



FROM THE HIGH PERFORMANCE TEAM:

Although this season is not off to the start any of us could have expected, we hope you all have been able to focus on your health and well-being, while finding unique ways to keep up your fitness. If you have not yet seen, USA Triathlon is hosting the Virtual Run-Bike-Run from now until May 17, providing an opportunity to stay active, healthy, safe, and competitive.

Please share this opportunity with others, and it would be great to see some familiar USA Triathlon elite names on the results list! We expect some of the USA Triathlon HP staff will even jump in! See more details below, and be well!

USA DUATHLON VIRTUAL RUN-BIKE-RUN: PARTICIPATE & SPREAD THE WORD!

The USA Duathlon Virtual Run-Bike-Run presented by [TOWER 26](#) began last week and runs through May 17, and supporting partners include [TrueForm](#) and [FlipBelt](#). We'd love for you to be a part of this by participating in the race but also — and just as importantly — helping to spread the word by simply sharing on your social media channels.

As an elite triathlete, you are an inspiring role model and we truly appreciate anything you can do to lift up our multisport community during these challenging times.

By making an optional \$35 donation to the USA Triathlon Foundation COVID-19 Relief Fund as part of registration, participants will receive a finisher medal and, most importantly, support multisport community members impacted by the crisis. To register, [visit here](#).

DATES ANNOUNCED FOR TOKYO OLYMPIC GAMES

As you well know, the International Olympic and Paralympic Committees announced that the Tokyo Olympic and Paralympic Games will be postponed to 2021, due to the COVID-19 pandemic. The Tokyo 2020 Olympic Games are now scheduled for July 23 to Aug. 8, 2021, while the Paralympic Games are now scheduled for Aug. 24 to Sept. 5, 2021.

USA Triathlon believes that postponing the Olympic and Paralympic Games until 2021 was the proper decision in the best interests of global public health. We also fully support this announcement because the ability for athletes around the world to both train properly and qualify fairly for the Olympics Games has been significantly impacted due to the circumstances surrounding COVID-19.

For more information on this decision, [read the IOC's statement here](#).

WORLD TRIATHLON EXTENDS SUSPENSION OF ACTIVITIES UNTIL JUNE 30

The World Triathlon Executive Board has decided to extend the suspension of all activities of the International Federation until June 30, due to the current situation worldwide with the COVID-19 pandemic. This suspension includes WTS Yokohama, three African (ATU) cups, three American (PATCO) events, four Asian (ASTC) cups, one event in Oceania (OTU) and eight in Europe (ETU).

List of Events Included in the Suspension Period

2020 Runaway Bay OTU Super Sprint Triathlon Oceania Cup, May 1-3
2020 Yasmine Hammamet ATU Triathlon Junior African Cup, May 2
2020 Yasmine Hammamet ATU Sprint Triathlon African Cup, May 2
2020 Ixtapa PATCO Sprint Triathlon Panamerican Cup, May 15-16
2020 ITU World Triathlon Yokohama, May 16
2020 Formosa PATCO Middle Distance Triathlon Panamerican Championships, May 23
2020 Osaka NTT ASTC Triathlon Asian Cup, May 23
2020 Olsztyn ETU Triathlon Junior European Cup, May 30
2020 Olsztyn ETU Sprint Triathlon European Cup, May 30
2020 Sokcho ASTC Sprint Triathlon Asian Cup, June 6
2020 Dnipro ETU Triathlon Junior European Cup, June 6
2020 Dnipro ETU Triathlon U23 European Championships, June 6
2020 Lianyungang ASTC Triathlon Asian Cup, June 13
2020 Coimbra ETU Sprint Triathlon European Cup and Mediterranean Championships, June 13
2020 Kupiskis ETU Triathlon Junior European Cup, June 13
2020 Lake Kivu ATU Sprint Triathlon African Cup, June 13
2020 Kitzbühel ETU Triathlon Junior European Cup, June 19
2020 Santo Domingo PATCO Triathlon Panamerican Championships, June 20
2020 Holten ETU Sprint Triathlon Premium European Cup, June 20
2020 Târgu Mures ETU Cross Triathlon European Championships, June 20
2020 Gamagori NTT ASTC Triathlon Asian Cup, June 21
2020 Târgu Mures ETU Cross Duathlon European Championships, June 23
2020 Walchsee ETU Aquathlon European Championships, June 25
2020 Larache ATU Triathlon Junior African Cup, June 27
2020 Larache ATU Sprint Triathlon Premium African Cup, June 27
2020 Walchsee ETU Middle Distance Triathlon European Championships, June 28
2020 Walchsee ETU Aquabike European Championships, June 28

Already Postponed Events in this Suspension Period

2020 Valencia ITU Mixed Relay Olympic Qualification Event
2020 Valencia ITU Triathlon World Cup
2020 Lima PATCO Sprint Triathlon Panamerican Cup and South American Championships
2020 Arzachena ITU Triathlon World Cup
2020 AJ Bell World Triathlon Leeds
2020 Montreal PATCO Sprint Triathlon Panamerican Cup
2020 Groupe Copley World Triathlon Montreal

The full statement from the ITU can be found [here](#).

[2021 WORLD GAMES RESCHEDULED TO 2022](#)

The World Games, originally scheduled to take place from July 15-25, 2021 have been rescheduled due to the postponement of the Olympic Games. The World Games in Birmingham, Alabama, will now be held July 7-17, 2022. The World Games will include a duathlon event. More information on eligibility and criteria will follow as we get more updates from the Organizing Committee.

Read the full statement from the International World Games Association and the Birmingham organizing committee [here](#).

USA TRIATHLON OFF-ROAD NATIONAL CHAMPIONSHIPS RESCHEDULED

On April 4, USA Triathlon and race production company Ready Set Go Adventures announced that the 2020 USA Triathlon Off-Road National Championships have been rescheduled due to the COVID-19 pandemic. The event is now scheduled for Sept. 13 at the same venue at Wawayanda State Park in Hewitt, New Jersey. Read the full release [here](#).

ELITE ATHLETE 2XU DISCOUNT

2XU is offering a discount exclusively for USA Triathlon elite athletes. Please see the info below from 2XU to use this discount, which is applicable until April 30.

“USA Triathlon HP Athletes:

At 2XU we understand that across the US and around the world, high performance athletes are currently facing substantial challenges and uncertainty as they continue to train in preparation for major events and seasons that we all hope are back in action soon.

While access to facilities and support as become more difficult, we want to ensure we are adapting our service to help athletes stay on-track towards their finish lines.

*Open until April 30, we have developed a private and exclusive online store where 2XU Partner teams and organizations to provide their athletes with access to 2XU’s range of performance, training, and recovery product at **35% off MSRP. You will notice in the store that we are including our top-selling product, exclusive to our Professional and College Athlete community.** This link is strictly for use by elite athletes only and is not to be communicated publicly. We will be monitoring each order that comes through to ensure this stays exclusive to our teams.*

Orders are to be placed via the link below and will be delivered within 3-10 days, drop-shipped direct to the individual athlete.

<https://clubs.2xuteamwear.com/trainrecoverathome>”

USADA NEWS: WHAT SHOULD TESTED ATHLETES KNOW ABOUT GW1516?

For athletes subject to drug testing, it’s important to recognize that the substances making their way into supplements, whether intentionally or by accident, are constantly evolving. From ostarine to higenamine, and LGD-4033 to GW1516, there’s a growing number of examples of athletes testing positive for prohibited substances found illegally in supplements.

Click [here](#) to learn more about GW1516, one of the substances becoming more prevalent in supplements.

REMINDERS!

HERBALIFE24 TRIATHLON LOS ANGELES

The [HerbaLife24 Triathlon](#) has been rescheduled for Oct. 25 due to the COVID-19 pandemic. All currently registered participants will maintain their registrations for the rescheduled date. As an alternative, refunds are being offered to registrants. If you would like a refund, please send your registration ID number and email address to info@herbalife24.tri.la. Your registration ID [can be accessed here](#).

All refund requests must be received via email no later than 5 p.m. PT on May 11. No refunds will be processed after this date.