

Team USA Newsletter

May 2013



Hello Team USA Athletes!

We hope this spring has brought a renewed spirit to your training. Summer is just around the corner and USA Triathlon is ready for another busy season. We warmed up in April with a successful Collegiate National Championships in Tempe, AZ and the ITU Omegawave World Triathlon in San Diego.

As you plan your 2013 racing season, make sure you are considering the 2013 and 2014 World Championships. If qualifying for a 2013 or 2014 World Championship is on your radar, make sure you are up-to-date with when and how to qualify for those events. We have a couple of 2013 World Championship events which still have qualifying races throughout the 2013 season; Aquathlon and Short Course (Standard) & Sprint Duathlon. [Click here](#) for a list of those qualifying events.

Details continue to trickle in regarding the 2014 and 2015 World Championships. ITU announced the 2014 ITU Triathlon World Championships will be held in Edmonton, Canada. [Click here](#) for a list of 2014 World Championship locations and qualifying events. [Click here](#) for a list of 2015 World Championship locations.

As always, stay tuned to the Team USA websites at www.teamusatriathlon.org and www.teamusaduathlon.org for the latest World Championships and Team USA information. Information regarding upcoming National Championships can be found at www.usatnationalevents.org. Let us know if you have any Team USA questions by sending an email to teamusa@usatriathlon.org.

“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”

-Evander Holyfield

Train Safe and Smart!

Team USA Department



2013 ITU Long Course Triathlon World Championships in Belfort, France

Travel Packages, Event Travel Management

With the event weeks away, Team USA Belfort athletes should have finalized travel plans. If you have any questions regarding the Team USA travel package, please visit the website:

<http://www.cvent.com/d/dcq3k5/1Q> or contact Katarina from Event Travel Management at 303-386-8507 or katarina_stastny@eventsctmna.com.

We highly encourage our Team USA members to book travel through Event Travel Management as USA Triathlon works very closely with ETM to create these packages. The team package is how you can best interact with fellow Team Members and has the best access to the Team USA Support Staff.

Team USA Uniforms

Team USA Belfort athletes should have received an email from Team USA to purchase their uniform, along with other Team USA-specific items. If you have not yet received your uniform or parade package apparel please contact Trisports.com at 888-293-3934.

Course Maps

Course maps can be found here: [Course Maps](#)

Please note that these are subject to change. The local event organizers have provided elevation maps but they have not indicated any course conditions or surface materials.

****Note:** The race distance is a 4 km swim, 120 km bike and 30 km run. This course is longer than the half iron-distance, which was the distance of the qualifying race. Be sure to consider this in your race planning.

Schedule of Events

The Belfort schedule has recently changed. The updated event schedule can be found here: [Event Schedule](#)
Please note that the schedule is subject to change.

Belfort Final Roster

All entries have been paid and submitted to ITU for the Long Course Triathlon World Championship in Belfort and the event is just around the corner! To view an updated participant list [click here](#).

Weather

The average high temperature in Belfort in June is in the high 60's. The average low temperature is in the low 50's.

Water Temperature

The estimated water temperature is 64 degrees. The organizers are anticipating a wetsuit-legal swim.

FrontierMedex International Insurance



As you prepare for your upcoming competition abroad, please consider the added protection that international insurance can provide. Your domestic health insurance may not offer adequate travel protection during an emergency and benefits can be limited. Travelers are often left with the burden of making their own arrangements and paying costly out-of-pocket medical expenses.

MEDEX, a partner of the USOC and USA Triathlon, offers Travmed Abroad to take care of these problems and other travel, medical and security related issues. The cost to our athletes is at a discounted rate of \$3/day which gives the traveler \$100,000 in coverage, with only a \$25 deductible per illness or injury. TravMed will locate nearest providers, hospitals, ER, arrange for medical evacuations, translation services and much more. This insurance covers the cost of services on a secondary basis to any personal insurance already in place (if there is no coverage then they become the primary insurer) after a \$25 deductible. Illness and injuries, including sport injuries, are also included in the coverage.

We highly encourage all of our athletes to take advantage of this offer. You may get coverage for yourself as well as family and friends traveling abroad. Please review the information below and follow the links to make your purchase by **Wednesday, May 22, 2013**.

[FrontierMEDEX Homepage](#)

To purchase this coverage please do so by visiting the link below.

[Team USA Store](#)

Password: iamteamusa

USAT Membership Cards

All Team USA athletes are required to be annual members of USA Triathlon before qualifying all the way through the date of the ITU World Championship event. Be sure to bring a copy of your valid USA Triathlon membership card. If you need any assistance renewing or printing a digital copy please contact the USAT membership department at membership@usatriathlon.org or 719-955-2807.

Belfort Updates

The first Team USA Belfort update will be emailed out this week. If you do not receive the email update, please let us know by emailing teamusa@usatriathlon.org. 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.

As more information and race details are released from ITU, we will be posting information on the Team USA Belfort webpage: <http://www.usatriathlon.org/audience/team-usa/belfort-2013/contents.aspx>. Be sure to check here often.



2013 ITU Short Course (Olympic) Triathlon, Sprint Triathlon, and Aquathlon World Championships in Hyde Park, London, England

Travel Packages, Event Travel Management

Travel package registration is now open for Team USA London athletes. September is a busy month in London, so book now to get a head start on your travel plans. [Click here](#) to see the travel package and book today. The website has all the information you will need on the team hotel, 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 contact Suzanne Rivers from Event Travel Management at suzanne_rivers@eventsctmna.com or 303-386-8541.

We highly encourage our Team USA members to book travel through Event Travel Management as USA Triathlon works very closely with ETM to create these packages. The team package is how you can best interact with fellow Team Members and has the best access to the Team USA Support Staff.

Team USA Uniforms

Team USA London athletes should have received an email from Team USA to purchase their 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. If you have questions about your uniform order please contact TriSports.com at 888-293-3934.

Course Maps

The race organizers have not yet released course maps or descriptions. Once released course maps will be posted here: <http://www.usatriathlon.org/audience/team-usa/london-2013/contents.aspx>.

Schedule of Events

The event schedule has recently been updated and is available here: [Event Schedule](#)
Please note that the schedule is subject to change.

Bike Rental

Many of you have inquired about bike rentals. Currently there is not a preferred bike supplier, but the organizers hope to have one closer to the event. If you do not want to wait there are various bike rental companies in London. One of them is <http://www.britishbikehire.co.uk/britishbikehire.aspx>.

Entry Fee Payment

Team USA London entry fees are due June 30, 2013. All Team USA London athletes have been emailed the race registration link. If you have not received the email, please let us know by emailing teamusa@usatriathlon.org. We will be sure we have the correct email address on file for you.

Kris Swarthout announced as 2013 Team USA Coach

Kris Swarthout was announced as the 2013 Team USA Coach for Team USA London. The Team USA Department welcomes him back to this position and we anticipate a very successful event in London! Below is a letter from Kris:





Hello Team USA,

I first would like to say congratulations to each and every one of you. As a former Team USA athlete (2005), I know how excited you are and exactly how much you have invested in your goals and dreams. As the official Team USA Coach, I have been entrusted to help all of you reach the starting line as well prepared as you can be. Some of you may remember me as the Team Coach for Team USA 2010, Budapest and Team USA 2012 in Auckland.

Over the next several months, I will be submitting to you articles and information which I believe will help you best prepare for London. We have planned webinars and interactive webchats where you can pick my brain and that of USAT staff. There are always questions that people have and I will try to make it my duty to answer as many as possible. I am working on creating a Computrainer course so that you can best prepare for race day. It is my hope that you will know every corner and straight like the back of your hand.

For now, keep doing what you do best, swim, bike, run! Stay healthy and focused on the future, but never forget to live for today.

TTFN,
Coach Kris Swarthout

As more information and race details are released from ITU, we will be posting information on the Team USA London webpage: <http://www.usatriathlon.org/audience/team-usa/london-2013/contents.aspx>. Be sure to check here often.



2013 ITU Cross Triathlon (Off-Road) World Championships in Den Haag, Netherlands

Travel

Event location and hotel information can be found here: [Team Info Page](#)

Team USA Uniforms



Team USA Den Haag athletes should have received an email from Team USA to purchase their 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. If you have questions about your uniform order please contact TriSports.com at 888-293-3934.

Course Maps

Course maps for the Cross Triathlon World Championship are available here: [Course Maps](#)
Please note that these are subject to change.

Schedule of Events

A preliminary schedule of events is now posted to the following webpage: [Event Schedule](#)
Please note that the schedule is subject to change.

Entry Fee Payment

Team USA Den Haag entry fees are due June 3, 2013. All Team USA Den Haag athletes have been emailed the race registration link. If you have not received the email, please let us know by emailing teamusa@usatriathlon.org. We will be sure we have the correct email address on file for you.

The entry fee for the World Championships includes an exclusive WC memento and free entry to the pasta party on Friday, the CUBE Beach criterium on Wednesday and the Sea swim on Thursday.

FrontierMEDEX International Insurance

As you prepare for your upcoming competition abroad, please consider the added protection that international insurance can provide. Your domestic health insurance may not offer adequate travel protection during an emergency and benefits can be limited. Travelers are often left with the burden of making their own arrangements and paying costly out-of-pocket medical expenses.

MEDEX, a partner of the USOC and USA Triathlon, offers Travmed Abroad to take care of these problems and other travel, medical and security related issues. The cost to our athletes is at a discounted rate of \$3/day which gives the traveler \$100,000 in coverage, with only a \$25 deductible per illness or injury. TravMed will locate nearest providers, hospitals, ER, arrange for medical evacuations, translation services and much more. This insurance covers the cost of services on a secondary basis to any personal insurance already in place (if there is no coverage then they become the primary insurer) after a \$25 deductible. Illness and injuries, including sport injuries, are also included in the coverage.

We highly encourage all of our athletes to take advantage of this offer. You may get coverage for yourself as well as family and friends traveling abroad. Please review the information below and follow the links to make your purchase by **Friday, June 28, 2013**.

[FrontierMEDEX Homepage](#)

To purchase this coverage please do so by visiting the link below.

[Team USA Store](#)

Password: iamteamusa

USAT Membership Cards



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As more information and race details are released from ITU, we will be posting information on the Team USA Den Haag webpage: <http://www.usatriathlon.org/audience/team-usa/den-haag-2013/contents.aspx>. Be sure to check here often.



2013 ITU Short Course (Standard) and Sprint Duathlon World Championships in Ottawa, Canada

Qualification

You can still qualify for the 2013 ITU Short Course and Sprint Duathlon World Championships events. [Click here](#) to find out how. If you have any questions regarding roll down slots please email teamusa@usatriathlon.org.

Travel Packages, Event Travel Management

Travel package registration is open for the 2013 ITU Short Course and Sprint World Championships in Ottawa, Canada.

[Click here](#) for more information and 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 Event Travel Management as USA Triathlon works very closely with ETM 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 Event Travel Management 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 Ottawa, contact Katarina from Event Travel Management at 303-386-8507 or katarina_stastny@eventsctmna.com.

Team USA Uniforms

Team USA Ottawa athletes should expect to receive an email in May with the password to the Team USA store. This is where you will purchase their uniform, along with other Team USA-specific items. If you have received a Team USA confirmation and did not receive the uniform email, please let us know by emailing teamusa@usatriathlon.org. If you have questions regarding your uniform order contact TriSports.com at 888-293-3934.

Course Maps

The race organizers have not yet released course maps or descriptions. Once released those items will be posted here: <http://www.usatriathlon.org/audience/team-usa/ottawa-2013/contents.aspx>



Schedule of Events

The race organizers have not yet released a schedule of events. Once released it will be posted here: <http://www.usatriathlon.org/audience/team-usa/ottawa-2013/contents.aspx>

As more information and race details are released from ITU, we will be posting information on the Team USA Ottawa webpage: <http://www.usatriathlon.org/audience/team-usa/ottawa-2013/contents.aspx>. Be sure to check here often.



2013 ITU Long Course Duathlon World Championship in Zofingen, Switzerland

Roster

Team USA Zofingen athletes have been emailed confirmation. The deadline to claim your slot is **Friday, May 17, 2013**. After that date the race entry fee and the uniform emails will be sent. If you believe to be on Team USA Zofingen and do not receive these emails next week please contact Teamusa@usatriathlon.org.

Travel

[Click here](#) for travel and host hotel information.

Team USA Uniforms

Team USA Zofingen athletes should have received an email in May with the password to the Team USA store. This is where you will 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. If you have questions regarding your uniform order please contact TriSports.com at 888-293-3934.

Course Maps

Course maps and descriptions for the Long Course Duathlon World Championships are available here: [Course Maps](#). Please note that these are subject to change.

Schedule of Events

A preliminary schedule of events is available here: [Event Schedule](#)

Please note that the schedule is subject to change.

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-2013/contents.aspx>. Be sure to check here often.



Additional News

Need a memento from Team USA? Patches and Team USA Beanies are available.

Patches

Team USA patches are now available to order online! Access the Team USA Store to purchase general Triathlon/Duathlon patches or event specific banner patches. If you are interested in ordering visit the Team USA Store via the following link: <https://store.usatriathlon.org/default.aspx> and use the password **iamteamusa**.

Team USA Beanies

Team USA beanies are now available to order online! Beanies are \$12 each (includes shipping and handling). The beanies are navy, one size fits all. If you are interested in placing an order, visit the Team USA Store via the following link: <https://store.usatriathlon.org/default.aspx> and use the password of **iamteamusa**.



Team USA Shirts and Hats

Team USA 2012 shirts and hats will be added to the store in coming weeks. For pictures and prices visit the Team USA Store via the following link: <https://store.usatriathlon.org/default.aspx> and use the password of **iamteamusa**.

Team USA Forum

Using USA Triathlon's website, 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 www.usatriathlon.org/teamusaforum. 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.

Train Safe and Smart!

