

UW Triathlon Team Newsletter



Volume 2
Issue 1



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

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Special points of interest:

- * There will be no summer workout schedule; post what you want to do.
- * As of now, there is no summer email list-serve.
- * Remember your sunscreen!

Old and New Officers

Officer elections were held April 28th with pizza, and for the first time, the opportunity to ask the candidates questions after their speeches had been given. Several officer positions were added in order to alleviate some pressure on certain positions (especially for ordering from all of our impressive sponsors). A new focus for the upcoming year will be on improving the depth of the team and providing support for higher-level athletes rather than continuing to increase our numbers. The team welcomes the new officers for 2005-2006!

New Officers

President Heidi Adams
Vice President James Bujold
Webmaster/Secretary Nick Rhoads
Treasurer Geoff Jaarlamonte
Fundraiser/Volunteer Coordinator Diana Blau
Sponsorship Coordinator Emily Naparalla
Apparel Coordinator Julie Esch
Race Coordinator Chelsey Green
Social Chair Katie Lewitzke
Newsletter Editor Jennifer Lachowiec

The Tri Team's dominance as one of campus's largest and most visible clubs continued under the guidance of this past year's leadership team. This last season showed great improvements in workout attendance and scheduling. A lot of work was put into obtaining a large number of impressive sponsors as well as putting together a great spring break trip. Thanks to our 2004-2005 officers for a great year and all the best to those continuing in officer positions!

Old Officers

President Heidi Adams
Vice President Alex Viana
Webmaster Mike McLean
Treasurer Becca Terlizzi
Fundraiser Coordinator Chelsey Green
Sponsorship Coordinator Emily Naparalla
Race Coordinator Kelly Korovec
Social Chair Katie Lewitzke



As always, much gratitude to our faculty advisor Tim Gattenby for all of his support

Spring Break '05



Scinnie's hotbodies hit the hills of Texas this past March. Thirty-two members of the team took the 20+ hour drive down to Austin to conquer the hills of gorgeous Lake Travis. With 6th Street and a hot tub, good times were had by all. A few team members joined cyclists

from Jack and Adam's, a local cycling shop for a long ride. Many people were able to go for early season century rides. The weather was perfect, in the 80s all week. In spite of a few mishaps, everyone, except a few bikes and a poor Ceara, came back in one piece.



Sponsors



GU

As the emails from Emily reminded us, anyone interested in ordering GU or any GU products still has a chance. See the following websites for product information:

<http://www.uwtriathlon.com/orders/gu.pdf>

<http://mywebpage.wisc.edu/lachowiec/web/gu%2520sports.jpg?uniq=-qm8cpc>

Orders are due May 22.



Zeus Fitness

Mykos, owner of Zeus fitness, is a highly qualified sports therapist and masseuse. If you're having any mus-

cle problems or need a great massage, he's the one to see! We get a 25% discount there. You can contact him here:

Zeus Fitness
Suite 112
6225 University Ave.
(608) 287-0189
zeus@zeusfitness.com
www.zeusfitness.com



Boulders Climbing Gym

This is a great way to build upper body strength and to get in some fun cross training! We get 20% off daily passes (\$12 and \$16 w/ harness), and semester passes for \$110 instead of \$150. If you get one now for this semester it's only \$75!! Check this place out!

www.bouldersgym.com



Soon Emily will be letting us know about what orders will be coming up next. Visit the message board for the most current information. Pick up for ordered uniforms, etc. Should be before May 28th.

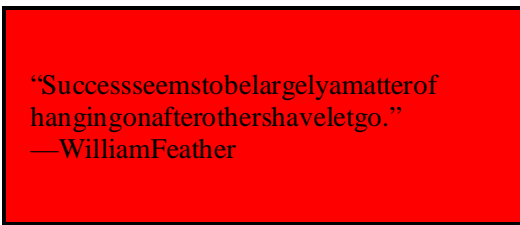


Volunteering Updates

Katie Lewitzke, through her internship with the Wisconsin Sports Development Commission, is helping coordinate several parts of the Badger State Games, including the Opening Ceremonies and the triathlon. If you are interested in helping out by volunteering, contact Katie at krlewis@wisc.edu or signing up at the site www.sportsinwisconsin.com.

Our former volunteer coordinator, Chelsey Green, recently emailed out information she received from Tara Cordes about helping out at the Trek 100 race to raise money to fight childhood cancer. They are looking for a large num-

ber of volunteers to help in a variety of ways on June 3 and 4 in the Waukesha area. The jobs needed range from bike mechanic to course pointer. For more information, contact Chelsey at chelseygreen@wisc.edu.



Around the Horn

We had a volunteer event sponsored by Noodles and Co. on State Street. Simply by agreeing to publicize our event to family and friends, Noodles donated 10% of its total profit from the evening to our Triathlon Team Funds. We had an excellent turnout from team members looking to help both causes-- the team bank account and their ever-grumbling tummies. Thank you Noodles for helping us raise funds to be used in helping our team race for less and thank you to all who attended!



This summer has several fundraising events already planned. The two car wash locations will be announced in the next newsletter. The photo shoot will be to have good photographs to show our sponsors (bring all your gear, especially from sponsors). Also several of the pics may be used in a fundraising calendar.

Saturday, June 25th
Sunday, July 31st @ Noon
Saturday, August 20th

Car Wash
Photo Shoot @ Vilas Park
Car Wash

MARK YOUR CALENDARS!

Race Results

April 24 was one of the season's first races, **J-Hawk's Early Bird Triathlon (500yd, 13.7mi, 5K)** in Whitewater. The team members who managed to register in the race before it closed were the lucky ones who got to compete. No results have been posted as of May 19.

Crazylegs (8K Run) was held on April 30th. With about 9,000 runners, this fundraiser for the athletic department was a success as always. If you started near enough to the front, your first mile may have been under ten minutes. Interestingly, the top three in both the men and women divisions were all from the Madison area.

Full race results can be found at <http://www.nationalwclub.com/clresults/agereults2005.cfm>.

I don't even want to attempt to find all the Tri Team competitors, I would miss way too many.

In spite of the low attendance for this important race, seven people drove out to Lake Havasu for **Nationals (1500m, 40K, 10K)**. This race took place under and on the original London Bridge.

Men's Overall Results:

Geoffrey Jara-Almonte 213rd 2:30.48
 David Schurter 279th 2:43.09
 Andrew Haertel 282nd 2:44.12
 John Pulkrabek 339th 3:31.41

Women's Overall Results:

Brianna Cash 25th 2:28.48
 Rebecca Terlizzi 156th 2:57.39

Send results of your summer races to lachowiec@wisc.edu for inclusion in the next newsletter, especially if it is not on the team's schedule!

From the Past: LATE Ironman Results

F18-24

Lauren Steinhardt	2	11:34.54
Brianna Cash	3	11:44.42
Laura Theis	8	12:10.53
Luisa Bryce	12	12:26.39
Lindsay Cuta	15	13:22.45
Nicole Zimmerman	18	13:41.23
Elizabeth Adamczyk	23	14:00.27
Riley Schreiner	26	14:26.00
Lauren Wencel	27	14:59.20
Cynthia Kelm	30	15:50.06
<u>F25-59</u>		
Brenda Park	36	13:22.20
Katie Nighorn	42	13:33.44
Julie Koehler	71	15:13.32

M18-24

Brian Schaning	5	10:46.36
Joe Scherman	6	10:55.05
Blake Becker	8	11:03.32
Paul Krzesinski	9	11:04.41
Adam Book	11	11:13.34
Peter Maves	13	11:16.32
Chris Clausen	20	11:42.17
Kelly Korevec	23	11:46.57
Ryan Byrne	27	11:57.00
Brian Park	45	12:54.47
Brodie Birkel	64	14:59.20
Mark Ratzburg	68	16:49.48

M25-29

Brian Herzog	11	10:40.55
Tom Olson	28	11:23.19
Dan Grear	34	11:35.06
Scott Farrell	104	13:36.43
Erich Brauer	139	14:59.20



Upcoming Races

May 22 Memphis in May

- May 29 Mad City Marathon
- June 5 Lake Mills Triathlon

June 18 Horribly Hilly Hundred

June 19 Wisconsin Triterium

- June 26 Aurora High Cliff Triathlon

- July 1 The Chris Clausen Ultramarathon

Bold Races are arranged through the team. The deposit you pay covers transportation and board.



The 2004 Wisconsin Triterium

Remember, if you are interested in finding someone to race with, car-pool, or even a bed, post the races you are interested in on the message board.



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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.



We will keep in our hearts, the memory of Matt Wittig, our fellow cyclist who passed away earlier this May. His dedication and generosity have inspired so many, though he left us much before his time. Our prayers go to his family in their time of loss. Ride on, friends; ride on.



Class Triathlon



The morning's drizzle and eventually light hail/snow did little to dampen the spirits of the participants, volunteers, and spectators at the Triathlon Class Race. Approximately 20 volunteers from our UW Triathlon Team assisted with the 30-class member-race.

Members were responsible for recording times in and out of transitions, directing traffic at perilous sites, keeping the water station well supplied, being a supportive cheering section, and coordinating and manning an epic barbeque outing for all who attended. The day was a great success, for all those who raced and for volunteers who got to see how much work goes into putting on a race. This great experience will give these class athletes confidence in their ability to train for and complete an Olympic race, and has gotten us all excited for the racing season. Congrats to the competing athletes and thanks again to everyone who volunteered, attended, and helped clean off the five batches of rice crispy treats.



Officer Reports

Nick Rhoads – Webmaster

1. The dues paying email list is uwtriteam@lists.services.wisc.edu, but most communication should be via the message board. Also any and all web problems can be reported to Nick at rhoadsclimbs@yahoo.com

2. "I am now the spiritual leader and will be willing to re-align anyone's chee for free."

Jen Lachowiec—Newsletter "Editor"

The newsletter will be coming out every two weeks until the season quiets down. After that, I plan to send it out monthly. If you have any submissions or SHOUT-OUTS to make, send them to lachowiec@wisc.edu. Also, any and all corrections are appreciated. You can tear me to bits; I don't mind. Thanks to Chelsey Green for the Class Triathlon and Noodles pieces, Heidi Adams for the Sponsors info, and Julie Sauer for Spring Break photos. Apologies if I missed you in the race results; I am working on learning the roster. Finally, if you do not your pictures or race results posted, let me know IMMEDIATELY! Thanks!