Team USA Newsletter

February 2010

Hello Team USA athletes!

Things are heating up at USA Triathlon! A couple of weeks ago, USAT had their Art and Science of Triathlon and Race Director Symposium at the beautiful Broadmoor in Colorado Springs. We had well over 400 certified coaches and certified race directors in attendance to enhance their education of the multisport lifestyle. Let me assure you that your 2010 will be triathlon's biggest year to date!

As winter winds down, it is time to focus on the qualifying races for the World Championships. To find out information about our National Championships please visit www.usatnationalevents.org. To find out information about Team please visit www.teamusatriathlon.org or www.teamusaduathlon.org for the latest and greatest information.

Just as last month, this month brings many more race updates. Please let me know if you have any questions in regards to anything that may be in this newsletter.

"You can't put a limit on anything. The more you dream, the farther you get".
– Michael Phelps

Train Safe and Smart!

Amanda Duke
Team USA Department

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

Travel Tidbits from Polk Majestic
If you are a US citizen you will not need a visa to visit Hungary. Budapest airport is close to the city and is easy to access. There are taxis, team transportation to the team hotel, and rental cars available. Trains from all over Europe arrive/depart from Budapest. Updated train schedules can be found at: http://www.raileurope.com/index.html.

Travel Packages to Budapest
Polk Majestic has improved how they serve our athletes, by allowing you to register for travel packages online. Follow this link
http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=c262c2ab-ba05-4a34-a549-

1991d810dfd1 to reserve your spot at the team hotel, get your Team dinner tickets, and get your transportation arrangements worked out with Polk.

Course Maps/Course Info
Olympic distance course maps and description can be found, by clicking here:
http://www.usatriathlon.org/pages/7475

Sprint distance course maps and description can be found by clicking here:
http://www.usatriathlon.org/pages/3725

Aquathlon course maps have not been announced yet.

Message from Team USA Coach, Kris:
Hello Team USA,
I met last weekend with Amanda Duke and Steve Pye (2009 Team USA Coach) in Colorado Springs. We discussed ways to improve the role of team coach and the services the team coach can offer to athletes during the season. We are currently working on getting some photographs of the course in Budapest. We are also trying to get enough data to create a Computrainer course for athletes to ride in preparation. The goal is to host a webinar for athletes so we can discuss what to expect for the race. We would also like to have a group Computrainer training session. More on these two things will come in the future.

If you have any ideas on how I can better serve you and the rest of Team USA, please contact me at kris@scsmultisport.com. As I said in our last email, please feel free to contact me with questions, comments or concerns. I am here for you.

TTFN,

Kris Swarthout
USAT Level II Coach
USAT Midwest Regional Chair
USATF Level I Coach
Co-Owner SCS Multisport LLC
612-396-3801

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

Long Course Triathlon Worlds- Immenstadt, Germany

Computrainer File
The race organizers have given us a computrainer file. To access this, click here and scroll to the very bottom of the webpage http://www.altenried.de/events/english/world-championships-courses.php?SID=648397033145e73262ea548d4a2e1dce

Polk Travel Packages
There is VERY limited hotel options in and near Immenstadt. Polk Majestic and USA Triathlon have found two hotels in Immenstadt and one hotel 7km from town. Please follow this link and register as quickly as possible as we WILL sell out of available rooms.
http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=fcb5bfa7-fada-45cd-9edc-875dd0fdc8eb

Race Cut-Off Times
The race organizers have announced the cut-off times for this 3x Olympic distance event. Please be aware that the first wave start (M/F 55+) will begin at 7am and the second wave (M/F 18-54) will begin at 7:30am. The Bike and run cut-off times are the same for both wave starts.

Split	Time
Swim- First Wave	9:15am
Swim- Second Wave	9:45am
Cycle Turnpoint Oberstaufen (50km into bike portion)	11:45am
Finish 1st lap of Bike (85 km into bike portion)	1:15pm
End of Bike Portion (130km)	3:15pm
Finish 1st lap of run portion (20km)	5:10pm
Course and race closes	6:00pm

Entry Fee/Final Payment
The entry fee is going to be roughly $250 USD. I will be emailing all registered participants in about a month with instructions on how to make this final payment.

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

Short Course Duathlon Worlds- Edinburgh, Scotland

Qualifying Event
The sole qualifying event is coming up soon in Richmond, Virginia. Don't wait to sign up as this race WILL SELL OUT. To register today, follow this link http://www.duathlonnationals.com/.

2009 World Duathlon Champions
If you were a 2009 ITU Duathlon World Champion, I will be emailing you individually in the next two weeks to inform you of how to register for the 2010 ITU Duathlon World Championships, if you choose.

Race Distance
The race distance for the World Championship is a 10k run, 40k bike, 5k run.

More information to follow as the months 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!! Details just released. 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

Long Course Duathlon World Championship
As of right now, ITU has still not announced a 2010 LC Duathlon Worlds event. If we hear anything, we will let you know as soon as possible.

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