Team USA Newsletter

March 2011

Hello Team USA athletes!

Spring is in the air! We hope everyone is starting to see those warm temperatures showing up in their neighborhoods. USA Triathlon is certainly looking forward to the warmer racing weather in the weeks ahead. We are currently gearing up for the Collegiate National Championship next week as well as the Duathlon National Championship later next month. We hope that we will see many of your smiling faces out there!

With April knocking at our doorsteps, it is time to focus on the qualifying races for the World Championships. To find out information about our upcoming National Championships (including the Duathlon National Championship) please visit www.usatnationalevents.org. We also want to give our Team USA Extremadura athletes warm good luck wishes as they take their trip to Spain for the Cross Triathlon World Championships at the end of April.

As always, stay tuned to the Team USA websites at www.teamusatriathlon.org and www.teamusaduathlon.org for the latest World Championship information as the ITU continues to release details for the various events. Let us know if you have any Team USA questions by sending an email to teamusa@usatriathlon.org.

"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle -- victorious."

-Vince Lombardi

Train Safe and Smart!

Team USA Department

2011 ITU Triathlon World Championship in Beijing, China

Yahoo Chat Group

If you have not yet joined, the Team USA Department has created a Yahoo Chat Group where Team USA Beijing athletes can go and chat with one another. Feel free to get to know your fellow teammates and ask as many questions as you wish. The Team USA department does not monitor questions from this group; we let the athletes mingle as they wish, so if there is a group question, please email us to ask us! Here is the group page:
http://groups.yahoo.com/group/TeamUSABeijing

Polk Majestic Travel Packages
If you are planning to purchase a travel package to Beijing, be sure to do so soon! USA Triathlon and Polk Majestic Travel have created Team USA travel packages for the 2011 ITU World Championships in Beijing, China. If you follow the link below you will be able to view the travel package options as well as book your travel today! We highly encourage our Team USA members to book their travel through Polk Majestic as USAT works very closely with Polk to create these packages and this is how you can best interact with fellow Team Members and have the best access to the Team USA Support Staff. The website has details on the team hotel, travel packages, obtaining a visa for China, information on traveling with your bicycle, extending your trip, and other tidbits to help make your experience easier. If you have questions about travel, please email Lisa Wilkinson from Polk Majestic Lisa@polkmajestic.com or call her at 303-967-2332.

http://guest.cvent.com/d/7dqtx6/1Q

Fun Facts about China
The phoenix is the most important bird in Chinese legend and represents the feminine power of the empress. The graceful crane, which is a symbol of long life, is the second most important bird in Chinese legend. Ducks are also important symbols and represent happiness and marital faithfulness.

Chinese is spoken by 92% of China's population. There are at least seven major families of the Chinese language, including Mandarin, Cantonese, Wu, Hakka, Gan, Xiang, and Min

The Chinese were using the decimal system as early as the fourteenth century B.C., nearly 2,300 years before the first known use of the system in European mathematics. The Chinese were also the first to use a place for zero

Fun Facts courtesy of Polk Majestic

Aquathlon World Championship Qualification
If anyone is interested in possibly competing in the 2011 ITU Aquathlon World Championship in Beijing, click here to find out how to qualify: http://www.usatriathlon.org/resources/about-events/team-usa-qualifying-events/2011-qualifying

As more information on race details are released from ITU, we will be posting this information here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-beijing So check here often.

2011 ITU Short Course Duathlon World Championship in Gijon, Spain

Qualification
The sole Team USA qualifying event for the 2011 ITU Short Course Duathlon World Championship is the 2011 USAT Duathlon National Championship. This race is scheduled to take place on April 30th in Tucson/Oro Valley, Arizona. For more information on this race and to register, please go to www.duathlonnationals.com. Be sure to reserve your spot in this race soon! We look forward to seeing you in Tucson!

Course Maps/Course Info
Course maps for the Short Course Duathlon World Championship can be found by clicking here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-gijon/course-and-event-maps.

Race venue information and photos can be found here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-gijon/race-information.

Yahoo Chat Group
The Team USA Gijon Yahoo Chat group is available and waiting for you to join! To join and start chatting with fellow teammates, click here: http://groups.yahoo.com/group/TeamUSAGijon.

As more information on race details are released from ITU, we will be posting this information here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-gijon. So check here often.

2011 ITU Cross Triathlon World Championship in Extremadura, Spain

Team USA Extremadura
Best of luck to all of our Team USA Extremadura athletes in April! The official roster has been set at 54 athletes. Have a great race and be sure to let us know if there are any additional questions before the event.

Team USA Uniforms
Team USA uniforms are available for Team USA Extremadura athletes only. If you are a part of the team heading to Spain, be sure you purchase your uniform soon! If there are questions or if you did not receive the link to order, email the Team USA Department at teamusa@usatriathlon.org.

Schedule of Events
The ITU has released the schedule of events for Extremadura! Please click the following link to view the most current schedule: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura/itu-event-schedule

Course Maps/Course Info
Please click here to view the course maps for Extremadura: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura.

Race venue information and photos can be found here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura/race-information.

The race distance for the World Championship is 1,000m swim, 20k bike, 6k run.

Yahoo Chat Group
The Team USA Extremadura Yahoo Chat group is now available. To join and start chatting with fellow teammates, click here: http://sports.groups.yahoo.com/group/TeamUSAExtremadura/.

Team Manager
Dave Nicholas has been named as the Team USA Manager. We are sure many of you have already received many emails from him. He is a very knowledgeable off-road guy! If you need to get in touch with Dave, email us for his email address. teamusa@usatriathlon.org.

Travel Information
For a few details about traveling to the Cross Triathlon World Championships in Extremadura, click here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura/travel-information.

Athlete Photos
New this year is a Team USA athlete photo gallery on the USA Triathlon website. To view photos of Team USA Extremadura athletes, click here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura/team-usa-extremadura-photos. If you are part of Team USA Extremadura and would like your photo added, email your photo and name to teamusa@usatriathlon.org.

2011 ITU Long Distance Triathlon World Championship in Las Vegas, Nevada

Travel Information
The USA host hotel is the Loews Lake Las Vegas. It is also the ITU host hotel. This hotel is going to sell out very early, so please visit our website to reserve your room as soon as possible. http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/travel-information. Please note, Polk Majestic is NOT putting travel packages together for this event since it is in the USA.

Packet Pick-up
When making your travel arrangements, please know that packet pickup will only be on Wednesday and Thursday before the race. This means you need to make sure you are in Las Vegas no later than Thursday early afternoon to get your packet. NO FRIDAY OR RACE DAY PACKET PICKUP WILL BE ALLOWED.

Course Maps
Course maps with elevation information are available by clicking here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/course-and-event-maps. This is a VERY hilly course, so be sure to check them out!

ITU Event Schedule
The ITU has released a tentative event schedule for the World Championship weekend. To view the schedule, click here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/itu-event-schedule.

Qualifying Events
There are still two chances to qualify for Team USA and compete at the ITU World Championship in Las Vegas. Click here to view that information: http://www.usatriathlon.org/resources/about-events/team-usa-qualifying-events/2011-qualifying.

Additional News

Facebook
Come join USA Triathlon and Team USA on Facebook. Become a fan of Team USA, chat with team members, upload videos and photos and more! Click here to join.

Patches
The Team USA Department is working on ordering more Budapest and Edinburgh patches since there is a high demand. Please be on the lookout for these 2010 patches and all 2011 patches around April or May. An email will be sent out with this information.

Team USA Beanies
Team USA has created custom Team USA beanies/toboggan/winter hat for anyone who is interested. Unfortunately, there was a minor manufacturing defect with the Team USA beanies, so they will now be available near the end of spring. Be on the lookout for an email from the Team USA Department about these. Below is a picture of the beanie.

2011 ITU Rules
The ITU Age Group Uniform Rules and Competition Rules have been updated for 2011. To view the ITU Age Group Uniform Rules, click here: http://www.triathlon.org/images/uploads/itusport_uniform-rules-age-group_2010-11-29_1.pdf. To view the ITU Competition Rules, click here: http://assets.teamusa.org/assets/documents/attached_file/filename/37196/itusport_competition-rules_2011.pdf.

Train Safe and Smart!