



Spring 2010

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2010 Championship Calendar

Upcoming Events

*Louisiana State Duathlon Championships
Rotary Sunrise Opelousas Duathlon - Race Cancelled/
Postponed Due to Weather - New Date TBD*

Louisiana State Triathlon Championships
Oxbow Triathlon - 4/10/2010

Arkansas State Duathlon Championships
Du For The Parks - 5/31/2010

Arkansas State Triathlon Championships
Mighty Mite Triathlon - 7/17/2010

Oklahoma State Triathlon Championships
Lighthouse Triathlon - 8/1/2010

Texas State Duathlon Championships
Striders Duathlon - 4/18/2010

Texas State Triathlon Championships
Stonebridge Ranch - 9/26/2010

Regional Sprint Triathlon Championships
Meat Pie Tri - 9/26/2010

Regional Triathlon Championships
Route 66 - 6/5-6/2010

Regional Triathlon Special Qualifier
Lone Star Triathlon - 4/24/2010

Long Course Duathlon National Championship
Du Draper Twice - 7/10/2010

Completed Events

Regional Duathlon Championships
Frost Yer Fanny - 2/28/2010
Male - Todd Hink
Female - Kristi Darby

Oklahoma State Duathlon Championships
March in Okarche - 3/27/2010
Male - John Dalrymple
Female - Bethany Handley

Rumor Has it Tinkerbell Raced at Athens Triathlon



Chauncey Deller, a University of Texas at Tyler student, competed in the Athens Triathlon and wore fairy wings during the run (he seriously took time in transition to put these on and still came in 2nd place). Thank you, Chauncey for reminding us that triathlon is fun and you can be fast and smile too!

Remember to send your pictures in to [Duke Gill](#) to post on the [SMW Regional](#) website to share with others....why hide all this joy?!?!

Frost Yer Fanny Weekend Recap

Thank you to all who joined us for a full weekend of regional activities and racing. Frost Yer Fanny sold out on Saturday at packet pickup with over 425 participants signed up to race on Sunday. Many attended the Regional Annual Meeting for USAT members in an open forum to talk to council members, asking questions and voicing comments in an open setting with feedback from the council who are serving the region this term. There was also a Club Presidents Meeting, an Official's Clinic and a Race Director's Conference. In addition, voting took place for the favorite races which was awarded during the always-talked-about Awards Gala which honors those who contribute to the growth of the sport. The banquet is not just for award winners but for all in the Region to come together to celebrate the multisport lifestyle.

Some of the award winners were caught by paparazzi on the red carpet after snagging their award. See their photos [here](#).



Bailey Hess and Eric Ross pick up their awards as the 2009 Junior Race Series Champions.

SMW Region on YouTube

If you attended the USAT SMW Awards Banquet, you saw the "Year in Pictures" video that was presented. This 9 minute video includes a collection of photos from events throughout our region and includes many smiling faces and clubs from all over our region. Please enjoy: <http://www.youtube.com/watch?v=gmW03cbM98c>.

If you would like you or your club to be included in next year's video, please send photos throughout the year to be posted on the SMW Region website to [Duke Gill](#).

SMW Club Spotlight - Tri-OKC

The Triathlon Club of Oklahoma City

TRI-OKC - The Triathlon Club of Oklahoma City

In 2003, Oklahoma City was in a black hole when it came to a multisport event calendar, with only about 3 sprint triathlons and a duathlon as an offering during the season. Other events had come and gone living a short life. A core group of Oklahoma City endurance athletes and triathletes recognized this void and as a result TRI-OKC was founded.

In its infancy years, membership was less than 100. The Club was established and its mission was to include individuals of all ability levels and to strive to make each person feel welcome and comfortable. The Club's ultimate goal was for each person to find their place and become an integral part of the tri community. TRI-OKC is beginning its 8th year of existence and has grown to nearly 400 athletes in 2009.

For whatever reason a person chooses triathlon, whether it is because they want to accept the athletic challenge or they just stumbled into it by accident, they want the opportunity to participate and experience multisport. Individuals are often seeking out avenues to increase their social opportunities, and this club brings them together with others who share a common interest. Triathlon/Duathlon is a sport of commitment, planning, and sessions of everyday training. TRI-OKC became a community where one could identify with other triathletes socially and for group training. Members include non-competitors, beginners, Ironman competitors, elites, pros and everyone in between.

In 2007, TRI-OKC was a 2nd place Class 1 finisher, and then in 2008 TRI-OKC won the SMW Regional Championship Club Challenge. Last year, 2009 TRI-OKC set its sights on the National Club Championship and nipped perennial winner Columbia Multisport for the ultimate crown, National Champs.

In 2010, under the direction of Lee Robb - President, Britney Bruckner - Vice President, Kristin Killgore - Secretary, and Jane Hresko - Treasurer/Charter Member/SMW Board Member, TRI-OKC will be further expanding the "multisport experience" in OKC. They kicked off January 1 with their annual Polar Bear Plunge at the Redman swim start and from there, they will be adding Splash-n-Dash events and Time Trials.

In addition to offering a wide variety of multisport events, TRI-OKC also hosts clinics, training sessions, expos, social events, along with an interactive website and message board at www.triokc.org.

By Steve Bussjaeger (otherwise known as BUZZ).

SMW Youth News

The 2010 USAT Youth season is under way. The Region is again supporting USAT sanctioned Youth multisport events held in our Region by offering individual finishers awards for the tenth straight year. The award this year is a popular Red, White & Blue embossed rubber wristband. This year, the Region will provide the option of two sizes for the wristbands (5 7/8 for 6-7 year olds and 7 3/8 for 8-17 yr olds). Race Directors can request the appropriate amount of each, based on their expected attendance.

Request forms are available for Youth RDs in the Youth section of the USAT SMW website (www.smwtriathlon.org/youth). The Region will provide up to 200 Finishers awards per event. More details on the program are provided on the website.

Youth Camps/Clinics

USA Triathlon National Select Camp- Central / Pan American Invitational

June 28-July 4, 2010

University of Texas San Antonio, San Antonio Texas

Contact: [Shelly Campbell](#)

Website: www.icon1multisport.com/

This camp is for the advanced athlete who is ready to pursue draft-legal racing. Ages 15-19 are eligible and registration is by invitation only. Contact the Camp Director if you are interested in attending.

USA Triathlon National Skills Camp - Central

July 5-9, 2010

University of Texas San Antonio, San Antonio Texas

Contact: Shelly Campbell

Website: www.icon1multisport.com/

For athletes age 11-19 interested in learning about or increasing their knowledge in the sport of triathlon. See website for more details.

Hey, you!!!! Want to get your youth information posted? Well, let us know about it! Send your info to us [here](#).

SMW Athletes Out and About

Our athletes are out and about.....

The **Houston Racing Triathlon Club** was seen starting the year bold and strong at **Frost Yer Fanny** in Houston, capturing 201 points towards the club points competition. HRTC members turned out in full force for Frost Yer Fanny with over 70 members racing, volunteering and officiating! **Greg Colvin**, **Kristi Darby**, and **Shawn Smith** led the way with their top age group finishes. **Bill Tommaney**, getting off to an excellent 2010 start, added to his 2nd place Clydesdale finish at FYF with a 1st place Clydesdale finish at **DFW's St Patty's Tri**. **Andy Stewart** and **Billy Allison** also captured points at **Blue Norther Du** and **Athens Triathlon**, respectively. They are a force to be reckoned with!!!! In other news, everyone will be happy to know that all the **HRTC** members who participated in the March monthly bike ride in Galveston to prepare for the **Memorial Hermann Ironman 70.3 Texas Race Weekend** in April survived! The starting temperature was 40 degrees with 29 mph sustained winds gusting to 34+!!! HRTC Athletes are tough stuff!!! **Ron Murchek** has signed up to do the **Amica TexasMan Half Ironman** race on Sunday, May 16, 2010 at Johnson Branch State Park... Ron has done several Half's and IronMan distance races and is now targeting the **Amica TexasMan Half IronMan**. Some call him Mr. Jones, some call him Duane but many are going to be calling him lucky because Lubbock athlete and **Team Tri-Now Member, Duane Jones**, was given a Kona (yes, that is Kona, as in Hawaii, World Championships, hardest race in the world to get into) race slot from his employer. Looks like someone is going to be working really hard this summer gearing up for the challenge - good luck, Duane! New to the sport, **Peter Strickler**, rode his first century ride at **Hell Week in March**. Hope he used the Chamois Butter! **Playtri's Clay Rahn** started out with a bang this season at the **St. Paddy's Day Triathlon** with a 1st place age group win. What are they feeding the athletes over there in Ahmed and Staci's group? It certainly isn't Wheaties! I bet it has something to do with sound coaching and good workouts. Triathlon celebrated it's first Hockey night on March 4th with the **Playtri night at the Dallas Stars!** Triathletes from across the DFW area enjoyed a night of hockey from a luxury Stars suite. Pairs athlete, **Cheri Bedford**, was seen volunteering at a kids marathon for charity. Where do you get the time? **The Brian Loncar Racing Team** does not want anyone to forget they enter the season as the SMW region's top ranked triathlon team in its category. **Scott Eder** says they have opened their membership to everyone and are offering group workouts and other great opportunities to train with a great group of athletes. Visit their website for more info (www.loncarracing.com). **T3Multisports High Performance** team member, **Kelsey Abbott**, finished in 11th place in a field of 100 runners during the Division 2A event at the University Interscholastic League (UIL) State Championships at Old Settler's Park. This is Kelsey's first year running cross country at Lago Vista High School. As a freshman, she is on the varsity team and competed at a high level. She also was the top placing freshman in the 2A state championship race and Kelsey is an all A honor student as well. Woohoo - go get 'em, girl! How did some of our youth finish the year? McKinney, TX residents, **Christina Koepp** won **Ironfish Kids National Championship** under 14, in the fall then she finished her year with a age group 1st and 4th overall in **Bronda's Du** put on by **Ironhead** in Dallas while her brother, **Zachary Koepp** placed 1st in his age group.

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

Editorial

One of my friends is dying and one just died and came back to life (honest). How do you deal with that? I go through my life and I complain about a head ache or a sore muscle and none of it matters in the big picture. My view on what happens around me and how people act towards each other has changed. My view on how I act towards people has changed. What I have decided is that every single day counts. I am lucky that I can go and ride my bike today if I want. I am lucky that I can tell my kids that I love them and put my arms around them and squeeze them long and hard ("Too hard, Mommy!"). I am lucky that I can make decisions and I have choices. This is what I choose:

I choose to be a good wife and mother;

I choose to not break rules (on purpose) and if I do, to fess up to it;

I choose to be nice to people even if I don't know you (and that even means the guy who cuts me off

in traffic);
I choose to look around and pay more attention;
I choose to give the most time I have to myself and my family and anything left over to others (Michael will love this!);
I choose to play nice with others, even when others are brats, and they usually are;
I choose to appreciate, just appreciate - whatever it is;
I choose to hug my friends more and tell people how much I appreciate them;
I choose to have no regrets.

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.

There is a lot going on in the SMW Region for 2010. The 2010 race calendar is well underway with many new races added and many familiar ones added back on to the calendar. Support your region and race local races!!

For more information about YOUR region, visit 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, Officials Clinics info, etc. **Be in the know!!**

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