

Boston University Triathlon Team



December 2017

A UNIQUE COMMUNITY

By Anna Shveshkeyev (CAS '18)

As the summer rolled along and our social media pages took off, people became interested in what we do and supported our efforts more. We have shown how people can come into the sport regardless of their experiences, encouraging people to give triathlons a try. What made our team this past semester so special is not only the dedication, but also the community. We have such a unique group of people with their



own stories and potentials. There have been many successes, big and small, throughout the semester. We have grown as a team and will only continue to thrive from now onwards. One of the things I am looking forward to next semester is seeing some of the members racing for the first time in the spring.

Their journeys as triathletes are only beginning and we are all excited to see them shine in the world of multisport.

IN THE REARVIEW: NECTC SEASON

By Merissa Brousseau (CAS '18)

The 2017 Northeast Collegiate Triathlon Conference (NECTC) Fall Season has come to a close, and what a season it has been! In spite of the chilly start of the day and layers of heavy fog looming over the lake, we started off the season strong at the 12th annual Lake George Triathlon Festival with Ellen Witkowski and Natalie Tukan representing the BUTTs on the podium with 2nd and 3rd place finishes respectively. Shortly behind, we had Stephanie Lie in 8th, Anna Shveshkeyev in 12th, and Merissa Brousseau and Lindsey Wilcox with an overall strong performance from the women of the BUTT community.



Ellen (2nd) and Natalie (3rd) at Lake George



BUTTs at Buzzards bay

After a great turnout at SPLASH, we had some new faces at our second race of the season, Max Performance's Buzzards Bay Sprint and Duathlon. We loaded up the vans with 16 BUTTs for a fantastic day of racing, volunteering, and showcasing appreciation for multi-sport events. While Paula Hernandez and Oksana Chubrikova braved the crashing ocean waves in the Sprint, a third new member, Heidi Santa-Cruz, was off conquering the duathlon. It was a great exhibition of dedication by members new and old!

The following weekend had 5 members heading down to Westchester for the 2nd Olympic race of the season. These BUTTs conquered the bumpy road conditions and made a great showing with Sarah Savoy and Evan Kristiansen snagging PRs and Caitlin Lavery, who unknowingly registered for the Athena division, snagging a 2nd place Athena finish. Lindsey (cont'd on pg 4)

BEYOND THE TRI SUITS

By Aaronn Gu (SAR '20)

Although the NECTC season had ended, our BUTTs were still actively engaged in local races and bringing home pride. At the Superhero 5K in Cambridge, Aaronn, Spencer, and Will all achieved their personal best for 5K. As the off-season continued, the BUTTs had a great joint training day with several other amazing triathletes from UConn. It was also a great opportunity for both teams to motivate and support each other.

Perhaps every BUTT's favorite rendezvous after an exhausting practice or before an upcoming race is Blaze Pizza, where every gram of carbohydrate is put to fuel our triathletes for better performance.



Aaronn, Spencer and Will
after the Superhero 5k



Big crowd at on of the Wednesday Track
practices in September

Some of the greatest highlights belong to the Cambridge Half Marathon and our annual BUTTsgiving. We woke up to the weeping of the clouds, rode with the first ray of twilight to Cambridge, wished each other best of fortune, and slithered, trampled, and darted through the crowd and upon the mud, panting, grinning, and seeing each other again at the finish line. For some, it was their second or even third participation in a half marathon; for others, it was their first attempt. Either way, during the midst of the race knowing that other teammates were running with just as much pain as we were pushed us through the "wall" and to the end. We grew more unified as a team because of the race.

At the annual BUTTsgiving, every slice of pumpkin pie tasted sweeter, every bite of turkey was more succulent after a morning of racing and in the company of other BUTTs. Even sushi made its first appearance at the feast.

Sometimes we are so engrossed in our training that we forget to enjoy our off-season training. The water polo game was a rewarding way to energize ourselves after a semester of hard work and further strengthen our unity. More importantly, it was the only time of the semester when coach Breno abstained from nitpicking our swimming techniques.

Our last race of the year was the Jingle Bell 5K in Somerville. Though it was in the midst of final exams, our dedicated athletes were on top of their schedules and put up a great performance. We would like to recognize Will, whose 5K time has improved since the beginning of the semester. As the old adage goes: hard work always pays off!



At CrimsonBikes Cambridge, the
BUTTs gathered at the Holiday
Celebration

ATHLETE SPOTLIGHT

Highlighting some of the amazing student-athletes on the team from this past semester.

By Aaronn Gu (SAR '20)



Minh Luong (COM '21, Public Relations)

College is a place where possibilities ramify into streams of adventure. Minh has opted to swim against the current. Prior to joining the Triathlon Team, she was a recreational soccer and basketball player. So one can only be amazed by her determination to take on triathlon and her prompt development of a regimented routine of consistent attendance. She has her sight set on building performance and recovering from her iron deficiency, which motivates her even further. Minh is emblematic of admirable perseverance as well as ambitious pursuit.

Nico Lopez (CAS '20, Astrophysics)

This talented young man's dedication paid off this past season. Not only has his swimming improved profoundly but he achieved a promising result at his first half marathon in Cambridge. He has become a figure of motivation at practice, as well as a source of joy who, once in a while, gives everyone a hearty laugh: "Both [triathlon and relationship] are hard when it's long distance." Currently, he is working towards his first Half-Ironman in 2018.



Christina Marinelli (SAR '20, Physical Therapy)

Christina is pursuing a profession in physical therapy. Training? Checked! Rehabilitation (should injury occur)? Covered! Christina joined the team because of her desire to become a multisport athlete. Thus far, she has not ceased to impress us with her improving performances, one of which being her outstanding finish at the Cambridge Half. We expect only more promising results from Christina, as she deeply understands that a triathlete's perseverance is beyond glamor and only deepens like no other ordinary beauty.

LOOKING AHEAD

By Sarah Savoy (CAS '18)

This Spring, we will be racing at the Hyannis Marathon, Half Marathon, 10K, and Marathon Team Relay. This is one of our most highly attended winter races, and we hope to see some alumni and family there too! The RACE-MANIA Summit & Expo will be returning to BU again this year, and the BUTTs will be representing themselves in style! Our final race of the season will be the NE Season Opener Sprint in Hopkinton, MA.

April will be an exciting month for the BUTTs! We'll be participating in Global Days of Service to give back to the city of Boston, as the city truly does give a lot to our team. Our annual Try-a-Tri returns to BU's Fitness & Recreation Center on April 14th, consisting of a 200-meter swim, 15-minute trainer ride, and a 1-mile run on the indoor track. Whether you're a seasoned athlete or simply looking to try something new, the Try-a-Tri is a blast for all! Our final event in April will be the Collegiate Club National Championships in Alabama. The BUTTs have been training long and hard for this race, and we're excited to be sending our best and most dedicated athletes to compete at Nationals this year. Check out our BUTTs kicking butt next semester!

Following the successful Fall Online Store, another diverse gear order will be released in the Spring, and we are thrilled to say that alumni will be included in this order. Another way to support your favorite team is through Giving Day! Giving Day is a donations based campaign run by BU, and it will be in early April. We could not do all of the wonderful things we do without the gracious support of our friends, family, and alumni. Please consider donating to the Triathlon Team when Giving Day comes around this April. Stay tuned for our email and social media blasts.

Again, we would never be able to do all of our events without support from our family, friends, and alumni. Thank you to all for helping to make the Fall 2017 season one to remember. We cannot wait to see what we will accomplish in the Spring with your constant support! Happy Training!



Try-a-Tri Volunteers from 2017



Merissa, Anna, Lindsey and Sarah jumping for joy at MightyMan Montauk/ NECTC Champs

NECTC (CONT'D FROM PG 1)

and Merissa also braved the unseasonably warm temperatures for a strong, roll-friendly finish.

Lindsey, Sarah, and Merissa jumped back into the van, along with Anna, and headed down to Montauk for the Conference Championships: Mighty-Man Montauk. The swim had been cancelled earlier due to some pesky blue algae, but nothing could break these BUTTs' spirits and together the four showed that the race should really have been called "Mighty-Women." Despite some aches and pains, Anna had a fantastic race that landed her on the podium with a 3rd place finish. She was followed by Lindsey, Merissa and Sarah sealing the deal and landing the lady BUTTs with a 2nd place conference finish.