

Team:USA

Team USA Newsletter

June 2009



Hello Team USA athletes!

Hopefully everyone is enjoying their summer. The fourth of July will be here before we know it! Make sure you get outside and enjoy the fresh air and warm sun. The Summer edition of Triathlon Life magazine will be available at the end of July. Be on the lookout in your mailboxes. As always, if you have any questions about this newsletter or any Team USA matter, please let the Team USA department know Teamusa@usatriathlon.org.

"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."
-Lance Armstrong

Train Safe and Smart!

Amanda Duke
Team USA Department

Short Course (Olympic) Triathlon, Sprint Triathlon, and Aquathlon Worlds- Gold Coast, Australia

Bike Rentals in Gold Coast

After speaking with the event organizers in Gold Coast, there are NO bike shops that are renting bikes out for the World Championships. I am looking at other near-by cities, but it is unlikely we will find anything. PLEASE plan on bringing your own bike to the World Championship.

Travel Arrangements

If you have not made your hotel reservations at the team hotel please register at <http://guest.cvent.com/i.aspx?1Q,M3,a8ffbf68-0f05-4c76-a7c0-1782e389beb8> or contact Lisa Wilkinson 303-967-2332 and make those reservations today. 1-Bedroom and Spa Apartment rooms are still available at the Australias. In addition to the info boards and Team USA Support Staff, the team hotel is the center for social and team activities.



Uniforms

I know we originally said uniforms would be ready for ordering on June 12th, but unfortunately we hit a tiny snag. We are pushing for the beginning of next week. An email will be sent to current Team USA members at that time. Thank you for your patience.

Roommates in Gold Coast

If you are interested in being matched up with a roommate for Gold Coast please contact Lisa Wilkinson lisa@polkmajestic.com by June 26. Roommate match ups will start June 29th.

Ground transportation in Gold Coast

Additional transportation options for Gold Coast is now available. These include transportation to the aquathlon and the sprint triathlon. If you have already registered for transportation you can contact Lisa Lisa@polkmajestic.com. If you have not registered for transportation yet you will need to register at <http://guest.cvent.com/i.aspx?1Q,M3,a8ffbf68-0f05-4c76-a7c0-1782e389beb8>.

For additional information about the World Championship, please follow this link

<http://usatriathlon.org/content/index/1799>

Long Course Triathlon Worlds- Perth, Australia

Bike Rentals in Perth

There is a place in Perth called About Bike Hire. They have a limited range of road bikes which are a combination of Avanti and Giant Models of full carbon or part carbon. But they have a very limited number so try and get in quick. Visit their website for further details <http://aboutbikehire.com.au>.



Travel Info

If you are traveling to Perth with 3 adults here are the options for the team hotels:

- **Perth Ambassador** – 1 rollaway in the Corporate Doubles and the Executives, rate is an additional \$25.00 per person per night.
- **Goodearth** - 1 rollaway in the Executive rooms, rate is an additional \$20.00 per person per night.
- **Novotel** – The twin rooms consist of a queen bed and single bed. There will be an additional \$45 charge for a third adult, complimentary for children 16 years & under.

To book your travel arrangements visit

<http://guest.cvent.com/EVENTS/Info/Summary.aspx?i=0c2c830b-e9bc-4d52-93cd-f386f53eb931>

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Remaining Qualifiers

There is one more opportunity for athletes to qualify for the Long Course Triathlon World Championships. Musselman Half Iron Triathlon in New York is your last chance! Don't miss out on the opportunity to go to the Western side of Australia. To find out more information on this qualifier please follow this link <http://triathlon.teamusa.org/content/index/1678>

Keep checking the Team USA site for new information about 2009 Worlds in Perth, Australia. <http://usatriathlon.org/content/index/1801>

Short Course Duathlon Worlds- Concord, North Carolina

Hotel and Transportation Accommodations

To register for Team USA activities and hotel rooms at the Team USA hotel please register at <http://guest.cvent.com/i.aspx?1Q,M3,18c06b58-702d-4d7b-ad5e-3d34094b71ac>. Embassy Suites is the closest hotel to the transition. You can walk to the transition from the hotel but there will also be a shuttle service available for purchase. The Embassy Suites will make life easy as all team activities, staff, meetings and info boards will be located here.



Course Maps

The provisional course maps have been uploaded to the Team USA website.

<http://usatriathlon.org/content/index/2935>

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Duathlon World Championship Training Plan

Hypercat racing is once again providing the Team USA duathletes with a training plan “at no cost” that will be tailored to the Duathlon World Championships. If you are interested in obtaining this training plan, please email hypercatracing@hotmail.com. Be sure to mention you are a 2009 Team USA duathlete.z

ITU Events for Family and Friends

If you are bringing family and friends with you to Concord for the race and you want them to join you at the ITU Pasta party and the ITU awards ceremony/closing ceremony brunch then they will need to purchase a ticket for each person for each event. Athletes get admission into these two events for free. If you would like to purchase additional tickets please go to this link and fill out the form. http://www.usatriathlon.org/event/event/1072?page_id=4422. Or you may email the Team USA Department teamusa@usatriathlon.org.

Keep checking the Team USA site for new information about 2009 Worlds in Concord, North Carolina. <http://usatriathlon.org/content/index/1800>

Additional News:

2009 ITU Uniform Rules

The uniform rules for 2009 are significantly different for the 2009 World Championships than they have been in previous years. For instance, everyone needs to have their last name put on their uniforms in the ITU format. Luckily, Tri-Zone, the supplier whom you will purchase uniforms from, is an expert at screening the appropriate logos and lettering for our uniforms. They are fully aware of the rules and are ready to assist you in making sure your uniform is ITU compliant. They can also help you in putting your sponsor logos on them as well. For the complete ITU uniform rules, please follow this link. <http://www.triathlon.org/docs/uniform-rules-2009-final.pdf>. If you have questions, let us know teamusa@usatriathlon.org

Team USA 2010 Reunion

Planning is underway for a 2010 Team USA reunion. We are hoping to have a reunion in conjunction with the 2010 IRONMAN World Championships in Kona, Hawaii. If you are interested in going to the reunion in Hawaii please let Amanda Duke at USAT know (Amanda@usatriathlon.org).

Team USA Training Cycling Jerseys

If you are interested in pre-ordering a Team USA training cycling jersey, please email the Team USA department. Teamusa@usatriathlon.org.

USAT Clubs

Some of you may not be part of a USAT official club. To get information about finding a certified USAT Club in your area, visit the USAT Club website.

<http://www.usatriathlon.org/content/index/1103>

Duathlon World Championship Lottery

Didn't get one of the coveted AG spots for the Duathlon World Championships in Concord, North Carolina? Since the World Championship is taking place on our home soil, the International Triathlon Union (ITU) has allocated the US team more slots. We feel the best way to give these slots away is by holding a lottery. We will be offering 3 spots in every age group.

*Who is eligible: (you must meet at least **one** of the requirements below)*

- Any athlete who is a past Team USA member from 2006-2008.
- Anyone who competed at the 2009 Duathlon National Championship in Richmond, VA on April 26.

How the lottery will work:

- On June 15, 2009, USAT will be sending out a link to all athletes who are eligible for the lottery.
- The cost to enter the lottery is \$30. This fee is non-refundable. However, if you get one of the lottery spots, this \$30 will be applied towards your required \$300 entry fee for the World Championship.
- All athletes interested in being included in the lottery drawing must register by 5pm MT on June 29, 2009.
- On Tuesday, June 30, 2009, USAT will conduct the lottery and notify the qualified athletes on this day.
- Should an athlete be contacted that they have earned a spot on the team, they will have 1 week to claim their spot by following the instructions on the email received on June 30th.

If you have any questions about the lottery please contact the Team USA department teamusa@usatriathlon.org.

Team USA Blogs

Team USA now has a blog on the USA Triathlon website. Blog posts are added weekly. Make sure you stay in the loop and add your two cents. Check out the blog at

<http://usatriathlon.org/blog>.

Thanks for reading! Happy training!



