



Cyclists in Town and Country YMCA's annual triathlon found the going more difficult due to a steady breeze and loose gravel on roadways. Yet there were only two reports of bike-related mishaps on the 15-mile route. — Enterprise photo

## YMCA offers hot time

Since Saturday's triathlon was organized and conducted by the local Y, it seems only fitting to ask that very question: Why?

What causes someone to put themselves through the grueling pace of a triathlon?

If you're Marilyn West of Neenah, it's because you "get antsy just sitting around."

If you're Dan Bohrman of Oconomowoc, it's because you wanted "incentive to get into shape."

If you're Bob Bugiel of West Allis, it's because you "enjoy the challenge."

And if you're Jennifer Zschernitz of Sun Prairie, you turn the question around. Instead of answering why, Zschernitz asks, "Why not?"

It is that sort of attitude that helped Zschernitz and more than 400 other entrants complete the fourth annual event despite oppressive heat and stifling humidity.

### Beating the heat

Oconomowoc's triathlon is on a smaller scale than others, such as the Milwaukee Iron Man. Yet anyone who thinks it's an easy task to swim a quarter-mile, bicycle 15 and run 3 when the mercury is hovering near triple digits has another think coming.

"We were really concerned about the heat," admitted Race Director Deb Van Der Geest. "But the EMTs (Emergency Medical Technicians) were great. They were right on top of things if they saw a potential problem."

As a result of Town and Country YMCA's diligent preparation, there were no such incidents. Volunteers at several points along the route offered water for drinking or pouring. In urban areas, homeowners were asked to place sprinklers on the street so runners could run through the spray and enjoy a momentary respite from the heat.

"I thought there was a sufficient amount of water available on the route," offered Jon Kappes of West Allis. "But I was looking forward to the shade at the end of run."

At least two athletes suffered minor injuries when they lost control of their bicycles. Jackie Bub, a volunteer along the route, said one rider tumbled while avoiding a collision with a car.

"I don't think he was badly hurt.

In fact, somebody standing by, apparently a friend or relative, yelled at the guy to get back on his bike and get going again," Bub related.

"I had to sidestroke (in the swim) because of a bad shoulder. And I kept bumping into people. But other

than that, it was a good day," stated Tom Mackovich of Oconomowoc.

Said Paula Larson of Mayville, "The wind picked up on the bicycle race. That was the biggest problem I had. Otherwise, because of the heat, I would have said that the run was the toughest part of the tri."

Weather, traffic jams and spills aside, most triathletes rated the event a pleasant experience. "I ran in this tri last year, too. I've found it to be very well organized," Zschernitz said.

Terry Cahill Sr. cited the triathlon. (Continued on page 2)



A flat tire ended this man's hopes of a good time in Saturday's triathlon. But a YMCA volunteer was on hand to prevent the rider from becoming stranded on the course.

— Enterprise photo



This triathlete wore the towel instead of throwing it in. Any manner of shade was appreciated by entrants.

— Enterprise photo