

Team USA Newsletter

August 2012



Hello Team USA athletes!

We hope your summer has been filled with exceptional workouts and phenomenal performances! We're wishing you continued success as the 2012 racing season progresses. USA Triathlon has just finished up a fairly busy and exciting couple months. At the end of July, the Long Course Triathlon World Championships were held in Vitoria, Spain. It was a fantastic event and the United States was represented extremely well! Congratulations to all competitors!

During the second weekend of August, USA Triathlon hosted the Junior and Youth National Championship in West Chester, Ohio. The following weekend, USA Triathlon hosted the Olympic and Sprint National Championships in Burlington, Vermont. The National Championships in Burlington were the first qualifying event for 2013 World Championships. The 2013 Short Course (Olympic) and Sprint Triathlon World Championships will be held in London, England from September 12-16. Congratulations to all qualifiers!

Details regarding 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.usatriathlon.org/audience/team-usa/qualification/2013-events.aspx. Information regarding upcoming National Championships can be found at www.usatriathlon.org/audience/team-usa/qualification/2013-events.aspx. Information regarding upcoming National Championships can be found at www.usatriathlon.org/audience/team-usa/qualification/2013-events.aspx.

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.

"A race is a work of art that people can look at and be affected in as many ways they're capable of understanding."

-Steve Prefontaine

Train Safe and Smart!

Team USA Department





A Staffing Note from the Team USA Department

Dear Team USA athletes,

Please be advised that Amanda Duke is no longer the Team USA/National Event Manager for USA Triathlon. She has moved onto another department within USA Triathlon and is now working with our USA Paratriathletes. If you have any questions or concerns about the Team USA program or the World Championships, please email







teamusa@usatriathlon.org or call 719-955-2818. Rachel Leif is monitoring this email account and phone line and can be of any assistance you might need.

Go Team USA!



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

Polk Majestic Travel Packages

If you have not yet purchased travel arrangements for the World Championship in Auckland, USA Triathlon recommends you look into travel arrangements as soon as possible. Click the following link to view Polk Majestic travel package information: http://www.cvent.com/d/lcgjpx. If you have questions about travel to Auckland, please contact Suzanne Rivers from Polk Majestic at Suzanner@polkmajestic.com.

Visa Information

Participants carrying a passport from the United States or Mexico do not need to apply for a visitor's visa in advance of travelling to New Zealand - as long as the holder has round trip flights dated within a three month period and at least three months of additional validity on their passport beyond the date that they intend to depart New Zealand.

They may also be asked to show evidence of funds available for day-to-day living costs upon arrival in New Zealand. This would usually be a bank statement in their name, or a credit card statement showing a credit limit, indicating access to the equivalent of NZ\$1000 per month.

A full list of additional countries that do not require a visa to travel to New Zealand can be found at the following link: http://glossary.immigration.govt.nz/VisaFreeCountries.htm

If your passport is not from the United States or from Mexico, please contact us at teamusa@usatriathlon.org for visa application instructions.

Customs in New Zealand (Bicycles)

All bikes that have been used at least once must be declared, as customs may wish to inspect them for dirt/plant matter on the tires/frame (similarly, golf clubs need to be declared as customs checks them for dirt and grass on the clubs). All plant matter could bring something harmful into the country.

Bikes come into New Zealand regularly, same as golf clubs. Since the bikes that athletes are bringing are road bikes and not off road, there shouldn't be any major issues. However, if you are concerned, make sure the tires and frame of your bike are free of all dirt/plant matter as this is what customs are checking for.

Message from Team Coach, Kris Swarthout

Como Estan Team USA? You should be in the thick of your training and racing season. I hope you are reaching all of your early season goals. I have been hard at work to bring you the most helpful training tools for our big race in October. I have connected with a friend in Auckland and with their help I have been able to create an exact replica of the Auckland bike course on the Computrainer for you. Computrainers and Computrainer studios can be found across the United States or by visiting their website http://www.computrainer.com/RM_inc/sales/centers_multirider.html







There is no better way to prepare for a race than to train on the race course, but this becomes difficult when our race is on the far side of the world. The best way to utilize this program file is to first get used to the hills or lack thereof. Ride the course and see if your gears are best suited for this course. Does your current gearing allow you to keep a good cadence up the hills and on the flats? If not, now is the time to go to your favorite bike shop and dial in your gearing. The next item to focus on is the corners. Begin to simulate how you would ride the straight stretches. If you have a long stretch, get down in your aerobars and cruise, if it is a short section with a couple sharp curves, sit up and move into your basebar. The final stage is to begin to use this Computrainer file as part of a brick training day. You can begin by riding the first lap smooth and easy and picking up the pace on the second lap followed by a short brick run right off the bike. Gradually increase the pace of your training until you get to a level where you can ride at race pace and run off the bike at the same intensity.

Specificity training is the best way to nail your big A race. This Computrainer file along with a solid progressive training plan should play a key role in helping you win a medal in New Zealand.

Happy training, Coach Kris

The Team USA Auckland Computrainer file can be downloaded from the Team USA Auckland webpage here: http://www.usatriathlon.org/audience/team-usa/auckland/maps.aspx.

Course Maps

Course maps for the Short Course (Olympic), Sprint Triathlon and Aquathlon World Championships and a bike elevation map are available here: http://www.usatriathlon.org/audience/team-usa/auckland/maps.aspx. All course maps are subject to change. There is also an Age Group Course video that has been posted to the maps page. Please be sure to take a look at this glimpse of the course!

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. The organizers are anticipating a wetsuit-legal swim.

Team USA Uniforms

Team USA Auckland athletes should have received an email from Team USA to purchase your uniform, along with other Team USA-specific items. If you did not receive the uniform email, please let us know by emailing teamusa@usatriathlon.org.

Auckland Paratriathlon Opportunity

Attention Team USA age groupers! Have you ever watched a Paratriathlon? Are you inspired by their speed, agility, talent, and drive? Our elite USA Paratriathlon team is looking for athletes going to Auckland who can help out and be their handler for their World Championship race. You must be available for the Paratriathlon briefing on Sunday, October 21st between 5:30pm-8pm AND on Monday, October 22nd for the World Championship race between 12pm-5pm (the actual race is at 3:15pm).

All categories get 1 handler, except for the Tri 6 – Visually Impaired (who get none because they have a guide) and the Tri 1- Wheelies (they actually get 2 handlers) and the duties are generally helping them in transition to put on legs/arms/help them in and out of the racing chairs/hand cycles. It is a very fast-paced and exciting job that every







triathlete should do at least once in their lifetime! We will pair you up in advance to chat via email before Auckland and then you will get a chance to meet your athlete in-person on Oct. 21st right before their mandatory briefing.

If you are interested or want more information, please email Amanda Duke, the team manager, at Amanda.Duke@usatriathlon.org.

Please note that we only need 20 people, so if you want to help please let Amanda know ASAP!

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.

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

Nancy Final Roster

All entries have been paid and submitted to ITU for the Duathlon World Championship in Nancy and the event is just around the corner! For an updated participant list, click the link on the following webpage: http://www.usatriathlon.org/audience/team-usa/nancy/team-info-page.aspx.

Nancy Updates

The first Team USA Nancy update was emailed out this week. If you did not receive the email update, please let us know by emailing <u>teamusa@usatriathlon.org</u>. We will be sure we have the correct email address on file for you. These updates are extremely important and contain details for your travels, the event and your trip.

Course Maps

Course maps 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 local event organizers have indicated that an elevation map is not available. They have also indicated that the area around transition (Stanislas Place) is made of a Belgian Block surface but the bike course will consist of a Tarmac (asphalt) road.

Schedule of Events

The 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 have received an email from Team USA to purchase your uniform, along with other Team USA-specific items. If you did not receive the uniform email, please let us know by emailing teamusa@usatriathlon.org.







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

Congratulations to all Team USA Vitoria athletes! Team USA was well represented on the lengthy but beautiful course, bringing home 5 age group medals! <u>Click here</u> to read the USA Triathlon press release about the event.

Gold:

Jesse Taing (M18-19, Sacramento, Calif.) Jolene Wilkinson (F35-39, Boise, Idaho) David Slavinski (M40-44, Point Pleasant, N.J.)

Silver:

Roger Little (M70-74, Bedford, Mass.)

Bronze:

Alessandra Battig (F20-24, Modesto, Calif.)

A follow-up email is still in the works for Team USA Vitoria athletes, including the Team Photo. If anyone has photos from the event and would like their contact information included in the final email to share photos with fellow athletes, please send us an email at teamusa@usatriathlon.org to be included!





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.)

Gold (continued):

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.)







Silver (continued):

La Kelly (F40-44, Sedona, Ariz.)
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:

lan King (M20-24, Columbus, N.J.) Robyn Reyes (F25-29, Beaumont, Texas) Michael Danish (M30-34, Miami, Fla.)

Bronze (continued):

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

Zofingen World Championships Race Weekend

Team USA Zofingen athletes are heading into the final day before the event in Switzerland! The Long Distance Duathlon World Championship is slated to begin at 8:00 a.m. for Women and 9:00 a.m. for Men on Sunday, September 2nd. Best of luck to all competitors representing the United States! Go USA!

Complete details for the Long Distance Duathlon World Championship can be found on the Team USA Zofingen webpage: http://www.usatriathlon.org/audience/team-usa/zofingen/contents.aspx.





Additional News

Junior Development Scholarship Fund Seeks Matching Donors

USA Triathlon is seeking a matching donor to increase the grant pool available to teenage athletes through its Junior Development Scholarship Fund. The fund was created through the generosity of two Team USA duathletes in 2011 who wish to remain anonymous. In renewing their pledge for 2012, they have offered to donate another \$3,000 if matched by fellow USAT members. Scholarship funds are used to make participation in USAT junior development camps more accessible to our junior members. In 2011, participation grants were awarded to eight young athletes who attended camps in California, Iowa, Florida, Massachusetts and Texas. The average cost of attending a one week camp is \$750. If you'd like to donate to the fund and double your impact at the same time, please contact Tim Yount, Chief Operating Officer of USA Triathlon via email at tim.yount@usatriathlon.org or by phone at 719-955-2831. Donations to USA Triathlon are tax deductible.







Maccabiah Games

The Maccabiah Games are the Jewish Olympics. Originally held in 1932, the Games take place every four years in Israel. The Maccabiah Games are the world's 3rd largest international sports competition. The 19th Maccabiah Games will be held in Israel July 17-30, 2013.

The Maccabi USA Triathlon committee is seeking the premier American Jewish triathletes to represent the USA in the 2013 games. Competition will be fierce and the committee expects to bring home medals in the men's and women's open divisions. 2013 Maccabiah Triathlon Regulations:

- 1. The Triathlon competitions will be conducted according to the rules of the International Triathlon Association (I.T.U.).
- 2. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 19th Maccabiah and registered in the Triathlon competitions.
- 3. Each country may enter an unlimited number of athletes for each age group.
- 4. The competition will be in the Olympic distances, i.e., 1.5km swim, 40km cycling and 10km run.
- 5. The Bike section is Non-drafting.

If you are a premier Olympic distance triathlete with a desire to compete with the best in the world, please submit an application here. For more information, please visit: http://goo.gl/8x6LE (Facebook page) or email maccabitri@wspt.org.

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 measurments 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









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! <u>Click here</u> 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!





