

EAST HIGH SCHOOL

Know Your Purgolder: Laura Coleman

10 Things You Should Know About Laura Coleman

She graduated in 1998. Laura attended Mendota Elementary and Gompers – now Blackhawk – Middle School. At East she was busy with sports and student council and was an honors student. Favorite teachers: Mr. Johnson (anatomy) and Mr. Rosevear (chemistry). Fond memories: Decorating for dances and the Smokey Mountains trip.

She's a triplet. Laura, sister Anna and brother Ryland were usually assigned to different classrooms.

She attended UW-Madison. Her majors reflected her love of animals, Zoology and Conservation Biology. Her minor was Environmental Studies.

She's an environmental technician. With degrees in Zoology and Biology, she never expected to work for a power company. But she loves her work – computer-based analysis of air emissions – and the professional development opportunities at Madison Gas & Electric.

Her passion is sports. At East, Laura was on both the swim team and track team and worked summers as a swim coach and lifeguard. She spent a year on the UW-Madison women's crew team and then took a year off sports. When she discovered the UW Triathlon Team, she never looked



Laura at the 2006 Madison Ironman.



Laura at East.

Photos provided by Laura Coleman

back. She also competes in Ironman events. A recap of some of her races:

World Championship 70.3 Finisher – 2006

Ironman Wisconsin Finisher – 2002, 2003, 2004, 2006

Lifetime Fitness Sprint – First overall female 2006

Racine Half-Ironman – First age-group finisher 2003, 2004, 2006

Whirlpool Steelhead Half-Ironman – First age-group finisher 2006

Badger State Games – First female finisher 2005

She co-founded TriBabes International. Laura and two friends created TriBabes in 2004 to offer train-

ing and support to women who want to compete in triathlons. She is the swim coach and executive director, Juli Lynch is the run coach and Karen Witkowski is the bike coach. The group began in Oconomowoc with just a few participants and quickly grew to 60 members. New chapters are starting in Madison and Oak Creek, with more locations in the works. Laura says many members are women in their 40s and 50s who did not have girls' sports in school.

She's busy. Laura often rises at 4 am for personal training. After a full day at work, she spends up to four hours working on TriBabe activities and managing the website www.tribabes.com. Weekends and vacations are usually spent training or

competing.

She enjoys simple pleasures. Laura loves taking walks with her boyfriend, playing with her dog and cat and meeting friends for coffee.

Her family and friends count most. Ryland spent five years in the Marines, but now the triplets live nearby and get together often. Laura stays in touch with East and UW-Madison friends via e-mail and telephone.

She won't slow down. Laura plans to continue building her career at MG&E while working towards her dream of TriBabes chapters nationally and worldwide. Even her next vacation is ambitious — her family will canoe in the remote Quetico-Boundary Waters area.

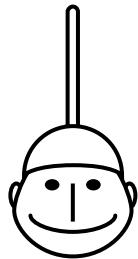
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Attention Class of 1972!

Our 35th Class Reunion is this year!

Saturday, Aug. 4, 5 pm to midnight, Eastside Business Men's Association, 3735 Monona Drive

Get together on Friday, Aug. 3, 7 pm to ??

Wilson's Bar, 2144 Atwood Avenue

Contact Sandy Starch at starch@charter.net for more information.

Thank you!

Thank you to Ms. Deb Deppeler and Ms. Lynn Hess, two East High neighborhood residents, for their donation of new badminton equipment for use in 9th grade PE classes at East.

Thank you, also, to Mr. Joe Derouin, a Northside resident and East High alumnus, for his time in building standards for the badminton nets. Thanks to their generosity, 9th grade students are able to learn and play an enjoyable lifetime sport in their 9th grade PE classes.

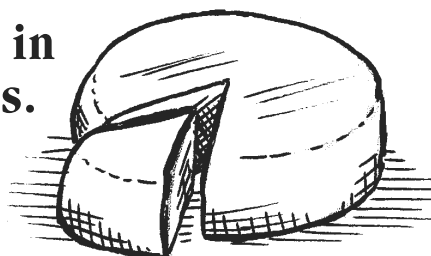
Thank you on behalf of 9th grade PE students and 9th grade PE teachers at East — Gary Calhoun, Tom Mason, Al McCredie, Anita Palmer, and Erin Walker.



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