

UW Triathlon Team Newsletter



University of Wisconsin



Volume 2
Issue 6

www.uwtriathlon.com
Corrections, questions,
concerns:
Lachowiec@wisc.edu

Making the Plan

As Jim and Nick mentioned at Tri 101, some triathletes like to use a schedule for planning their season. Whether in the off-season or during taper times, many experts advocate logging your workouts. This often allows athletes to trace the causes of injuries through examining patterns, and to stay on track with workout frequency and intensity. Some people swear by their log (like me) but others prefer to wing it.

For those interested in logging workouts, many tools are available, ranging from a simple steno notebook, to expensive computer software compatible with heart rate monitors.

The Triathlete's Training Bible, a highly recommended book, contains what I consider



a very intense method of recording workouts with pages from which to photocopy. A website known as ontri.com provides a handy place to both plan workouts and record. Adidas offers a running program at their website used to trace mileage, pace, and heart rate.

I have found the speed and convenience of the computer programs work best for me. If you have any other methods that work for you, I can include them in the next newsletter. Email lachowiec@wisc.edu.

*"If you set a goal for yourself and are able to achieve it, you have won your race."
-Dave Scott (triathlon's first celebrity)*

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Volunteer Opportunity

Special points of interest:

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First, the board would like to thank all those members who helped out at the Expo and at the Aid Station. The turn-out was great and hopefully the profits will reflect that too. We appreciate all the shifts that were fit into your busy schedules.

The next chance you will have to fundraise will be for your individual funds through Per

Mar. If you have not filled out an application yet for Per Mar, see Diana, or email her at dmbrau@wisc.edu. The monies earned through Per Mar will go into your team individual account to be spent in any way you want: racing, uniforms, products from sponsors, etc.

Once you do have the form, turn it in to Diana or any other officer ASAP!

Congrats to Ironman Competitors, 2005!

Sponsors



Sugoi
Sugoi is our sponsor of our customized uniforms and semi-custom bike jerseys. After meeting with our representative, several new ideas were thrown around. Instead of offering long-sleeved bike jerseys, we will look into ordering arm warmers. Additionally, we will look into fully customizing the bike jerseys for this next year.

Another line of items will also be considered. By working through Movin' Shoes, we hope to get discounted gear from the general Sugoi lines, including running shorts, singlets, tights, etc. All input on these considerations are needed.



Inside-Out Sports

A quick word from our Sponsor Inside Out Sports: "We have been getting orders from club members which is great. I'd just like to remind you that we do offer a 15% discount off of most accessories online and 10% off bikes/wheels/ bike parts etc. All of these discounts/prices are updated if your club members use your online discount code. We set it up in 2004 and haven't changed it but it is still active 04WISC2004 .

If any club member's want to take advantage of the discounts all that they need to do is to enter this in the top right hand corner of our website... Typical ground shipping to you on most orders will only be \$6.95 and takes 2-3 days, we also do not charge sales tax."

The Expo was great too, wasn't it?!

Visit the message board and watch your email for the most current information. Uniforms, Park Tools, Extran, and bike jerseys are all at Emily's too.



Movin' Shoes



Race Results

IRONMAN Wisconsin 9/11/05
2.4mi/112mi/26.2mi

Male Age: 18-24

Nick Rhoads 3rd 11:17:14
Mike Cook 5th 11:30:22
Peter Wyant 10th 11:52:52
Geoff Jara-Almonte 17th 12:29:28
Ryan Plantz 23rd 12:41:34
Kelly Korevec 25th 12:54:20
Joe Blunck 27th 13:00:25
Paul Konkol 28th 13:00:25
Ken Laczkowski 13:51:14
Jeff Kokott 43rd 14:13:05
Sean Spencer 47th 14:22:48
Chris Clausen 48th 14:28:47
Male Age: 25-29
Matt Jaroz 60th 12:46:01

Female Age: 18-24

Liz Adamczyk 8th 13:41:46
Emily Naparalla 10th 13:45:32
Chelsey Green 13th 14:46:41
Katie Lewitzke 14th 14:47:20
Kaitlyn Verstegen 15th 15:02:20
Christina Fok 21st 15:48:57
Heidi Adams 23rd 16:42:32

Manitowac-Two Rivers YMCA Tri 8/27/05

.25mi/16mi/5k

Male Team

Mike McLean 1:03:35

Male 20-24

Ken Laczkowski 3rd overall 1:06:25

McFarland Home Triathlon 9/17/05

400m/16mi/3mi
Aaron Kamnetz 1st 1:10:11

Devil's Lake Triathlon 9/18/05

.25mi/15mi/3mi
Male 15-19
Andrew Haertel ???
Female 20-24
Julie Sauer 1:26:?
Thea Larson 1:27:06
Julie Wamugi 1:53:28

Apologies to those who participated in these events whom I missed. A lot has been happening in the tri world in the past few days. If I have missed you, please email me at la-chowiec@wisc.edu, so I can include you and your accomplishments in the next newsletter!



Fall Workouts

CALLING ALL WORKOUT LEADERS!

Anyone interested in leading workouts this fall, a meeting was set for today. If you are interested and were unable to attend the meeting, email Jim ASAP at jpbujold@wisc.edu.

A temporary schedule has been made until the next workout schedule comes out. It will include many more, new options:

Monday, Wednesday, Friday

Spinning at 6:45AM, beginning September 7th

Spin room at the SERF

Tuesday

Ride, 4:30PM

Thursday

Run 5PM, Meet in front of the SERF

Also another person is needed to help lead the morning spin classes at least until Chelsey's knee heals from the pounding of Ironman. Email Diana at dmbrau@wisc.edu if you are interested!

No experience needed!

The new work out schedule will be posted on the site shortly under Scheduled.



HELP WANTED
Leader for
Morning Spin
Needed!!



From Abroad

A former member of the UW Tri Team, Jon Otterson, participated in the UK's first Ironman, held this past summer. Here are some excerpts from the experience: We landed at Heathrow on Thursday and made it to Oxford (where family lives) at about 1:00 a.m. being up for about 16 hours...Saturday morning we left for the race which was about a two-hour drive away. We drove right by Stonehenge which happens to be alongside the highway—funny...We looked around the expo center and went back to set up the tent among the many campers and field of sheep. They ended up quietly baaaaah-ing all night long. Funny...I got up for the race the next morning, packed up my race stuff and then got to the transition area. I put on my wetsuit, said goodbye to my fiancée, and waited for the fog to lift...and waited...and waited. Someone thought it would be a good idea to start the race at 6:00 a.m. The race finally got started at 8:00 because of the fog. Before the start we had to swim out about 200 yards, and then tread water. I gladly welcomed it. The lake was man-made around the time the

castle next to it was built (18th century) and the bottom was mucky with sticks and rocks everywhere. The water was so dirty I couldn't see my hand after submerging it about two inches into the water—no kidding! Wingra looks like the Caribbean now...There was a small town similar to Verona—a ton of hard screaming fans! I finished the bike shortly there after and was glad for it...! There was lots of encouragement out on the course with great volunteers and some nice spectators. A few “well done Wisconsin” “well done Wisconsin Badgers” were shouted to me...All-in-all it was a decent race:



UK's inaugural Ironman
S-shaped swim course



UK's inaugural Ironman

1:17:47 Swim; 6:48:39 bike, 4:12:06 run-12:36:29 total. I finished 470/1227 and 112/314 in my age-group. I was a whole seven minutes faster than Ironman WI 2003 and felt better physically instead of being sore for a few days...It was really exciting and fun to do, but I think we really have the best Ironman race right here in our own backyard.

If anyone is interested in reading the original who hasn't seen it, email me at lachowiec@wisc.edu, and I will forward it to you.

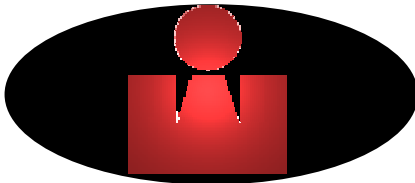
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UW Triathlon Team
Madison, WI

Website: 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

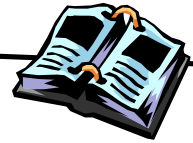
October 1st
Lodi Duck-a-Thon
Lodi, WI

October 2nd
Milwaukee Lakefront Marathon
Milwaukee, WI

October 9th
Chicago Marathon

"Everything is so intense these days and the level of competition is so high...That is literally impossible to do on your own."
-Simon Lessing, a former loner, on the need to train with others

Coming Up...



September 19
Work-out leaders meeting, Lakefront at Langdon
September 25
First T-Spot, TITU

Thanks for attending the kick-off meetings. If you were unable to attend either of them and are still interested in joining the team, please fill out the form at our home page, www.uwtriathlon.com. Turn it in with the membership dues of \$45 and reap the benefits of UW Tri.

Also, if you are not sure if this is the club for you, give it a try. Attend any one of our workouts (bring in the insurance form with you—found at the Rec Sports web site, and join in! We would be glad to have you!

Officer Reports

SEE THE MESSAGE BOARD FOR ALL UPDATES!

Check your email for the latest apparel forms. Use this form to order general, uncustomized tri-wear. Turn in the whole form, with checks made out to the UW Tri Team, or cash to Julie Esch, or any other officer. Order before October 1. Order early!

If anyone is interested in the apparel that we already have, check your email and look over the excel documents that Heidi sent out on Sunday. It includes the quantities and sizes still available. Everything's going fast, first come, first serve. If you are interested, let Heidi know ASAP. Get the payments to her at swimming.

Those interested in signing up for Ironman: if you are in college, print out the collegiate form to turn in; it's not too late yet!

Also, new members, be sure to register on the message board with a recognizable name so that you can see all the threads you should be able,

Finally, DUES MUST BE TURNED IN BY OCTOBER 1st IF YOU WANT TO BE IN OUR SPONSORS DATABASES BY OCTOBER 7th!!