

TRI TIMES

APRIL/MAY 2009

HAPPY TRAINING

TEAM COMPETES AT COLLEGIATE NATIONALS

Hail and flash flooding mudslides greeted collegiate triathletes at this year's National Competition. By race morning, the weather had cleared, but with water temperature in the 50's and cool air, early starting waves found Texas surprisingly cold. With one team-member missing the combined Men's/Women's teams took 15th place overall, 12th for the 7-member Men's team and 18th for the 6-member Women's team. An excellent job by all those who raced in the Olympic and Sprint competitions! In the Olympic race,

Alex Dean finished 14th to lead the Men's team with a time of 2:08:15. Summer Ohlen-dorf lead the Women's team in 2:31:17 with a 20th place finish for the Women's competition. Several athletes from the team competed in the Sprint Race, and Bill Martin raced the Elite Twenty-12 race. For more results, see page 2.

Overall, the weekend was inspiring and motivating for the team, with satisfying performances and challenging competition. Next year Wisconsin will return full force to Lubbock (hopefully with less hail) for an equally fun and exciting National Competition. What a sport!

PRE-RACE PANIC? courtesy of guest-writer Julia Byers

Do you panic before a race? Does your mind fill with uncontrollable worry when you think about transitions? Is there something scaring you away from races, like heavy competition? Is there something stopping you from crawling out of your warm cocoon of blankets, pulling on your running gear and hitting the pavement, hours before your roommates have even thought of waking? Okay, maybe that one stops a lot of us, but this article will give you tips on how you can pull yourself out of unhealthy thought processes that may hinder your performance, and will help you bump up positive factors to keep you a successful, well-performing triathlete. (continued on page 2)

A SHOCKING REMINDER: WEAR YOUR HELMET

Everyone gets annoyed when they get buzzed by a driver that's not paying attention, but those sort of close calls could lead to something much more serious than an annoyance. Even if you are obeying traffic laws, watching the road, and wearing bright colors, it's still quite possible that a you or a driver could make a mistake and you could be seriously hurt. This is why it's always essential to have your helmet on every time you ride. In case you do get into a serious collision, that helmet will make it a lot more certain that you come out of the crash alive, like Mr. Danny Craven to the right here. Even with his helmet on, when Danny collided with a car, he came out with a broken nose and suffered a concussion. But that's certainly a large margin better than permanent brain damage. You may not be able to prevent every crash, but you **can** give your head all the protection possible.



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Email bulleit@wisc.edu with submissions, comments or suggestions

Thanks for reading!

PANIC RELIEF! (from pg 1)

There are a lot of theories about what keeps athletes going, the most supportive of which involves the athlete's Motivation, Attitude, Concentration, Willingness to Listen, and Confidence. We're going to focus on Motivation, Confidence, and provide you with a Daily Goal Setting Sheet.

Intrinsic motivation is the internal desire to perform an activity for its own sake, and to achieve a high level of skill in the activity. Intrinsic motivation is generally associated with greater persistence and greater commitment. One of the most effective ways to improve our intrinsic motivation is to set goals based on the S.M.A.R.T.E.R. principle. Goals should be specific, measurable, affirmative, realistic, time based, evaluated, and recorded. These are all aspects of goal-setting that you can do by yourself, with a buddy on the team, or with a whole group of other athletes. Make sure to set goals that are short-term, intermediate, and also long-term to keep that motivation growing!

Next let's take a look at confidence. Improving your racing and performance confidence involves more internalizing actions than motivation. A good first step is to use positive self-talk such as telling yourself, "I am going to do well," or "I have done everything I can to prepare for this race." These sorts of statements will help improve your confidence as race-day approaches, or as you stand with hundreds of other racers at the edge of the water. Another method of improving confidence is the Thought Stopping Procedure. If you feel a negative thought coming into your head, simply say (or think loudly) "STOP!" and follow it up with a positive thought instead. This has honestly been shown to improve confidence by decreasing the impact of negative thoughts. Lastly, imagining yourself performing well can help skyrocket your confidence.

Here's an example of a Daily Goal Setting Sheet that can give you training direction. It's most helpful if you fill out this sheet immediately before and after each training session. Try using this worksheet for your next couple of workouts, and feel free to let us know if your training is improving because of it!

DAILY GOAL SETTING SHEET

NAME:

DATE:

NATURE OF SESSION:

GOAL 1: Include a Physical, Technical, and Tactical factor

GOAL 2: Mental i.e. Be Positive

WHAT ARE YOU GOING TO DO TO PREPARE FOR THE SESSION?

RATING: 1=Poor, 2=OK, 3=Good, 4=Excellent

CONCENTRATION:

CONFIDENCE:

ATTITUDE:

MOTIVATION:

COMMENTS:

NOTE:

Things most happy with:

Things least happy with:

How to improve session next time

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Email bulleit@wisc.edu with submissions, comments or suggestions
Thanks for reading!

MEET OUR SPONSOR: HeadSweats

Alan Romik founded Headweats in 1998 to design headgear for those of us who work out in any weather and don't want to suffer through our workouts with a combination of sweat, sun-screen, windburn, and sunburn all over our face and head! Headweats are specialized to wick away sweat, and fit perfectly for the activity you are doing, whether it be rowing, triathloning, adventuring, running, or fitting your Headweat under a helmet.

Headweats even makes performance hats for chefs. But we suggest that you check out their cycling and running headgear first.

You can read more on their website:

<http://www.headsweats.com/> (that's where this picture is from)



VOLUNTEERING EVENTS

MAY 3: Triathlon Class Race, 8 am

MAY 6: Adopt-A-Block at the UW Nat, 4:30pm

JUNE 14: Capitol View Triathlon

see <http://www.capitolviewtriathlon.com/volunteer.html>

UPCOMING RACES

MAY 2: Lake Monona 20K

MAY 24: Madison Marathon

MAY 28: Aquathon 1 (FleetFeet)

JUNE 14: Capitol View Triathlon

JUNE 18: Aquathon 2

JUNE 20: High-Cliff Triathlon

JUNE 21: Verona Triathlon

JULY 16: Aquathon 3

JULY 18 and 19: Spirit of Racine Triathlon

AUGUST 6 and 20: Aquathons 4 and 5

SEPTEMBER 13: Ironman Wisconsin

RACE RESULTS

OSKOSH INDOOR TRI, JAN 7

Kevin Eichinger 14.819 Miles 1st

ST. PADDY'S DAY TRI, KELLER, TX, MAR 14

Results Server Down, but Alex Dean, Bill Martin, Danny Craven, Jess Yurchich, Kelly Egan, Ken L., Summer Ohlendorf totally dominated it.

COLLEGIATE NATIONALS, LUBBOCK, TX, APR 18

OLYMPIC MENS

14	Alex Dean	2:08:15
71	Spencer Tweed	2:18:39
100	Carl Kaiser	2:22:29
153	Keegan Karl	2:29:49
(190)	River Karl	2:34:21
(229)	Matt Malloy	2:40:05
(353)	Benjamin Petrick	3:19:55

WOMENS

20	Summer Ohlendorf	2:31:17
63	Kelly Egan	2:45:30
140	Madeleine Bennett	3:01:08
142	Helen Yu	3:01:55
(166)	Erin Bulleit	3:10:20
(181)	Jenny Schmitt	3:14:47

SPRINT

75/112	David Nguyen	1:40:07
103/115	Igor Slukvin Jr.	2:01:22
31/50	Michele Lorenz	1:57:58

Twenty 12

13/37	Bill Martin	1:05:18
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CRAZYLEGS, MADISON, WI, date 8K RUN

Send results to bulleit@wisc.edu for them to be in the next newsletter. I don't want to miss anyone!

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UPCOMING DATES

MAY

- MAY 2: Lake Monona 20K
- MAY 3: Triathlon Class Race, 8 am
- MAY 3: Officer Elections 6pm TITU
- MAY 6: Adopt-A-Block at the UW Nat, 4:30pm
- MAY 9: END OF YEAR BBQ, 3pm, Vilas
- MAY 24: Madison Marathon
- MAY 28: Aquathon 1 (FleetFeet)

JUNE

- JUNE 14: Capitol View Triathlon
- JUNE 18: Aquathon 2
- JUNE 20: High-Cliff Triathlon
- JUNE 21: Verona Triathlon

JULY

- JULY 16: Aquathon 3
- JULY 18 and 19: Spirit of Racine Triathlon

AUGUST

- AUGUST 6 and 20: Aquathons 4 and 5

THIS SUMMER, LOOK FOR TRIPS TO DEVIL'S LAKE AND BIKE RIDES ON THE MESSAGE BOARD AND BY EMAIL

SOON TO BE ANNOUNCED: T-spot on Bike Fitting with Tim Gattenbyl

THE TEAM TRAINING IN TEXAS



How Does Your Sports Drink Compare?

