

# Team:USA

## Team USA Newsletter

July 2009



Hello Team USA athletes!

The 2009 World Championships are about to be here very soon. In addition to these monthly email newsletters, the Team USA department will begin to send bimonthly emails to all current Team USA athletes going to the World Championships this year. 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](mailto:Teamusa@usatriathlon.org).

**“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”**

**-Thomas Jefferson**

Train Safe and Smart!

Amanda Duke  
Team USA Department

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

#### ***Course Profiles***

The race organizers have finally posted the course profiles for the World Championships in Gold Coast. To view them, go to [www.teamusatriathlon.org](http://www.teamusatriathlon.org).



#### ***Bike Shipping Offer***

If you are going to Gold Coast and are interested in shipping your bike to the race and back to the US, contact Michael Morris, a fellow Team USA athlete, as he found a great deal. His email address is [michael@morristax.com](mailto:michael@morristax.com).

#### ***Australian Visa***

Everyone going to Australia for the World Championships need to get a Visa in addition to a US Passport. There are three ways you can go about getting a Visa.

1. If you booked your flight through Polk Majestic they can obtain your Visa for you for a small fee.

2. Contact your airline you booked your flight with and ask them to do this for a small fee.
3. Online by visiting this site <http://www.dfat.gov.au/>.

### **Uniforms**

Uniforms are ready to be purchased and screened. If you are a current Team USA member going to Gold Coast, please email the Team USA department to receive the password. If you have sponsor logos you want Tri-Zone to add to your uniform or you want Tri-Zone to add your name and the appropriate ITU logos on your uniform, please contact Tri-Zone at [Jeff@tri-Zone.com](mailto:Jeff@tri-Zone.com) or 562-493-5880.

### **Sign Online Waiver**

The ITU has been given the Team USA list for the Sprint and Olympic distance races. They are in the process of contacting every athlete to let you know you need to sign their participant waiver. If you have not received an email by Wednesday, contact the race organizer, [Rebeccausmevents.com.au](http://Rebeccausmevents.com.au).

### **ITU Pasta Party/Closing Ceremony dinner**

When you receive the email as stated above, from ITU, you can logon to their website and register to buy tickets to the ITU Pasta Party and the ITU closing ceremonies for your family and friends. Please be aware that as a competitor, you will receive 1 complimentary ticket for each event.

### **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](mailto: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**

Please secure your room at one of the team hotels this week. Space is filling up. Staying at the team hotel allows you to meet other team members, be near USAT staff, and have access to information and changes to the schedule and event. Please visit <http://guest.cvent.com/i.aspx?1Q,M3,5cd70f99-b08f-4125-ad73-10f43e21e25a> for more information or to register. You can contact Lisa Wilkinson with Polk Majestic at [lisa@polkmajestic.com](mailto:lisa@polkmajestic.com) or 303-967-2332 with further questions.

### **Uniforms**

We have finally received the uniforms we have been waiting for. We will open up ordering for uniforms near the middle of August. An email will be sent to current Team USA members at that time. Thank you for your patience.

## **Australian Visa**

Everyone going to Australia for the World Championships need to get a Visa in addition to a US Passport. There are three ways you can go about getting a Visa.

1. If you booked your flight through Polk Majestic they can obtain your Visa for you for a small fee.
2. Contact your airline you booked your flight with and ask them to do this for a small fee.
3. Online by visiting this site <http://www.dfat.gov.au/>.

**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**

### ***Travel Information***

Rooms at the team hotel are still available. The team hotel is the closest hotel to the race site. It is less than a mile. Please visit <http://guest.cvent.com/i.aspx?1Q,M3,18c06b58-702d-4d7b-ad5e-3d34094b71ac> for further details and to register.

### ***Team USA Team Dinner***

Sept 25th is the team dinner. The dinner will be held at the Embassy Suites. Athletes, families and friends are invited to attend. There will be a pep talk and raffle at the dinner. Tickets are \$30 and all tickets must be purchased by September 1st. No tickets will be sold at the door. You can register at <http://guest.cvent.com/i.aspx?1Q,M3,18c06b58-702d-4d7b-ad5e-3d34094b71ac>.



### ***Course Maps***

The provisional course maps have been uploaded to the Team USA website. <http://usatriathlon.org/content/index/2935>

### ***Uniforms***

I know there has been a lot of frustration as to when you may order a Team USA uniform. I promise, it will be tomorrow, July 28<sup>th</sup>. We finally have everything in stock and are ready to take orders. An email will be sent to those who are on the Team going to Concord. Thank you for your patience.

### ***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](mailto: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 for family and friends please go to

this link and order them [http://www.usatriathlon.org/event/event/1072?page\\_id=4422](http://www.usatriathlon.org/event/event/1072?page_id=4422).

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

## Additional News:

# TEAM USA ONLY!

USA TRIATHLON  
WETSUITS is now offering  
an exclusive discount to  
TEAM USA MEMBERS



(current or former). Receive 50% off our TEAM USA Full Wetsuit. This regularly priced \$600 suit is available for \$299 to TEAM USA members. This wetsuit is designed with Yamamoto's new #40 rubber (softest and most flexible available), Nano-SCS coating (fastest coating available), an 8008 liner (most flexible and waterproof), a 5 mm rubber from neck to ankle, a lower neckline for comfort, and has anatomically designed arms and shoulders to reduce fatigue. Go to <http://www.usatriathlonwetsuits.com/tusa/> for more details.

### **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](mailto: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](mailto:Amanda@usatriathlon.org)).

### **Team USA Training Cycling Jerseys**

The Team USA department is once again doing a pre-order for the Team USA training cycling jerseys. The cost is \$95. These are not to be worn during a World Championship race, but they are to be utilized as a training item only. To obtain the order form, please email the Team USA department and they will send you one. All order forms and payment must be received at the USAT office no later than August 11<sup>th</sup>.



### **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>.

**Schenker Bike Shipping**

If you are interested in utilizing Schenker to assist you in shipping your bike domestically to races, click on this website. <http://usatriathlon.org/content/index/6867>

**Team USA 2010 Coaching Opportunity**

Do you want to be the Official Team USA Coach for the 2010 ITU Age Group World Championships? Or, do you know someone who wants to be the Official Team USA coach? Follow this link for details. <http://www.usatriathlon.org/content/index/4068>.

Thanks for reading! Happy training!

