

# UW Triathlon Team Newsletter



University of Wisconsin



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[www.uwtriathlon.com](http://www.uwtriathlon.com)  
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## Learn to Swim



Triathletes are known for their poor bike etiquette, but even more so for their poor swimming skills. Often, triathletes pick up swimming as their last sport and avoid training it because of their dread of swimming laps.

Our last Tri-Spot covered swimming, and here is an additional list of tips that can help.

- Work on bilateral breathing. This means learn to breathe on both sides of your body. This will help balance your stroke and help you swim in a straight line. It may also relieve shoulder aches that only develop in one shoulder.
- Practice drills like 10-beat kick. Take one stroke with your right hand and turn your

body onto your right side. Kick ten beats. Then take a left-hand stroke, rolling your body onto your left. This helps practice rolling your hips as you swim, generating forward motion.

-Practice spotting. Periodically when swimming, pull your head out of the water and pick a point to swim toward. Try to swim in a straight line without using the lines at the bottom of the pool.

-Learn to do dolphin dives. At the beginning of races in rough waters, the waves may initially push you back. By practicing dolphin dives, you will get used to getting over the waves to those buoys.

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## Tri-Team Publicity

### Special points of interest:

- \*Lodi Results, page 2
- \*Fundraising, page 3
- \*Important Dates, page 4

In the September 29-October 5 issue of *Wisconsin Sports Weekly*, the Triathlon Team was featured. The article began with the history of the team, which was started in the 1990s and grew with the popularity of the Ironman Wisconsin triathlon. It bragged about our hardcore workouts, our camaraderie, and awesome spring break trips in addition to our amazing hot bodies. The

MGsuperfan: and then he ripped the arm off a parking garage gate  
MGsuperfan: and walked around the rest of the night saying "free parking that way"



memorable quote came from Chelsey Green, "Easily the best thing about being part of the UW Triathlon Team is the amazing people—I've met my best friends through the team. There's a huge assortment of individuals — with varying interests, ideals, and abilities who just have a common interest in multisports." Awww, Chels loves us! For more information about the article, email Emily Kumlien at [ats@wisportsweekly.com](mailto:ats@wisportsweekly.com)

## Sponsors



### Attain Balance Acupuncture

As one of our newest sponsors, Don Quaintance, proprietor of Attain Balance, has offered us an amazing deal on acupuncture and massage. He is located on Wisconsin, right off of the Capitol. Take advantage of his amazing services. He is even willing to meet with groups outside of his office in order to work with us WHILE TRAINING.

His presentation at the Tri-Spot was extremely informative in revealing many of acupuncture's benefits. If anyone is interested in seeing some of the literature that was presented,



Attain Balance is located at 401 Wisconsin Avenue Madison, WI 53703 608.215.5260 [don@attain-balance.com](mailto:don@attain-balance.com)

Acupuncture's popularity on the coasts compares to chiropractic in the Midwest.

Don't miss out!

Visit the message board and watch your email for the most current information. Orders for winter have already passed. Uniform orders (along with jerseys and warmups) are due November 11. Get those in to Emily or Julie.



## Race Results

### Lodi Duck-a-thon 10/1

Since this is such small race, no official results are available, but thank you to Chris Clausen for posting what he knew. Not sure what the distances were.

#### Male 20-24

Rylie Karl 1st  
Matt Ziehr 2nd  
Chris Clausen 3rd 59:04  
Alex Viana 4th

#### Female 20-24

Diana Blau 1st  
Kelly Rouse 2nd

### Green Bay Duathlon 10/2

On the same weekend as Lodi. A few people doubled up with Lodi. It is a

5K run, 31 mi bike, 1mi run. This was the second annual race this year, and the turn-out keeps getting better.

#### Female 15-19

Jessie Duppler 1st 2:16:03  
Kiersten Frobron 2nd 2:41:47

#### Female 20-24

Kelli Hayes 1st 2:08:38

#### Male 15-19

Andrew Winker 3rd 2:08:32

#### Male 20-24

Brian Schaning 1st overall 1:42:05  
Mark Skiffington 6th 2:01:32  
Chris Clausen 8th 2:03:03

### Chicago Marathon 10/9

Perfect race: great weather, crowds, quick course. For more insight on the

race, see the article on page 3.

#### Male 15-19

Andrew Haertel 3:36:51

#### Female 20-24

Jen Lachowiec 3:48:15

Jen Downing 3:49:04

#### Male 25-29

Adam Book 2:57:05

As usual, my apologies to those I missed. Please let me know if you think your name should be here and isn't; I can put you into the next issue. Show off your skills and see who races your pace—find an amazing new training partner by volunteering your times for the newsletter! Email to [lachowiec@wisc.edu](mailto:lachowiec@wisc.edu).



## Fundraising Update

If you attended the latest team meeting, you know that we have a plethora of opportunities for fundraising, both personal and team, and volunteering. The board has decided to up the number of required volunteer events and fundraising events to 3 and 3, from the 3 and 2 before. We so many options available, discounted racing will be easy to earn. First up are the Community Days at Boston Store. The slots are filled up for that, but those interested can sell five of the \$5 coupons in order to earn credit for that event.

Second is out newest fundraiser, the Tri

Team Calendar. If you haven't seen one, you need to soon! These calendars are designed for the full of tri races important info. five will as one raising activity. They make great gifts!

Wondering about fundraising? All answers here!

Yet another opportunity to fundraise is to sell three Bucky Books. Each costs \$35 dollars, and provides more discounts than can ever be used. It definitely pays for itself.



For individual fundraising, the best way to go is to work the PerMar events. Fill out the application (you received it in your email last week) and send it to PerMar to earn money by attending and helping out at events like hockey and football games and concerts. Don't miss out on this great opportunity. Any questions—email Diana at [dmbrau@wisc.edu](mailto:dmbrau@wisc.edu).

## Volunteer Info

At the East Community Center we will be playing games with kids ages 5-18 On NOVEMBER 18th we will be organizing a Fitness Olympics with medals and ribbons to give out to the kids, which will be tons of fun!

Also on DECEMBER 9th the theme will be nutrition awareness, staying active (and whatever else we want to do). Contact Diana at [dmbrau@wisc.edu](mailto:dmbrau@wisc.edu) to sign up for a day. Be sure to let her know if you can drive as well.



## Chicago Marathon Adventures

Having run the Chicago Marathon last weekend, the amazingsness is still in my head, so I will share it with everyone along with some Adam Book quotes from the message board.

To begin, I just wanted to comment on how great it is to see people you do not expect to see before a race when you feel lonesome amongst almost 40,000 strangers. My cross country coach and I miraculously ran into each other before the race. His pep talk did not hurt! During the race, I spent the first 15 miles grinning stupidly. I was on some sort of endorphin rush. It was fantastic. The pain at the end definitely wasn't as bad as anticipated. But as Adam describes, a little friendly help wouldn't have hurt.

"At this point one of my friends jumped into the race and ran with me for the second half (I know this isn't legal in a triathlon but it was pretty great for the marathon). For the first 20 miles people were constantly passing my but everything changed here. At this point I was still holding 6:45 miles but each one felt

like we were speeding up, partly because my body was starting to get really tired and partly because I started to pass people. I'm sure you have all heard that a marathon has two halves, the first 20 miles and the last 6.2. So there was no shock when things started to hurt after mile 20. It all hit the fan with about 5 miles left, there was no more playing around at this point. All I could do was focus on turning my legs over and look for the next mile marker."

Great race! I advise everyone give it the old tri.

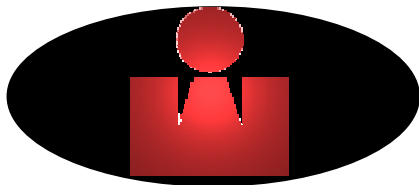
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UW Triathlon Team  
Madison, WI

Website: [www.uwtriathlon.com](http://www.uwtriathlon.com)

#### 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.



## Upcoming Races

Fall 15K October 23!  
Warner Park

Arizona Rock 'n' Roll Marathon  
January 15

Wow, this is empty—what else are people doing?

Happy Halloween!

## Coming Up...



October 24th  
Continuation of last week's T Spot with stroke analysis

November 1  
First spring break deposit due \$100  
Racine Early Bird deadline

November 11  
Uniform order due

December 2  
Triathlon Formal

Mark your calendars and don't miss the important due dates and events!

If you are interested in adding any workouts to the schedule or changing the times of any, contact Jim at [jpbujold@wisc.edu](mailto:jpbujold@wisc.edu).

## Officer Reports

Your chance to order apparel has passed, but not your chance to get uniforms, bike tops, and warm up jackets. These customized items are still available.

Jim wants everyone to buy calendars. They are his gorgeous creation. Buy them. Give them to your moms. Great Xmas Gift.

Be sure to get your out-of-state driving forms into Nick Rhoads if you have not done so already. They make the driving situation sooo much easier.

If you are interested in going on the Spring Break trip to Austin, get your monies into Chelsey Green ASAP. The spots are filling up quick.

Once again, I encourage all of you to submit EVERYTHING to the newsletter. I can put in any items of interest including Classifieds and Shout-Outs, news from sponsors and alumni. I welcome all input.

Contact me with questions, concerns, general team info, and newsletter input at [lachowiec@wisc.edu](mailto:lachowiec@wisc.edu).

