

Team USA Newsletter

February 2011



Hello Team USA athletes!

Things are starting to get busy at USA Triathlon! The pro season is ramping up with the first event of six in the 2011 USA Triathlon Elite Race Series happening at the Clermont Draft-Legal Challenge on March 5th in Clermont, Florida. Keep your eyes open for the USA Triathlon trailer as it has started its 2011 journey around the United States.

According to Punxsutawney Phil, spring will come early this year. Here's to hoping he is right with the first ITU Championship just around the corner! The 2011 ITU Cross Triathlon World Championships are set to occur April 30-May 1 in Extremadura, Spain. Best of luck to the Team USA Extremadura athletes as they head down the home stretch of their World Championship training.

As always, stay tuned to the Team USA websites at www.teamusatriathlon.org and www.teamusaduathlon.org for the latest World Championship information as the ITU continues to release details for the various events. Let us know if you have any questions in regard to anything that may be in this newsletter by sending an email to teamusa@usatriathlon.org.

"Putting miles in your training log is like putting money in the bank. You begin to draw interest on it immediately."

-Hal Higdon

Train Safe and Smart!

Team USA Department

A decorative horizontal wavy line in red, white, and blue, with a red star on the left and two red stars on the right.

2011 ITU Triathlon World Championship in Beijing, China

Yahoo Chat Group

The Team USA Department has created a Yahoo Chat Group where USA 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>



Polk Majestic Travel Packages

USA Triathlon and Polk Majestic Travel have finished putting the final touches on the 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 Lisa@polkmajestic.com or call her at 303-967-2332.

<http://quest.cvent.com/d/7dqtx6/1Q>

Fun Facts about China

The 2008 Olympic Games in Beijing were the most expensive games in history. While the 2004 Athens Games were estimated to cost around \$15 billion, the Beijing Games were estimated to cost a whopping \$40 billion

Because the cicada (katydid) has the longest life span of any insect (up to 17 years) and sheds its skin, it has long been a symbol of regeneration and rebirth for the Chinese. In ancient China, the Chinese would place jade cicadas in the mouths of the dead because they were thought to slow down the decay process and speed up the rebirth in another world

Suspension bridges were invented in China in 25 B.C, 1,800 years before such bridges were known in the West.

The name of China's capital has changed over the centuries. At one time or another it has been known as Yanjing, Dadu, and Beiping. Peking or "Beijing means "Northern Capital." Beijing is the officially sanctioned pinyin spelling based on the Mandarin dialect. Beijing is the second largest city after Shanghai.

Fun Facts courtesy of Polk Majestic

Aquathlon World Championship Qualification

If anyone is interested in possibly competing in the 2011 ITU Aquathlon World Championship in Beijing, click here to find out how to qualify: <http://www.usatriathlon.org/resources/about-events/team-usa-qualifying-events/2011-qualifying>

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-beijing> So check here often.



2011 ITU Short Course Duathlon World Championship in Gijon, Spain

Qualification

The sole Team USA qualifying event for the 2011 ITU Short Course Duathlon World Championship is the 2011 USAT Duathlon National Championship. This race is scheduled to take place on April 30th in Tucson/Oro Valley, Arizona. For more information on this race and to register, please go to www.duathlonnationals.com. We look forward to seeing you in Tucson!

Course Maps/Course Info

Course maps for the Short Course Duathlon World Championship 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-gijon/race-information>.

Yahoo Chat Group

The Team USA Gijon Yahoo Chat group is now available. 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>. So check here often.



2011 ITU Cross Triathlon World Championship in Extremadura, Spain

Entry Fee Payment

Team USA Extremadura athletes need to be sure to pay the entry fee for the ITU Cross Triathlon World Championship no later than midnight Mountain Time on Monday, February 28th. Please follow the link below to pay the entry fee. If there are any questions, feel free to email teamusa@usatriathlon.org.

<https://registration.usatriathlon.org/>

Course Maps/Course Info

Please click here to view the course maps for Extremadura: <http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura>.

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

Course Distance

The race distance for the World Championship is 1,000m swim, 20k bike, 6k run.

Yahoo Chat Group

The Team USA Extremadura Yahoo Chat group is now available. To join and start chatting with fellow teammates, click here: <http://sports.groups.yahoo.com/group/TeamUSAExtremadura/>.

Team Manager

Dave Nicholas has been named as the Team USA Manager. We are sure many of you have already received many emails from him. He is a very knowledgeable off-road guy! If you need to get in touch with Dave, email us for his email address. teamusa@usatriathlon.org.

Travel Information

For a few details about traveling to the Cross Triathlon World Championships in Extremadura, click here: <http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura/travel-information>.

Athlete Photos

New this year is a Team USA athlete photo gallery on the USA Triathlon website. To view photos of Team USA Extremadura athletes, click here: <http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa>



[extremadura/team-usa-extremadura-photos](#). If you are part of Team USA Extremadura and would like your photo added, email your photo and name to teamusa@usatriathlon.org.



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

Travel Information

The USA host hotel is the Loews Lake Las Vegas. It is also the ITU host hotel. This hotel is going to sell out very early, so please visit our website to reserve your room as soon as possible. <http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-las-vegas/travel-information>. Please note, 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 now 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!

ITU Event Schedule

The 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 are still two chances 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>.



Additional News

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.

Patches

The Team USA Department is working on ordering more Budapest and Edinburgh patches since there is a high demand. Please be on the lookout for these 2010 patches and all 2011 patches around April. An email will be sent out with this information.



Team USA Beanies

Team USA has created custom Team USA beanies/toboggan/winter hat for anyone who is interested. These will be available in February or March. Be on the lookout for an email from the Team USA Department about these. Below is a picture of the beanie. Pricing information will be included in the March newsletter.



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.

Train Safe and Smart!

