

Team:USA

Team USA Newsletter

January 2010



Hello Team USA athletes!

I hope everyone had a terrific holiday season. Now that 2010 has finally approached us, I hope everyone is gearing up for a great and successful year.

We, at USAT, are still in planning mode for the 2010 National Championships as well as the 2010 World Championships. To find out information about our National Championships please visit www.usatnationalevents.org. The Team USA webpage is still your best resource for the latest Team USA information. Please visit www.teamusatriathlon.org or www.teamusaduathlon.org to immerse yourself in the information.

I have a lot of race updates in this newsletter, so please read carefully. Please let me know if you have any suggestions or comments in regards to anything that may be in this newsletter.

"Accept challenges so that you may feel the exhilaration of victory."- Unknown

Train Safe and Smart!

Amanda Duke
Team USA Department

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

Tentative ITU Schedule of Events

The race organizers have given a very rough schedule of events. They have announced the dates of the three World Championships. Please note that these are tentative and can change. ITU has informed me that the final schedule will be released in February. To see the schedule, click on this link <http://www.usatriathlon.org/pages/7474>

Provisional Course Maps

The race organizers have released provisional course maps. To check these out, click on this link and then follow to your event <http://www.usatriathlon.org/pages/1746>

Book your Travel Packages through Polk Majestic

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.

Luggage Storage in Budapest

I would always recommend asking the hotel you are staying in to store your belongings first. If they cannot meet that request there are left luggage counters at both the Eastern (Keleti) and the Southern (Déli) Railway Stations, while the Western (Nyugati) Railway Station has a left luggage counter open from 5 am-midnight, and lockers available 24 hours a day.

Team USA Team Activity

The Szechenyi Chain Bridge, the Parliament Building, the Basilica of St. Stephen-- these are just some of the sights on the USAT customized city bus tour. We have rented buses and hired guides to give the team and their friends and family a taste of what the city has to offer. The team activity is part of the team hotel package. If you have any questions please contact Lisa Wilkinson lisa@polkmajestic.com. Don't miss out on this opportunity for team bonding while touring the city with your fellow teammates.

Message from the Team Coach

Hello,

I wanted to take this opportunity to introduce myself. I am Kris Swarhout and I have been selected as the coach for Team USA 2010. I am following in the footsteps of last year's team coach, Steve Pye. 2009 was the first year USA Triathlon implemented this coaching program and Steve did a wonderful job building the foundation for the future.

I am a level 2 coach based in Minneapolis, MN. I have been coaching athletes of all ages and abilities for a number of years. I am also the team coach and co-founder of one of the first USAT Junior Development Teams (Minnesota Junior Elite Team), so I have experience leading teams to high profile events. I have been a member of Team USA as an athlete in 2005 and am the USAT Midwest Regional Council Chairperson.

Since this program is so new, we are looking at how we can grow this team-coaching program to better serve you the athlete. We have some good foundation and ideas, which will be explained in later contact, but for now I would like to ask for your ideas and input. I can be reached by email at kris@scsmultisport.com. Please feel free to give me any and all of your thoughts, questions and suggestions.

For now, lets talk about your 2010 race calendar. If you haven't by now, you should be well on your way to planning out your season, registering for events and setting race priorities. When I speak of prioritization and race schedule, I mean prioritizing your 2010 races as either A, B or C events. "A" races are your peak races or the ones you want to do the best at. Typically an athlete will only have one or two of these per season. "B" races are mid-level events, which you plan your heavy training around, but not normally taper for and "C" races are considered training races. C races are not ones you do with any less heart or effort, the difference is you may do more intense workouts in the week leading up to that event and may not be in the best race shape that day.

I am going to assume all of you are making Worlds 2010 one of your "A" races. With that, I want you to know that I along with the rest of the USA Triathlon staff are committed to bringing back as much hardware as possible from Budapest in September. I look forward to working with you this year. Be on the lookout for tips, training information and learning opportunities in the months to come.

Kris Swarhout
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

Tentative ITU Schedule of Events

The race organizers have released a very rough schedule of events. To view this schedule, click on this link <http://www.usatriathlon.org/pages/7718>.

Official Race Distance

The official distance of the World Championship is a 3x Olympic, which means it is a 4k swim, 130k bike, 30k run.

Course and Elevation Maps Available

The race organizers have released the course and elevation maps. To view these maps, click this link <http://www.usatriathlon.org/pages/7717>.

Race Fuel

We have been told that there will be bananas, isotonic drinks (no brand name given yet) and water on the bike portion. On the run portion they will provide bananas, isotonic drink, water, coke, and energy bars (no brand name given yet).

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>

Team USA Immenstadt Yahoo Chat Group

I just created the Team USA Immenstadt Yahoo Chat Group. This is where you can chat and meet your fellow Team Members going to Germany. Join and start chatting today. Click this link to do so <http://groups.yahoo.com/group/TeamUSAImmenstadt>

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.

ITU Provisional Event Schedule

The race organizers have released a very rough outline of the event schedule. To view this, click here <http://www.usatriathlon.org/pages/7565>.

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!! This means, you need to pencil in the Team USA reunion for October 6-11th. You don't want to miss this opportunity to mingle with some of the IRONMAN legends in a one-on-one exclusive Team USA gathering. This is just one of the great activities we have planned for the reunion. We are finalizing details this week and will be announcing the official plans no later than February 1st!

Check out our new reunion logo →

If you are interested in going, please email the Team USA department so we can send you an exclusive invitation.
teamusa@usatriathlon.org.



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.

Stories for USAT Magazine?

If you think you have a story that belongs in the USA Triathlon Magazine. Email them to the Team USA Department for consideration. teamusa@usatriathlon.org

If you have any questions, comments, or concerns please shoot an email to
teamusa@usatriathlon.org.
