



MICHIGAN STATE UNIVERSITY™
TRIATHLON

Welcome Packet

September 2014



OFFICIAL CLUB

Welcome to Michigan State Triathlon!

We are a family of students that are dedicated to reaching excellence in the great sport of triathlon. Everything we do – our work, our training, and our races we do for the love of the sport.

The 2013-2014 season proved to be a great one. Our athletes competed all across the country, in races ranging from the USAT Collegiate National Championship to half and full marathons to cycling races and Ironmans. Team unity, respect, and discipline are some of the values embodied by the Club. We are always on the quest to find what lies beyond our limits and what will make us better athletes and persons. We are steadily climbing up on the Mid-East Collegiate Triathlon Conference (MECTC) rankings, and our goals for this year are nothing short of ambitious.

We hope to convince you that joining the Michigan State Triathlon team will be a life-changing experience, regardless of your goals or skill level.

Here's to a great year!

A handwritten signature in black ink, appearing to read 'Santiago', written in a cursive style.

Santiago Arrangoiz-Arriola, President

August 2014

Coaching

Endurance coach and elite triathlete, Aaron Bachman will begin his third season as head coach of the Michigan State team. Bachman was a crucial member of the program while a student at MSU from 2006-2009, when he oversaw the team's training as the volunteer Performance Director. Through designing the training program, hosting clinics, and communicating with athletes on topics ranging from goal setting to nutrition, Bachman helped lead the team to their highest National Championship finishes (10th - 2007, 2008, 7th - 2009). As an athlete Bachman also played a key role in the Spartan men's 2nd and 5th place Nationals finishes in 2007 and 2009, respectively. Alongside his position as coach of MSU, Bachman has led six individual athletes to qualify for the ITU World Championships in their respective age groups (ranging from the 16-19 to 50-54 age groups). His specialties in biomechanics and training periodization have enabled athletes to remain healthy and perform at their best. Bachman is sure to continue as an asset and driving force in the team's achievements in 2014 and beyond.

From Aaron:

Dear Spartans,

Welcome to the 2014-2015 triathlon season! After a fantastic summer of racing, the rich tradition of MSU Triathlon is set to kick off another great year this fall. Our young team is now one year older and one year more experienced, with almost everyone returning to build on what we started last season!

For those of us who have been around at least a year or two, we know that being a part of the triathlon team at Michigan State, with our crazy team events and monster workouts, is as unique as the sport of triathlon itself. The variety and complexity of the sport's three disciplines, all developed together, reminds me of how we balance pursuing academic success, enjoying time with friends, and becoming healthy and fit as individuals. There's no doubt that getting the most out of college requires that balancing act, but more than the challenges we're presented with as being both students and athletes, I believe that our hard work in each realm serves as a compliment to the other. If we all dedicate ourselves to enjoying the process of working hard, improving, and having fun together, we will continue to grow as a team and have one of our best seasons yet.

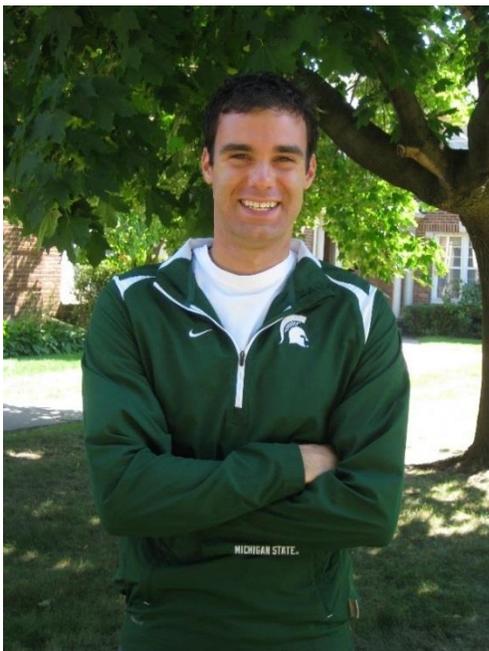
What to expect this year:

- A major emphasis on both individual and team goal setting
- Regular coach to team communication
- Opportunities for individual training feedback and assistance
- Higher volume and more specific training for our returning athletes
- More racing opportunities throughout the winter and spring
- More bacon at the Viking Feast! (at least that's what I hear)

MSU Triathlon, without question, is a highly competitive team, but it is also made up of athletes of every ability level imaginable. For every athlete who joins the team from a successful background in swimming, running, or any other sport, just as many start their time with MSU Triathlon totally new to endurance sports in general. To be successful we need the beginners, the star athletes, and everyone in between. When it's all said and done it is the act of training hard and encouraging each other each and every day that will take us where we want to be.

My hope is that everyone reading this comes out to see what makes triathlon, and especially being a part of this team, such an awesome experience. I know I can say for myself, that as we train and race around the region and country, there is no program I would rather be a part of and no team I am more proud of. Let's take another leap forward this year. I am truly excited for what is ahead!

Email Address: aaron.c.bachman@gmail.com



Academic advisor

Joyce Samuel is our new academic advisor. From Joyce:

My name is Joyce Samuel and I am excited to be the new adviser for the Triathlon Club. I am an alum of MSU and currently work as an Academic Adviser for the Dept. of Chemical Engineering & Materials Science.

After living overseas for a year and completing grad school, I returned to MSU in 2003 to start my professional career. Soon after starting at MSU, my colleagues invited me to join the Lansing Area Women's Soccer team though I had NEVER played soccer on a team. I loved it and with their encouragement, I learned the sport and stuck with it. Playing soccer motivated me to start running again and to try other sports. Three years ago I completed the Hawk Island a mini-tri and last summer completed Tough Mudder. I hope to one day complete a full triathlon.

Also, if you need academic/career guidance or anything else, I'm available. I look forward to meeting each of you!

Email address: samueljo@egr.msu.edu

Team officers

The officers are here to coordinate different areas and events of the team. They're here to help – so feel free to approach any of them if you ever need to.

President: Santiago Arrangoiz-Arriola

Year: Junior
Major: Civil Engineering
Year on team: Third
Best discipline: Swimming
Worst discipline: Running
Email: arrango1@msu.edu
Cell: 832-875-2240

Vice President: Kyle Bostedt

Year: Senior
Major: Kinesiology/Pre PT
Year on team: Second
Best discipline: Running
Worst discipline: Swimming
Email: bostedtk@msu.edu
Cell: 224-587-5207

Treasurer: Josh Isaacson

Year: Fourth year grad student
Major: Physics
Year on team: Fourth
Best discipline: Swimming
Worst discipline: Running
Email:
joshua.p.isaacson@gmail.com
Cell: 301-529-8804

Secretary: Chad Porterfield

Year: Junior
Major: Accounting
Year on team: Third
Best discipline: Running
Worst discipline: Swimming
Email: porte101@msu.edu
Cell: 616-916-5360

Webmaster: Erin McCurry

Year: Junior
Major: Electrical Engineering
Year on team: Third
Best discipline: Swimming
Worst discipline: Running
Email: mcurrye@msu.edu
Cell: 248-767-5129

Sponsorship coordinator: Jessica

Ball

Year: Sophomore
Major: Dietetics
Year on team: Second
Best discipline: Swimming
Worst discipline: Running
Email: balljes1@msu.edu
Cell: 616-916-4000

Alumni Relations: Spencer Shellberg

Year: Sophomore
Major: Kinesiology/Pre PT
Year on team: Second
Best discipline: Running
Worst discipline: Swimming
Email: shellspe@msu.edu
Cell: 517-528-5704

Event coordinator head: Maxx Marano

Event coordinator: David Shuler

Year: Senior
Major: Packaging
Year on team: Fourth
Best discipline: Swimming
Worst discipline: Transitions
Email: shulerd1@msu.edu
Cell: 931-334-4845

Event coordinator: Bobby Munro

Year: Junior

Major: Biosystems Engineering

Year on team: Third

Best discipline: Swimming

Worst discipline: Running

Email: bmunro179@gmail.com Cell: 231-750-1884

Event coordinator: Kennedy Levy

Year: Junior

Major: Kinesiology

Year on team: Third

Best discipline: Swimming

Worst discipline: Biking

Email: levykenn@msu.edu

Cell: 734-306-5277

Social chair: Katherine Pickard

Year: GS

Major: PhD Clinical Psychology

Year on team: Third

Best discipline: Swimming

Worst discipline: Running and biking

Email: kepickard@gmail.com

Cell: 602-708-2348

Practice Schedule

Key notes for Practicing with the Team:

- Waiver must be filled out in order to practice with the team. If it is not filled out you will be asked to leave.
- Bring a helmet for all outdoor rides
- Bring a flat kit for all outdoor rides
- Bring a trainer for all indoor rides
- Dress appropriately for the weather, especially on runs
- Make sure you have paid your team dues, especially if Coach Bachman will be at practice
- Make sure you're wearing high visibility clothes if training at night
- Don't do anything that might compromise your or somebody else's safety and wellbeing

Mondays: We will be swimming at 6:00pm at IM West Outdoor Pool until the pool closes in September. Afterwards, we will be swimming at 7:30pm at IM Circle Indoor Pool. We will be in this pool for the rest of the year.

Tuesdays: We will be going on group runs leaving from Dem Hall at 6:00pm. We will be running outside every day, even in the winter, so dress appropriately. The only time we will not be running outside is when it is pouring rain or extremely icy, or other conditions that make it dangerous to run outside. In these situations, we will inform you where practice will be.

Wednesdays: We will be swimming at 7:30pm at IM Circle Indoor Pool.

Thursdays: We will be meeting for group rides at 6:00pm at Dem Hall until the weather gets too cold. If we are biking outside you will be required to have a helmet and are strongly encouraged to bring a flat kit. If you do not have a helmet you will not be allowed to join us on the rides, there are no exceptions to this rule since we will be biking on the roads. This is a requirement of our team and of MSU club sports. When the weather becomes too cold, we will be biking inside starting at 6:00pm, location TBD (most likely trihouse, 539 Virginia). To participate in the indoor rides you will need a trainer. The team will be placing an order for them and hopefully we will get them in before we move indoors.

Fridays: We will be meeting for group runs at 5:00pm at Dem Hall.

Saturdays: We will be meeting at 9:00 am for group rides leaving from Dem Hall, until it gets too cold.

Sundays: Will be days off of organized team practices.

Morning Workouts: On top of these workouts, there will be unorganized workouts in the mornings. What is meant by unorganized workouts is that we will not have designated practice times and are encouraged to be done in small groups. To help organize these, you are encouraged to post when you will be doing these workouts on the Facebook group.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming: West/Circle 6/7:30pm	Running: Dem Hall 6:00pm	Swimming: Circle 7:30pm	Biking: Dem Hall 5:30pm	Running: Dem Hall 5:00pm	Biking: Dem Hall 9:00am	Off

Events

Note: What follows on this page is an outline of the events we have planned for the coming year, organized by month. This is by no means an all-inclusive list, and is to be considered only a rough draft. As you will notice there are many activities that are planned, but do not have an exact date or location. For these events, you will be receiving further information on them as they become planned and modified (most likely through Facebook).

September:

- MECTC Conference Championships and Team Dinner after
 - Date: Saturday, September 6, 2014
 - Location: Muncie, IN
 - Distance:
 - 1500 meter swim
 - 40 km bike
 - 10 km run
 - Most important race for conference standing in 2013. Points are double, and everyone scores. Team will cover hotel and travel expenses for the race
 - Those who plan to go to nationals are required to participate in at least one MECTC race. This is a great race for those who would like to go to nationals.
 - After the race, we will be headed back to EL and having a big team dinner to celebrate the start of the school year and the end of the race. Location TBD, most likely trihouse (539 Virginia).
- Ultimate Frisbee
 - Date: Friday, September 12, 2014
 - Location: Munn Field
 - A friendly game of ultimate frisbee will be played, instead of typical run practice
- Dayton Triathlon
 - Date: September 14, 2014

- Location: Dayton, OH
- Distance:
 - 750 yard swim
 - 21 mile bike
 - 3.5 mile run
- Trail run and dinner
 - Date: Friday, September 19, 2014
 - Location: Lake Lansing park
 - A short trail run followed by a team dinner and socializing. World famous *molletes*!
- Tri-the-Illini
 - Date: September 21, 2014
 - Location: Champaign, IL
 - Distance:
 - 300 meter swim
 - 14.5 mile bike
 - 3.1 mile run
 - This is a great race for those who are new to the team and have not participated in a triathlon before. Also counts as an MECTC race.
- Boilerman Triathlon
 - Date: September 28, 2014
 - Location: West Lafayette, IN
 - Distance:
 - 1500 meter swim
 - 40 km bike
 - 10 km run
 - This is a very fast course, last race before winter. Also counts as a MECTC race.

- Open water swim practice
 - Date: tbd
 - Location: Motts Lake?

October:

- Trip to Cider Mill
 - Date: Saturday, October 4, 2014 (before it gets too cold)
 - Every year we get together and take a bike ride to a cider mill
 - The ride is about 30 miles each way
 - We stop and get some cider and donuts and then bike back
 - There will be someone or a couple of people who will be available to give rides back to those who only want to go one way
- Viking Feast/Football Game Fun
 - Date: Saturday, October 11, 2014; MSU away at Purdue
 - Every year, we have a massive breakfast/brunch feast where we cook ridiculous amounts of eggs, bacon, sausage, toast, etc. Why eat it with utensils when you could eat it with your hands? Basically it is a big feast old-school style without plates or utensils.
 - After the feast, the game will be on for all to enjoy. **GO GREEN!**
- Open water swim practice
 - Date: tbd
 - Location: Motts Lake?
- Trip to haunted corn maze
 - Date: late October
 - Location: Fowlerville, MI
 - Scary Halloween fun!

November:

- Tri Club formal!
 - Date: Saturday, November 8, 2014
 - Location: Restaurant tbd, trihouse afterwards
 - This is a tradition on the team where everyone gets dressed up in formal attire. We take loads of nice team pics, and have a big dinner all dressed up together. Quite possibly the biggest social tri event of the year.
- Thanksgiving Team Dinner
 - Date: TBD, but likely Saturday or Sunday, November 22/23
 - Location: Tri House
 - Who doesn't love Thanksgiving? Potluck style dinner and general merriment with all of our favorite people so there is loads to be thankful about!

December:

- End of the Semester / White Elephant / Holiday Party
 - Date: TBD (will be around finals or right after finals)
 - Location: TBD
 - This is a way to celebrate the end of the semester
 - Everyone is required to bring either a non-alcoholic beverage, a dessert, an appetizer, or some kind of snack food.
 - Also, for those who wish to participate in the White Elephant will need to bring a wrapped present worth about \$15-20.

January:

- Beginning of second semester meeting
 - Date: TBD (Before swim practice one day)
 - Location: IM Circle
 - Discuss plans for the second semester with the team, discuss nationals and plans for those not going to nationals

February:

- Intramural swim meet
 - Date: TBA
 - Location: IM West Indoor Pool
 - Optional event, usually have a group of 7-10 participate, costs \$3/person to participate
 - First and second places at the event receive trophies

March:

- Pre-nationals Team Bonding
 - Date: Multiple
 - Throughout the month of March and into April, there will be a series of team breakfasts after the Saturday morning bricks, and team dinners the few Sundays before Nationals.
 - Breakfasts will be in the res halls and dinners will be potluck style!

April:

- Nationals:
 - Date: April 24-25, 2014
 - Location: Clemson, SC
 - Flying down the Wednesday or Thursday before nationals
 - Hopefully, have people willing to compete in the following races:
 - Draft Legal
 - Olympic
 - Relay
 - Flying back Sunday

- Number of athletes to bring will be discussed based on costs of flight and hotels. All are welcomed to come, but team will help fund a select group, most likely to be about 7 men and 7 women
- Additional cost to those chosen will again depend on costs of travel, all will be responsible for at least the entrance fees.
- **Officer Elections/Team Brunch**
 - Date: TBA
 - Location: Trihouse?
 - At the end of the season, we elect officers for the following year. Get excited and start thinking of things you would be interested in doing! Also, feel free to ask any current officers about their position.
 - Elections are usually in the late morning and are accompanied by a brunch.

May:

- Post-Nationals/End of the year celebration
- Date: TBD (probably the week that exams end)
 - Big team dinner and last night out together as a team before the year comes to an end.

Nationals and time trials

As part of the process of choosing the team that represents MSU at Collegiate Nationals, there will be individual swimming, possibly biking, and running time trials. If you have no interest in going to nationals, these trials are optional.

Swimming

Three 500 yard trials at IM Circle during swim practice. We'll warm up for about 20 minutes before starting.

Approximate dates: Late September, October, and November

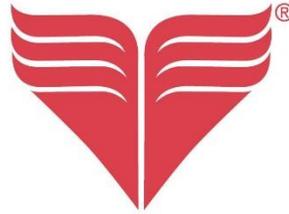
Biking

More info to come.

Running

Three 5K runs north of campus. Dates are similar to swimming.

Sponsors



DISCOUNTS & APPAREL

- Discounts are available for dues-paying members on Kurt Kinetic trainers and Rudy Project gear (about 50%)
- Discounts on TYR gear: wetsuits, race kits, bags, general apparel and gear.
- Discounts on anything from MyTriGuys, including bikes.
- Two to three yearly free Power Bar orders for members.

We will have one order in the Fall semester to order trainers, TYR customized gear, and water bottles. We will also be having a spring order for those who need more gear.

Racing schedule

Race	Date	Location	Host
Grand Rapids Triathlon	8-Jun-14	Ada, MI	Grand Rapids Triathlon
The Rockford Triathlon (MECTC vs MWCTC)	16-Jun-14	Rockford, IL	NIU Triathlon Team
Wolverine Sprint Triathlon	27-Jul-14	Pinkney, MI	University of Michigan
Sylvania Triathlon	10-Aug-14	Sylvania, OH	Elite Endeavors
Spartan Sprint / Playmakers Classic Triathlon	24-Aug-14	St. Johns, MI	Michigan State University
MECTC Conference Championships	6-Sep-14	Muncie, IN	Muncie Multisport
University of Dayton Triathlon	14-Sep-14	Dayton, OH	University of Dayton
Tri the Illini	21-Sep-14	Champaign, IL	University of Illinois
Boilerman Triathlon	28-Sep-14	West Lafayette, IN	Purdue University
USAT Collegiate National Championship	Apr-15	TBD	USA Triathlon