



Texas without El Paso County, Oklahoma, Arkansas, Louisiana Fall 2010

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### South Midwest Links

[Renew Your Membership](#)  
[South Midwest Region Website](#)  
[South Midwest Facebook](#)  
[USA Triathlon Website](#)

### 2010 Championship Results

#### Louisiana State Duathlon Championships

*Rotary Sunrise Opelousas Duathlon - cancelled due to weather*

#### 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

**Arkansas State Triathlon Championships**

Mighty Mite Triathlon - 7/17/2010

Male - Clayton Wilkins

Female - Maggie Pickhardt

**Oklahoma State Triathlon Championships**

Lighthouse Triathlon - 8/1/2010

Male - Eric McCrary

Female - Abbie Smith

**Texas State Triathlon Championships**

Stonebridge Ranch - 9/26/2010

Male - William Ritter

Female - Elizabeth Meraz

**Regional Sprint Triathlon Championships**

Meat Pie Tri - 9/26/2010

Male - Michael Miguez

Female - Eryn Schilling

**Long Course Duathlon National Championship**

Du Draper Twice - 7/10/2010

Male - Chris Marig

Female - Kirsten Chapman

**2011 Championship Calendar**

**2011 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

**2011 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 at  
[www.usatriathlon.org](http://www.usatriathlon.org).

## Frost Yer Fanny Duathlon 2011

Start the 2011 calendar off with friends at the **Frost Yer Fanny** weekend on Sunday, January 23. Saturday begins with several opportunities to become involved with your region either as a new member or to serve in a different capacity. All members are welcome to join the Regional Annual Meeting for USAT members in an open forum to talk to your council members, ask questions and voice comments in an open setting with feedback from the council who are serving the region this term. In addition you can vote on your favorite race and attend 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. The meetings and the banquet will be held at the Omni Hotel (13210 Katy Freeway, Houston, Texas - Tel: 1-281-558-8338) near Katy, Texas. Visit [frostyerfanny.org](http://frostyerfanny.org) for more information, banquet tickets, and more beginning October 31, 2010. Meeting agendas will be available at [www.smwtriathlon.org](http://www.smwtriathlon.org) soon.

### Schedule

#### Packet Pickup for FYF 2011

Thursday, January 20, 12-6 p.m.  
Bicycle World and Fitness, Houston, TX

Saturday, January 22, 11 a.m.-6 p.m.  
Omni Hotel, Houston TX

#### Saturday, January 22

All events below are located at Omni Hotel, Houston, TX

8-11 a.m. SMW Board Meeting  
12-4 p.m. Officials Clinic  
2-3 p.m. Club President's Meeting  
3-4 p.m. Race Directors Conference  
4-5 p.m. Regional Annual Meeting for USAT Members  
5-6 p.m. No Host Reception - Cash Bar  
6-8 p.m. SMW Regional Banquet and Awards



If you are interested in attending, please email the [SMW Board](#) and let them know of your interest. All are welcome. Meeting agendas will be available at [www.smwtriathlon.org](http://www.smwtriathlon.org) soon.

## 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

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 Collegiate News



The start of the fall school term doesn't have to signify an end to a multisport way of life. Offseason should not bring activity to a standstill. Intensity and frequency will be lower, which can allow time and energy to focus on your limiter(s). Is the swim leg leaving you tired? A number of college recreation and aquatic centers offer long course swims on weekend mornings. Does the bike split start strong only to quickly fade? Take an indoor cycling or power intervals class to build strength. Is the run painful and slow? Marathon season is here and many half marathon programs are available to guide you in becoming an efficient runner. With some guidance, you can still maintain or even build fitness while honing your discipline specific skills and strength. How about going to camp for spring break? A tri focused camp provides the platform to address skills in a fully supported environment. So pack your swim, bike, and run gear along with your school essentials.

### **Coming soon!**

The SMW region will soon be announcing the location and dates for our 2011 camp. USA Triathlon will host 2011 Collegiate National Championship at Tuscaloosa, Ala., in April 2011 official date TBA.

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 - TEAM FSR, Houston TX



TEAM FSR (Finish Strong Racing) was founded by Finish Strong Coaching's Dana Lyons and registered as a USAT club in 2010 with nearly 50 members from the greater Houston area. Founder Dana Lyons is a full-time multisport coach and the top-ranked masters triathlete and top overall duathlete in the USA Triathlon's SMW region in 2009.

Dana invited coached athletes and friends to join TEAM FSR to compete and to be ambassadors for the sport they all love. In addition to racing at local and regional events, TEAM FSR members are committed to being leaders and role models for triathlon and duathlon. Each member is tasked with introducing others to the sport, encouraging other athletes, demonstrating good sportsmanship at all races, and volunteering at local races.

This year's team is comprised of local multi-sport athletes who range in age, from 11 to 64 years old, and in experience from first-time triathletes to experienced racers. Not surprising, the younger team members have focused on sprint distance races. Hannah Barron, 13, and brother Lane, 11, have enjoyed several age group triathlon wins this year and are setting their sights on the upcoming Ironkids race series. Rodrigo Abascal, 17, recently won the Junior Development Triathlon Series. Many of the adult team members have successfully taken on longer course distances. The club can take credit for having this year's national long-course master's duathlon championship winner, Dana Lyons.

One third of the team has already competed in Ironman distance races. Enthused about the recent addition of Ironman Texas to be held locally in The Woodlands, Texas on May 21, 2011, five more team members are preparing to tackle their first Ironman distance - 2.4 mile swim, 112-mile bike and 26.2 mile run in May. Team FSR already boasts three Ironman Hawaii World Championship finishers: Tim Monk, Allan Richardson, and Dana Lyons.

Finish Strong Coaching posts race results for TEAM FSR on its blog at [www.coachlyons.com](http://www.coachlyons.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...**

**Playtri** members **Chris Moody** qualified for Hawaii Ironman at Eagleman 70.3. Other Playtri members **Georgie Stone, Jeff Rainsen, Tricia Totten and Michael Ochstein** qualified for Clearwater 70.3 World Championship. Someone must be feeding their clients Wheaties! **Shelby Brown** and **Ben Crushfield, FAS/AST** team in Amarillo were seen hanging out with their coach, **Doug Fairchild**, after a successful day of racing at **Redman Triathlon** in Oklahoma City, OK. Did you know that the entire racing staff of **Tri/OKC Club** who put on the **Redman (Iron Distance) Triathlon**, wait until the very last finisher before they shut down the finish line? They waited until past 3:30 AM for that racer....way to support athletes! **Andy Wang** crossed the finish line of the **Redman Triathlon** with a big smile on his face for finishing the Iron Distance for his birthday. What a birthday wish! **John Shelton, Tri OKC** member, was cheering on friends at the club supported event bike turn around. He is a veteran amputee but don't think that defines him - he is an IM finisher himself. Way to compete! **Dave Young** was seen racing the aquabike at Redman in preparation for his big race a few weeks later. **Victoria Piper** smoked the other competitors in the female division of the **Metroplex Sprint** in Grand Prairie, Texas with a 52 minute finish. We are sure her son, Charlie, is proud of his super fast momma. Another competitor at Metroplex, **Pamela Graham**, completed her first triathlon and raised over \$11,000 for a paralyzed Dallas woman. She not only competed but won her age group. Now THAT is how you set a goal and finish! Have you heard about **Bradley Pigage**? He is a helicopter rescue swimmer in the coast guard and has been taking triathlon by a storm, claiming the men's titles at **Tri-Waco** and **Rivercities Triathlon**. Two **Loncar Racing Team** women were seen on the BIG 5 Podium at **Rivercities Triathlon** in Shreveport in August. **Amari Holmes** placed 2nd overall woman and 52 year old **Stephanie Bassin** placed 4th overall woman. Stephanie is the first woman over 42 years of age to make the top 5 in that race at least in the past 13 years. Both have already qualified for this November's Ironman Triathlon World Championships 70.3. That is what you call "strong" racing! **John Ricca** was seen running a 10K in McKinney, Texas. He must be gearing up for another race. **Joanna Schuster**, USAT SMW Official, leaving to see her son, **Pat Schuster**, race in Kona. Good luck to all our athletes in Hawaii. Finish it!

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

## Runner Triathlete News - Official SMW Triathlon Magazine

### Support the Region's Official Magazine!



For nearly 20 years, Runner Triathlete News has served as the official publication for the USAT SMW Region, providing outstanding coverage of multisport events and keeping our members up date on the latest news within our outstanding region. In addition to a great regional race calendar, RTN provides plenty of outstanding articles and training tips written by the experts to help you get to your next finish line with a new personal record. Subscribe today by clicking [here](#). Club presidents, contact Marie Sheffer at 800-441-9837 for details on RTN's special Club Discount Program.

### Editorial

I recently saw a picture of a kid, he must have been 8-10 years of age. He had no legs. Sounds a little sad. eh? As athletes. people who run. hike and swim. that may be the first thought. sadness. But

once you zoom out and look at the entire picture, we get an entirely different story. He had on a tri suit, goggles, swim cap, his arms were marked with a race number. He was being picked up by an adult out of a water swim to get onto his specially made bike to compete in a triathlon. Later I find out this little guy is from the South Midwest Region, races quite a bit and loves it. What motivates him?

That kid motivates me. He makes me want to get up and set goals. He makes me want to try harder. Out of all the things that make me have a "bad day," he makes me look at life in another way. How does an 8-10 year old do that? I am certain his parents are a big part of it, but a lot of that has to come from within himself. They call that ATTITUDE (a great one at that).

I think of him and say, "He has such an attitude!" I want some of that!

The best part of the picture was the huge smile on his helper's face and the big grin on his. Way to go, kid. Such an attitude!

What is your attitude today?

*[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 2010. 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!!**

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