Team USA Newsletter

February 2009

Hello Team USA athletes!

I hope your training is going well. Planning for 2009 is still going strong in the Team USA department. If you have any comments, suggestions, thoughts, ideas, complaints, anything- you name it, please let me know. I get excited to get periodic updates from Team USA athlete's who let me know how their training is going. I thought I would leave you with a quote I just ran across by a triathlete, Dave Scott:

"If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just finish the race- it's up to you."

Train Safe and Smart!

Amanda Duke
Team USA Department

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

Travel Info
If you still need to book your hotel room, get team dinner tickets, or arrange transportation, please visit this website to book through Polk. http://guest.cvent.com/EVENTS/Info/Custom.aspx?cid=17&e=a8ffbf68-0f05-4c76-a7c0-1782e389beb8

Welcome to our Official Team USA Coach
Steve Pye, is going to be traveling to Gold Coast, Australia to serve as the team coach. He owns his own business, called Practical Coaching. He won the 2008 Age Group Nationals Coaching contest by being the coach with the most athletes at the starting line in Portland. Please feel free to email him with any training questions you might have. His email address is info@practicalcoaching.net.

Training Plan
Training Peaks is once again creating the Team USA training plan for the Olympic distance race. It will be tailored to the race course in Gold Coast. The training plan will be available for a start date of June 1st. An email will be sent out to athletes when the plan is available to download.

Polk Majestic Travel Update
Due to security reasons there is no longer luggage lockers available at the Brisbane airport. Stor-a-Bag is a service near the airport that can meet you at the airport to pick up/drop off your bags to store until you return. You can also drop them off at their office. They will accept bike boxes. You can make a reservation by emailing admin@stor-a-bag or by contacting them at 0411 601 764. Rates for bike boxes start at $18.70 AUD per day. There will be a $10 AUD charge per pickup (not per beg) if they meet you at the airport. Another option in Brisbane/Gold Coast is to make arrangements with the hotel you are staying at in Gold Coast or in Brisbane.

Smarte Carte Baggage Storage can store luggage at Sydney International Terminal (T1) and Domestic Terminals (T2 and T3) and around Australia's other terminals. Hours of operation are 6.00am until 9.30pm daily. The cost to store a large suitcase is $15 per day per item or $10 for a 6 hr period. Hand luggage is $11 per day per item or $8 for a 6 hr period. After 7 days we offer a 10% discount. They will accept bike cases. No reservation is needed.

For additional information about the World Championship, please follow this link http://usatriathlon.org/content/index/1799

Long Course Triathlon Worlds- Perth, Australia

Travel Info
If you still need to book your hotel room, get team dinner tickets, or arrange transportation, please visit this website to book through Polk. http://guest.cvent.com/EVENTS/Info/Summary.aspx?i=0c2c830b-e9bc-4d52-93cd-f386f53eb931

Training Plan
Training peaks is creating the long course triathlon training plan. The plan will be tailored to the race course in Perth and will be available for a start date of July 1st. An email will be sent out when the plan is ready to be downloaded.

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 Info
Polk Majestic and USA Triathlon have reserved hotel rooms at the closest hotel to Lowe's Motor Speedway. Details are still being hammered out and a travel registration link will be available at the end of this week for those who have already qualfied for the Du World Championships.

NEW Transportation Option
USA Triathlon is working with an internet company called, Pickup Pal. It is a way to help reduce carbon footprints and to reduce travel costs. Whether you are driving to Concord or looking to get a ride to Concord, this website is a great tool. For more information about this program, please visit the website http://www.pickuppal.com/pup/erp/USA-Triathlon.

Event Website
The event website will be going live at the end of this month. The website will be www.duathlonworldsconcord.com.

If you have any questions, please let us know. Teamusa@usatriathlon.org

Additional News:

USAT Chat/Blogs/Message Boards
In the past, Team USA has used Yahoo! Groups to host our chat sessions, blogs, and message boards. We no longer need to out source this, as our new USA Triathlon website is capable of doing this functionality. In order to be eligible to participate and chat with fellow Team USA members, you must go to www.usatriathlon.org and "create a profile". If you have any questions in how to do this, please let us know. teamusa@usatriathlon.org. Once you create this profile, please email the Team USA department and let us know so we may add you to the group.

Long Course Duathlon World Championships
The ITU announced a couple of weeks ago that there is not going to be a 2009 ITU Long Course Duathlon World Championship. They assured us they are committed to having a LC Duathlon in 2010. If you would like more information please go to the ITU website at www.triathlon.org.

Lottery for SC (Olympic) Triathlon World Championship
Didn't get one of the coveted AG spots for the Short Course (Olympic) Triathlon World Championships in Gold Coast, Australia? You're in luck because USA Triathlon has decided to hold a lottery for this special 2009 event. We will be offering 1 spot in every age group. Please be aware that this is a one-time opportunity and it will not be repeated for every World Championship.

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 2008 Age Group National Championship

How the lottery will work:

- On April 1, 2009, USAT will be sending out a link to all athletes who would like to enter into 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 April 28, 2009.
- On Thursday, April 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 April 30th.

If you have any questions about the lottery or feel that you meet the criteria to be eligible for the lottery, please contact the Team USA department teamusa@usatriathlon.org.

Team USA Cycling Jerseys
You talked and we listened! Team USA is working with Squadra to create a Team USA cycling training jersey. The design should be here within the next week and then the Team USA department will be taking pre-orders for these jerseys. If you are interested in these cycling jerseys, please let us know. teamusa@usatriathlon.org.

Discounted Rarely-Used Equipment for Sale
A fellow Team USA member, Karl O'Leary, was recently injured in a cycling accident and can no longer ride a bike. He has quite the selection of tires and other bike parts he has received from sponsors. If you are interested in what he has to offer, please call or email him.
karloleary1@gmail.com or (631)291-3639.
If you have any questions, comments, or concerns please shoot an email to teamusa@usatriathlon.org.

Team USA 2010 Reunion
Planning is underway for a 2010 Team USA reunion. As soon as details are confirmed we will pass along that information. All Team USA reunion information, will posted at this link: http://usatriathlon.org/content/index/1798

Team USA Webinar Series
The Team USA department is proud to be adding an extra benefit to Team USA members. From April to August, we will be holding 4 or 5 webinars on various topics. These topics are tentatively scheduled to include, International Traveling; Race logistics-how to prepare and how to taper (one for SC and one for LC); what to expect at the World Championships; and jetlag, international nutrition, and bike transportation.
A more detailed schedule will be released within a few weeks. If you have any questions, please let us know. Teamusa@usatriathlon.org.

Thanks for reading! Happy training!