

UW Triathlon Team Newsletter



Volume 2
Issue 3

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

Request for Input: From the Editor



I am not exactly planning on doing anything in my future career that pertains to writing, so doing this newsletter has me a little out of the box/my comfort zone. I would really appreciate your input in this newsletter. If you are posting a race story on the message board, email it to me too. I am also en-

couraging our sponsors to send any updates to me to be included. Besides races, any non-tri-related notes would be great as well. Also, any topics that you would like addressed would also be a helpful suggestion. The next newsletter won't be sent until July 21st, so start emailing!

Thanks—Jen (Lachowiec@wisc.edu)

Inside this issue:

Sponsors	2
Beat the Heat	2
Coming Up	2
Race Results	3
Upcoming Races	3

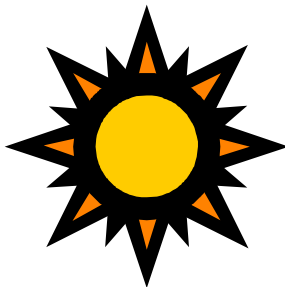
Special points of interest:

- *Recent race results, page 2
- *A little history of ZIPP, page 2

Beat the Heat

Dear Team,
We hope you all are doing well and dealing with the heat! With these high temperatures it is very important that you take the necessary precautions not only to be safe during the workouts and to recover faster, but to enjoy the workouts too.

- always carry water with you no matter how short the workout is (drink it!!)
- always put on sunscreen
- protect your head from the sun with a cap or hat
- if possible, workout during the early hours of the day to avoid higher temperatures and air pollution
- when needed, hit the treadmill or bike trainer to work out inside and



- away from the heat
 - choose places with shade to work out
 - always carry cell phones and some change to call for help and get water if necessary
 - make sure you are ALWAYS well hydrated, not only when you workout.
- ...continued on page 2



With the Tour de France beginning tomorrow (July 2), here is a good Lance Armstrong quote:

"I haven't thought about losing, I have no fear."

Sponsors



ZIPP

Many of you may not know this, but ZIPP's headquarters are in Speedway, IN. What an appropriate place for the manufacturers of such a great set of wheels—light and fast. The creator of this company, in fact first worked on Indy car aerodynamic design and modification. According to Emily's last email, any ZIPP products that you are interested in can be ordered at anytime—just let her know!



Visit the message board for the most current information. Uniforms, Park Tools, and Extran are all at Emily's too. Email her for pick-up times if you can't make any of the ones she emails out at ernaparalla@wisc.edu. Bike stuff should be arriving soon!



Beat the Heat

...continued from page 1 - WATER is the best hydrant during the day (avoid high calorie drinks)
 - during workouts choose a sport drink to avoid hyponatremia, drink often!
 - work out at a slower pace and watch your heart rate. Your pace will be slower because your body is working harder to lower the body temperature.
 - ALWAYS listen to your body and stop if you are not feeling well. Your safety is a number one priority!
 If you pay attention to all these points, other than being sweaty, you'll be fine.

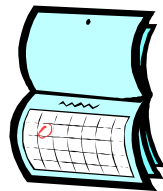
Train safe and HAPPY!
 Borrowed from <http://www.racelab.com/NARs%205-14-04.htm>

The only way of finding the limits of the possible is by going beyond them into the impossible.
 Arthur C. Clarke

Coming Up...

Sunday, July 31st @ Noon
 Photo Shoot @ Vilas Park

Saturday, August 20th
 Car Wash



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

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.

Race Results

A few members sent over results of their races.

First, Alex Viana ran in the Illinois Salutes 5K. Alex took this race fairly seriously, as it was his replacement for Mad City.

Male 20-24

Alex Viana 1st 17:42

Indiana, I (Jen Lachowiec) competed in the Indianapolis Eagle Creek Sprint Triathlon (500m/10mi/3mi). The t-shirts were ugly, but the race was all-in-all a nice sprint.

Female 15-19

Jen Lachowiec 1st 1:06:26

Also in Indiana, Julie Sauer found a race only a mile away from her new place, the Mideast Sprint Championship Opti-mist Tri. (The awards included a spatula and a glass...oh Indiana. (1/4mi/13.5mi/3mi).

Female 20-24

Julie Sauer 3rd 1:15:22

Back practically on campus, many teammates raced in the convenient Triterium Triathlon located in Verona, WI (1.5K/25.5mi/10K).

Male 20-24

Chris Clausen 5th

Silas Bernardoni 9th

Male 25-29

Joe Hamann 2:48

Kevin Forrest 19th 2:53

Female 20-24

Thea Larson 1st

Julie Sauer 2nd

Aimee Grimmelmann 3rd 3:00:05

Lori Dunning 5th

Megan Ritters 7th

Katie Lewitzke 8th

Female 30-34

Tracy Cornell 4th 2:44:03

In Menomonie, one of the Tinman Triathlons took place.

Our VP represented (3/4mi/53K/10K)

Male 20-24

James Bujold 1st 2:55:43

Horribly Hilly took its toll. Some participants were out there for over 12 hours. Talk about a challenge (200K).

Males

Adam Book 4:06:42

Joe Blunck 7:32:01

Silas Bernardoni 7:37:31

Paul Konkol 7:40:28

Kris Maltecca 8:42:07

Robert Geren 9:21:42

Aurora High Cliff on June 26th, was a

well-attended race. I hear a few people spent the nights in tents the night before. That did not seem to hurt anyone's performance! (Half-Ironman)

Brain Schaning 1st Overall 4:06:36

Male 20-24

Nick Rhoads 1st 4:21:45

Mike Cook 3rd 4:32:39

Peter Wyant 5th 4:51:56

Chris Clausen 7th 4:59:14

Jeff Kokott 11th 5:29:11

Adam Book 3rd 1:25:36 (Sprint)

Jason Stephany 7th 1:36:06 (Sprint)

Male 25-29

Matt Jarosz 14th 5:05:12

Male 30-34

John Pulkrabek 32nd 6:41:24

Female 20-24

Chelsey Green 4th 5:51:30

Sarah Rous 7th 6:13:36

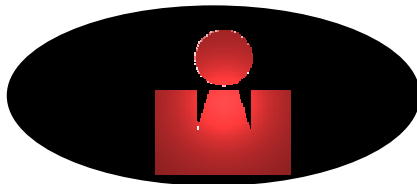
Caitlin MacNair 11th 1:47:11 (Sprint)

Female 25-29

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!

Website: www.uwtriathlon.com

UW Triathlon Team
Madison, WI



Upcoming Races

- July 1 The Chris Clausen Ultramarathon
- July 2 Mighty Wolf Triathlon
- July 9 Timberman Triathlon
- July 16 Muncie Endurathlon

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