

Team USA Newsletter

May 2012



Hello Team USA athletes!

We hope your Memorial Day festivities and workouts this past weekend were excellent! With summer just around the corner, we hope your racing season has begun to take shape with much promise. USA Triathlon has been quite busy in May. Just two weeks after the Duathlon National Championship, USA Triathlon helped co-host the ITU World Triathlon San Diego event. USA Triathlon also cheered on our first Team USA athletes as the Team USA Pelham athletes competed in the Cross Triathlon World Championship in Pelham, Alabama. Congratulations to all competitors!

If you are interested in qualifying for a 2012 World Championship, be sure to check out the remaining events that have qualifying opportunities on the following webpage: <http://www.usatriathlon.org/audience/team-usa/qualification.aspx>. Details regarding the 2013 World Championships (and how to qualify) can be found on the following webpage: <http://www.usatriathlon.org/audience/team-usa/qualification/2013-events.aspx>. Information regarding upcoming National Championships can be found at www.usatnationalevents.org.

As always, stay tuned to the Team USA website at www.teamusatriathlon.org for the latest World Championship and Team USA information. Feel free to contact the Team USA Department with any questions you might have at teamusa@usatriathlon.org.

“The glory of sport comes from education, determination and desire. Achieving success and personal glory in athletics has less to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day, whether on the track or in the office, you know that there was nothing more you could have done to reach your ultimate goal.”

-Jackie Joyner-Kersey

Train Safe and Smart!

Team USA Department



2012 ITU Triathlon and Aquathlon World Championship in Auckland, New Zealand

Polk Majestic Travel Packages

Register now for the 2012 Short Course Triathlon World Championships in Auckland, New Zealand! The Chifley Suites is



sold out; however there are still rooms available at the Heritage Hotel. Click on the link below and you will be able to view the travel package options as well as book your travel today!

<http://www.cvent.com/d/lcqjpx>

We highly encourage our Team USA members to book their travel through Polk Majestic as USA Triathlon 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 Polk Majestic website has all the information you will need on hotels, travel packages, information on traveling with your bicycle, extending your trip and other tidbits to help make your experience easier. If you have questions about travel to Auckland, please contact Suzanne Rivers from Polk Majestic at Suzanner@polkmajestic.com.

Air New Zealand Special Airfare Offer

One of your fellow Team USA athletes, Scott Endsley, has used his connection with Air New Zealand to negotiate discounted flights and bike transportation for those athletes traveling to Auckland for the 2012 ITU Triathlon World Championships this October. The details are:

- Total air fare cost, from LAX (Los Angeles) or SFO (San Francisco) to Auckland is \$1550, including the cost for round trip transportation of one bike per ticket (\$75 less if no bike is transported) from either departure city. The bike transport from your departure city to either LA or SF is \$35.00 as a 2nd piece of luggage (the normal charge is \$70.00 each way). You will be charged standard rates if the bike is considered your third piece of luggage.
- Flights should be booked by July 15, 2012, and fully paid for by Sept. 3, 2012.
- Air New Zealand has also agreed to help coordinate all athletes and their companions flights originating anywhere in the USA, and departing and returning any dates in October, with included flight reduction costs for the flights getting to LAX or SFO.
- All flight bookings and questions should be emailed to Lupe.Maake@airnz.co.nz. You MUST book through Lupe to receive the discounts noted.

This is a wonderful opportunity for some cost savings on your trip. Take advantage of this great opportunity and don't miss the July 15th deadline! Email Lupe.Maake@airnz.co.nz for more information or if you would like to get a price quote.

High Country Bike Shipping to Auckland

One of USA Triathlon's partners, High Country Shipping, has arranged for bike shipping to and from Auckland for the World Champs. For more information, click their website http://www.highcountryshipping.com/aquathlon_world_new_zealand.html. Note that there must be at least 50 bikes to buy into this deal by August 26th for the promotion to occur. For specific questions about this bike shipping opportunity, please call 877-231-1363.

Course Maps

Course maps for the Short Course (Olympic) and Sprint Triathlon World Championships and a bike elevation map are available here: <http://www.usatriathlon.org/audience/team-usa/auckland/maps.aspx>. Please note that the run course map has changed slightly. All course maps are subject to change. The Aquathlon course maps will be posted as soon as the local organizing committee and ITU finalize them.

Schedule of Events

The World Championship week schedule is available here: <http://www.usatriathlon.org/audience/team-usa/auckland/event-schedule.aspx>. Schedule is subject to change.



Weather

Average weather and average water temperature information for Auckland in October can be found on the following webpage: <http://www.usatriathlon.org/audience/team-usa/auckland/travel.aspx>.

Team USA Uniforms

Team USA Auckland athletes should expect to receive an email from Team USA (teamusa@usatriathlon.org) sometime very late July regarding the password to the Team USA store to purchase your uniform, along with other Team USA-specific items.

Entry Fee Payment

USAT has recently found out the entry fee for the World Champs in Auckland. USAT will be reaching out to all athletes in the beginning of July to make the final payment. Be on the lookout for the email from Team USA around this time.

Olympic Distance Triathlon: 495 NZ Dollars (as of May 17th, the conversion rate is \$380 USD)

Sprint Distance Triathlon: 495 NZ Dollars (as of May 17th, the conversion rate is \$380 USD)

Aquathlon with World Champ Entry too: 40 NZ Dollars (as of May 17th, the conversion rate is \$31 USD)

Aquathlon without World Champ Entry: 195 NZ Dollars (as of May 17th, the conversion rate is \$150 USD)

According to ITU, the entry fee includes the following:

- Entry fee in to the ITU Triathlon World Grand Final
- Race Kit (Timing transponder, start number, helmet & bike sticker, swim cap, athlete handbook, 2XU event t-shirt)
- Ticket to the Opening Ceremony and pre-race party on Thursday 18 October – includes meal voucher
- Ticket to the Closing Ceremony and post-race party on Monday 22 October – includes meal voucher & dessert voucher
- Finisher medal
- Post-race recovery refreshments
- Emergency medical care
- On-site bike mechanic (in addition to the ones USAT is bringing specifically for USA athletes)
- Training facilities – free access to select swimming pools & dedicated training rides

Visiting Auckland

If you are a first-time visitor to New Zealand and are interested in a few highlights to perhaps incorporate into your trip, consider a few of the recommended things to see and do, listed on the Auckland Travel page here:

<http://www.usatriathlon.org/audience/team-usa/auckland/travel.aspx>.

A note from the Team USA coach, Kris Swarthout

Hello Team USA,

The race season is upon us and with that I wanted to take this first letter to discuss overall season planning. Most of you will race from now until worlds in late October, this is not an issue, but there are some common pitfalls you can avoid with some simple pre-planning.

1. Late Season Burnout – This is the most common pitfall and will normally result in below normal race results or low motivation to train or compete.
 - a. How to avoid it – Begin with a periodized training program that utilizes micro (one week), macro (4 weeks) and mezzo (one year) cycles. These are common tools used by certified USAT coaches and details on how exactly they work can be found on the web. Basically the idea is to progressively increase training stress through volume and intensity over a period of time followed by rest and recovery. It is through this prescribed cycle of training and



recovery that athletes make consistent gains, avoid injury and prevent leveling off. Proper periodization will keep you going all season long, both mentally and physically.

2. Take a Break – This is going to sound like pure blasphemy to most of you, but have you ever considered taking a full week off of training. Yes, you can still workout, but it should be very short, spontaneous, easy and disposable.
 - a. Why in the heck would I do that? – Think of how demanding our training can be and what doesn't get done during the summer. By taking a strategic week off of training you will do a couple things, first you will be able to finish a "honey do" list item or two that can win you big points. Second you will drive yourself so crazy that you will be chomping at the bit to get back at it and that is exactly what the purpose of this time off is for. When your motivation is lacking, nothing works better than a break. This break needs to be specifically timed so that it does not impact key races. For you, late August could be a good time. You will have three months of racing in and who knows how many months of training. You will be poised nicely for a solid build up to Auckland.
3. Pick your "A" races wisely – I will assume most of you know what A, B and C races are, but for those of you that don't, it is a way to pick which races that you want to do best or "peak" at.
 - a. But I want to do my best at all of them! – Don't worry, you will do your best at every race, the difference in A, B and C races is how they fit into your training plan and how your train or taper leading up to them. An age-group athlete will be able to normally peak for two A races a season. For these races your training is very specific. It will focus around not only the specific distance but also the course topography, weather and field of competition. You will have a specific taper going into race day and you will be focused like a hawk on this one. For a B race you will have most of the same preparation and intensity, but the difference is in taper. You may find that you could have a harder workout closer to a B race because you plan for you're A race requires it. This harder training may or may not impact your overall performance on your B race day depending on the athlete. You still race at 100% for a B race just like you will at you're A race. For a C race, most commonly known as a "training race" you will have no taper and this event will most likely serve as your practice of specific targeted skills (fast transition, explosive "do or die" run split, etc.) or designated speed work for the week. Just because it is a training race does not mean we give anything less than 100%, we simply understand that the results may not be our best for a reason. I will assume Worlds is one of your A races this year.

By integrating these ideas into your overall seasonal program you should be able to race like a rock start all the way through October. My homework assignment for you all is to layout your full season on a spread sheet and plan your races, training and recovery accordingly. If you have never done this before, you will be amazed at just how insightful this practice can be. For those of you who have already done this, well, go out and get a good workout in, just be sure to Facebook, send a Tweet or blog exactly what you have done so the rest of the world will know just how much a superstar you are!

Good luck and good training,

Coach Kris

Aquathlon World Championship Qualification

If anyone is interested in competing in the 2012 ITU Aquathlon World Championship in Auckland, click here to find out how to qualify: <http://www.usatriathlon.org/audience/team-usa/qualification.aspx>.

As more information and race details are released from ITU, we will be posting information on the Team USA Auckland webpage: <http://www.usatriathlon.org/audience/team-usa/auckland/contents.aspx>. Be sure to check here often.



2012 ITU Standard Distance Duathlon World Championship in Nancy, France

Polk Majestic Travel Packages

USA Triathlon and Polk Majestic Travel have finished putting the final touches on the Team USA travel packages for the 2012 ITU World Championships in Nancy, France. 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 hotels, travel packages, area and race information, details 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 Katarina Stastny from Polk Majestic katarina@polkmajestic.com or call her at 303-386-8507.

<http://www.cvent.com/d/hcqjmh/1Q>

Course Maps

The run course map and a few race details for the event in Nancy can be found on the following webpage:

<http://www.usatriathlon.org/audience/team-usa/nancy/maps.aspx>. Please note that these are subject to change. The bike course map will be posted as soon as it is available.

Schedule of Events

An updated schedule of events is posted to the following webpage: <http://www.usatriathlon.org/audience/team-usa/nancy/event-schedule.aspx>. Please note that the schedule is subject to change.

Travel Information

To read a welcome letter from the event organizers in Nancy and for other travel tidbits, visit the following webpage:

<http://www.usatriathlon.org/audience/team-usa/nancy/travel.aspx>.

Team USA Uniforms

Team USA Nancy athletes should expect to receive an email from Team USA (teamusa@usatriathlon.org) sometime very late June regarding the password to the Team USA store to purchase your uniform, along with other Team USA-specific items.

Entry Fee Payment

ITU will announce the entry fee amount for the World Championships in Nancy sometime in the next month or so. Team USA will send an email to all Team USA Nancy athletes once the entry fee amount is announced. Team USA will also send along instructions on how to pay the entry fee to USA Triathlon.

High Country Bike Shipping to Nancy

One of USA Triathlon's partners, High Country Shipping, has arranged for bike shipping to and from Nancy for the World Champs. For more information, click their website

http://www.highcountryshipping.com/duathlon_world_championship.html. Note that there must be at least 50 bikes to buy into this deal by August 22nd for the promotion to occur. For specific questions about this bike shipping opportunity, please call 877-231-1363.

Weather

Average weather information for Nancy in September can be found on the following webpage:

<http://www.usatriathlon.org/audience/team-usa/nancy/travel.aspx>.



As more information and race details are released from ITU, we will be posting information on the Team USA Nancy webpage: <http://www.usatriathlon.org/audience/team-usa/nancy/contents.aspx>. Be sure to check here often.



2012 ITU Long Distance Triathlon World Championship in Vitoria, Spain

Polk Majestic Travel Packages

If you follow the link below you will be able to view the available Polk Majestic travel package options as well as book your travel today if you have not done so already.

<http://www.cvent.com/d/dcqmw1>

We highly encourage our Team USA members to book their travel through Polk Majestic as USA Triathlon 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 Polk Majestic website has all the information you will need on hotels, travel packages, information on traveling with your bicycle, extending your trip and other tidbits to help make your experience easier. If you have questions about travel to Vitoria, please contact Katarina Stasny from Polk Majestic at Katarina@polkmajestic.com.

Entry Fee Payment

The local organizing committee in Spain has announced the final entry fee opportunity for entrants into the ITU Long Course Triathlon World Championship in Vitoria, Spain. The entry fee is \$220.00 US between June 1, 2012 – July 9, 2012.

PLEASE NOTE: After July 9, 2012, entry fees will be sent to ITU. Because of this, you will not be eligible for a refund after July 9, 2012. If you paid the entry fee earlier this year, you are no longer eligible for a refund, as entry fees have been submitted to ITU.

If you pay and request a refund before July 9, 2012, you will be given a full entry fee refund minus a \$25 administrative fee. If you have any payment questions or if you do not receive the registration link via email by end of day June 1, please send us an email at teamusa@usatriathlon.org.

High Country Bike Shipping to Vitoria

One of USA Triathlon's partners, High Country Shipping, has arranged for bike shipping to and from Vitoria for the World Champs. For more information, click their website

http://www.highcountryshipping.com/long_course_triathlon_world_championships.html. Note that there must be at least 50 bikes to buy into this deal by June 29th for the promotion to occur. For specific questions about this bike shipping opportunity, please call 877-231-1363.

Course Maps

Course maps and bike and run elevation maps can be found by clicking here: <http://www.usatriathlon.org/audience/team-usa/vitoria/maps.aspx>. Please note that these are subject to change.

Schedule of Events

The schedule of events is now available and can be found on the following webpage:

<http://www.usatriathlon.org/audience/team-usa/vitoria/event-schedule.aspx>. Please note that the schedule is subject to change.



Weather

Average weather information for Vitoria in July can be found on the following webpage:
<http://www.usatriathlon.org/audience/team-usa/vitoria/travel.aspx>.

Team USA Uniforms

Team USA Vitoria athletes should have received an email from Team USA regarding the password to the Team USA store to purchase your uniform, along with other Team USA-specific items. If you did not receive the email, please contact Team USA at teamusa@usatriathlon.org.

As more information and race details are released from ITU, we will be posting information on the Team USA Vitoria webpage: <http://www.usatriathlon.org/audience/team-usa/vitoria/contents.aspx>. Be sure to check here often.



2012 ITU Cross Triathlon World Championship in Pelham, Alabama

Congratulations to all of our Team USA Pelham athletes! Team USA had a fantastic showing, taking 16 Age Group World Championship titles and 45 age group medals! [Click here](#) to read the USA Triathlon press release about the event.

Gold:

Taylor Seavey (M20-24, Seattle, Wash.)
John Reiker (M25-29, St. Charles, Ill.)
Fred Smith (M35-39, Knoxville, Tenn.)
Chris Scott (M40-44, Morrison, Ill.)
Mimi Stockton (F40-44, Stevensville, Mich.)
Mike Hebe (M45-49, New Cumberland, Pa.)
Lori Goldweber (F45-49, Homewood, Ala.)
Casey Fannin (M50-54, Birmingham, Ala.)
Tamara Tabeek (F50-54, San Diego, Calif.)
Tom Monica (M55-59, Thousand Oaks, Calif.)
Lucia Colbert (F55-59, Cordova, Tenn.)
David Rakita (M60-64, Durango, Colo.)
Cindi Toepel (F60-64, Littleton, Colo.)
Richard Wall (M65-69, Colorado Springs, Colo.)
Charlotte Mahan (F65-69, Lenoir City, Tenn.)
John Stover (M70-74, Jackson, Mich.)

Silver:

Marcus DeBergh (M25-29, Albany, N.Y.)
Kristin Jo Markham (F25-29, Collierville, Tenn.)
Nicholas Goodman (M30-34, Fountain Hills, Ariz.)
Brook Pace (F30-34, Tallahassee, Fla.)
Bryce Phinney (M35-39, Tucson, Ariz.)
Ashlie Angel (F35-39, Durango, Colo.)
La Kelly (F40-44, Sedona, Ariz.)

Silver (Continued):

Mark Rudder (M45-49, Dunwoody, Ga.)
Kathy Hudson (F45-49, Highland Village, Texas)
Bruce Wilson (M50-54, Temecula, Calif.)
Scott Ewing (M55-59, Destin, Fla.)
Annette MacNiven (F55-59, Wainscott, N.Y.)
Tryg Fortun (M60-64, Kenmore, Wash.)
Peter Lilley (M65-69, Charlotte, N.C.)

Bronze:

Ian King (M20-24, Columbus, N.J.)
Robyn Reyes (F25-29, Beaumont, Texas)
Michael Danish (M30-34, Miami, Fla.)
Kata Skaggs (F30-34, Phoenix, Ariz.)
Daniel Kimball (M35-39, Fort Mill, S.C.)
Amy Quinn (F35-39, Pine Knoll Shores, N.C.)
David Cloninger (M40-44, Bend, Ore.)
Melissa Scott (F40-44, Fort Lauderdale, Fla.)
Tom Rosencrantz (M45-49, Mill Valley, Calif.)
Cheryl Stine (F45-49, Bloomington, Ind.)
Jack Haire (M50-54, Gainesville, Ga.)
John Royson (M55-59, Albany, Calif.)
Barbara Peterson (F55-59, Berkeley, Calif.)
James Dalton (M60-64, Salem, Va.)
Ronald Scranton (M65-69, Tijeras, N.M.)



2012 ITU Long Distance Duathlon World Championship in Zofingen, Switzerland

Qualification

The sole Team USA qualifier will be the 2012 Long Course Duathlon National Championship to be held in Cambridge, Maryland on June 3, 2012. The top 18 in each age group, rolling down to the 25th place will qualify. Complete qualification details can be found here: <http://www.usatriathlon.org/audience/team-usa/qualification.aspx>.

For more information on the Long Course Duathlon National Championship race and to register, visit <http://www.usatriathlon.org/events/usat/2012/06/long-course-du-national-championship.aspx>.

High Country Bike Shipping to Zofingen

One of USA Triathlon's partners, High Country Shipping, has arranged for bike shipping to and from Zofingen for the World Champs. For more information, click their website http://www.highcountryshipping.com/long_course_duathlon_world_championships.html. Note that there must be at least 50 bikes to buy into this deal by July 29th for the promotion to occur. For specific questions about this bike shipping opportunity, please call 877-231-1363.

As more information and race details are released from ITU, we will be posting information on the Team USA Zofingen webpage: <http://www.usatriathlon.org/audience/team-usa/zofingen/contents.aspx>. Be sure to check here often.



Additional News

Team USA Cycling Jersey

Team USA is excited to announce that we have brand new Team USA Cycling Jerseys for sale. We have a few sizes in stock currently and will ship jerseys as soon as the order is received. If we run out of stock of your ordered size, Team USA will place an additional order and will let you know when you can expect to receive your cycling jersey.

To order your Team USA Cycling Jersey today, please visit the new cycling jersey order site at <https://store.usatriathlon.org/default.aspx>. We have sizes available from XS-XXL. Please note the sizing is only men's. A sizing chart is below along with an image of what the jersey looks like. The jerseys are \$90 each.

All measurements in inches

Men's MEASUREMENT	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE
CHEST	31-33	34-36	37-39	40-42	44-46
WAIST	22-24	26-28	30-32	34-36	36-38
HIPS	32-34	35-37	39-41	42-44	45-47
INSEAM	8.25	8.5	8.75	9.0	9.25



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Patches

Team USA patches are available for the 2012 World Championships! If you are interested in ordering 2012 Team USA patches, please email the Team USA Department at teamusa@usatriathlon.org to request the order form.

Team USA Forum

New for 2012 is the Team USA Forum. Using USA Triathlon's website, 2012 Team USA athletes have access to the Team USA forum where you can discuss your upcoming World Championship with your teammates. To access the forum and begin connecting with Team USA athletes, visit <http://www.usatriathlon.org/community/forums/usa-triathlon/team-usa.aspx>. Log in to the forum using your USA Triathlon membership username and password. If you have any issues logging in, please contact membership@usatriathlon.org. Happy posting!

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.

2012 Multisport Awards

Each year, USA Triathlon recognizes individuals who fueled the multisport lifestyle through the season. There are six categories, representing the Multisport Lifestyles: Volunteer of the Year Award, Jeff Jewell Spirit Award, Military Sport Award, Most Inspirational Comeback Award, Spirit of Multisport Award and the Lifetime Achievement Award. Nominations will be due in December 2012, so be thinking of individuals through this season that you would like to nominate!



Team USA Beanies

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



Train Safe and Smart!

