



Texas (minus El Paso County), Oklahoma, Arkansas, Louisiana Winter 2011

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### 2011 Championship Calendar

#### Regional Championships

Regional Sprint Triathlon Championship  
Rose City Triathlon, TX

Regional Intermediate Triathlon Championship  
Tri-Arkansas, AR  
Regional Intermediate Duathlon Championship  
Du Draper Twice (On-Road), OK

Age Group Nationals Special Qualifier  
Buffman & Squeaky, TX

Age Group Nationals Special Qualifier  
Route 66 (Olympic Distance), OK

#### Duathlon/Triathlon State Championships

Arkansas State Duathlon Championship  
Iron Pig Duathlon

Arkansas State Triathlon Championship  
Ozark Valley Triathlon

Louisiana State Duathlon Championship  
Big Voo Du

Louisiana State Triathlon Championship  
The Big Cajun Triathlon

Oklahoma State Duathlon Championship  
Du Draper Twice

Oklahoma State Triathlon Championship  
Route 66 (Sprint Distance)

Texas State Duathlon Championship  
7th Annual Texas Motor Speedway Duathlon

Texas State Triathlon Championship  
Capital of Texas Triathlon

Look for dates on the USAT [race calendar](#).

### Frost Yer Fanny Duathlon 2011

The 2011 calendar in the SMW region began with Frost Yer Fanny weekend on Sunday, January 23. Saturday held several opportunities for members to become involved with the region through meetings and clinics that were held throughout the day and were open to our membership. The evening ended with the Awards Gala which honors those who contribute to the growth of the sport.

Age group awards were handed out as athletes were acknowledged for their 2010 accomplishments. Special annual awards were presented to the Officials of the Year- Ed Cheatham and Kevin McCasland; the Phoenix Award to Maura Guthrie; and the President's Award to Mike Greer.

The SMW Regional Club Presidents Meeting, a USAT Official's Clinic, SMW Regional Race Director Meeting and the annual SMW Member's Meeting were held in conjunction with the banquet. The weekend concluded on Sunday with the annual Frost Yer Fanny Duathlon competition.

Look to the USAT calendar in 2012 for the Frost Yer Fanny dates for next year.



## 2011 Duathlon Nationals in Tucson, Arizona

Did you compete in Frost Yer Fanny duathlon or plan to take part in the state duathlon championships? Use these early-season events as a tune-up for the 2011 Duathlon National Championship in Tucson, Arizona, on April 30. The event will include the age group duathlon championship race, an elite wave, paraduathlon and an off-road duathlon race. Duathlon Nationals is the sole qualifier for 2011 Short Course Duathlon Worlds in Gijon, Spain, September 24-25, 2011. Top 18 in each age group rolling down to 25th place qualify. Visit [www.duathlonnationals.com](http://www.duathlonnationals.com) for details. Sign up today!

## South Midwest Regional Youth Triathlon Series



Three races comprised the USA Triathlon South Midwest Youth Triathlon Series. They included the Cedar Park Kids Triathlon in April, The Oklahoma Christian University Kids Triathlon in Oklahoma and Rock de Hills in Arkansas.

**Congratulations to our 2010 SMW Regional Youth Triathlon Champions!**

7-8: Aidan Seibert & Helene Farris  
9-10: Cooper Burlison & Skyler Seibert  
11-12: Ryan Brown & Alyssa Smith  
13-15: Clayton Wilkens & Ashley Chapa

### USAT's SMW Regional Youth (8-15 years old) Series for 2011:

May 1 Cedar Park Kid's Tri, Round Rock, TX  
May 28 Oklahoma Christian Univ Kid's Tri, Edmund, OK  
June 25 Buffalo Springs Lake Kid's, Lubbock, TX  
Sept 5 Lil Buggy Kid's Tri (Regional Championship - Youth), Plano, TX  
Aug 6 Junior National Championships, San Diego, CA

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

*Submitted by Boris Robinson, USAT Coach, SMW Regional Chair; Doug Fairchild, SMW Youth Committee*

## News from the RADC

Best wishes to all athletes this year and hopefully we will see you at the races or one of the camps.

### **SMW Junior Series**

Congratulations to series champions Shelby Brown and Rodrigo Abascal. Both athletes received an awesome cycling jersey and were recognized at the Frost Yer Fanny Awards Banquet in January.

### **USAT National Youth and Junior Triathlon Camps:**

Registration for the 2011 National Select (June 27 - July 3) and National Skills (July 4-8, 2011) can be [found here](#).

*NOTE: the Select Camp will host athletes age 15-25. However all athletes must meet selection criteria. Please contact [Shelly O'Brien](#) for more information.*

USAT National Youth and Junior Championships will be held Aug. 6 and 7 in San Diego, California. For those racing the elite events be sure to review the selection criteria. Other Youth/Junior International & National Events- Please review the USA Triathlon website for more information.

- March 5 Clermont, FL - PATCO NA Jr Champs
- June 25 Monroe, WA - YE/JE Cup
- July 9-10 Edmonton, CAN, PATCO Jr Championships
- July 16 West Des Moines, IA - YE/JE Cup
- Aug 6-7 San Diego, CA - YE/JE Nationals/Team Relay
- Sep 10-11 Beijing, China- ITU Jr Worlds

*Submitted by Shelly O'Brien, RADC.*

## **South Midwest Collegiate News**



### **2011 USAT South Midwest Collegiate Triathlon Camp**

March 18-20, 2011  
New Orleans, Louisiana

USAT SMW is proud to provide this amazing opportunity for our region's collegiate triathletes. At the core of the camp will be swim, bike and run specific skill work encompassed by a layer of activities designed to expose participants to all aspects of multisport training. Camp will be based out of the Elmwood Fitness Center, a USAT Certified Training Center, under the guidance of an expert coaching staff. Are you seeking a supportive environment where you can learn more about a healthy multisport lifestyle? Are you a competitive triathlete eager to pursue a successful multisport career? The SMW Collegiate Triathlon Camp is the ideal platform for both.

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

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.

## **Club Spotlight - TEAM FSR, Houston TX**



Michelle LeBlanc founded OutRival Racing at the beginning of 2010 to help promote a "team"

concept for the athletes she was personally coaching. As the number of athletes has grown, additional coaches, training programs, and group training sessions have been added. OutRival Racing now consists of over 70 athletes and six coaches. OutRival Racing consists of athletes who are passionate about fitness as well as racing. We are a diverse group of triathletes, runners, and cyclists of all ages and abilities. We consist of first-timers as well as seasoned athletes.



In 2010, more than twenty OutRival Racing athletes ventured into longer distances for the first time. Three athletes finished their first marathon: Ceci Ramos, Sandra Braniff, and Gabi Rios. Eight athletes competed in their first-ever triathlon: Adam Currier, Alan Jaax, Dana Hext, Derek McCoy, Paul Pilkenton, Sarah Gray, Sharon Griggs and Zach Hendry. Ten athletes raced a Half Ironman for the first time: Alan Jaax, Ana Lemus, Blake Henning, Jesse Robinson, Jorge Lemus, Sharon Griggs, Mary Kay Cooper, Kelly Golden, Jonathan Sterchy and Lisa Jaster. Three athletes competed in their first Ironman: Ana Lemus, Jesse Robinson, and Lori Culberson. The more experienced athletes of ORR had an extraordinary year in their specialty distance or discipline.

Several OutRival Racing cyclists, including James Engle, Holly Mishoe, and John Wilmeth, saw marked improvements in their overall fitness as well as in their race performances. The OutRival Racing runners are currently in the heart of their season, with many of them preparing for marathons or half marathons in the next month or so. Five athletes raced a marathon this year, and at least a dozen are planning on racing a marathon in 2011.

The success of our youth athletes is also growing strong! Currently, there are five athletes aged 18 or younger on the OutRival Racing Team, including Allison Eden, Courtney Reich, Amanda Martinez, Courtney Reich, and Connor Barry. We are proud to have them on the team and look forward to seeing them excel in 2011!

More information on this club can be found at [www.outrivalracing.com](http://www.outrivalracing.com).

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

## South Midwest Athletes Out and About

### Our athletes are out and about...

DFW End of Year Celebration hosted by **Playtri** was a plethora of who's who in the DFW community. You name it and they were there. Snagging some of the awards that evening were married couple **Tyler and Ashley** for Adam and Eve Couple and **Merry Prather** for Best Volunteer. This was a fun night of SMW spirit and camaraderie. **Dave Young**, **Lou Knowles** and a group of **McKinney Tri Club** sitting at an outside eatery at the finish line of the Toyota US Open. **Jason Cole**, USAT athlete and official, chatting it up with Greg and Laura Bennett at US Open. Friends in high places! Allen, Texas resident, **Randy McFadden**, competed in IM Arizona. Way to step it up! **Ron Tribendis** and wife playing with their son at a local child's center. **Trey Yost** started a new coaching program in DFW area called **FitTrac**. He is a proud supporter of **NTX Team in Training** as well. Where does he find the time? **Joe and Melanie Fuller** added a little girl to their triathlon family. **Jay Wollack** was seen out and about on icy roads in McKinney, TX. Special thanks to **North Texas Multi Sport Racing**, **Tri 4 Him**, **Playtri Racing**, **Fit2Train**, **Houston Racing**, **Brian Loncar Racing Team**, **Tri Cajuns** for helping me out with the Annual Awards Banquet. Congratulations to **Patrick Schuster**, son of **Joanna Schuster** - a SMW Official who was highlighted in a national triathlon magazine for his accomplishments. He also

was named as a top gun this year for our region. Way to go!  
*Contributions to this section are encouraged and welcomed. Please send any news tidbits (silly or serious) about SMW athletes to [Merry Prather](#).)*

## Editorial

I had the honor of listening to an acceptance speech at the Annual SMW Awards Gala from the Phoenix Award recipient, Maura Guthrie. She talked about her courageous fight through cancer and how it had affected her thoughts towards her everyday life. She is an amazingly strong woman and a delightful person. She said something that I thought was pretty deep - and a view that most people never have to think about facing. She said something like this:

*Imagine your home. Imagine your job. Imagine the people in your life. Now imagine I am your doctor and I say to you, "You have 5 years to live." What would you change?*

What would you change?

*[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.*

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There is a lot going on in the SMW Region for 2011. The 2011 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](http://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!!**