Team USA Newsletter

April 2010

Hello Team USA athletes!

We made it through the month of April! It was so great to see old faces in Richmond and even more wonderful to meet new faces. Our duathlon team will be shaping up very nicely. As the next few months roll on, everyone on Team USA for 2010 will begin to receive many more emails from the Team USA department. Keep your eyes peeled!

To find out information about Team please visit www.teamusatriathlon.org or www.teamusaduathlon.org.

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."
-Jesse Owens

Train Safe and Smart!

Amanda Duke
Team USA Department

Short Course (Olympic) Triathlon, Sprint Triathlon, and Aquathlon Worlds- Budapest, Hungary

Airline Bike Fees
As of April 30, 2010 these airlines classify bikes a regular piece of luggage:

Lufthansa- $50 for a 2nd bag (bike can qualify if under 50 pounds and 158 cm
Air Canada- $100 CAD for a 2nd bag (under 50 pounds and under 160 cm
Air France- $50 USD for 2nd bag
Continental - $50 USD for 2nd bag
US Airways- $50 USD for 2nd bag
British Airlines- $50 USD/£32

American will charge you depending on the type of aircraft and size of bike and that fee is $0-$100.

These airlines have a special fee for bicycles:
Delta $200 USD/EURO
United $200 USD/EURO

Entry Fees
I expect to be asking for the entry fee for the Olympic distance race in June. The fee should be around $230 USD. This will be communicated via email.

Uniforms
We estimate that we will open up uniform ordering at the end of May. Stay tuned to an email from the Team USA department.

Travel Packages to Budapest
It's not too late to book your travel arrangements through Polk Majestic, the Team USA travel provider. We highly recommend you book with them as we work with Polk VERY closely on all aspects. Click here to reserve your spot at the team hotel, get your Team activity tickets, and get your transportation arrangements worked out with Polk.
http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=c262c2ab-ba05-4a34-a549-1991d810dfd1

ITU Rule
Please be aware that as of March 29, 2010; ITU has stated the following:
"Athletes are not allowed to compete within 48 hours in more than one event of the same individual ITU related multisport, which means that the Age Group athletes cannot enter in both Sprint and Olympic distances."

When USA Triathlon asked the question "why" to ITU, here is the response:

"We have never intended to allow age groupers to do both events especially when the event takes place less than 24 hours apart (avoid having athletes putting great stress on their body) . The ITU Medical Committee worked with the ITU Technical Committee to ensure that this rule was very tight going forward."

This means athletes cannot compete in both the 2010 Sprint World Championship AND the 2010 Olympic distance World Championship in Budapest, Hungary.

For more information about these three World Championship races, please visit the Team USA website www.teamusatriathlon.org.

Long Course Triathlon Worlds- Immenstadt, Germany

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These airlines have a special fee for bicycles:
Delta $200 USD/EURO
United $200 USD/EURO

Entry Fee/Final Payment
The final entry fee deadline has passed. If you did not pay your $240 USD entry fee, you have been removed from Team USA. If you have any questions, please feel free to contact us. teamusa@usatriathlon.org.

Uniforms
In the beginning of May, the Team USA Department will be sending out an email from instructions on how to order your Team USA uniform and gear. Stay tuned for an email within a couple of weeks.

Keep checking the Team USA site for new information about 2010 Worlds in Germany. www.teamusatriathlon.org.

Short Course Duathlon Worlds- Edinburgh, Scotland

Travel Packages
The Team USA department has once again teamed with Polk Majestic to create Team USA travel packages to the World Championship in Edinburgh. You can take a look at these packages by clicking here: http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=dada96bd-fa62-4357-b9c8-41d27b7d2158. If you have any questions about travel, please contact Lisa Wilkinson at Polk Majestic. Her email address is Lisa@polkmajestic.com.

More information to follow as the weeks roll on. If you have any questions, please let us know. Teamusa@usatriathlon.org

2010 Team USA Reunion-Kona, Hawaii

Team USA is going to KONA and the 2010 IRONMAN World Championships!! Don't miss out on your chance to mingle with Ironman Legends, Mark Allen and Paula Newby-Fraser!

What is the Team USA Reunion all about?

- It runs from October 6th- October 11 in Kona, Hawaii in conjunction with the Ironman World Championships.
- The Reunion will take place at the Royal Kona Resort which is walking distance to the Ironman race venue.
- It is a chance to reconnect with fellow Team USA alumni and experience the Ford Ironman World Championship atmosphere.

- Mark Allen and Paula Newby-Fraser, Ironman Legends, are going to mingle with all Team USA reunion members during a private reception.
- You will attend the Official Ironman Pasta Party and the Official Ironman Awards Dinner
- There is a private sunset cocktail cruise with your fellow Team USA alumni.
- Exclusive Ironman volunteer opportunities available.

To find out the schedule and price and to register for the event, click here **www.seeuthere.com/Elite_Reunion_Event_Ironman_Championship.**

Questions about the travel package or event? Contact Julie Buchenau at RPMC at (818) 223-2646 or jbuchenau@rpmc.com OR you can contact Amanda Duke at USA Triathlon teamusa@usatriathlon.org or (719) 955-2674.

Additional News:

Team USA Blog
Team USA has a blog on the USAT website. The Team USA Department adds blogs at least once a week. It is worthwhile to check this every so often for updates about what is going on with Team USA and qualifying events. To check out the blog, click this link http://www.usatriathlon.org/blogs/team-usa

Team USA Arm Warmers
If you wish to purchase a commemorative pair of Team USA arm warmers, please contact the Team USA department for more information. Teamusa@usatriathlon.org.

2010 Team USA Patches
The 2010 Team USA Patches are here. In addition to the yearly banner patch, I have also updated the circle patches to reflect the new USA Triathlon logo. If you wish to order some, please contact the Team USA department and we can send you the order form. The cost is $5 each.

Have anything you want to add to this newsletter in the future? Let us know! teamusa@usatriathlon.org.