

UW TRI TIMES October

Come to a Team Sponsored Workout!!!

Team sponsored workouts are weekly workouts lead by team members. The current schedule includes at least one workout almost every day of the week.

Team members are encouraged to attend workouts that fit into their schedule, but no one is expected to come to all of them. They are a great opportunity to get to know other team members and find workout partners.

If you have a suggestion for a workout you'd like to see email Sean Spencer at spspencer@wisc.edu, better yet, lead your own workout! Anyone can be a workout leader; no experience is required. All you need is a willingness to show up for a workout at a certain time once a week

Monday

6:45-8:00 AM Spinning @ SERF
 6:45-8:00 AM Lifting @ Shell
 8:00-9:30 PM Swimming @ the Nat

Tuesday

7:30 AM Run Starts @ SERF
 4:00 PM Bike Starts @ Arb Bridge
 6:30-7:30 PM Dryland @ Shell

Wednesday

6:45-8:00 AM Spinning @ SERF
 6:45-8:00 AM Lifting @ Shell
 8:00-9:30 PM Swimming @ the Nat

Thursday

7:30 AM Run Starts @ SERF
 6:30-7:30 PM Dryland @ Shell

Friday

6:45-8:00 AM Lifting @ Shell

Sunday

12 Noon Bike to Epplegarden Starts @ Arb

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Workout Reports

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The swim workouts have been going very well. They are the highest attended workout on our schedule, averaging over 20 triathletes per workout. They are lead by Aaron Kamnetz (Mon) and Bill Martin (Wed).

According to Bill: "Everyone seems to be having a good time and getting a good workout in. There are advanced (~3500-4200yd), intermediate (2000-2800yd) and beginner (1000-1800yd) level workouts and stroke help is always available from the workout leader."

The swim workouts are a great place to meet teammates while improving your triathloning skills. They are great for all skill levels, and beginners especially can benefit from them by getting stroke advice from any one of the many great swimmers we have on the team.

Team Workout Descriptions

Biking

Biking workouts are always a good time and there has been great biking weather lately. (at least until this week) There are 2 weekly rides: Tuesday @ 4:00 and Sunday @ Noon.

The Tues. rides are co-lead by Zeb Breuckman and Catlin McNair. Riders can join either the fast or slow group, and the workouts typically consist of 1-2 hour rides. The rides are no-drop so you don't have to be worried about not being able to keep up or being stranded somewhere. The ride leaves from the arb bridge which is several blocks south of campus on Mills street.

The Sunday ride leaves at noon from the same place and is lead by Sean Spencer. The ride stops for a break at eplegarden, an apple orchard about 5 miles south of Madison.

Come out and enjoy the fall weather before it's gone!

Spinning

Spinning is a biking workout on special stationary bikes held in the lower level of the Serf.

Rachel Penczkowski is one of several different workout leaders we have for spinning. She encourages everyone to "Come if this is your very first spinning class or if you're an old pro. The intensity of each workout is completely up to you, but hopefully you'll be challenged by my hill climbs and sprint drills (and of course, everyone's favorite arm exercises). I play a pretty wide variety of music...everything from the Numa Numa song to old school hits of the 80's and 90's to My Humps...and I'll take requests. Good times will be had by all, so show up and give it a spin!"

Keep Checking the online workout schedule as workout times and leaders may change as winter approaches.

TEAM TIME TRIALS:

A Message from your Race Coordinator

At the end of last season some members expressed interest in holding team time trials, and as you probably already know, a swim TT has already been held. There are numerous reasons why participating in the trials are a good idea. First, it will show where you are in terms of fitness, technique, etc. Later in the year we'll be doing them again, and you can compare your times to see how your training has been going to find out what's working and what's not. Also, the workout leaders will get a better idea of how to structure the workouts once they know where the team is at. This especially applies to swimming, as described below.

Swimming: As mentioned earlier, the swim has already taken place. The turnout

was excellent; more than I've ever seen at a swim workout. The time trial was a 500 yd swim, and we also did a 100. Due to the space constraints, not everyone could race head to head, but I was pleased with everyone's effort. Now that the times are recorded, the sets can be put on times, like in high school. For those of you who didn't swim competitively, this is basically a good way to control the intensity of the workout. Lanes will be put on appropriate times based on swimmer ability. Also, if anyone couldn't make it and wants to have their time recorded, you can do it on your own and email it to me.

Biking: This Sunday October 15th at 1:30 p.m. The course will be a 20k made up of all right turns starting near the end of

Find out where you're at now, so you can see how much you've improved by next season!

Seminole Highway. We'll bike out there together from the Arb Bridge as our warm-up, and then do one loop of the course together so everyone knows it. Obviously, helmets are required.

Running: The run time trial will happen sometime after the bike is over. I haven't thought much about this one yet, but it will be a 5k somewhere near campus, most likely in the Arboretum.

Featured Event

For the second year in a row, the weather added another challenging element to Ironman Wisconsin. In 2005 athletes were faced with 90 degree heat and high humidity; this year cold temperatures and persistent rain had many debating which of the two years was the worst.

The forecast for cold rain sent many athletes scrambling to find arm warmers, hats and gloves in the days right before the race. At the Ironman Expo, Inside-Out Sports quickly sold out of arm warmers and warm athletic apparel, forcing people to check local bike shops for ways to keep warm on the course.

The pre-race shopping paid off for those worried about the weather, as the temperature on race day never got above 59 degrees. The relatively low temperature coupled with a moderate wind and steady rain made for some very difficult racing conditions.

The race itself was



challenging from start to finish. In the water, a mass start of over twenty-four hundred participants produced a crowded course, especially on the first lap. By the second lap the collisions and body jostling had fallen off, but the wind became a factor, kicking up quite a bit of chop on the water.

The rain started shortly after most of the athletes began the bike portion making the roads slick and forcing the riders to be cautious on the descents. During the run keeping warm was a major concern, especially as night fell. The aid stations were stocked with warm chicken broth and athletes grabbed whatever they could along the way to keep

warm. Many of them ran with garbage bags or space blankets draped over their shoulders.

The cold, rainy conditions couldn't dampen the excitement at the event though.

Spectators still came out to cheer on the athletes during every stage. The roads on the bike course were packed with onlookers, especially on the tough uphill sections, where cyclists had only a narrow strip of pavement to ride on between the people on both sides.

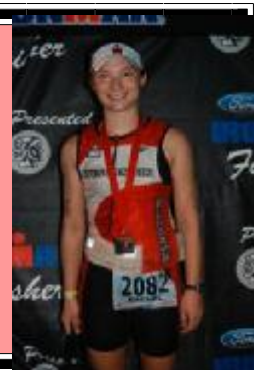
The volunteers were also wonderful, standing out in the rain all day to keep athletes supplied, and especially on the run course, warm.

At the end of the day 2173 people, corresponding to 89% of the athletes who started the race, crossed the line in under 17 hours to be named official finishers. The success rate was remarkably high, considering the challenging conditions. In 2005 the hot temperatures resulted in a success rate of only 81% which was the lowest success rate for any North American Ironman event.

Outstanding Performance

Rachel Penczkowsik combined a swim of 1 hour 20 minutes, a bike ride of 6 hours and 25 minutes and a 4:11 marathon to finish in 12:12:15, a time that put her 2nd in her age group and qualified her for the Ironman World Championships in Kona Hawaii. (Rachel declined to sign up for IM Hawaii)

Congratulations Rachel on your outstanding achievement!



Ironman Wisconsin: Results & Reports

Finishers

Male 18-24

Brian Conger 17th 11:23:47
Ryley Karl 19th 11:29:35
Wild William Martin 24th 11:39:45
Zeb Breuckman 33rd 12:07:17
Matt Ziehr 35th 12:12:15
Mike McLean 37th 12:27:54
Kevin Eichinger 48th 12:53:10
Andrew Haertel 58th 13:22:33
Carter Abney 67th 14:15:03
Jeff Kokott 76th 15:11:38
Scott Speer 77th 15:24:00

Female 18-24

*Rachel Penczykowski 2nd
12:12:15
Julie Sauer 6th 12:35:10
Julie Esch 11th 12:51:56 (flat tire!)
Lori Dunning 15th 13:27:00
Kelli Hayes 18th 13:37:32
Sarah Rous 19th 13:39:05
Kaitlyn Verstegen 22nd 14:01:07
Alyssa Walsworth 24th 14:03:21
Diana Ellerkamp 32nd 16:06:30

Male 25-29

Adam Book 25th 10:57:57
Ken Laczkowski 58th 11:59:07

* IM Hawaii Qualifier

Race Report: Rachel Penczykowski

Wow. What a day. Thanks to ALL the amazing volunteers and spectators. You guys were unbelievably supportive...thanks for being out there in such dreary weather. Despite several deft blows to the head in the swim and falling off my bike in the last 2 miles of the bike (no medic needed...I just wanted to finish the bike and get my dry socks!), I thought the race was wonderful.

The volunteers made the transitions so easy and comfortable. It was very nice to have someone else yoink my wet bike shoes and socks off while I tried to get dry for a few minutes. And the fans out on the bike course really inspired me to attack the hills. I ended up biking way faster than I was planning on, partly because I don't have a bike computer so I never know how fast I'm going. I was kinda afraid I'd burn out in the 2nd loop, but the thrill of the race kept me going. I also completely abandoned my nutrition plan on the bike. For some reason the thought of my usual gu/powergel/cliffshots was making me ill, so I ate a total of 3 cliff bars, 1 gu, and 1.5 gatorades on the bike. I had 1 gu in T2 and then for the run I stuck to warm chicken broth, a couple sips of gatorade, and some cliff shot blocks. I'd never had cliff shot blocks before yesterday, and they turned out to be pretty good.

Matt Ziehr and I ran almost the entire marathon together, which was awesome. Running with someone was very helpful and made the experience much more enjoyable. We got lots of "Go Badgers!" cheers and talked about the foods we were most looking forward to when we finished (warm golden-brown dinner rolls and pizza sounded delicious). It was great to see so many other UW Tri people on the run. You all looked super strong!

The last stretch of the run was definitely the best. Running up state street and the Capitol square was exhilarating. Matt and I finished at the exact same time with an excellent double high-five as we crossed the tape. In case you're wondering, I was offered a spot to race in Hawaii, but I turned it down. I know some of you are going to yell at me now. Sorry. My reasons for saying no were a) lack of \$\$, b) lack of parental support for doing an Ironman next year, c) this is my senior year and I have a ton of stuff to do, d) hmmm...the last thing I feel like doing at the moment is another Ironman. Maybe in a couple years, when I'm still in the 18-24 division, I'll try to qualify for Hawaii again. Until then, GO TEAM!!!!

Due to the Epic Nature of this event, the race reports are too numerous to reprint here. Please read them on the Message Board <http://www.uwtriathlon.com/MessageBoard/viewtopic.php?t=1764>

Race Results: September

Manitowoc-Two Rivers YMCA Triathlon

MALE AGE GROUP: 20 - 24

Michael McLean 1st 1:08:11

MALE AGE GROUP: 25 - 29

Kenneth Laczkowski 1st 1:06:41

Lake Country Half Marathon Sept. 3, 2006

M25-29 Jeremy Chapman

4th 1:37:08 **F20-24**

Meghan Korol 9th 2:02:22

Ironman Madison, WI

9/10/06

Male 18-24

Brian Conger 17th

11:23:47

Ryley Karl 19th 11:29:35

Wild Bill Martin 24th 11:39:45

Zeb Breuckman 33rd 12:07:17

Matt Ziehr 35th 12:12:15

Mike McLean 37th 12:27:54

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Andrew Haertel 58th 13:22:33

Carter Abney 67th 14:15:03

Jeff Kokott 76th 15:11:38

Scott Speer 77th 15:24:00

Female 18-24

Rachel Penczykowski 2nd 12:12:15

Julie Sauer 6th 12:35:10

Julie Esch 11th 12:51:56 (flat tire!)

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Kaitlyn Verstegen 22nd 14:01:07

Alyssa Walsworth 24th 14:03:21

Diana Ellerkamp 32nd 16:06:30

Male 25-29 Adam Book 25th 10:57:57

Ken Laczkowski 58th 11:59:07



USAT Halfmax National Championship

9/16/06 Innsbrook, MO

Clydesdale Michael McLean 5th (97th overall)

5:19:03.2

Male 19 and under Sam Schwaller 1st (100th overall) 5:20:05.42

Male 20-24 Christopher Clausen 8th (110th overall) 5:23:14.39

Dousman Duathlon 9/17/06

Female 16-19 Jessie Duppler 1st 1:29:07

Female 20-24 Meghan Korol 3rd 1:33:40

Male 25-29 Jeremy Chapman 10th 1:29:29

Devil's Lake Sprint 9/17/06

Female 19&U Jenna Acker 1st 1:30:51

Male 19&U Keegan Karl 1st 1:14:32

Patrick Verstegen 1st 1:40:44

Female 20-24 Kaitlyn Busse 2nd 1:23:35

Male 20-24 Ben Peirick 1st 1:19:15

Danny Craven 24th 1:35:34

J-HAWK LateBird Triathlon 10/01 Whitewater, WI

M20-24

Mike McLean 1st 1:07:24 (2nd overall)

Jackson Potter 3rd 1:12:30

Adam Gibbs 4th 1:15:23

M25-29

Amit Nimunkar 5th 2:02:02

Lakefront Marathon 10/1 Milwaukee, WI

F20-24 Jennifer Lachowicz 8th 3:33:41

M20-24 Josh Shapiro 7th 3:09:02

M25-29 Jeremy Chapman 70th 4:08:22

Green Bay Duathlon 10/1

18-19 Sam Schwaller 2nd 1:58:50

M20-24 Aaron Kamnetz 2nd overall 1:46:36

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!!!



The Collegiate Division has been a unique part of Ironman Wisconsin for several years; it sets aside 150 entry slots for collegiate athletes who could compete as individuals and in teams of 2-3 people for the collegiate championships. These slots have traditionally remained available long after the general entry has closed, providing collegiate athletes with valuable extra time to register for the race.

This year members of the UW Triathlon Team, and collegiate racers across the country were unpleasantly surprised on registration day (the day after this year's race). The general entry for next year's Ironman Wisconsin sold out a few hours after it opened, but collegiate athletes were counting on having the option to register at a later date as part of the collegiate division. When UW Tri member Jeremy Chapman emailed Ironman requesting a collegiate entry form Ironman replied that it was cancelling the collegiate division.

The announcement came as a shock to everyone. The Ironman Wisconsin website had even updated the details for the collegiate division including the 2007 date. Because the news broke only after general entry had sold out, quite a few UW athletes were seemingly left out. Many team members thought that they would not get to race next year.

The whole situation caused quite a bit of discussion on the message board (check under the Ironman thread), as team members took action. Members emailed Ironman, contacted clubs across the country, and started circulating petitions.

After several tense weeks the hard work paid off; Ironman reinstated the collegiate division for 2007— applications are currently available. There are 100 slots reserved for college students, but don't dawdle if you want to race in Ironman next year. The applications will only be available until the 100 entries are sold out or December 31st 2006, whichever comes first.

Alumni Making it happen!

The reinstatement of the collegiate division was in large part do to the efforts of Riley Schreiner and Nick Rhoades, both Alumni of UW Triathlon. Nick circulated petitions and contacted people across the country to pressure Ironman North America, while Riley managed to get straight to the top; her email to IM North America President Graham Fraser apparently broke the camel's back, and she quickly passed the good news on to the message board. **THANK YOU NICK AND RILEY!!!**



Prez Qualifies for Boston!!!



UW Tri President Jennifer Lachowiec had a good day at the Milwaukee Lakefront Marathon on October 1st. The great weather helped Jen to run the 26.2

miles in 3: 33:41, placing her 8th in her age group and qualifying her to run in the prestigious Boston Marathon, something she plans to do in the Spring of 2008. Congratulations Jen!

Triathlons are Notoriously Addictive!

East Community Center Volunteer Event

Turnout for our first volunteer event since Ironman was awesome! About 20 team members went to the East Community Center on Friday the 6th to play basketball, swim, or just hang out with the kids.

The East Community Center (ECC) is similar to a Boys and Girls club; it's a safe place for kids to go hang out, learn and have fun. The triathlon club began visiting the ECC last year, and it has grown to be one of our most popular (and one of our

most rewarding) volunteer events.

Not to mention it's a lot of fun! With the school year in full swing it's a great excuse to get off campus and go play dodge ball or jump rope for a few hours. The kids love the attention and having people to play with.

There will be several more ECC volunteer opportunities (date and time to be announced), so make some time to make a positive difference in the life of a child.

UW Tri Involved in Developing Midwest Collegiate Triathlon Conference; First Races Coming this Spring!

Treasurer Aaron Kamnetz has been hard at work setting up a collegiate triathlon conference with the other teams in the Midwest. Members of the MWCTC will include triathlon clubs and teams from Minnesota, Iowa, Wisconsin, Illinois, Indiana, Michigan, and Ohio.

The new conference is currently set to include UW-Madison, Iowa State, Michigan State, Northwestern,

Iowa University, UW-Parkside, UW-La Crosse, Purdue, Ohio State, Miami of Ohio, Southern Illinois University, Oakland University,



Grand Valley State, University of Ohio, Illinois State, Albion, and the University of Michigan.

A website has been set

up <http://www.mwctc.org/> to keep everyone up-to-date about the development and planning of the soon to be implemented race series. Planning is still in the early stages, but the hope is to have the conference fully functioning for the 2007-2008 school year after holding a mini or mock series of races this spring and summer of 2007. The tentative schedule of races is listed on the website.

Come Check Us Out!

October 2006

October 15th– Team Bike Time Trial. Meet at the Arb Bridge at 1:30 P.M. After a warm up ride out of town we will time people on a 20 k (12.4 mile) ride.

October 22nd– Ironman Hawaii Social. Come watch the Ironman World Championships with the team. Time and Place TBA watch your emails!

October 22nd– T-Spot: Cross training and its many benefits -Learn about the benefits of various forms of cross-training including: weight-lifting, yoga, pillaties, and plyometrics.

T-Spots are informative lectures put together by the V.P. Sean Spencer. They will usually be held Sundays at 7 p.m. The topic varies from week to week, and there will also be guest speakers. They are a great way to learn about the sport. The Next T-Spot will be October 22nd, but the time and place will have to be decided after the IM Hawaii Social is planned. Watch your emails for further details about both events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1	2	3	4	5	6	7
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8 <i>Noodles & company Fundraiser</i>	9	10	11	12	13	14
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UW Homecom-

15 <i>Team Bike Time Trial</i>	16	17	18	19	20	21
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22 <i>T-Spot</i>	23	24	25	26	27	28
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Ironman Hawaii Social

29	30	31				
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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>