



Summer 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*

Arkansas State Triathlon Championships

Mighty Mite Triathlon - 7/17/2010

Oklahoma State Triathlon Championships

Lighthouse Triathlon - 8/1/2010

Texas State Triathlon Championships

Stonebridge Ranch - 9/26/2010

Regional Sprint Triathlon Championships

Meat Pie Tri - 9/26/2010

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

Louisiana State Triathlon Championships

Oxbow Triathlon - 4/10/2010

Male - Ben Hall

Female - Nancy Kuhlmeier

Texas State Duathlon Championships

Striders Duathlon - 4/18/2010

Male - Chris Aarhus

Female - Stefani Langehennig

Regional Triathlon Special Qualifier

Lone Star Triathlon - 4/24/2010

Male - Patrick Davis

Female - Kim Vivian

Arkansas State Duathlon Championships

Du For The Parks - 5/31/2010

Male - Chad Sanders

Female - Amy Johnson

Regional Triathlon Championships

Route 66 - 6/5-6/2010

Male - Mark Hillers

Female - Joanna Fiddler

South Midwest Regional Youth Triathlon Series Kickoff



The Cedar Park Kids Triathlon was the first race in the South Midwest Regional Youth Triathlon Series. Three-hundred-one youth participated in the sold out event; a great way to start the series. Both parents and kids were excited to participate in the inaugural race. The general consensus was, "It was a blast!" Parents approached Regional Chair Boris Robinson, to thank the South Midwest region for thinking about their kids and promoting the sport in such a positive way. A number of parents asked about the rest of the series: Oklahoma Christian University Youth Triathlon and the Regional Youth Championships in North Little Rock, Ark. Overall, this series started off on a positive note.

The region definitely supports youth! Please visit the [region website](#) for more information on these and other events.

Submitted by Boris Robinson, USAT Coach, South Midwest Regional Chair

South Midwest Inaugural Collegiate Triathlon Camp



The USAT South Midwest region's inaugural collegiate triathlon camp was held earlier this year in Lubbock, Texas, on the weekend of March 19-21. Students representing Texas A&M, Texas Tech, UT Tyler, Amarillo College, West Texas A&M, and St. Edwards attended. (The 2010 Collegiate Triathlon National Championship saw the South Midwest region represented by 12 academic institutions). They braved the chilly and windy West Texas spring weather to spend a portion of their spring break focusing on becoming efficient triathletes.

Participants spent time training on the 2010 USAT Collegiate Triathlon National Championship course at Buffalo Springs Lake (home of the legendary Buffalo Springs Lake Triathlon 70.3). The athletes' curriculum included discipline-specific clinics which focused on efficient form as well as sport-specific strength training.

If you are interested in starting a triathlon club at your school, please contact [Frank Cortese](#), South Midwest Regional Council Member or [Wendy Peel](#) from the USAT National Office. Plans are under way to conduct more collegiate camps throughout the region. Stay tuned to the USAT [South Midwest website](#) for information on the 2011 spring camp.

Submitted by Frank Cortese, USAT Coach, USAT Race Director, USAT SMW Collegiate Chair.

Club Spotlight - East Texas Triathletes



East Texas Triathletes is a young organization of just a few years but their area of interest, multisport activities, is surging. With an organized board, a group of dedicated officers, and use of their [website](#) as a springboard, the club has grown steadily in size. In August of 2007, they had just 18 members but went on to place 3rd in the 2007 category 5 South Midwest club competition. Their winnings of \$100 for their efforts and a \$1,000 grant from USA Triathlon, has helped them grow to a roster of 85 members. Club members strongly feel that there are many potential "wannabe" triathletes in East Texas who just never had the opportunity or knowledge source to train or compete. The goal has been to find potential triathletes and provide them an opportunity to train with and learn from others.

The main topic at the organizational meeting in November 2007 was hosting the first triathlon in Tyler, Texas. The East Texas Triathletes (ETT) knew that if they were able to put on a fun event with great support for first timers, they would have great participation which would popularize multisport and help their club and USA Triathlon grow. In August and early September 2008, the club organized two beginners' clinics, which combined had more than 100 athletes in attendance. ETT members helped encourage beginners, answered questions, loaned race clothes, and did whatever else they could to encourage East Texas to try out this great sport. The Rose City Triathlon, despite being postponed

one week due to Hurricane Ike, was a great success.

In addition to the Rose City Triathlon, most of the club members support other local events including the Athens Triathlon, the Four States Triathlon in Texarkana, the Jefferson Heritage Triathlon, and the River Cities Triathlon, in Shreveport, La., to list just a few.

There are several "elite" members, including William Ritter, Chauncey Deller, and Brady O'Brian. Club president, Gina Vandiver, has competed in the Virginia Triple Iron Triathlon, setting a new world record. One of the most notable club members, who has probably done most of the triathlons and duathlons in Texas, is Tammy Rooney. Tammy frequently excels in most events in which she participates, garnering many masters awards. Two years ago, they were lucky to have John Cobb, internationally known bike fitting expert, join the club. John has proven invaluable to the club, offering free clinics and assisting many club members in their efforts to improve.

They look forward to meeting with other club members throughout our region and hope to see you this season! If you are looking for someone to work out with, visit the [USA Triathlon website](#) to find a great club near you.

Want to brag about your club? [Contact us](#) and let us tell our region our much fun your club is.

Youth News

Youth Camps/Clinics

August 9-11, Little Buggy Kids Tri Camp

Oak Point Center, Plano, Texas. This camp is designed to educate and train kids in the sport of triathlon with the emphasis on fun! The core of the camp will have swim, bike & run specific skill work encompassed by a layer of activities designed to expose young athletes to all aspects of a healthy multisport lifestyle. Camp is for athletes age 7 to 14. Contact [Coach Frank Cortese](#) for more information.

T3 Multi Sports 2010 Youth Triathlon Training Program

Sendero Springs Pool/Brushy Creek Community Center.

Contact [Boris Robinson](#) or visit website www.t3multisports.com. Designed specifically for youth ages 7-12 years old to successfully complete a youth triathlon in eight weeks.

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

South Midwest Athletes Out and About

Our athletes are out and about...

Playtri members, **Adam Duey** and **Chris Kapskos** were seen swimming in 60 degree water at Coeur d'Alene, Idaho, in preparation for the Ironman the next day. Joining them was **Chris Etter** from the DFW area. All looked happy and ready despite the challenge ahead of them. Also seen at the CDA finish line was **Fit2Train** coach, **Michelle Boyer**, wearing pigtails as she cheered on her clients, **Jami Williams** and **Haley Kilbourn**. This just in - we heard that McKinney resident, **Jonathon Coco**, has signed up for Ironhorn Half and for the new Ironman in Texas - better watch out for him at local

USAT races as he prepares for next Spring. Did you hear about **Alex Weber**? She finished 2009 ranked No. 1 in the United States in the 18-19 age group. She placed seventh at the 2010 **USAT Collegiate National Championship** for **Texas A&M** and finished sixth in her age group at the ITU Sprint World Championships in 2009. She is also highlighted in the recent Competitor Magazine. It's no wonder, she is coached by our very own, **Shelly Campbell** from the SMW Region. Wow, way to go! **Steve Dorris** was spotted at **Amica TexasMan** along with **Debbie Hogue, Mike Ranieri, Beth Mills, Michael Mills** and **Kristi Manley**. Looks like tons of fun! This past spring, **Steve Dorris** suffered a pretty bad injury which led him to surgery - hope you are recovering well. We miss you, my friend! **Air Force Academy** and current **Rice University** graduate student, **Bradley Henicke's** mom was a proud parent after watching her son compete in the **USAT Collegiate Championships** in Texas. It was so cold on race morning that she wore her pj's underneath her clothes and still had them on at the airport going home! That is motherly love! **William Carlson** is taking some time off from triathlon to recuperate from bypass surgery but still showed up at **Caveman Triathlon** in Texas to support friend, **Samantha Price** in her 2nd ever triathlon. Not too shabby of a cheerleading crew! Congratulations to **Joe Fuller** - he and his wife will welcome a new little triathlete in September 2010. Watch out for Oklahoma based **John Darlymple**, he is tearing up the duathlon season with an overall male win at **March in Okarche**. **Candice Kiehn** said, "Move over! **Abby Smith**" (both of Oklahoma), as she took first place to Abby's second at the **Route 66 Triathlon** in Oklahoma. Less than a minute separated the 2 - what a great competition. Seen at Louisiana race, **Oxbow Triathlon**, were **Joyce Ryder, Samuel Webb, David Madden** and **Stephanie Cauley**. By the looks of them, Oxbow was a great race and they were having a good time at the finish line.

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

Editorial

I do not feel very 'editorial' so let me just say this....."**I LOVE THE SMW REGION!**"

[Merry Prather](#) is the co-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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