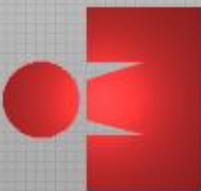


UW Triathlon Newsletter



University of Wisconsin

Socials!!!

Do you not know anyone on the team? Are you driving on the spring break trip and have no idea who might be in your car? It's time to get to know your teammates. There are several socials coming up.



This Saturday, we are going ice-skating at the Shell from 7-8:30. It's \$2 to skate and 2 more dollars to rent if you don't have a pair. We will then be heading to Katie Lewitzke's to warm up and watch movies at 210 S Mills Street. Be there to show off your mad skills.



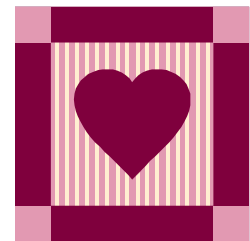
Another chance to catch up with teammates will be a pre-Spring Break party on March 3rd. The site is

TBA, but make sure you keep that night free.

Also in the far future, we will be going to play Laser Tag on April 8th.



Go watch the Olympics, and Happy Valentine's Day!



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“Don't make changes to your training just because you don't see results right away. Consistency will eventually provide the results you want.” —Katie McGregor

- New Treasurer: Kevin Forrest!
- Future officers/Current: retreat April 2nd at Tim Gattenby's
- Elections are April 18th.
- Apparel
 - o Sweatshirts, dri-release here. No singlets yet
 - o New order due Feb 18
 - o Swim caps will be reordered
 - o ANY Shipping will be an extra \$10
- Volunteer events
 - o Polar plunge
 - § Sign up sheet w/Di or online
 - § Plunge + \$25 or volunteer
 - § Clean up 1.5 hours
 - § Registration table 9-2 or 3
 - o East Community Center
 - § Feb 17th
 - § Feb 24th
 - o Bucky Blood Drive
 - § March
 - § Donate or help
 - o Relay for Life at the Shell
 - o Possibly shop, cook, serve dinner at the Ronald McDonald House
- Fundraising
 - o Comm Days: 2/11, 2/25, 3/4
 - o Letter campaign: help send out
 - o Noodles and Co. counts as next season
 - o NEED 3 vol. and 3 fund. by April 1st
- Race Schedule
- Spring Break
 - o \$100 due tonight, latest Monday, Feb. 6th
 - o Need drivers
- Socials
 - o Ice skating: Sat Feb 18, 7pm at Shell then to Katie's



(Continued on page 3)

Sponsors...be sure to visit them! There are a few changes!



(Continued from page 2)

- Pre-Spring Break party: themed March 3rd
- Laser Tag 4-8 on a Saturday
- Workouts
 - On web
 - Ride 100 mi in Rhoad's basement
 - Feb 25 Rhoad's b-day climbing challenge/party at Boulder's
- T Spots 4PM Sundays
 - Bike maintenance
 - QR Rep: w/ free stuff
 - Races to Do
- Sponsorship
 - Blake Becker: a personal coach
 - Look pedals
 - Accelerade/endurox, not Extran
 - Not sure about Polar
 - Still Sidi: prob order very soon

If you missed the meeting —these are the minutes. If there is anything from the meeting, that you have questions about, email Jen at lachowiec@wisc.edu

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

**UW Triathlon Team
Madison, WI**

Website: www.uwtriathlon.com

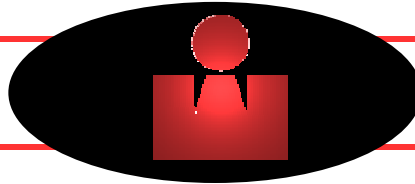
MISSION STATEMENT

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.

bushes to pass them.

Send all other results over my way: Lachowiec@wisc.edu so I can show it off in the next newsletter.

Race Results



We have some amazing runners on this team!!

3M Marathon, Austin, Texas

Kevin Forrest 1:38:26 (Half)

I was in Austin, TX this past weekend and ran the 3M ½ Marathon. I ran a 1:38:00. Not too bad. At about mile 12 I was starting to slow. Some guy caught up to me and said "I've been chasing you for the last 5 miles and now I've caught you! You're not going to let me pass you now, are you?" He'll no! I picked up the pace and made a sprint to the finish with the guy. Then we gave each other a high five just over the finish line!

It was a nice, clear and cool morning which gave way to nice sunny hot afternoon. The sunny hot afternoon led to a swim at Barton Springs, what a great day!

Rocky Raccoon 100 Mile Trail Race, Texas

Chris Clausen 19:29:24 14th

Kelly Korevec 19:29:25 15th

See the message board for a full description of the race..."But we came barreling around the corner to the finish line and (while making bird noises) picked up our stride to a sprint (or what could be considered a sprint after 99 miles of running). We finished in 19:29, placing 14/15 out of 195 runners.

Rock'n'Roll Arizona Marathon, Phoenix, AZ

Aaron Kamnetz 2:51:41

Ken Laczkowski 3:45:41

Tecumseh Trail Marathon, Bloomington, IN

Julie Sauer 4:43:10

It was a BLAST! So much different than a road marathon, with a vertical ascent of 3500' and a decent of 3800', I bet I spent a good hour of time walking and weaving my way up hills. The trails were single file, so if you got stuck behind a walker you had to jump in the