Team USA Newsletter

January 2011

Hello Team USA athletes!

Happy New Year! I hope everyone had a terrific holiday season. Some of you may be on your bike trainers right about now and itching to get outside! The staffers at USAT know just how you feel, it's winter triathlon season in our neck of the woods. Nevertheless, we are going about getting things in order for you for all of the upcoming 2011 World Championships. ITU will begin to release information details for the various events, so pay close attention to the Team USA web pages. www.teamusatriathlon.org and www.teamusaduathlon.org.

Meet the newest member of the Team USA Department -- Rachel Leif -- who will be helping out the Team USA Department in 2011. Make Rachel feel welcome by sending her an email to the Team USA Dept. address teamusa@usatriathlon.org.

"To climb steep hills requires a slow pace at first."
-William Shakespeare

Train Safe and Smart!

Team USA Department

2011 ITU Triathlon World Championship in Beijing, China

Yahoo Chat Group
The Team USA Department has created a Yahoo Chat Group where USA athlete 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 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.

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!

Letter from USAT Board Member, Celeste Callahan on Duathlon Nationals
After working so hard for two straight years to assemble an impressive venue and record-setting field for Duathlon Nationals in Richmond — which we accomplished — they go and shift the event to of all places, Arizona.
"Why would anyone go to Arizona?" I thought, turning over to try to sleep on my side. Then a messenger appeared to me:
"Well, YOU go every year to Arizona, Missy — to ride your bike. You have been going there EVERY single year, sometime between February and April, for FIFTEEN years to escape Colorado winter and to get ready for triathlon. To *Tucson,* to be precise!"
I sat up in bed. Messengers like this have been known to give disturbing news, and for only a reprimand/reminder of a decade and a half of phenomenal biking I was, indeed, grateful.
So, before the he could come back to announce something he forgot to say, I signed up.
Tucson is remarkably smaller than Phoenix. Down market, undiscovered. It's easy to get around, and the Mexican food rocks. It's desert, so the nights can be nippy. But the days are warm to hot and dry. The biking is the best in the United States, and, as a three-time Race Across America finisher, I say that with authority. I just googled the host hotel, the Hilton Tucson El Conquistador, and I thought Jeff was pulling my leg. This, folks, is not your basic host hotel. It is a *resort.* Check it out.
And, if you want to go early or stay late or, if you are not in my age group, and you want some advance training, google The Cycling House — comfortable lodging, adorable domestiques, excellent food.

Advance warning: there are some hills on the course and the run has a killer climb — or so I am told — so we will have to work for our supper. But my winter doldrums just went away!

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

Course Maps
ITU is announcing new event details almost weekly now. The course maps have just been added. Please click here to view them: http://www.usatriathlon.org/resources/for-athletes/team-usa/team-usa-extremadura

Course Distance
ITUi is still deciding on what the race course distance will be for the inaugural event. As soon as this information is released it will be posted on the ITU event website.

Team Manager
Dave Nicholas has been named as the Team USA Manager. I am 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.

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 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!

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

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. A picture and pricing info to follow in the February newsletter.

New Team USA Logo
As you might have noticed, Team USA has a new logo! Tell us what you think of the new logo by joining our facebook page. http://www.facebook.com/pages/USA-TriathlonTeam-USA/53932617258?v=wall

Train Safe and Smart!