

# UW Triathlon Team Newsletter



University of Wisconsin



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[www.uwtriathlon.com](http://www.uwtriathlon.com)  
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## Cold Weather Rides



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Layering allows you to change the amount of insulation you need depending on how your activity level and the climate change. Wearing too little is an obvious problem, but if you wear too much, you'll sweat significantly, which is not only uncomfortable, but can make you dangerously cold when conditions change. Staying dry will, especially if you need to stop is crucial.

1. Wicking base layer - keeps sweat from getting trapped next to your skin. This helps perspiration evaporate when you're hot, and keeps you warmer when you cool down and don't want to be wet. Ideally, it should not lose its insulating properties when wet. Wool, polyester, polypropylene, fleece, silk, and other materials used for winter sports work well. Avoid cotton - it keeps sweat close to your skin, becomes a lousy insulator when wet, and take a long time to dry out.
2. Insulating layer - often fleece, wool, or other fluffy air-filled material.
3. Shell - repels water and protects you from cold wind. Outer garments are often

ventilated in the back to allow cooling where direct blasts of wind or rain is not a problem. Nylon, neoprene, plastic, and rubber are common materials.

But what about your frozen feet? If you don't have booties, try slipping on plastic bags on your feet before your biking shoes. Be sure to wear something on your ears, a headband or a thin cap. Don't forget gloves, more than one pair if necessary.

Finally, use chapstick or sunscreen to protect your skin, and wear sunglasses to protect your face from not only harsh winds, but also loose rubble still on the roads.

And as always, carry a well-stocked kit including spare tubes, glueless patches, sandpaper, tire irons, air (pump or cartridge), and a dollar bill to act as a tire patch.

Always carry ID and a phone if possible.

### Special points of interest:

- \*Words from Nick, page 3
- \*Sponsors, page 2
- \*Officer Reports, page 4

"The heights by great men reached and kept were not obtained by sudden flight. But they, while their companions slept, were toiling upward in the night."

- Thomas S. Monson

## Sponsors

### Ironman Wetsuits

Two very simple principles make up the Ironman Wetsuits mission.

\* to make the very best wetsuits, using the most advanced technology,

\* to provide the highest level of service and after sales support.



Ironman Wetsuits is a world leader in triathlon and multisports wetsuits, and the Number One wetsuit of choice for many of the worlds top triathletes. Since 1990 our design team has pioneered almost every technological enhancement in triathlon wetsuit design, because, as many people already know, research and development is the very core of our business.

The company blueseventy, named for the 70% water that the world that the world is covered, are the makers of Ironman Wetsuits.

With several new lines, Energie, Helix, and Reaction, the right wetsuit is available for everyone.

We've been following both of these for over 10 years and if you want to know how we've done, ask someone who's owned one of our suits. Bottom line, we exist to give you the fastest, most comfortable swim you can possi-

Visit the message board and watch your email for the most current sponsorship information.

Several sponsors have not officially renewed sponsorship, but as soon as new information is available, you will be informed.

Also, there are several extra uniform pieces. If you are interested, contact Julie at [jaesch@wisc.edu](mailto:jaesch@wisc.edu).



## I Hurt for You

That's right, I hurt for you! I do it all for everyone! I believe it is my duty to take it completely too far, injure myself, fix the injury, and then let you know how I fixed it. But really, this is about you not me. Are you injured? Are you annoyed that you are injured? In fact are you very angry you are injured and unable to workout? Do you want to release your frustration by throwing furniture off your balcony in the vain hope that, that will burn a few calories? Can you hear yourself getting fatter? Yes you can, can't you?

As our parents know, young persons have this uncanny ability to train and compete simply by training and competing. The young have no need for maintenance, its always bigger, faster, and better! Unfortunately, the need for maintenance creeps up on us all. I'll let you all in on a little secret, running isn't good for you. No it really isn't! I've always known that the key to being a long distance running star is to know how not to get injured and it isn't easy. Cycling and swimming have their issues as well but overall they are much less impact. In a previous article I discussed the ultimate IM plan in which IM distances were completed weekly. We all know this plan currently is not possible, but the point being that someday it will be possible. Our major setback in that plan was running the marathon weekly, brutal. Maintenance is the key to that success.

There are so many athletes out there that refuse to take maintenance seriously, and I don't blame them, it kinda sucks. By the time they figure it out its too late, they've lost their prime time. My old man would say, "Youth is wasted on the young." And he's right, we waste our advantages in search of cockyness. But wait, let me get back to where I was, I hurt for you! I've hurt good in my short time, nothing major, no surgery, just an annoying hurt. Feet, legs, back, fingers, shoulders, they've all hurt and it has really pissed me off! I've denied remedies for so long because of they're tediousness but now its time to listen. Ignoring these problems will turn us all into the 30ish survivors who yearn for younger years. I try not to care knowing that my existence will be short but I can't even do now what I did then! It's time to rehab.

Before we go anywhere else there is one activity that will improve your life from A to Z and that's stretching. I'm not talking about that morning sunrise trash you do as you roll out of the bed at 9am, reaching to the sky, gaping your mouth, and arching your back. I'm talking hard core, every single muscle group, hold for sixty seconds, routine, everyday stretching! I've heard some sludge that there are doctors out there who don't believe in stretching because it doesn't allow the muscles to tighten naturally. This is load of crap. I'm guessing that these "doctors" aren't the ones unloading their limits physically on a daily basis. Why? Because they're doctors, do you know how much frickin time it takes to be a doctor? There's no time to train during the day when you have to study for 6 hours! With 6 hours of class and the 6-hour ride mixed in you've used up 18 hours! Anyway, the

point is that if your doctor is fat, he probably doesn't know jack about your situation. I digress.....Stretching is so important and that's coming from someone who has experienced its effects.

You may have noticed thousands of treatments out there for every ailment real and/or invented by your mind. While some are effective most results stem from the placebo effect. If you believe it will work it will work. Most of these, in my mind, are temporary treatments in order to set you in the proper direction. Most of these treatments are expensive and I personally couldn't really justify doing them on a regular basis. While they might help you are better off relying on yourself to come up with a free exercise or method that will fix and then prevent the injury from re-occurring.

For an IT Band problem I tried what was called "Graston's Technique" which was applied by a local chiropractor for \$30 a pop. Graston's consisted of taking a metal bar and raking it over muscles to break up the fibers and loosen the tissue. (See here <http://aberlechiropractic.com/home.htm>) I do believe it made a difference but I just couldn't do it every week, thus I came up with a similar solution by buying a foam roller and massaging the IT band every morning. Combined with stretching I think I've solved the problem but I'll need to continue stretching and rolling the IT band in order to keep it from creeping back up again.

I've also been utilizing the acupuncture service of Don Q one our sponsors (<http://www.attain-balance.com/>). This can also be an expensive service but I really enjoying going every once in awhile simply for the great feeling I get afterwards and the ability to work on several problems at the same time. Don't be a daisy, the needles don't hurt. Acupuncture is good at focusing on the real overlaying problem of most injuries, general wellness. When we get hurt we tend to focus solely on solving that problem as quickly as possible when what we really need is to assess all aspects of our lifestyle that lead to the injury. For example stress is an obvious overbearing factor in most peoples lives. It causes them to lose sleep, become sick, and eat less healthily. Which in turn can lead to injury. For me, acupuncture has helped. I don't think it will work for everyone but what we all really need from these various treatments in the idea that we are actively working to make the problem right otherwise we are stagnating in a cesspool of injury and anger.

Pilates and Yoga are also viable roads to explore. Both can help stretch and strengthen your body. I personally haven't done much of them but their focus is quite the same as acupuncture. (We have free Yoga at Boulders Climbing Gym on Tuesdays at 5:45, BTW)

The whole point of this text is that if you're not feeling perfect, if you're not "in balance" you need to do something about it or face the consequences. Money can be involved but it doesn't have to, there are many free ways to improve quality, you just need to find them.

Peace in the Middle East!

Rhoads

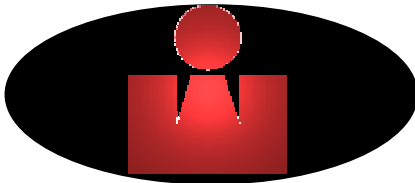
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UW Triathlon Team  
Madison, WI

Website: [www.uwtriathlon.com](http://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.



## Upcoming Races

Saturday, April 22nd  
USAT Collegiate Nationals  
Sunday, April 30th  
J Hawk Early Bird  
Saturday, May 20th  
Memphis in May Triathlon  
Saturday, June 10th  
Elkhart Lake  
Sunday, June 18th  
Wisconsin Triterium

"It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.

- Seneca

## Race Results

LOOK, THERE ARE NO RACE RESULTS!!!

GET OUT THERE AND REPRESENT. IF

YOU HAVE ANY RESULTS THAT SHOULD

BE HERE, EMAIL

[LACHOWIEC@WISC.EDU](mailto:LACHOWIEC@WISC.EDU)

NOW!

## Officer Reports

#### UPCOMING EVENTS:

Heidi's Dance Concerts: March 31, April 1 Both are at 7 in Lathrop Hall.

Community Center Fundraiser : This Friday is one of your last chances to get in your volunteer hours. Email Diana at [dmbrau@wisc.edu](mailto:dmbrau@wisc.edu) if you are interested.

Bucky Blood Drive: March 30-31 is another last chance volunteer activity. Diana will send out details about that soon.

The Retreat for current and future Team officers: April 2 at Tim's House, probably in the evening. More info TBA.

Elections for next year's officers will be on April 18th.

Happy first day of Spring, Vernal Equinox, and March 21st!