

Team USA Newsletter

June 2011



Hello Team USA athletes!

Independence Day weekend is just around the corner and we're sure many of you are busy purchasing your charcoal and grill-ables in between your workouts. We hope everyone has a safe and enjoyable holiday! Looking ahead, the Age Group National Championship and Sprint National Championship will be here before you know it. USA Triathlon is getting ready for great events in Burlington on August 20th and we hope to see many of you there.

USA Triathlon is continuing to receive details about the upcoming 2011 World Championships. The Team USA Department is working diligently to keep the Team USA websites updated and keep athletes informed of the latest developments.

As always, stay tuned to the Team USA websites at www.teamusaduathlon.org for the latest information. Let us know if you have any Team USA questions by sending an email to teamusa@usatriathlon.org.

"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match."
- Mia Hamm

Train Safe and Smart!

Team USA Department





2011 ITU Triathlon World Championship in Beijing, China

Yahoo Chat Group

If you have not yet joined, the Team USA Department has created a Yahoo Chat Group where Team USA Beijing athletes can go and chat with one another. Feel free to get to know your fellow teammates and ask as many questions as you wish. The Team USA department does not monitor questions from this group; we let the athletes mingle as they wish, so if there is a group question, please email us to ask us! Here is the group page:

http://groups.yahoo.com/group/TeamUSABeijing







Schedule of Events

ITU has released a preliminary schedule of events for Beijing! Please click the following link to view the most current schedule: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-beijing/itu-event-schedule

Team USA Schedule

The Team USA Beijing schedule has been posted with details specific to the Team USA athletes that will be traveling to the event. Click the following link to view the schedule: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-beijing/usa-team-information

Course Maps/Course Info

Course maps (including bike course elevation information) for the Short Course (Olympic) Triathlon World Championship, Sprint Triathlon World Championship and Aquathlon World Championship can be found by clicking here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-beijing/course-and-event-maps

Team USA Uniforms and Gear

Uniforms and gear are now available for Team USA Beijing athletes only. If you are a member of Team USA Beijing and did not receive uniform ordering information, email the Team USA Department at teamusa@usatriathlon.org.

Event Entry Fee

The entry fee for the Beijing World Championships is not yet due. Fee details and payment information will be sent to Team USA Beijing athletes in July or early August. Stay tuned for an email with details!

Team USA Support Staff

Details on the selected Team USA Beijing support staff are now posted online. Click the following link and scroll to the bottom of the page to see who will be supporting Team USA athletes in China: http://www.usatriathlon.org/resources/for-athletes/team-usa-beijing/usa-team-information

Polk Majestic Travel Packages

Travel packages for Beijing are almost sold out so if you are planning to purchase a travel package to Beijing, be sure to do so soon! USA Triathlon and Polk Majestic Travel have created Team USA travel packages for the 2011 ITU World Championships in Beijing, China. If you follow the link below you will be able to view the travel package options as well as book your travel today!

We highly encourage our Team USA members to book their travel through Polk Majestic as USAT works very closely with Polk to create these packages and this is how you can best interact with fellow Team Members and have the best access to the Team USA Support Staff.

The website has details on the team hotel, travel packages, obtaining a visa for China, information on traveling with your bicycle, extending your trip, and other tidbits to help make your experience easier. If you have questions about travel, please email Lisa Wilkinson from Polk Majestic <u>Lisa@polkmajestic.com</u> or call her at 303-967-2332.

http://guest.cvent.com/d/7dqtx6/1Q











2011 ITU Standard Distance and Sprint Duathlon World Championships in Gijon, Spain

Schedule of Events

ITU has released a preliminary schedule of events for Gijon! Please click the following link to view the most current schedule: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-gijon/itu-event-schedule

Course Maps/Course Info

Course maps with elevation information for the Standard Distance and Sprint Distance Duathlon World Championships can be found by clicking here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-gijon/course-and-event-maps.

Race venue information and photos can be found here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa/team-usa-gijon/race-information.

Team USA Uniforms and Gear

Uniforms and gear are not yet available for Team USA Gijon athletes. This information should be ready for athletes in late July. An email will be sent to all Team USA Gijon athletes from the Team USA Department as soon as ordering information is available.

Event Entry Fee

The entry fee for the Gijon World Championships is not yet due. Fee details and payment information will be sent to Team USA Gijon athletes in July or early August. Stay tuned for an email with details!

Team USA Support Staff

Details on the selected Team USA Gijon support staff are now posted online. Click the following link and scroll to the bottom of the page to see who will be supporting Team USA athletes in Spain: http://www.usatriathlon.org/resources/for-athletes/team-usa-gijon/usa-team-information

Bike Shipping to Spain

High Country Shipping has announced that they will be providing a deeply reduced price shipping option for Team USA athletes traveling to Gijon. Visit the following webpage for complete details on the program: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-gijon/travel-information. Questions can be directed to Dave Doemland at dave@highcountryshipping.com.

Polk Majestic Travel Packages

USA Triathlon and Polk Majestic Travel have put together Team USA travel packages for the 2011 ITU World Championships in Gijon, Spain. If you follow the link below you will be able to view the travel package options as well as book your travel today!

We highly encourage our Team USA members to book their travel through Polk Majestic as USAT works very closely with Polk to create these packages. This is how you can best interact with fellow Team Members and have the best access to the Team USA Support Staff.

There are still packages available for two of the Team USA hotels. The website has complete details on the Team USA hotels, travel packages, getting to Gijon, information on traveling with your bicycle and other tidbits to help make your experience easier. If you have questions about travel, please email Lisa Wilkinson from Polk Majestic at Lisa@polkmajestic.com or call her at 303-967-2332.

http://guest.cvent.com/d/hdgyrm







Travel Message from Polk Majestic:

On Wednesday, September 21st, there will be a private air conditioned Team USA bus traveling from the Madrid Airport to Gijon. The bus will depart at 12 noon. Travel time is approximately 5 hours. Price for the trip is \$125 per person, oneway. A separate luggage truck for bikes will follow the bus.

On Monday, September 26th, there will be a private air conditioned Team USA bus traveling from Gijon to the Madrid Airport. The bus will accommodate flights 10 a.m. and later, so approximate departure time is between 2-3 a.m. Travel time is approximately 5 hours. Price for the trip is \$125 per person, one-way. A separate luggage truck for bikes will follow the bus. Click here to reserve your seat today.

For questions regarding the bus transfer between Madrid and Gijon, please contact Lisa Wilkinson from Polk Majestic at <u>Lisa@polkmajestic.com</u> or call her at 303-967-2332.

Madrid Airport Left Luggage

There is a Left Luggage at the Madrid airport. Make sure to look at the dimensions as most bike cases will not fit in the lockers. The cost of the Madrid Airport Left Luggage is approximately 5 Euros a day. There are lockers specifically designed to deposit large objects such as bicycles, surfboards, etc. In T4, the size of the large locker is 1.80m high, 44cm wide and 90cm deep. In T1, there are wide lockers with a size of 62cm high, 50cm wide and 92cm deep. There are also high lockers in T1 with a size of 1.35m high, 33cm wide and 82cm deep.

For questions about the Madrid Airport Left Luggage, please contact Lisa Wilkinson from Polk Majestic at Lisa@polkmajestic.com or call her at 303-967-2332.

Yahoo Chat Group

The Team USA Gijon Yahoo Chat group is available and waiting for you to join! To join and start chatting with fellow teammates, click here: http://groups.yahoo.com/group/TeamUSAGijon.

As more information on race details are released from ITU, we will be posting this information here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-gijon.





2011 ITU Cross Triathlon World Championship in Extremadura, Spain

Team USA Extremadura

Congratulations again to all of our Team USA Extremadura athletes! Team USA had a strong showing with 8 podium winners and with Kristin Jo Markham finishing with the top overall female age-group performance. Great work, Team USA! Click here to read the USA Triathlon press release about the event.

Gold:

Kristin Jo Markham (Female 25-29, Tumwater, Wash.) Kathy Hudson (Female 45-49, Highland Village, Texas) Beverly Enslow (Female 50-54, Metamora, III.) Brent Peacock (Male 50-54, Jackson, Wyo.) Katherine Frank (Female 60-64, Santa Cruz, Calif.)







Silver:

Peter Lilley (Male 65-69, Charlotte, N.C.)

Bronze:

Sue Anne Clark (Female 35-39, Bryn Mawr, Pa.) Annette MacNiven (Female 50-54, Wainscott, N.Y.)





2011 ITU Long Distance Triathlon World Championship in Las Vegas, Nevada

Team USA Uniforms and Gear

Uniforms and gear are not yet available for Team USA Las Vegas athletes. This information should be ready for athletes late summer. An email will be sent to all Team USA Las Vegas athletes from the Team USA Department as soon as ordering information is available.

Event Entry Fee

The entry fee for the Las Vegas World Championships is not yet due. Fee details and payment information will be sent to Team USA Las Vegas athletes late summer. Stay tuned for an email with details!

Team USA Support Staff

Details on the selected Team USA Las Vegas support staff are now posted online. Click the following link and scroll to the bottom of the page to see who will be supporting Team USA athletes in Nevada: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/usa-team-information

Travel Information

The USA host hotel is the Loews Lake Las Vegas. It is also the ITU host hotel. This hotel has unfortunately already sold out. The next closest hotel is the MonteLago Village Resort at Lake Las Vegas, located close to the start line. For travel details, visit http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/travel-information. Please note that Polk Majestic is NOT putting travel packages together for this event since it is in the USA.

Packet Pick-up

When making your travel arrangements, please know that packet pickup will only be on Wednesday and Thursday before the race. This means you need to make sure you are in Las Vegas no later than Thursday early afternoon to get your packet. NO FRIDAY OR RACE DAY PACKET PICKUP WILL BE ALLOWED.

Course Maps

Course maps with elevation information are available by clicking here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/course-and-event-maps. This is a VERY hilly course, so be sure to check them out!

Schedule of Events

ITU has released a tentative event schedule for the World Championship weekend. To view the schedule, click here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/itu-event-schedule.

Qualifying Events

There is still one chance to qualify for Team USA and compete at the ITU World Championship in Las Vegas. Click here to view that information: http://www.usatriathlon.org/resources/about-events/team-usa-qualifying-events/2011-qualifying.











2011 ITU Long Course Duathlon World Championship in Zofingen, Switzerland

ITU Announces Long Course Duathlon World Championship

ITU has officially announced that the 2011 Long Course Duathlon World Championship will take place in Zofingen, Switzerland on September 4, 2011. Complete details on the event can be found on the Team USA Zofingen website: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-zofingen.

Travel Information

USA Triathlon and Polk Majestic Travel have put together Team USA travel packages for the 2011 ITU World Championships in Zofingen, Switzerland. If you follow the link below you will be able to view the travel package options as well as book your travel today!

We highly encourage our Team USA members to book their travel through Polk Majestic as USAT works very closely with Polk to create these packages. This is how you can best interact with fellow Team Members and have the best access to the Team USA Support Staff.

The website has details on the Team USA hotel, travel packages, information on traveling with your bicycle and other tidbits to help make your experience easier. If you have questions about travel, please email Lisa Wilkinson from Polk Majestic at <u>Lisa@polkmajestic.com</u> or call her at 303-967-2332.

http://www.cvent.com/d/pdqhvg

Polk Majestic has been able to secure additional double rooms right in Zofingen. It makes race logistics easy when you can walk to all race activities and have access to the Team USA medical and mechanical staff. There is also transportation from the Zurich airport to the hotel and back so you do not need to worry anything and can focus on training.

Team USA Uniforms and Gear

Uniforms and gear are not yet available for Team USA Zofingen athletes. This information should be ready for athletes mid-July. An email will be sent to all Team USA Zofingen athletes from the Team USA Department as soon as ordering information is available.

Event Entry Fee

The entry fee for the Zofingen World Championship is not yet due. Fee details and payment information will be sent to Team USA Zofingen athletes in July or early August. Stay tuned for an email with details!

Team USA Support Staff

Details on the selected Team USA Zofingen support staff are now posted online. Click the following link and scroll to the bottom of the page to see who will be supporting Team USA athletes in Switzerland: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-zofingen/usa-team-information

Schedule of Events

ITU has released a tentative event schedule for the Long Course Duathlon World Championship. To view the schedule, click here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-zofingen/itu-event-schedule.

Course Maps/Course Info

Course maps for the Long Course Duathlon World Championship can be found by clicking here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-zofingen/course-and-event-maps.







Race and venue information can be found by clicking here: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-zofingen/race-information.





Additional News

Patches

The Team USA Department is happy to announce that the 2010 Budapest and Edinburgh patches have arrived! If you are interested in ordering either of these, please email the Team USA Department at teamusa@usatriathlon.org to request the order form and specify that you are interested in the 2010 patches.

2011 Extremadura, Gijon, Beijing and Henderson patches have also arrived! If you are interested in ordering one of these patches, please email the Team USA Department at teamusa@usatriathlon.org to request the order form and specify that you are interested in the 2011 patches. Thanks for your patience with the delay!

Team USA Beanies

Team USA has created custom Team USA beanies/toboggan/winter hat for anyone who is interested. Beanies are \$12 each (including shipping and handling). The beanies are one size fits all. If you are interested, email TeamUSA@usatriathlon.org for a beanie order form.









Facebook

Come join USA Triathlon and Team USA on Facebook. Become a fan of Team USA, chat with team members, upload videos and photos and more! Click here to join.

2011 ITU Rules

The ITU Age Group Uniform Rules and Competition Rules have been updated for 2011. To view the ITU Age Group Uniform Rules, click here: http://www.triathlon.org/images/uploads/itusport_uniform-rules-age-group_2010-11-29_1.pdf. To view the ITU Competition Rules, click here:

http://assets.teamusa.org/assets/documents/attached_file/filename/37196/itusport_competition-rules_2011.pdf.

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