalla
<i>Fundraiser/Volunteer Coordinator</i>	Chelsey Green
<i>Social Coordinator</i>	Erich Brauer
<i>Web Master/Secretary</i>	Mike McLean

All of the officers would also like to extend a big thank to the *Faculty Advisor* **Tim Gattenby** and *Facilitator* **Tara Cordes** for all of their hard work and effort that they put into supporting this club and inspiring it to new heights. Thank you!

Officer Updates

Race Coordinator: Team Deposit Deadlines

Please get your race deposit to Brodie Birkel or Heidi Adams by the following dates in order to travel with the team. Don't forget that you must register for the race as well.

<i>Race</i>	<i>Race Date</i>	<i>Deposit Due/Cost</i>
Elkhart Lake	6/12/04	May 14th/\$15
Muncie ½	7/17/04	May 14th/\$50
Canada	8/22/04	May 14th/\$55

For more details visit:

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

Sponsorship Coordinator:

*An order for Rudy Project, Sockguy, Saris, CycleOps and Powertap was just placed. Please allow several weeks for the orders to arrive. An email will be sent out when they are ready to be picked up.

*Profile is taking longer than expected. We're unsure of the arrival date. Sorry for the delays.

*Uniforms and custom cycling clothing won't be in until after finals, possibly as late as June. Sorry for any inconveniences.



Spring Break

From March 12th-21st twenty-nine of the team members traveled to Gatlinburg, Tennessee. It took them 12 hours to drive there, which was well worth the travel. They chose Gatlinburg for the beautiful location and excellent riding conditions.



They stayed at a beautiful cabin called Hidden Point Lodge with full cooking facilities, a hot tub, pool table, and

plenty of space. The main purpose of the trip was to establish a biking base for the upcoming season. The Smoky Mountains were a great area to work on hills and endurance. Riders added between 100 and 350 miles to their bike during the week. Every one made it up and down the mountains safely, except a crash near the beginning of the week by Joe Scherman. (Pictured Below) He wrecked his bike, but was thankfully wearing his helmet so he was fine



beside some minor road rash. He got his bike fixed the next day, and continued to ride the rest of the week. Now that's perseverance! Not

only did they do extensive riding but they also swam at a local pool and ran. Of course since it was spring break, there was also lots of hiking, hot tubing, and having fun. The trip had a very laid back atmosphere, giving everyone something to do. Race Coordinator Brodie Birkel planned and coordinated this very successful trip; everyone appreciates all of his time and hard work! Many memories and friendships were made, and we're looking forward to another exciting trip next year!



For Information on Hidden Point Lodge visit:
http://www.cabinsforyou.com/cabin.asp?property_id=521

Socials

An important part of our team is the socials. These help build friendships and a strong sense of team, instead of just individuals. This semester we went to Boulders Climbing Gym, pictured below, to work on our strength and coordination. (<http://www.bouldersgym.com/>)

Mexican Fiesta! On Friday, May 14th, there will be a fiesta at Vilas Park at 3PM. We encourage you to bring friends! Food will be provided. Please email Erich Brauer by Wednesday, May 12th at brauere@yahoo.com with how many guest you're bringing. This will help us plan for food. Hope to see you there!



Race Results

The team has already participated in a variety of races so far this season, including 5k-10mile running races, triathlons, and marathons. Congratulations to those who competed and completed their races. Train on! The following are known races that members have competed in:

Black Earth 10 Mile Run: April 3rd, 2004

These guys battled some mighty fierce winds and some clothing issues, but they still had an awesome race.

<i>Dan Grear</i>	62:10
<i>Alex Viana</i>	65:24
<i>Ryan Byrne</i>	66:00

5K Poker Run: April 14th, 2004

This run is put on by the UW-Kinesiology Club. Runners were chased to the finish line by an oncoming storm, but finished just in time.

<i>Alex Viana</i>	17:29
<i>Heidi Adams</i>	26:32

Boston Marathon: April 19th, 2004

After battling some hot abnormal 85 degree weather, both of our teammates finished, and finished well.

Ryan Byrne 3:26.50
Dan Grear 3:31.04

(Results:

http://www.bostonmarathon.org/cfm_Public/2004/pg_RaceAdvanced2004.cfm)

(Race Results Continued)

Country Music Marathon: April 24th, 2004

Liz was our single competitor from our team at this race. This race took place in Nashville, Tennessee. Great job Liz!

Liz Adamczyk 4:24.06

Crazy Legs 8K: April 24th, 2004

Crazy legs is a very popular race in Madison, with over 12,200 participants. The team was well represented by the following athletes.

Peter Wyant 28:34
Danny Noonan 28:45
Alex Viana 29:36
Matt Ziehr 31:51
Brian McNulty 33:12
Sean Spencer 34:05
Tiffany Gerovac 37:27
Meghan Korol 39:05
Maggie Steingraber 41:14
Rebecca Terlizzi 44:12

(Results:

<http://www.crazylegsclassic.com/clresults.html>)

Collegiate Nationals Triathlon: April 24th, 2004



(Not Pictured: Erich Brauer)

This crew of seventeen traveled 30 hours in the car to represent UW-Madison at Collegiate Nationals in Lake Havasu, Arizona. It was an Olympic distance race (1.5K/40K/10K). Beside Mike Cook going to the hospital for an IV the day before the race, and Erich getting an IV after the race, everyone survived the traveling and the heat. Despite the need for medical assistance, both Mike and Eric finished their races! Chris Clausen got two flats so he ended up running the last 3 miles of the bike just so he could do his run and finish! This team has dedication! At the time this was published Luisa Bryce and

Brandon Kopald's results had not been posted yet.



(London Bridge, Lake Havasu)

Michael Boehmer 1:59.29
Francis Donovan 2:13.56
Kelly Korevec 2:15.17
Jesse Adams 2:17.15
Brodie Birkel 2:30.11
Brianna Cash 2:30.38
Lauren Steinhardt 2:32.24
Mike Cook 2:42.02
Atalie Hagman 2:52.17
Heidi Adams 2:54.19
Erich Brauer 2:55.04
Joe Ewert 2:59.51
Chris Clausen 3:05.31
Riley Schreiner 3:12.54
Emily Naparalla 3:13.43
Kristin Korevec (Exhibition) 2:35.44

(Results:

<http://www.tucsonracing.com/NCTres04.htm>)

J-Hawk Triathlon: April 25th, 2004

This is a great sprint distance triathlon for those getting into the sport. It's also called the Early Bird Triathlon for how early in the season it is. This is why the swim is in the pool. No one is quite crazy enough to swim outside yet-just wait about two more weeks!

John Otterson 1:11.46
Diana Ellerkamp 1:26.19
Caitlin MacNair 1:34.02
Ginny Sievers 1:46.29
Anne Olzerowicz 1:47.13
Lindsay Brauer 1:48.29

(Results: <http://www.timingiseverything.com/>)

Please keep the team up to date with races that you and team members compete in throughout the season. Please post races you're planning on doing under "Races" on the message board, and share your results race stories under "Results and Reports".

Ironman

Madison is once again hosting Ironman Wisconsin. This is a great Ironman for athletes, volunteers, and spectators. It will take place on **Sunday, September 12th, 2004**. Many volunteers are needed; they are what make the

race. Please sign up to volunteer at http://www.sportsinwisconsin.com/volunteer/index.php?category_id=994. There are many opportunities to volunteer from life-guarding to applying sunscreen to catching athletes as they cross the finish line. You also receive a t-shirt, an awesome awards banquet, and lots of satisfaction.

(Continued...)

(Ironman Continued)

We have a record number of athletes (28!!) participating in Ironman Wisconsin from the team. They are as follows:

Adamczyk Elizabeth	Krzesinski Paul
Birkel Brodie	Maves Peter
Book Adam	McPheters Alec
Brauer Erich	Nighorn Katie
Bryce Luisa	Olson Tom
Byrne Ryan	Park Brian
Cash Brianna	Park Brenda
Clausen Chris	Ratzburg Mark
Cuta Lindsay	Schaning Brian
Farrell Scott	Schreiner Riley
Gear Dan	Steinhardt Lauren
Kelm Cynthia	Theis Laura
Koehler Julie	Wencel Lauren
Korevec Kelly	Zimmerman Nicole

For contact information go to the "Ironman" link on the webpage. Good luck and happy training to all of the athletes! These athletes will appreciate all of the support and encouragement from many, many volunteers and spectators.

Workouts

As the end of the school year approaches, the regularly scheduled workouts are tapering down. That means if you're going to be around this summer and want company working out-let us know! If there's enough interest we'd like to have a summer workout schedule. Send an email to Alex Viana at acviana@wisc.edu with what workout you want to lead, the day and time of the week, the place, and the approximate pace. Of course, you're still welcome to post individual workouts on the message board under "Workouts". Also email Mike McLean to be on the summer listserve. This way, members who are going to be out of town for the summer won't receive a lot of unnecessary emails. Happy training!

Sponsorship Updates

Boulders Climbing Gym

Rock climbing is a great way to enhance your triathlon training. It's a great cross training sport that builds core strength, agility, and flexibility. Here are some deals that you should be aware of:

- 1) Members get 20% off-\$15 with a harness, and \$11.75 w/o (Day Passes)

- 2) Tuesday nights are "College Nights" after 7PM. It's only \$7.50 with a student ID!

- 3) In May, summer memberships will be on sale for \$120

If you have any questions contact team member Nick Rhoads at nickrhoads@lycos.com. You can also visit their web page at <http://www.bouldersgym.com/>.

Profile Design

We are currently approved for the 2004 season of Profile's Pro Purchase program. They have many great offers for us. We have already done the Profile order for the year, but if you are interested in Profile products, they are available for the triathlon team discount at Machinery Row Bicycles.

Machinery Row/Budget Bicycles

Remember that you get 15% off most products at Machinery Row and all Budget Bicycle stores. Visit Machinery Row Bicycles online at <http://www.machineryrowbicycles.com/>.

Sock Guy

Gotta love great socks! Derek from Sock Guy will have some new stuff soon...so keep your eye out! Check out all of the cool socks at <http://www.sockguy.com/>.

SPONSORSHIP CONTACT

Make sure if you have any questions about Sponsorship issues you contact Emily Naparalla at emnaparalla@wisc.edu.

Triathlon Class

We're lucky here at UW-Madison to have a



triathlon class offered. Tim Gattenby is the instructor, who is also the team advisor. He helps beginners, as well

as advanced athletes improve their skills and learn new things about the sport. The class meets every MWF from 7:45-9:15 during the Spring semester only.

This past Sunday, May 2nd, they had their class race. It is a requirement that everyone in the class does the Olympic distance race at the end of the year. Well no one finished this year. Why? Because there was a May blizzard which brought over an inch of snow!



This was so unexpected that students were biking in their wet swim shorts. Half the class made it back from the bike, and the other half had to be pulled from the course. Everyone took a good hour to thaw out in the showers from their near hypothermia conditions. They were one tough class though! Awesome job at fighting the elements!

Web Site

Hopefully most of you have discovered our awesome new website! If you haven't, you definitely need to check it out. Go to www.uwtriathlon.com. If you have any questions, submissions, such as race results or pictures, or suggestions for the web page contact the Web Master, Mike McLean at mbmclean@wisc.edu. Here's a quick guide to what you'll find on the page:

Message Board: This has become the main source of communication within the team. We have over 100 registered users. Some of the topics under which you can post messages are Workouts, Classifieds, Races, Results & Reports, Ironman, and Advice. This is a great way to spread and receive information.

Schedules: Here there is a workout schedule which was for the Spring semester, and will be changing, a race schedule with all of the pertinent information, and an events schedule which has upcoming socials, etc.

Team: This has pictures, info for prospective members, and coming soon, race results, and member bios.

Newsletter: This newsletter is posted there, make sure to check it about once a month during the season. Also non-team members, such as friends and family that want to know about the team can sign up there to receive the newsletter.

Sponsors: A list and description of our sponsors and links to their web pages.

Ironman: There is a list of the team members that are doing Ironman along with their email addresses, as well as an animated bike course by Jesse Adams, which is great for learning the course.

Community Service: See all of the ways we are active in our community.

Contact Us: A list of the officers and their email addresses.

Links: Great links for UW and triathlons.

UW-Madison: The University's homepage.

Classifieds

If you want to sell something or are looking to buy something and want to include it in the next issue of the newsletter, send an email to Heidi

Adams at hjadams@wisc.edu with the item, approximate cost if selling, and a detailed description of the item you're looking for or selling.

The following items are all being sold by Kyle Handley, if you're interested, contact him at khandley@tds.net:

Ironman Elite Sleeveless Wetsuit: \$85; Used 2 seasons, Should fit someone in the 5'8"-5'11" range. It's in very good shape.

Performance Sleeveless Wetsuit: \$30; Used about 2 seasons. This is made by Performance bike. It is smoothskin, will keep you warm and provide some bouyancy. A basic wetsuit for someone 5'9"-6' ft tall

Kestrel 650c Carbon Aero Fork: \$125; Carbon fork with Cro-Mo steer tube from the leaders in carbon fork tech. See it here <http://www.kestrel-usa.com/products/forks/index.html> I used this for about 9 months of racing. It will work for you if you head tube is 14 cm long or less (that's most of you). 210mm of steer tube left.

Ritchev WCS Stem: \$50; Super light, used one season, 9cm length with -17 degree drop (level with top tube). One of the lightest stems out there. Used about 9 months. Fit's 1 inch or 1 1/8 stems.

American Classic Titanium Seapost: \$50; 235mm length, all ti, great seat post, lightweight; Used only 2 seasons.

X-Lab Flatwing: \$15; Good condition. Holds bottles behind seat and bolts your saddle rails. Used 1.5 seasons.

Newsletter Info

Special Thanks to:

*Lauren Steinhardt, Francis Donovan, Ryan Byrne, and Cheryl Adams for Pictures

*Brodie Birkel for contributions to the Spring Break Article

*All of the sponsors for contributing updates, and their continued support

Submissions, comments, and questions about the newsletter can be directed to:

Heidi Adams

620 N Carroll St. Apt. 705

Madison WI 53703

(608) 215-5889

hjadams@wisc.edu