



SOUTH MIDWEST REGION

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Congratulations to Your Champions

Louisiana State Duathlon Championships

Opelousas Sunrise Rotary Duathlon - March 22

Female - Ria Bertels

Male - Brandon Guillory

Louisiana State Triathlon Championships

Meat Pie Tri - September 27

Female - Eryn Schilling

Male - Micheal Miguez

Arkansas State Duathlon Championships

Du For The Parks - May 25

Female - Monda Teeter

Male - Todd Hink

Arkansas State Triathlon Championships

Toad Suck Sprint - June 7

Female - Maggie Pickhardt

Male - Willy Pickhardt

Oklahoma State Triathlon Championships

Route 66 Spring - May 30

Female - Kara Cassel

Male - Christian Ballard

Oklahoma State Duathlon Championships

Draper Lake Duathlon - July 12

Female - Kara Cassel

Male - Daniel Agnew-Tigert

Texas State Duathlon Championships

Darndst Du in Texas - August 16

Female - Lisa Pohlit

Male - Derek Yorek

Texas State Triathlon Championships

Stonebridge Ranch - September 27

Female - Abby Cox

Male - David Balis

Regional Duathlon Championships

Corpus Christi Duathlon - April 26
Female - Lacey Brewer
Male - Dana Lyons

Regional Sprint Triathlon Championships

Playtri Festival - July 5
Female - Ashley Johnson
Male - Tyler Johnson

Regional Triathlon Championships

Wool Capital Tri - August 9
Female - Sharon Sander
Male - Tim Key

National Long Course Championships

Redman Triathlon - September 19
Female - Rochelle Hair
Male - Tim Hola

National Club Sprint Club Championships

Redman Championships - September 20
Female - Maggie Rickhardt
Male - Willy Pickhardt

When was the last time you visited the [SMW USAT Regional Website](#)? We hope you like the new look of your USAT SMW Region web site. It is your site, so please visit. We are working to make it more streamlined, cleaner and faster - things important to the multisport athlete. Feedback is the "Breakfast of Champions" and we need yours. If you have suggestions for changes and additions please [send us an email](#). We value your opinion.



10. That other athlete is touching me - make them stop touching me!
9. Can you just paddle a little bit toward the buoy on the other side? No one will see and I will not tell.
8. I think a snake just bit my toe.
7. I never put my face in the water before.
6. Please stop moving the boat up and down, I mean it...stop moving the boat.

5. Just....do....not....talk...to....me.
4. I know you think you are helping, but you aren't.
3. Oh, thank you, thank you, thank you, thank you, thank you. Thank you, thank you, now get me out of here.
2. Do you have a girlfriend? My daughter is really cute.
1. How long can I stay here until you knock me off?

(And, yes....they are all real as given to me by our local SMW region kayakers.)

Frost Yer Fanny

New Date, New Place, Looking for some Friendly Faces

Frost Yer Fanny has been awarded to Greg Pennington and will occur in February 20-21, 2010 in the Houston area. Watch for more updates but mark your calendars now.

Plano, Texas is proud of their own George Amundson, a 70 year young triathlete, who is going to the Ironman World Championship at Kona in October, 2009. This will be his third time to compete in the World Championship.

This year he is dedicating his training and race in honor of his grandson, William Amundson, an Airborne Ranger in the 3/75 Ranger Brigade, who was killed in 2004 while serving in Afghanistan. William was honored with the Bronze Star and is buried at Arlington National Cemetery.

George will be highlighted on the TV presentation of Ironman for his dedication to his grandson's memory. He will be wearing the 75 Ranger Brigade unit crest on a cycling jersey during the race and a hat with his grandson's unit and personal decorations attached to it during the run. These were given to George by the commander of the 75 Ranger Brigade at a presentation at Ft Benning, GA. He was given a standing ovation by two Battalions of the Brigade for his efforts (one Battalion is deployed to Afghanistan).

George has been doing triathlons for over 10 years and did not learn to swim until he was 56. In addition to Kona, George has done several other Ironman events: Ironman Florida, Ironman Arizona, Ironman Canada. He trains with several SMW athletes in the DFW area.

Our athletes are out and about.....

At Disco Man Triathlon, **Staci Brode** and **Anne Weil** were seen prepping for the race and out again on the race course. Later this season both competed and finished Ironman Kentucky. Way to go! Both are coaches for **Club Playtri**. Also seen at **Disco Man** was **Gerald Jackson** who was shouting words of encouragement to all who passed by him on the run course - he is always one who will pep you up when you race - you are lucky if you happen to have him watching your race because he is a great motivator. Paris, Texas based, **Cheri Bedford** with some friends was seen at the **Tour de Paris Bike Rally** - always smiling and having a good time. Seen at **Playtri Festival**, **Boris Robinson**, Coach for **T3 Multisport** and SMW Council Member, who was on hand to cheer two of his youth athletes, **Chas Knight** (Dripping Springs) and **Ashley Chuppa** (Cedar Hill). Also at Playtri Festival, **Adam Wilks**, daughter, **Eva Wilks** was seen pulling away from her nearest competitor by 3 bike lengths, had a strong finish in the My First Tri....like father like daughter? That will be a force to be reckoned with. Speaking of families that are fierce in the same race **Christina Koenne** placed

1st overall and little brother, **Zach Koeppe**, who is a little newer to racing, wants big sister to watch out - he is right on her heels and placed 2nd in his age group. Mom, what are you feeding these kids and where can we get some?!? **Dave Young** qualified for Team USA in the 2010 Long Course World Championship, way to represent. **Chris Phelan** has been seen, well, everywhere. And if you do not know who **Chris Phelan** is - check out a great running and triathlon newsletter called Phast Times. You can always find Chris on a microphone in the bright neon yellow shirt with the tackiest wrestler paint splotch pants as an MC at many DFW races. Why does he wear that? Why not? I want to say hello to my new friend, **Maura Guthrie**, who walked up and pinched my rear as I was Head Official at an event one day and she thought I was someone else. Classic. Hello, my friend. I think you may owe me a dollar. :) **Diane Proud** and **Candy Cheatham** were seen chatting it up at World Duathlon, 2 great athletes, 2 great people. They are always great representatives for the SMW Region wherever they go. Congratulations to **Linda Page** for qualifying for 2009 Ironman World Championship in Kona, HI. Congratulations to **Ron Tribendis** for the new addition to their family. Woo Hoo! Also great job to **Ron Tribendis**, **Aaron Patel** and **Chris Moody** for qualifying for **2009 70.3 Ironman World Championship** in Clearwater, FL. At the **Cooper Sprint Triathlon**, **Cory Dennis**, a UNT student, was being cheered on by his entire family and they were very excited to see him come out of the water first. Great job. Special shout out to **Mike Perry** who watched me humorously try and put on a wetsuit for the first time in 2 years. Good job for a good attitude to **Elizabeth Meraz**, who was smiling from ear to ear in her 2nd ever race she readied in transition. Lots of athletes from our region participated in the **Redman Halfmax and Full Iron Distance** race - congratulations to all. Some of the names include **Jeffrey Wolfe**, **Sarah Bell**, **Dee Smith**, **Warren Carroll**, **Jimm Balfe**, **Rani Freeman**, **DAnn Rifai**, **Wendy Sullivan**, **David Kincannon**, **Glen Woods** and **Jack Weiss**. **Lauren Babis** is not one to back away from a dare. A friend dared her to compete in a triathlon and a few months later she finished the Stonebridge Ranch Triathlon. Don't bet against this girl.

(Contributions to this section are encouraged and welcomed. Please send any news tidbits (silly or serious) about SMW athletes to [Merry Prather](#).)

SMW Officiating

Looking for a few good refs! The North and South SMW regional Coordinators are looking for USAT members who are interested in the Officiating Program. This is a great way to see the other side of races and offer services to fellow multi-sporters. Clinics have been scheduled for this year. Clinic schedules are posted on the [USAT National Website](#). Please email your Regional Officials Coordinator if you are interested in attending a clinic. (North of Waco, TX and OK - [Merry Prather](#); South of Waco, TX, AR and LA - [Dean Ford](#).)



Youth Events:

Races:

Lifetime Fitness Championship Race

Kids Tri, October 25, 2009, San Antonio, Texas

<http://www.lifetimefitness.com/events/kids-triathlon/index.cfm>

Olympian Hunter Kemper is putting on the pre-race clinic and will be there on race day.

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Do you have a Youth or Junior camp/clinic/event for SMW athletes in our region? Do you have any other SMW community news to share with the region? Please let us know so we can include it in our Odds and Ends Section. I don't know about it if you don't tell me!! Please share your news. Information can be sent to [Merry Prather](#).

What is the best seat at a triathlon? I would venture to say it may just be sitting in the kayak. You

get to see the calm before the storm. How many others get to turn and face every single athlete face to face and see the whites of their eyes just before they get into the water? They see the excitement, the anxiety, the fear, the preparation, the thrill of victory and possibly the agony of defeat. They see what we are made of as they help us get through what many consider to be the biggest challenge of the 3 legged event. Kayakers are volunteers who give of their time to assist Race Directors to ensure that events can go off with an added measure of safety. They help lessen the liability that is increased by holding an open water event.

When was the last time you really looked at the kayaker and noticed that they are a different creature of themselves? Here you are - jumping in the water at 60 degrees with a wetsuit and they have been in the water already for 30 minutes to an hour, in a wet boat, without a wetsuit, maybe even getting rained on, but most likely get splashed on and definitely getting wet. They are always happy, laughing and smiling.

Why am I thinking so much about kayakers? Because one saved my life - I mean really saved my life this weekend in my first open water swim 2 years. Mike Swope with Kayak Power let me hang onto his kayak while I had a total panic attack and turned what should have been a quick sprint swim into the longest 31 minutes (yes, that is right THIRTY ONE MINUTES) of my life where I could not catch my breath and I thought I was going to drown. Then I grabbed ahold of the kayak thinking, "I have got to catch my breath because I am never going to get out of the water and this is just not working." I look up and I see the face of the one person on the planet who is more sarcastic than me - my friend, Mike Swope. He is the head of a local kayak group and I have known him for years and this is about how the conversation went.

*Merry Prather? **Yes.** I didn't know you raced. **Well, technically I don't think you can call this racing.** First of all, are you ok? **Yes.** Can you swim this distance? **Yes.** Are you cramping? **No.** (He sits backs with a big grin on his face and belts out a huge laugh). Ok, then....what the heck are you doing hanging on to my boat....you'd better suck it up and get your act together and go. I am NOT dragging you in. Are you kidding me?!? Look who I have on my boat! (this he announces to his entire boat crew who all know me as it echoes across the small lake). Come on. Is that all you've got? Get your breath and get off my boat! Oh no, you are not going to let that girl pass you! Merry!!! She is doing the doggy paddle. OMG!*

Oh yes, she did. I was officially passed by someone doing the doggy paddle. So, no matter what happens to me from here on in my life I do not think I can be beaten down any worse than that. BUT.....Mike, my good friend, made me laugh and made me forget about not being able to breathe. Somehow magically I could breathe and I was able to finish the last 2/3 of that wonderful swim on a pace that I should have done the entire course on. It does not matter that I did a sprint 750 meter swim in 31 minutes. I say, "Hey, the water was really nice and I just did not want to get out!" I was not the last out of the water but you know what????? Kudos to those ladies who stuck it out with me and finished and refused to get pulled out and to whoever you were, that awesome woman triathlete who doggy paddled in front of me, thank you too! I will say this, if you ever see a shirt that reads, "I LOVE KAYAKERS," let me know because I will be the first in line to buy one. Hopefully you will thank your local kayak/canoe/boat group too.

FYI - to all my 18 coaching friends, yes, I will come to your open water clinics. :)

Merry Prather is the Chair for the communications committee of the SMW Regional Council. She and her family love triathlon, our region and the triathlon community.

[Merry Prather](#) - Communications

There was a lot going on in the SMW Region for 2009 and planning for many races is already underway for the 2010 season. Please visit our website. The address is www.smwtriathlon.org. There is a great deal of information on the website that will appeal to different interests. There are rankings,

youth info, junior info, Council info, Championship info, Official Clinics info, etc. **Be in the know!!**