

UW-Madison Triathlon Team



Newsletter



Issue 2

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Mission Statement

This year the officers have created a mission statement for the club. Our goal for the club this year and in the future is embodied in our 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 offer 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.

New 2004-2005 Officer Contact Info

President: Heidi Adams

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Vice President: Alex Viana

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Treasurer: Becca Terlizzi

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Sponsorship Coordinator: Emily Naparalla

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Social Coordinator: Erich Brauer

Brauere@yahoo.com

Faculty Advisor: Tim Gattenby

gattenby@wisc.edu

Officer Updates

*From the Desk of Emily (Sponsorship):

The uniforms and custom cycling clothing is in! They turned out great-big thanks to Sugoi and Brodie for the design! All of the apparel is at Chelsey Green's house. Email her with questions at chelseygreen@wisc.edu.

*From the Desk of Becca (Treasurer):

The checkbook is now in her hands! If you need a reimbursement, refund, or have questions about your account, contact her at Beccs8@excited.com.

*From the Desk of Heidi (President):

The officers have been working very hard this summer to make improvements and get things rolling for the year. We're working on new volunteer opportunities, fundraisers, socials, and adding some more great sponsors. We're looking forward to an exciting and eventful year and hope to see many returning and new faces!



Sponsor Updates

***SockGuy:**

CARLSBAD, CA – July 12, 2004 - **SockGuy**, the manufacturer of the most comfortable socks you'll ever wear, has expanded its custom products to include digitally printed aero booties and custom logo'd baselayers.

The BRAND NEW custom baselayers will appeal to ALL cycling and running clubs as well as dealers and events looking for a great promotional item. SockGuy is offering very low minimums and great pricing with 1-2 week delivery on the baselayers. And the digital printing of the aero booties will allow SockGuy to match any color used by any clothing company. These items, along with the already successful customs socks, will further establish SockGuy as the king of custom accessories.

SockGuy redesigned their aero booties after 6 months of product development by riders around the world. The custom booties will be available at the end July in time for the fall season.

These new custom items from SockGuy will be an excellent addition to offer all their existing custom sock clients.

Watch for a SockGuy order this fall!

***Inside Out Sports:**

Inside-Out Sports has some great opportunities on 2003-year model bikes remaining in stock. Most of these are bikes are just over dealer cost. These bikes have most likely been test ridden and will show a little wear but are otherwise new and come with full manufacturer's warranties. Please call toll free 888-343-6313 x3 or email kyle@insideoutsports.com for more information.

| Comp. | Model | Size | Retail | Closeout |
|-----------|--------------------|------|---------|----------|
| QR | Kilo | 53 | \$1,399 | \$999 |
| | Zero Grvty | med | \$2,199 | \$1,199 |
| | | Lg | \$2,199 | \$1,199 |
| | Tequilo | 61 | \$499 | \$399 |
| | Caliente | 61 | \$2,199 | \$1,799 |
| Litespeed | Hyperion | 57 | \$2,095 | \$1,499 |
| | W/ Ultegra 9 speed | | | |
| | Vela | XL | \$1,595 | \$999 |
| | Wi/ 105 9 speed | | | |

| | | | | |
|----------|---------------------|----|---------|---------|
| Cervelo | P3 | 48 | \$3,199 | \$2,599 |
| | W/ Dura Ace 9 speed | | | |
| Elite | Magnus | 53 | \$2,249 | \$1,799 |
| | | 59 | \$2,249 | \$1,799 |
| | W/ 105 9 speed | | | |
| Felt | F85 | 56 | \$599 | \$475 |
| | W/ Tiagra Triple | 56 | \$599 | \$475 |
| Softride | RTT SE | Lg | \$5,250 | \$3,899 |
| | Includes Zipp 404's | | | |

Kickoff Meetings

There will be three kickoff meetings this year. On **Tuesday, September 14th @ 7PM, TITU**, the kickoff meeting will be for returning members *ONLY*. At this meeting we will go over the upcoming year, hand out the necessary forms for the year, and remind everyone of some important info.

On **Wednesday, September 15th and Tuesday, September 21st, both 7PM, TITU**, there will be new member meetings. These meetings are for those interested in being on the team. We will go over what the team is about and how they can join and be involved. Please spread the word to new members that are interested in becoming involved with our club.

Recruitment Fairs

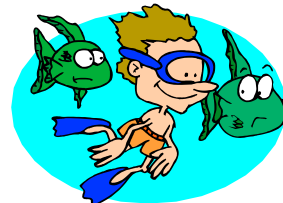
Do you know incoming freshmen, transfer students, or incoming grad students that would be interested in joining the team? Send them to our booths at the following recruitment fairs (Returning members can also stop by and say Hi!):

***Rec. Sports Showcase:** *Monday, August 30th from 11AM-5PM @ the Nat and SERF.*

***Involvement Fair:** *Tuesday, August 31st from Noon-4PM @ Library Mall.*

***Student Organization Fair:** *Wednesday, September 8th from 5-8PM @ Memorial Union.*

***Health and Wellness Fair:** *Wednesday, September 22nd from 11AM-2PM @ Library Mall.*



Race Results

Memphis In May Triathlon: May 23rd, 2004

We had a great crew attend the Memphis in May Triathlon. Most people competed in the Olympic distance race, and Dan Gear also raced in the mountain bike race. With the heat and slightly long run, this race was a challenge, but the post race food and beverages made it worth it! The 19&U females dominated their field as well!

Distance: 1.5K, 40K, 10K

M19&U

Alex Viana 4th 2:31.19

M20-24

Blake Becker 2nd 2:00.49

Brian Herzog 4th 2:06.42

Jesse Adams 9th 2:11.44

Dan Gear 10th 2:11.44

Kelly Korevec 12th 2:12.37

M25-29

Erich Brauer 32nd 2:34.54

F19&U

Brianna Cash 1st 2:30.51

Heidi Adams 2nd 2:51.58

Emily Naparalla 3rd 2:52.38

F20-24

Luisa Bryce 2nd 2:20.05

Kristin Korevec 3rd 2:20.09

Lauren Steinhardt 7th 2:24.48

Liz Adamczyk 13th 2:39.12

Atalie Hagman 15th 2:43.24

Katie Nighorn 18th 2:45.20

Diana Blau 19th 2:48.06

Chelsey Green 20th 2:48.11

Also...MIM Mountain Bike Triathlon

Distance: 1/2mile, 12miles, 3miles

Dan Gear 1:07.29 2nd Overall



(Dan Gear)

Mad City Marathon: May 30th, 2004

The Mad City Marathon was greeted with enormous amounts of rain and thunderstorms. But these athletes kept going and made strong finishes despite the weather conditions.

Distance: 26.2 miles

(Race Results Continued)

Tom Olson 3:37.07

Peter Wyant 3:37.46

Peter Maves 3:50.58

Sean Spencer 4:02.33

Becca Terlizzi 4:19.22

Lori Dunning 4:22.21

Laura Theis 4:25.40

Rebecca Washkuhn 4:25.50

Lake Mills: June 6th, 2004

Distance: 1/4mile, 15miles, 5K

F20-24

Lindsay Cuta 5th 1:18.26

Diana Ellerkamp 12th 1:26.12

Horribly Hilly Hundreds Bike Race: June 12th, 2004

One of the most challenging bike tours in the Midwest, this course covers many of the hardest climbs in southern Wisconsin. The 100K is said to be harder than a normal 100mile ride. Amongst the riders was Advisor Tim Gattenby, and Steven's Point Advisor John Baliff.

Distance: 100K and 200K

100K: Males

Tom McClintok 17th 4:30.35

200K: Males

Kelly Korevec 23rd 7:50.53

Paul Krzesinski 25th 7:56.07

Tim Gattenby 38th 8:20.14

John Baliff 190th 10:13.01

200K: Females

Liz Adamczyk 15th 9:34.04

Kristin Korevec 19th 9:57.54



(The team eating at the Macaroni Grill in Memphis)



(Race Results Continued)

Bellin 10K: June 12th, 2004

Distance: 10K Run

F19-24

Atalie Hagman 20th :45.48

Elkhart Lake Triathlon: June 12th, 2004

The transition area at this race was literally a mud pit from all of the rain that occurred this spring, and it was also quite cool. The cool temperatures were very comfortable for the run. This was a unique and fun distance for everyone.

Distance: 1K, 30K, 8K

Male Elite

Michael Boehmer 1st 1:29.43

Blake Becker 2nd 1:33.25

M20-24

Brian Herzog 3rd 1:35.46

Brian Schaninger 4th 1:36.46

Jesse Adams 5th 1:38.24

Nick Rhoads 7th 1:39.58

Danny Noonan 9th 1:47.53

M30-34

John Otterson 22nd 1:53.27

F19&U

Heidi Adams 2nd 2:08.09

F20-24

Chelsey Green 4th 2:06.59

F25-29

Lisa Skrzeczkoski 12th 2:19.43

Julie Koehler 13th 2:19.57

Clydesdale

Mike McLean 4th 1:45.59

Athena

Riley Schreiner 5th 2:17.32



(John Otterson at a cold Elkhart Lake)

High Cliff Triathlon: June 20th, 2004

What's with the weather this summer? With waves so large that the swim was shortened and almost cancelled, the wind was definitely a challenge at this race. There was a sprint and a half Iron distance.

Distance: Sprint: 1/4mile, 22 miles, 5K

F20-24

Rachel Lemke 3rd 1:57.40

Distance: 1.2miles, 56miles, 13.1 miles

M20-24

Peter Wyant 1st 4:37.07

Athena

Riley Schreiner 3rd 6:26.04

Verona Triterium Triathlon: June 20th, 2004

This is a very challenging course that is mocked after the idea of a criterium. For the swim the racers did three laps, getting out and running around a tree after each lap. The bike had two loops in it that climbed Observatory Hill in Paoli twice, and the run was also three loops. This was a very difficult course.

Distance: 1.5K, 40K, 10K

M20-24

Paul Krzesinski 1st 2:18.42

Danny Noonan 4th 2:34.23

F19&U

Heidi Adams 1st 3:03.42

F20-24

Thea Larson 2nd 2:54.35

Lori Dunning 5th 3:21.43

Maggie Steingraber 6th 3:26.47

F40-44

Denise Oen 9th 4:03.31



(Heidi Adams, Emma Radomski, Thea Larson, Maggie Steingraber, and Denise Oen at Verona Triterium)

Badger State Games Triathlon (Duathlon):

June 26th, 2004

The swim portion of this race was changed to a one mile adventure run since the algae in Lake Kegonsa made it unsafe for swimming. The adventure run included an obstacle course, running through sand and giant bouncy balls hanging from trees. It was a very interesting race, that's for sure.

Distance: 1mile adventure run, 17miles, 5K

(Race Results Continued)

M20-24

Adam Book 1st 1:15.17

M30-34

John Otterson 5th 1:17.10

F19&U

Heidi Adams 1st 1:31.23

(Race Results Continued)

F20-24

| | | |
|--------------|-----------------|---------|
| Thea Larson | 1 st | 1:25.45 |
| Cynthia Kelm | 4 th | 1:28.49 |

Timberman Triathlon: July 10th, 2004

Although only two people on the team did this race another six people went to Grand Rapids with them and did Ironman training workouts throughout the weekend.

Distance: 1.5K, 40K, 10K

M19-24

| | | |
|-------------|-----------------|---------|
| Jesse Adams | 3 rd | 2:02.58 |
|-------------|-----------------|---------|

F19-24

| | | |
|-------------|-----------------|---------|
| Heidi Adams | 4 th | 2:45.11 |
|-------------|-----------------|---------|



(Erich Brauer, Joe Sherman, Lauren Steinhardt, Laura Theis, Katie Nighorn, Riley Schreiner, Jesse Adams, and Heidi Adams after the Timberman Triathlon)

Stevens Point Triathlon: July 10th, 2004

This race is always a fun and fast race. It's well run by UW- Steven Point's Club Advisor, John Baliff.

Distance: 1000yards, 25miles, 6 miles

Male Overall

| | | |
|-----------------|-----------------|---------|
| Michael Boehmer | 1 st | 1:50.25 |
|-----------------|-----------------|---------|

M20-24

| | | |
|----------------|-----------------|---------|
| Nick Rhoads | 3 rd | 2:05.21 |
| Brodie Birkel | 4 th | 2:06.04 |
| Brandon Kopald | 7 th | 2:14.09 |

F20-24

| | | |
|---------------------|-----------------|---------|
| Thea Larson | 1 st | 2:22.00 |
| Atalie Hagman | 3 rd | 2:29.10 |
| Maggie Steingraber | 6 th | 2:39.14 |
| Rachel Penczykowski | 8 th | 2:46.27 |

F40-44

| | | |
|------------|-----------------|---------|
| Denise Oen | 1 st | 3:01.19 |
|------------|-----------------|---------|

Distance: 500yards, 15miles, 3miles

F20-24

| | | |
|-----------------|------------------|---------|
| Diana Blau | 1 st | 1:29.26 |
| Diana Ellerkamp | 4 th | 1:34.36 |
| Anne Olzerowicz | 13 th | 1:55.06 |



Back: Rachel Penczykowski, Nick Rhoads, Diana Blau, Brandon Kpald, Maggie Steingraber, Brodie Birkel; Front: Thea Larson, Atalie Hagman, Anne Olzerowicz at Stevens Point)

Pardeville Triathlon: July 10th, 2004

Distance: Sprint: 1/4 mile, 16 miles, 5K

M30-34

| | | |
|---------------|-----------------|---------|
| John Otterson | 3 rd | 1:09:38 |
|---------------|-----------------|---------|

Munice Endurathon Triathlon: July 17th, 2004

This race was one of most well attended half iron distance races. Despite getting lost on the way there, this group did well, and had a great time. Lauren Steinhardt and Luisa Bryce also had a great race together, as they crossed the finish line holding hands!

Distance: 1.2miles, 56miles, 13.1miles

Male Elite

| | | |
|--------------|-----------------|---------|
| Blake Becker | 5 th | 4:12.34 |
|--------------|-----------------|---------|

M19&U

| | | |
|--------------|-----------------|---------|
| Sean Spencer | 4 th | 6:10.27 |
|--------------|-----------------|---------|

M20-24

| | | |
|-----------------|------------------|---------|
| Paul Krzesinski | 2 nd | 4:27.41 |
| Brian Herzog | 3 rd | 4:30.31 |
| Peter Maves | 6 th | 4:54.0 |
| Chris Clausen | 10 th | 5:09.05 |

M25-29

| | | |
|--------------|------------------|---------|
| Erich Brauer | 46 th | 6:10.27 |
|--------------|------------------|---------|

F20-24

| | | |
|-------------------|------------------|---------|
| Lauren Steinhardt | 1 st | 4:56.24 |
| Luisa Bryce | 2 nd | 4:56.25 |
| Nikky Zimmerman | 6 th | 5:24.02 |
| Lindsay Cuta | 10 th | 5:50.10 |

Janesville Triathlon: July 17th, 2004

Distance: Sprint: 1/4 mile, 16 miles, 4 miles

Coed Team Relay

| | |
|-----|---------|
| 1st | 1:21:28 |
|-----|---------|

(John Otterson did the bike portion: 45:13)

Pewaukee Lake Triathlon: July 24th, 2004

Distance: Super Sprint: 1/4 mile, 12 mile, 1 mile

Male Overall

| | | |
|---------------|-----|-------|
| John Otterson | 1st | 56:56 |
|---------------|-----|-------|

(Race Results Continued)

Spirit of Racine Triathlon: July 25th, 2004

Another well attended half Iron distance; many athletes used this race as training for Ironman.

Distance: 1.2miles, 56miles, 13.1miles

M20-24

| | | |
|----------------|------------------|---------|
| Brian Schaning | 1 st | 4:20.18 |
| Nick Rhoads | 5 th | 4:30.34 |
| Dan Grear | 6 th | 4:35.04 |
| Peter Wyant | 8 th | 4:44.16 |
| Adam Book | 12 th | 4:53.55 |
| Brandon Kopald | 16 th | 5:07.55 |

M25-29

| | | |
|-------------------|------------------|---------|
| Jason Stayanovich | 16 th | 4:53.12 |
| Nick Sharrow | 40 th | 5:26.40 |
| Adam Lindsey | 49 th | 5:45.19 |

F20-24

| | | |
|--------------|------------------|---------|
| Liz Adamczyk | 6 th | 5:23.38 |
| Lisa Kieck | 12 th | 5:59.40 |

F25-29

| | | |
|-------------------|------------------|---------|
| Katie Nighorn | 20 th | 5:33.58 |
| Lisa Skrzeczkoski | 35 th | 5:55.14 |
| Julie Koehler | 44 th | 6:18.30 |

Clydesdale

| | | |
|---------------|-----------------|---------|
| Scott Farrell | 3 rd | 5:03.21 |
|---------------|-----------------|---------|

Athena

| | | |
|-----------------|-----------------|---------|
| Riley Schreiner | 9 th | 6:20.10 |
|-----------------|-----------------|---------|

Throughout the summer our 30 athletes have been training very hard with much dedication. Many of them have been coordinating workouts with each other, including many camping trips out of the Madison area to get a change of scenery and get in some quality training. Tim Gattenby also put on his annual Ironman Preview where he provided aid stations throughout the course. Thank you for volunteering your time, experience, and resources Tim!

There are also some opportunities to earn money for your team account by working at Ironman. WSDC is paying \$10/hour for helping out. They need help at the following times:
*Thursday, September 9th from 8AM-5PM
*Saturday, September 11th from 8AM-10PM
*Sunday, September 12th from 2-6PM and 10PM-2:30AM

We also have a free booth at the expo and in return we're going to help Inside Out Sports. However you will also get \$10/hour for your account. They need help at the following times:
*Thursday-Saturday, September 9th-11th from 8:30AM-7PM.

If you would like to work at any of the previous dates, contact Chelsey Green at chelseyg@wisc.edu.

Upcoming Races

In the month of August, team members participated in races such as Big Foot, Boulder Peak, Pigman, Waupaca, and a race in Canada. Also coming up is Age Group Nationals and Ironman. Watch for more results in the October Issue.

Ironman

As this year's Ironman Wisconsin draws closer, the excitement and anticipation is growing. There is much planning and preparation that is being done on both the participant and volunteer sides. There are many opportunities to get involved with Ironman.

With only 30 volunteers at our aid station, we're looking for many more! You can sign up for more than just our aid station, but the Breese Terrace Aid Station for the run is specifically ours. Go to www.sportsinwisconsin.com and sign up to volunteer. If you have questions about volunteering contact our awesome aid station coordinator Katie Lewitzke at krlewitzke@wisc.edu. We're going to have a hero these this year at our aid station so start thinking about which superhero or other hero you're going to be to support our athletes.

Volunteer/Fundraising Opportunities

In order to get discounted racing in the spring, you are required to do one volunteer and one fundraiser event for the team per semester. We're also doing a letter writing campaign for donations this year. This will NOT count towards your fundraising event for the semester, but we still encourage you to participate. On your team application that you will receive during the kickoff meeting, there will be spaces to fill in addresses and email addresses of friends, family members, and co-workers that you think would be willing to donate. To make things easier for you, it would be a good idea to bring these addresses to the kickoff meeting. Watch for more details about the following opportunities!

***Volunteering:**

- November: Working at a Soup Kitchen
- December: Adopt-a-Family
- January: Bike Swap
- February: Polar Plunge



(Volunteer/Fundraising Opportunities Cont.)

***Fundraising:**

- Homecoming Fashion Show (September 18th Noon @ Boston Store)
- Car Wash (Saturday October 2nd from 11AM-4PM @ Walmart)
- Team Calendar
- Community Days (November 20th)
- X-mas Shopping Fundraiser
- Pizza Coupon Fundraiser
- Bead Selling Fundraiser



(A group of team members at last Fall's Prom Show)

If you have any ideas or questions about volunteering or fundraising or want to sign up, contact Chelsey Green at chesleygreen@wisc.edu.

Friday Learning Series: The Triathlon Spot

Last year we had a Friday Learning Series; this year it's going to change. It will have a similar purpose, but will have some new additions. It's now called the Triathlon Spot and will meet at 1:30PM in the SERF AV room. There will also be a swim clinic offered beforehand.

This weekly session is geared for both new and experienced members. Everyone can get something from this program. We will be covering many topics that triathletes deal with and can improve their knowledge about. There will be topics covering everything from equipment to training, nutrition, transitions, Ironman, and experiences. Please contact Alex Viana at acviana@wisc.edu if you have an idea for a topic. We will also be combining the Triathlon Spot with fun activities so be sure to watch for details.

Socials

***Kickoff BBQ:** The 2nd annual kickoff BBQ is at Vilas Park on **Sunday, September 26th** from Noon-3PM. There will be food and beverage provided. Feel free to bring Frisbees, footballs, or other games. At 12:30PM we will be taking a team picture which will be used in our calendar fundraiser. Please bring a team shirt, or if you're

new to the team bring a red and white University of Wisconsin shirt that doesn't mention a sport. We hope to have a great turnout and see you all there!

***Pizza Party:** On **Saturday, October 16th** there will be a pizza party at Urban Pizza on the corner of Monroe and Regent. The back party room is reserved just for us. Entertainment, food, and beverages will be provided. Please bring \$5 to cover the expenses.

***Rock Climbing:** This year's rock climbing social will be on **Saturday, November 13th**. Rides will be coordinated closer to the event. Keep a lookout for details.

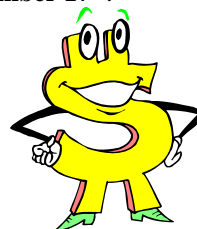
***Formal:** The third annual Tri Team Formal is set for **Friday, December 3rd**. We will be having dinner at Biaggi's again, along with a dance and party afterwards. Keep this date open, as this promises to be our best formal yet!

Multisport Donation

We are very grateful to Roch Frey and Paul Huddle from the Multisport Foundation who very graciously donated many boxes of fueling supplies, including Gatorade and Gu to our team. They donated it in appreciation of all of Tim Gattenby's hard work during Ironman. Thank you very much to all of them!!

Individual Accounts

As the treasurer job is being handed over from Heidi to Becca, they're working on putting individual account info into Quickbook files. Many of you have remaining balances in your account. If you have a negative balance, you will receive an email shortly asking to please pay your dept. If you have a positive balance, you have two choices. You can have your balance carried over to your new account, or we can write you a check for the balance. If we don't hear from you, your remaining balance becomes part of the team account. This is so we aren't carrying over accounts to the new files that are no longer active. If you think you have money in your account that you would like refunded or transferred to your new account please email Becca at Beccs8@excite.com by **Friday, September 17th**.



Workouts

We're looking for people who have some experience to lead workouts this fall. If you're interested in leading a workout, please email Alex Viana at acviana@wisc.edu with the following info:

1. Type of workout (swim, bike, run, other)
2. Days and times you can lead
3. Brief description (distance, pace, etc.)
4. Your experience with that sport

Due to attempts to slightly reduce the number of workouts from last semester you may be asked to combine with other people, and it is also possible that not everyone who suggests a workout will get to lead it. There will be a brief meeting for the workout leaders. This meeting will cover goals for the leaders. Please email Alex by **Wednesday, September 15th**.

Italy Training Trip

A member of the TriWisconsin team wanted to let us know that there will be a Triathlon Training Trip to Italy in April! It will cost \$3300 and will include the coaching/assistance of 3X Ironman Champion Heather Gollnick and a race in Italy. Watch for more details!

Francis and the Tour

Last year's President, Francis Donovan, spent the past summer touring Europe. Amongst his stops, was a visit of the Tour de France. If you watched the Tour coverage this summer you may have noticed a person running up the mountain in a black Speedo. Well that was Francis. He sent out some great pictures while he was there. We're glad he had a great trip and made it back safely.



(Lance Armstrong, yes that's really him)

Classifieds

***Bike for Sale:**

43cm 2200 WSD Trek w/ Aero Bars. Fits riders 4'10" to 5'4". Ridden one season. Brand new tires. \$650. Please contact Heidi Adams at hjadams@wisc.edu if you're interested.

Newsletter Info

Thank you to Francis Donovan, Rachel Penczykowski, Dan Oen, Laura Theis, and John Otterson for picture submissions.

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

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