

Team USA Newsletter

March 2010



Hello Team USA athletes!

Is everyone else glad that the winter months are melting away and spring is here? USA Triathlon is very excited for the warmer temperatures. We are gearing up for the Collegiate National Championship as well as the Duathlon National Championship next month. Hopefully we will see you there!

It is time to focus on the qualifying races for the World Championships. To find out information about our National Championships please visit www.usatnationalevents.org. To find out information about Team please visit www.teamusatriathlon.org or www.teamusaduathlon.org for the latest and greatest information.

"Perhaps the single most important element in mastering the techniques and tactics of racing is experience. But once you have the fundamentals, acquiring the experience is a matter of time."

-Greg LeMond

Train Safe and Smart!

Amanda Duke Team USA Department

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

Bike Transportation

Traveling with your bicycle can be stressful but with a little information that process can be made simpler and you will know what to expect. Each airline has its own set of rules when it comes to handling baggage and the fees associated with that. They do change often so make you sure you have the most current information when booking your airline ticket. In the past, the airlines have honored the baggage policy during the period that the ticket was booked.

It is recommended that you fly with your bicycle on the journey to the



race. There is a greater chance of you and your bike arriving at the same time. You are not required to do this, but in past races this has been the most reliable and timeliest way to travel with the bike. Airlines can charge for the weight and dimensions of your bike box. That being said a smaller and lighter case is better. If you do not have a case contact your local bike shop and they can offer guidance or rent you one. Airline fees range from \$0-\$250 each way, depending on the size and weight of the case and the airline. Most airlines charge \$100-\$150 each way if the case is under 50 pounds and a single bike case.

Other options on traveling with your bicycle are Luggage Forward, Fed-Ex, and DHL. You can contact them directly with the exact dimensions and weight of your bike case. This is a pricier option but they can be less hassle. If you are shipping your bike home and traveling make sure you allow enough time in your travels to drop off or meet the pickup staff for the bike.

Travel Packages to Budapest

It's not too late to book your travel arrangements through Polk Majestic, the team USA travel provider. We highly recommend you book with hem as we work with Polk VERY closely on all aspects. Click here to reserve your spot at the team hotel, get your Team dinner tickets, and get your transportation arrangements worked out with Polk.

http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=c262c2ab-ba05-4a34-a549-1991d810dfd1

New ITU Rule

Please be aware that as of March 29, 2010; ITU has stated the following:

"Athletes are not allowed to compete within 48 hours in more than one event of the same individual ITU related multisport, which means that the Age Group athletes cannot enter in both Sprint and Olympic distances."

When USA Triathlon asked the question "why" to ITU, here is the response:

"We have never intended to allow age groupers to do both events especially when the event takes place less than 24 hours apart (avoid having athletes putting great stress on their body). The ITU Medical Committee worked with the ITU Technical Committee to ensure that this rule was very tight going forward."

This means athletes cannot compete in both the 2010 Sprint World Championship AND the 2010 Olympic distance World Championship in Budapest, Hungary.

For more information about these three World Championship races, please visit the Team USA website www.teamusatriathlon.org.

Long Course Triathlon Worlds- Immenstadt, Germany

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Polk Travel Packages

There is VERY limited hotel options in and near Immenstadt. Please follow this link and register for your hotel arrangements as quickly as possible as we WILL sell out of available rooms within the next few weeks. http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=fcb5bfa7-fada-45cd-9edc-875dd0fdc8eb

Entry Fee/Final Payment

The entry fee is going to be roughly \$250 USD. I will be emailing all registered participants in about two weeks with instructions on how to make this final payment. Hold tight as it will be a secured online site where you can make the final payment.

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. We are about 90% capacity right now. To register today, follow this link http://www.duathlonnationals.com/.

Travel Packages

In about a month, I will have the travel package information finalized. The team hotel is the closest hotel to the transition area as well as the cheapest rate you can find for this hotel property. Stay tuned!



As the team gets finalized within the next few months, more and more information will be appearing in this section.

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!! Details just released. Don't miss out on your chance to mingle with Ironman Legends, Mark Allen and Paula Newby-Fraser!



What is the Team USA Reunion all about?

- It runs from October 6th- October 11 in Kona, Hawaii in conjunction with the Ironman World Championships.
- The Reunion will take place at the Royal Kona Resort which is walking distance to the Ironman race venue.

- It is a chance to reconnect with fellow Team USA alumni and experience the Ford Ironman World Championship atmosphere.
- Mark Allen and Paula Newby-Fraser, Ironman Legends, are going to mingle with all Team USA reunion members during a private reception.
- You will attend the Official Ironman Pasta Party and the Official Ironman Awards Dinner
- There is a private sunset cocktail cruise with your fellow Team USA alumni.
- Exclusive Ironman volunteer opportunities available.

To find out the schedule and price and to register for the event, click here www.seeuthere.com/Elite_Reunion_Event_Ironman_Championship.

Questions about the travel package or event? Contact Julie Buchenau at RPMC at (818) 223-2646 or jbuchenau@rpmc.com OR you can contact Amanda Duke at USA Triathlon teamusa@usatriathlon.org or (719) 955-2674.

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

Team USA Arm Warmers

If you purchased 2010 Team USA arm warmers and the logos are not 100% perfect, please contact the Team USA department and let us know about it and we can get this issue resolved timely. If you wish to purchase these arm warmers, please also email the Team USA department to let us know.

ITU Competition Rule Changes

On March 24, 2010, ITU made a few minor changes to their 2010 ITU Competition Rules.

The major changes that will affect the age groupers are:

- The introduction of a penalty box for the Age Group athletes for drafting violations on the cycling segment.
- Air temperature will be considered when water temperature measurements are taken

For the complete ITU competition rules, <u>Click HERE</u>. For a listing of the 2010 rule changes, <u>Click HERE</u>.

Have anything you want to add to this newsletter in the future? Let us know! teamusa@usatriathlon.org.