

UW TRI TIMES August-September

IRONMAN WISCONSIN 9/10/06:GET INVOLVED!!!

Ironman Wisconsin is quickly approaching, and almost 30 members of the UW Triathlon team are registered to participate. The race, which will be held on Sunday, September 10th, consists of a 2.4 mile swim in Lake Monona, a 112 mile bike through the countryside surrounding Madison, and a 26.2 mile run, which winds through the UW Campus.

As the countdown to race day continues, the athletes aren't the only ones scrambling to get ready for the event. With over 2000 triathletes descending on Madison, the opportunities to get into the event by volunteering abound.

Before the race begins, the Ironman Expo opens on Thursday Sept. 7th. and the Tri Team is again using this event as our main fundraiser of the upcoming year. Inside-Out Sports sells all kinds of tri-gear, and race apparel at the Expo, and they count on us to help set up and run their booth. In addition to helping to make our team strong, and showing the spirit that got Madison recognized as one of the top 10 Tri-Towns in the country last year, volunteering at the Expo has A LOT IN IT FOR YOU!!! See the IRONMAN EXPO article below for more details.

During the race the Tri Team is again running an aid station for the run on Breeze Terrace. To volunteer go to: www.sportsinwisconsin.com/volunteer/index.php?category_id=994, click on "Sign up Now" and follow the instructions.

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Volunteer at the IRONMAN EXPO for a FREE trip to Collegiate Nationals Next Year!

What? The Ironman Expo is a very important fundraiser for the triathlon team, and we still have 70 volunteer slots unfilled as of September 3rd, 2006.

FREE STUFF!!!

Where?

The Expo is located in the Monona Convention Center on the shore of lake Monona; the building spans over John Nolen Dr, and is within walking distance from campus.

WHY??

-Team members who work 3 shifts as the Ironman Expo will get Free Travel & Lodging when the team travels to Alabama to compete at collegiate nationals next Spring.

-In order to qualify for Discounted Racing next year, team members must participate in 3 fundraisers and 3 volunteer events over the course of the year. The Expo counts as a fundraiser, and fundraising opportunities during the year are limited!

-Inside-out sports gives team members who work the Expo a 30% Discount on Tri gear and apparel, and you also get a FREE T-shirt

-The Triathlon team receives 10 dollars an hour for each volunteer working the Expo, and uses that money to provide discounts, events, and other benefits to YOU!

When?

- w Check your Email Inboxes for an up to date listing of available time slots.
- w An updated schedule has also been posted on the homepage of uwtriathlon.com
- w Workers are needed Starting Tuesday the 5th until Monday the 11th
- w Email Jenna Acker: jcacker@wisc.edu with questions or times you can work!

Ironman Spectator Advice

Trying to track a specific athlete, or just looking for a good spot to watch the race and support the participants?

Check out the official Ironman Spectator guide at <http://www.ironmanwisconsin.com/2006IMWisSpecGuide.pdf>



Here are some of the Highlights:

- The best place to park is at the Alliant Energy Center. Park and Ride service will be available at the Alliant Energy Center for athletes and spectators at a nominal fee.

The best place to watch the...

- SWIM AND TRANSITION- The best place to watch the swim and transition will be on the rooftop of the Monona Terrace.
- BIKE- The city of Verona is a great place to watch the cycling portion of the event.

Spectators can take a shuttle bus to Verona (round-trip) from the Alliant Energy Center. Spectators can also take the Park and Ride system to view cyclists at the 'Verona Loop' for no charge. The Verona Shuttle is a free round trip bus ride to/from Verona. This shuttle pick-up/drop off is at the Corner of Wilson St. and Carroll St. in Madison

- RUN- The best place to see the run will be on the Alliant Energy State Street Mile, leading to the finish area.
- FINISH- The best place to see athletes finish (beginning at 3:00 p.m.) is at the finish line located on Martin Luther King

Live Athlete Tracking at Ironman.com



The following information was taken from ironman.com, and the Ford Ironman Wisconsin Spectator Guide:

Follow your athletes progress through the course, with split times, pace, transition, and position information. Our goal is to keep you connected to the race, from anywhere around the globe.

48 hours before the race start, you will see links for the Athlete Tracker in "The Latest" box on the home page of Ironman.com. You can also access the coverage by navigating to "Events", then choosing the race you are interested in.

For Spectators at the race site the Janus Inter-Active Zone Tent will have computers with Internet access, which will be hooked into the Ironmanlive.com tracking system. Via timing chip, you will be able to tell where

Did you know? You can find out where your favorite athlete is on the course during the race at Ironman.com

your athlete will be on the course.

It will be helpful to know your athlete's Bib number to use the tracking system, so UW Athletes are listed below with their bib number.

2006 Ironman Wisconsin
Participants by Bib Number:

105 - "Breuckman, Zeb"
107 - "Martin, Bill"
111 - "Conger, Brian"
112 - "Kamnetz, Aaron"
113 - "Karl, Ryley"
114 - "Haertel, Andrew"
126 - "Speer, Scott"
134 - "Kokott, Jeff"

140 - "Eichinger, Kevin"
154 - "Ziehr, Matt"
156 - "Abney, Carter"
166 - "Maves, Peter"
186 - "McLean, Mike"
221 - "Book, Adam"
226 - "Laczkowski, Ken"
392 - "Forrest, Kevin"
400 - "Peterson, Andy"
2081 - "Rous, Sarah"
2082 - "Penczykowski, Rachel"

2083 - "Verstegen, Kaitlyn"
2089 - "Walsworth, Alyssa"
2090 - "Esch, Julie"
2091 - "Dunning, Lori"
2096 - "Terlizzi, Becca"
2104 - "Hayes, Kelli"
2108 - "Skladzien, Stephanie"
2115 - "Sauer, Julie"
2183 - "Curtis, Vanessa"

Good Luck, and Race Hard!!!

Featured Event: Spirit of Racine Half Ironman

The Triathlon Team had a huge turnout for the Spirit of Racine was held on July 23 in Southeast Wisconsin. The weather was

great, and between the 20+ current members and tons of alumni the course was full

of badger red. Those who traveled with the team stayed at the home of newsletter editor, Zeb Breuckman. Other than some road construction messing with the drivers, the pre-race travel and plans were executed without a hitch so naturally a thank you goes out to Race Coordinator "Wild" Bill Martin (pictured below).

As far as hosting the team, I'm happy to report that there was no damage to the house, and everyone kept the



ruckus to a minimum. I plan on doing it again, and encourage anyone who lives near a race site to consider housing some team members.

The race itself was also a very successful one; the good weather and large amount of support from friendly faces made for fast times and a great atmosphere.

Our women in the 20-24 age group rocked Racine, placing 2nd through 5th, and the winner of the age group was UW Tri Alum Lauren Steinhardt.

The Spirit of Racine will again be on our race schedule as a team sponsored event, and because of our large turnout this year, the team has been given a discount for 2007 the Spirit of Racine.

All UW team members will be able to get the discount on the race entry fee by registering with the team. (Entries must be received by Bill Martin by May 1st, but don't register on your own, because you will save 30 dollars or more by registering through the team)



Lesson Learned: Ken Laczkowski (pictured at right, chasing Ryley Karl) had a bit of a mishap during the race. Upon completing his bike ride he realized he had forgot to grab his running shoes in the morning. While many people would call it a day at this point, Ken wouldn't quit. He ran the entire 13.1 mile final leg in bare feet, to the amazement of the spectators and his fellow athletes. "Shoeless Ken" is an inspiration for us all, and a prime example of the never say die attitude triathletes are famous for.



Spirit of Racine Half-Ironman

Male 15-19

Zeb Breuckman 3rd 4:51:26

Male 20-24

Ryley Karl 4th 4:43:48

Bill Martin 7th 4:53:05

Chris Clausen 9th 5:00:17

Josh Shapiro 11th 5:05:26

David Schurter 16th 5:19:00

Female 20-24

Jen Lachowiec 2nd 5:00:48

Julie Esch 3rd 5:09:00

Kelli Hayes 4th 5:09:56

Rachel Penczykowski 5th 5:18:07

Thea Larson 9th 5:27:26

Julie Sauer 12th 5:38:42

Alyssa Walsworth 13th 5:43:08

Male 25-29

Ken Lachozkowski 25th 5:01:09

Female 25-29

Vanessa Curtis 5th 5:18:26

Kim Pulkrabek 41st 6:34:43

Male 30-34

Matt Jarosz 41st 5:01:41

Female 45-49

Denise Oen 38th 7:21:03

Male XL2

Mike McLean 2nd 4:58:45

Scott Speer 10th 5:51:49

USAF, Fire, Police

Kevin Forrest 2nd 5:19:06

Sprint

Women 25-29 Amy Kamarainen 8th 1:37:16

Clydesdale Noah Lottig 2nd 1:30:15

Spirit of Racine Race Reports

Congrats to everyone at Racine, it sounded like we all did really well! But check out the women on our team! They took at least places 1 - 5 in age group

Thanks to Kamnetz for letting me borrow his trusty steed! Without it I wouldn't have been racing and definitely wouldn't have taken first in group on the bike!

Props to Ken for running 13 miles with no shoes!

Please excuse my all my swearing at the end. It was the pain talking!

-Kevin Forrest

It was a great race. We had awesome team representation, and I loved cheering each other on during the run. Congrats to all! Also, I think I may finally cave in and get some clipless pedals and actual biking shoes before Ironman.

-Rachel Penczykowski

Just wanted to thank everyone for Sunday. It was so much fun because of all the tri folks and their stellar efforts and amazing attitudes. I was putting on my shoes for the run and thought..."now I get to see everyone!" (instead of "now I have to do what...?") Thank you!

-Denise Oen

Reports
Continue
on next page

Spirit of Racine Half Ironman Reports (continued)

After a short night's sleep (up at 4 a.m.) we headed to the race site. It's a good thing we woke up a little early because before the race we had to walk about a mile down the beach to the start of the swim, which was pretty chaotic. The water was refreshing but a little choppy.

Off to the bike! The bike ride is definitely the part of the race I was looking forward to; I planned on really cutting it loose, figuring that even if I died on the run it would still be cool to have a fast bike split. I was really feeling good on the bike between the flat course and my new aerobars I was passing people left and right.

A few of the decided to give chase, and some great back and forth battles ensued... I caught Wild Bill on the bike (I was gunning for him, knowing he'd blow me away on the swim, but I had a feeling that wasn't the last I'd see of him). Some guy tried to pass me on one of the few up hills, and I took it kinda personal, put the hammer down and held him off. Every aero helmet and disc wheel I passed brought a smile to my face. The best part of the race was passing two guys I had battled with for about 10 miles as we rode back into Racine to start the run... we had went back and forth about 6 times but I had the last laugh.

All the fun I had on the bike was paid for on the run and the two guys with the disc wheels and fancy bike stuff that I was so happy to beat into transition passed me about 200 yards into the run like I was standing still... which I almost was. Apparently I ate way too much on the bike because I cramped almost immediately out of transition and had no room too drink any water at the next rest stop.

The first half of the run was sheer agony, as i got passed by person after person... I saw a group of 3 UW jerseys about a quarter mile after the first turn around and Ryley, Ken (who was wearing no shoes... 13.1 miles, 0 shoes.... Wow.) and Bill all passed me a few minutes later, but when Bill ran past, I said "I'm chasin you Bill" and set out to do just that. I chased him for about 3 miles, and after the second turn around my stomach began to settle. I caught up to Bill at about mile 7 but I couldn't get past him. For almost all of the second lap we were back and forth pushing each other to go faster.

I caught a second wind and able to pick up the pace for the last 4 miles, and despite the slow start, I finished off the run strong.

After the race I jokingly asked Bill if he wanted to go for a second lap. The exhaustion really hit me and I said "I'll take it!" and counting YIKES!



Zeb Breuckman and Wild Bill Martin during the SORT

The Spirit of Racine was a fun race. It was managed well, except for the swim start. No one could hear what was being said, and they sounded the horn to start my wave as I was telling someone that it would be better to put the timing chip under their wetsuit. Don't know how that one turned out.

About a hundred meters into the swim, I breathed in my first wave of the day. It was still crowded, so as I slowed to try to cough out the water I was getting knocked into quite a bit. I quickly got the hang of breathing at the top of waves, and things got better, although it still happened a couple more times. Between the bobbing up and down, running into people from the wave before me, and the fact that I had no idea where the last buoy was, I started getting pretty annoyed at the swim, which just caused me to swim harder. I should do that more often, since I came out of the water 2nd in the age group.

The bike went pretty well. I wish I could say I passed someone with a disc wheel and aero helmet, but I'd be lying. I saw a few UW's on the bike. First Chris, Zeb and then David. David came by saying "when did Zeb learn to bike?" Then, with about 10 mi to go, I heard something coming from my back wheel that made a noise everytime the wheel spun around. Flat tire was my first thought. The noise went away after 10-15 seconds though, so I wasn't so sure. I looked down and everything looked normal. The tire looked inflated, and I felt no different, and couldn't hear anything wrong anymore. I assumed something got stuck and then came off. Turns out when I picked up my bike after the race the tire was totally flat. I checked at home and the puncture was right where the wheel touches the road, so I can't really explain it. If it had just expanded as the day got hotter it probably would have blown on the side or something, not where the tire is strongest. My ride wasn't affected at all, so I really have no idea. Guess I got pretty lucky.

The run was hard. The first quarter I felt ok, and was doing a lot of passing. As I caught Zeb at mile 4ish, I still felt pretty good. On the way back I saw lot of UW's to motivate me (including seeing Ken running barefoot). Around the halfway mark though I started to cramp up, I started walking through aid stations and Zeb caught up with me again. Well I wasn't just going to sit there and let him go, so I told my body to go screw itself and went after him. I felt better at around mile 10 and picked up the pace. My legs were too shot to keep up the pace, and I began to trail off with a mile to go. No finishing sprint for me this time, but when I saw the time I was too happy to care. I just PR'd by almost an hour and a half from last year at pigman.

It was great to see all the UW finishers. We really did great against a very tough field.

Race Results: June/July/August

South Wood County Tri 6/24/06

Male 25-29 Kenneth Laczkowski 1st 1:07:04 (3rd overall)
Female 25-29 Amy Kamarainen 4th 1:30:13
Clydesdale Noah Lottig 5th 1:30:15

Aurora High Cliffs 6/25/06 Half Ironman

Male 20-24
Mark Skiffington 6th 5:12:22
Ben Durkee 13th 5:45:18
Carter Abney 18th 6:02:25
Scott Speer 20th 6:17:59

Female 20-24

Lori Dunning 1st 5:48:15
Becca Terlizzi 2nd 6:06:59 (alumni)

Pewaukee Sprint Triathlon 7/16/06

Female 20-24 Kaitlyn Busse 1st 1:17:02
Female 15-19 Jessie Duppler 1st 1:18:50 (26th overall)

Ohio St. Scarlet and Gray

Olympic Distance

Female Jen Lachowiec 2nd 2:32:00

Duathlon Male 25-29 Jeremy Chapman 2nd 2:37:45

Timberman Sprint

Female 20-24 Heidi Adams 7th 1:17:26

Olympic

Male 20-24 James Bujold 2nd 2:23:13
Female 20-24 Jen Lachowiec 1st 2:20:02

USAT National Championships

Male 20-24 Jessie Adams 18th 2:12:10
Aaron Kamnetz 19th 2:12:13

Evergreen Lake Int'l Triathlon

Male 20-24 Aaron Kamnetz 2nd 2:08:34
Male 25-29 Michael Boehmer 1st 2:02:05

NJ State Triathlon (Sprint)

Female Talia Kohn 20th 1:21:15

Door County Triathlon 7/23/06 Olympic Distance

Mark Skiffington 5th 2:04:33
Eric Wiesner 8th 2:18:04
Female 20-24 Rebecca Johansson 3rd 2:25:47

Ripon Medical Center Triathlon 8/5/06

M25-29 Jack Dudley 3rd (26th overall) 1:30:12

Dairyland Dare Bike Ride

300k

M 24 Nick Rhoads 1st Overall 10:41:02
M 19 Zebadiah Breuckman 4th Overall 10:47:32

200k

Kelli Hayes 8:59:01

100k

Kevin Forrest 3:56:15

St. Paul Sprint Triathlon 8/19/06

Female 25-29 Amy Kamarainen 7th 1:24:22

Pygmy Tundra Half-marathon 8/19

Andrew Haertel 3rd 1:25:30

Turtleman

Male 20-24 Aaron Kamnetz 1st 1:52:16

Pleasant Prairie

Olympic Distance Male 20-24 Wild Bill 1st 2:15:02
Sprint Distance Male 30-34 Matt Jarosz 9th 1:14:42

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!!!

Message Board

Looking for something and can't find it here? Have a question about anything tri-related? Want to find someone to workout with? Check out our message board! The Message Board has been active all summer and is full of race reports, club news, the latest gossip and other fun stuff

<http://www.uwtriathlon.com/MessageBoard/index.php>

View Race Reports at

<http://www.uwtriathlon.com/MessageBoard/viewforum.php?f=6>

Triathlete in the NEWS

*UW Triathlon Team member Kelli Hayes recently appeared in the *Ismus*, a Madison area newspaper, as the featured athlete in an "Ironman Journal." The series of stories follows Kelli's training habits and her experiences training for Ironman. Check it out at*

<http://www.thedailypage.com/daily/node/2012>



Team up with a friend or two to compete in Ironman Wisconsin's Collegiate Championships!

Where: Madison, Wisconsin

When: September 10, 2006 (a component of Ironman Wisconsin)

Why: To find out who the top Collegiate Ironman triathletes in the world are!

How do I register as a team?

Athletes can register as a team at ATHLETE REGISTRATION the week of the event. Teams are men's (two men) women's (two women) and mixed (two men and a woman or two women and a man.) Mixed teams must be mixed. All team members must be from the same school.

There are 5 Divisions:

- Individual Men
- Individual Women
- Team Men (two men per team)
- Team Women (two women per team)
- Mixed Teams (two either men or women, with one of the other)

Awards will be given to the top three teams and top five individuals to complete the Ironman Collegiate Championship.

There will also be a special "College Spirit" award given to the college or university team with the most participants.

Athletes who compete in the Ironman Collegiate Championship still compete in their normal age group for Ironman World Championship spots and age group awards, so there's no reason not to team up.

Triathlons are Notoriously Addictive!

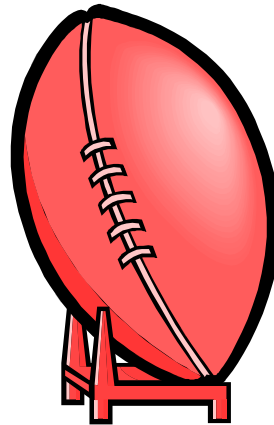
Kickoff Meetings

The Kickoff meetings for the Triathlon Team will be held on at 7 p.m. Tuesday September 12 and Thursday the 14th at TITU (the room location will be posted in the Union the day of the event).

These meetings are for both current and new members. Bring anyone you know who is interested in finding out more about the team. We will have all the necessary forms you need and dues will once again be \$45 (Check or cash only please).

Apparel order forms will also be available.

2006 Tri Apparel is in!
Cool Clothes for Hot Bodies



The benefits of joining the team are too many to list here, but they include:

- Significant discounts through all of our sponsors
- Organized workouts and Training partners
- The knowledge and experience of other team members
- Access to informative classes and workshops
- Being able to see the country as we travel to races throughout the country
- Being able to socialize with fun and fit people.

Collegiate National Championships

Come April 21st, 2007 over 1,000 college triathletes will converge on Tuscaloosa, AL for the biggest race in collegiate triathlon racing. In the past, our team, the UW-Madison Triathlon Team, has sent over 20 participants to this event. In recent years, that hasn't been the case. From about 15, to eight, to two at last year's race, we have steadily been seeing diminished participation. Iowa, our next door neighbor sent 20+ racers and their team only has 40 members. Granted, it was pricy to race out in Reno, NV, but had we gotten more people to go, the price would've fallen accordingly.

So, come this year's race, in Alabama, not Nevada, I, along with the rest of the officers, want to see over 30 people representing our school and our club. Not only will it be super cheap (\$10 if you do



three volunteer and three fundraising activities, or free if you do three Ironman Expo shifts), but it will be in warm weather when we will still be having rain and inconsistent April weather in Wisconsin. Additionally, who wouldn't want to

go on a road trip with a bunch of other cool college students and then spend a weekend in a hotel populated by 1,000 other college students??? Lastly, the more people we send to a race of this caliber, the better we look to our sponsors, the more money we all save on sweet gear and other swag.

Even though this race is a ways off, I encourage you all to mark it on your calendar now, and begin thinking about how awesome that weekend will be.

Let's show the rest of the country that UW Triathlon is a force to be reckoned with.

Treasurer Aaron Kamnetz and Race Coordinator "Wild" Bill Martin Contributed to this report. Feel free to e-mail Kamnetz@wisc.edu with any questions

Come Check Us Out!

September 2006

- **Sept 4th — Rockin' with Rec Sports 12-3PM Nat and Nat West Fields**
- **Sept. 5 —Student Org Fair 5-8PM Memorial Union Great Hall**
- **Sept 6 — Welcome Week Rec Sports Expo 10AM-5PM Library Mall**
- **Sept 8 —Carbo Load 5PM 1425 Mound Street**
- **Sept. 12 —Kickoff Meeting 7PM TITU**
- **Sept 14th Kickoff Meeting 7PM TITU**
- **Sept 17th —Kickoff Cookout Vilas Park 12 Noon**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Labor Day Rockin' with Rec Sports</i>	5 <i>Classes Begin Ironman Expo Student Org Fair</i>	6 <i>Ironman Expo Rec Sports Expo</i>	7 <i>Ironman Expo</i>	8 <i>Ironman Expo PreRace Carbo Load</i>	9
10 <i>IRONMAN WISCONSIN Ironman Expo, Breeze Terrace Aid Station</i>	11 <i>Ironman Expo Fundraiser</i>	12 <i>Kickoff Meeting 7pm TITU</i>	13	14 <i>Kickoff Meeting 7pm TITU</i>	15	16
17 <i>Devil's Lake Sprint Tri Kickoff Cookout</i>	18	19	20	21	22	23
24	25	26				

Heidi Adams has resigned as Newsletter Editor. UW Triathlon Club would like to thank her for her years of service as a Team Officer and her continued support of team members.

Zeb Breuckman is the new Newsletter Editor



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 and Encouraged! Send them to

Zeb Breuckman <breuckman@wisc.edu>