

Team USA Newsletter

September 2009



Hello Team USA athletes!

We have completed the Aquathlon, Sprint Triathlon, Olympic triathlon, and short course Duathlon World Championships at this point and Team USA has represented us VERY WELL. Read below to see the names of those who got a spot on the podium.

We have our last World Championship the LC Triathlon Worlds in Perth, Australia coming up in a few weeks. We are also busy planning for 2010. The rest of the 2010 Team USA qualification information will be posted online once it is finalized and approved.

I apologize for not getting you an August Team USA newsletter, but I was quite busy traveling. If anyone has any questions, please let me know.

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."

Aristotle

Train Safe and Smart!

Amanda Duke Team USA Department

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

What a great week of racing in Gold Coast. I hope everyone had a marvelous time. Below are the list of those athletes who got a podium spot.



JJ Bailey	M35-39	Gold
Dean Harper	M55-59	Gold
Lauren Binder	F60-64	Gold
Lindley Morton	M60-64	Gold
Elizabeth Brackett	F65-69	Gold



David Roadhouse	M65-69	Gold
Susan Bradley Cox	F70-74	Gold
Madonna Buder	F75-79	Gold
Roger Brockenbrough	M75-79	Gold
Doug Clark	M40-44	Silver
Gary Burnett	M70-74	Silver
Lois Leon	F65-69	Silver
Graciela Val	F70-74	Silver
Molly Hayes	F75-79	Silver
Mark Harms	M30-34	Bronze
Bill Travis	M60-64	Bronze
Robert Plant	M65-69	Bronze
Karlton Naylor	M70-74	Bronze
Brad Leonard	M75-79	Bronze
Ann Davidson	F45-49	Bronze
Celeste Callahan	F65-69	Bronze
Helen Geoffrion	F70-75	Bronze

Sprint Triathlon World Championships:

Fiona Petersen	F35-39	Gold
Kim McDonald	M55-59	Gold
Don Ardell	M70-74	Gold
Margaret Bomberg	F70-74	Gold
Brad Leonard	M75-79	Gold
Molly Hayes	F75-79	Gold
Steve Johnson	M30-34	Silver
Heather Westerman	F35-39	Silver
Lynda Lubelczyk	F60-64	Silver
Richard Lewis	M65-69	Silver
Evan Rudd	M20-24	Bronze
Tamara Salomon	F35-39	Bronze
Julia Julisson	F40-44	Bronze
Betsy Henderson	F55-59	Bronze

Aquathlon World Championships:

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Heather Westerman	F35-39	Gold
Kim McDonald	M55-59	Silver
William Cerny	M60-64	Silver
Carole Mawson	F65-69	Silver
Shelly Bloom	F55-59	Bronze
Dean Harper	M55-59	Bronze
Peggy McDowell-Cramer	F65-69	Bronze
Marshall Wakat	M65-69	Bronze
Gary Burnett	M70-74	Bronze
Brad Leonard	M75-79	Bronze

Long Course Triathlon Worlds- Perth, Australia

Travel Info

If you have any last minute questions about travel, so may contact Lisa Wilkinson with Polk Majestic at lisa@polkmajestic.com or 303-967-2332.



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.

- 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/.

Updates

Please make sure you are reading these over as it has critical information in them.

Update #1 was sent to all Perth athletes on Sept. 29 Update #2 will be sent to all Perth athletes on Oct. 6 Update #3 will be sent to all Perth athletes on Oct. 13

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

What a treat it was for the USA athletes to compete in a World Championship on our home soil. We did VERY well as a team in this race as well despite the downpour of rain. Below is the list of athletes who got a podium spot.

Kelly Fillnow	F25-29	Gold
Suzanne Huelster	F35-39	Gold
Kristine Kuss	F40-44	Gold
Janet Howard	F45-49	Gold
Anne Mitchell	F55-59	Gold
Matthew Sheeks	M25-29	Gold
Kirk Heinze	M30-34	Gold



Chris Giordanelli	M45-49	Gold
William Martin	M55-59	Gold
Steve Ruckert	M60-64	Gold
Roger Brockenbrough	M70-74	Gold
Edwin Bixenstine	M80-84	Gold
Erika Gates	F18-19	Silver
Joanna McCandlish	F25-29	Silver
Gail Kattouf	F35-39	Silver
Julie Deery	F40-44	Silver
Kristin Villopoto	F45-49	Silver
Anne Viviani	F60-64	Silver
Heysoon Lee	F65-69	Silver
Sharon Roggenbuck	F70-74	Silver
Josh Evans	M18-19	Silver
Nicholas Sterghos	M20-24	Silver
Justin Harris	M25-29	Silver
Kevin O'Connor	M35-39	Silver
Jeff Miller	M40-44	Silver
Shane Thread	M45-49	Silver
Tony Marshall	M65-69	Silver
Don Ardell	M70-74	Silver
Edwin Maruna	M80-84	Silver
Sarah Breevoort	F20-24	Bronze
Carrie Andrews	F25-29	Bronze
Alicia Parr	F35-39	Bronze
Kerry Troester	F40-44	Bronze
Lori Goldweber	F45-49	Bronze
Stacy Creamer	F50-54	Bronze
Dawn Werneck	F60-64	Bronze
Pat Fossum	F70-74	Bronze
Steven Rosinski	M20-24	Bronze
Eneas Freyre	M30-34	Bronze
Todd Wiley	M35-39	Bronze
Keith Rieger	M40-44	Bronze
Jeff Terry	M45-49	Bronze
David St. Lawrence	M50-54	Bronze
Steven Smith	M60-64	Bronze
Warren Taylor	M65-69	Bronze
Charles Towse	M70-74	Bronze

Additional News:

<u>TEAM USA</u> 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.

Team USA 2010 Reunion

Planning is underway for a 2010 Team USA reunion. Jeff Dyrek from USAT is doing a site visit to the hotel we chose for the reunion and once that is finalized I will have oodles of information about the Team USA reunion. Start planning to be in Kona, Hawaii for the 2010 Ironman World Championships! If you are interested in going to the reunion please let Amanda Duke at USAT know (Amanda@usatriathlon.org).

Team USA Training Cycling Jerseys

If you pre-ordered a Team USA training cycling jersey a few months ago, you should be receiving your jersey by the end of October.

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

Thanks for reading! Happy training!