



FROM THE HIGH PERFORMANCE TEAM:

We hope this first Elite Beat of 2020 finds you well rested and recharged to begin a new triathlon season! It will be an exciting season with the final push for Olympic Games qualification, which will bring our top performers to focus on Yokohama as a final automatic selection opportunity, the Tokyo Games themselves with the first ever running of the Mixed Relay format, and with the WTS Grand Final and Jr, & U23 World Championships in North America (Edmonton). We hope that you'll have a healthy and productive rest of the winter, and a tremendous start to the competition season!

We are excited to report we have a new Olympic Program Coordinator at USA Triathlon High Performance! Tim Bosn comes to us from the USOPC where he was working in Games Operations. Tim ([tim.bosn@usatriathlon.org](mailto:tim.bosn@usatriathlon.org)) will work with Courtney to manage all of our ITU races entries and event logistics, especially at PATCO Champs and World Cups. And finally, as always, please feel free to reach out if we can help in anyway as you plan your 2020 campaign.

SARASOTA WORLD CUP TO DOUBLE AS ELITE NATIONAL CHAMPIONSHIPS

The 2020 Sarasota-Bradenton ITU Triathlon World Cup will also serve as the 2020 USA Triathlon Elite National Championship race. The event is set to take place on March 21, 2020 at Nathan Benderson Park.

Athletes interested in competing in this event, please email your interest to [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org).



2020 ITU OSAKA RACE WILL BE AN ASIAN CUP

The International Triathlon Union, in accordance with the Asian Triathlon Confederation and the Japanese Triathlon Union, has decided that the Osaka ITU event in 2020, which had been previously announced as a World Cup, will be a Continental Cup. The 2020 Osaka NTT ASTC Triathlon Asian Cup will take place on May 23.

With this change, the ITU World Cup for 2020 will include 15 events, starting the season in Mooloolaba (Australia) in March and finish it in Miyazaki (Japan) late October.

2020 ITU POWERMAN ZOFINGEN WORLD CHAMPIONSHIP GRANTS

Grants, up to \$1500 per athlete, will be awarded to 2 male and 2 female athletes to represent the United States in the Elite Categories at the 2020 ITU Long Distance Duathlon World Championship (Powerman Zofingen) in Zofingen, Switzerland. The race date is September 20, 2020.

Athletes must possess USA Triathlon Elite License (in duathlon) and be eligible to compete in the Elite Category of the World Championship. For more information about Powerman Zofingen check out the [race website here](#). Or the [ITU page here](#).

For more information or to apply, athletes should visit <http://www.breakthroughendurance.net/2020/01/2020-zofingen-itu-powerman-travel.html> or email [albertharrison@gmail.com](mailto:albertharrison@gmail.com).

#### **ACE PIVOT PROGRAM**

The ACE Pivot Program, held April 18-19 in Colorado Springs, works to assist Team USA athletes in rebuilding their athlete tribe, reframing identity and rediscovering self and purpose through discussion of their shared experience.

Led by sports psychology professionals and specialists, athletes engage in a two-day workshop and online follow-up meetings with their peers, designed to develop a growth mindset and empower them to tackle the next chapter of their lives with renewed support and confidence. All travel and lodging accommodations will be provided to participants.

To apply, complete the following application: [April 2020 Pivot Program Application](#). For more information, please contact Terris Tiller at [Terris.Tiller@usoc.org](mailto:Terris.Tiller@usoc.org).

Former USA Triathlon National Team member, Lindsey Jerdonek, has some thoughts to share on her Pivot experience: "I attended the recent Pivot workshop in November on Joe Maloy's urging and found it to be an invaluable experience. It was like going on a retreat--an intensive two days where you learn a lot about yourself and form strong bonds with the other athletes and staff. I was the only triathlete of the 12 athletes in attendance so met those from a spectrum of sports: figure skating, weight lifting, cycling, soccer, etc. And, of those, eight are still competing.

The first day focuses on a self-assessment to gain insight on how we process information in making decisions, and further, how others interpret the same info remarkably different than we do. The second day is centered on the transition to "what's next" that we all inevitably face as athletes. The sports psychologist who runs the program is phenomenal and the guided activities she leads helps the lessons sink in. Following the program, the support extends for six months with monthly check-ins, both as a group and with a 1:1 coach. And, to those who like being wined and dined, the meals, snacks and accommodation are top notch. If you have two days to spare, why not."

#### **HERBALIFE24 TRIATHLON LOS ANGELES**

After a thrilling inaugural year, Herbalife Nutrition is proud to once again bring the sport of triathlon to the City of Angels. Once again, this 2020 race includes a prize purse of \$23,000 for top athletes to showcase their talents to the residents of Los Angeles. Race info: <https://herbalife24tri.la/>

Elite athletes interested in competing in the 2020 Herbalife24 Triathlon Los Angeles (Sunday, May 17) can contact [brennan@herbalife24tri.la](mailto:brennan@herbalife24tri.la). The team can also help with homestays or travel assistance as needed, to make the experience in L.A. easy and seamless.

#### **ACE USOPC TUITION GRANTS**

ACE awards over \$200,000 annually to Team USA athletes for education in the form of tuition grants. ACE | USOPC Tuition Grants are intended to encourage athletes to further their formal education in preparation for lifelong career goals by defraying a portion of athletes' tuition costs. An athlete's performance standards, financial need and other scholarships awarded are considered when determining an award.

Apply online to receive an ACE USOPC Tuition Grant beginning March 4. Grant opportunities are available for Team USA athletes pursuing any accredited degree program. For more information, please click [here](#).

### [ATHLETE GUIDE TO THE 2020 PROHIBITED LIST](#)

To many athletes and support personnel, the World Anti-Doping Agency (WADA) Prohibited List seems like a long and complicated list of chemical compounds. It can be hard to figure out how those substances impact everyday products and when that might affect you. That's why USADA created the Athlete Guide to the Prohibited List, which highlights and explains some of the most relevant substances on the List.

The Guide is available [here](#).

### [IT'S THAT TIME OF YEAR! PLEASE COMPLETE YOUR PPE AND SAFESPORT TRAINING FOR 2020](#)

All athletes competing in ITU competitions in Junior, U23, Elite and Elite Paratriathlon categories must have completed a pre-competition health screening, which includes a questionnaire, a physical examination and an ECG following the IOC's recommended procedure. Thereafter, all Junior, U23, Elite and Elite Paratriathlon athletes, competing in the ITU competitions must complete the medical questionnaire and undergo a medical examination **each year**. In addition, they must undergo a resting ECG **every two years**.

Please click [here](#) to read further about this PPE. Both documents can be found on the [USAT website](#).

All athletes who wish to compete in Junior, U23, Elite, and Paratriathlon categories at ITU events are **required** to complete annual SafeSport education training through the U.S. Center for SafeSport.

For those who have taken the core training before, you can [log into your SafeSport account](#) to complete the annual refresher course (takes 15-20 minutes to complete). Athletes new to USA Triathlon are required to take the free NGB SafeSport training by visiting [www.safesport.org](http://www.safesport.org) and creating a SafeSport account.

Once you complete the SafeSport education training, download your completion certificate and email to [elite@usatriathlon.org](mailto:elite@usatriathlon.org). Please retain a copy for your records. For more information on the USA Triathlon SafeSport policies and other key information, [click here](#).

## **REMINDERS!**

### [MARCH 2020 FLORIDA EVENTS](#)

USAT will be hosting a number of events this upcoming March in Florida. What better way to spend your spring break than racing in sunny Florida!

- March 7: 2020 Clermont PATCO Sprint Triathlon Panamerican Cup: sprint distance elite Continental Cup, U25 EDR (option to earn your elite card!), Youth and Age Group – all draft legal races. [www.draftlegalchallenge.com](http://www.draftlegalchallenge.com)
- March 14: 2020 Sarasota PATCO Sprint Triathlon Panamerican Cup: sprint distance elite Continental Cup, Para Continental Cup, Junior Elite, Youth, and Age Group. [www.sarasotatri.com](http://www.sarasotatri.com)
- March 21: 2020 Sarasota-Bradenton ITU Triathlon World Cup: sprint distance elite World Cup

Athletes interested in competing in any or all of the elite events, please email your interest to [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org). U25 EDR, Youth, Junior Elite and Age Group registrations will take place on the event websites listed above. Please keep checking the ITU Event Page for the most up to date information on all of these races.

### [2020 PRIZE PURSE CALENDAR](#)

Going into 2020, USAT HP will be creating and posting an event calendar that will live on the Elite page of the website for elite athletes to reference and plan your race season around. Athletes, if you know of an event with a prize purse of \$5,000 or more, or know the race director of such an event, we want to help get the word out and

drive registration to the event.

To get added to the calendar, please send the following information to [elite@usatriathlon.org](mailto:elite@usatriathlon.org):

**Date of the Race:**

**Race Name:**

**Prize Purse:**

**Website:**

**Contact Email:**

**Location:**

**CALL FOR NOMINATIONS: 2020 ALMERE-AMSTERDAM ITU MULTISPORT WORLD CHAMPIONSHIPS**

On Sept. 4, Almere, Netherlands, will welcome the fifth edition of the Multisport World Championships. The five world championships (duathlon, cross triathlon, aquathlon, aquabike and long distance triathlon) will be held between Sept. 4-13.

Athletes interested in competing in any of the elite disciplines above should express their interest to [ituentries@triathlon.org](mailto:ituentries@triathlon.org) by 5 p.m. MT, April 15.

For more information about the event, please click [here](#).

**ITU LISTSERV FOR WTS, MTR SERIES AND WC EVENTS**

USA Triathlon will continue to send a reminder regarding the start lists for World Triathlon Series, MTR Series and World Cup events in 2020. This email reminder will be sent on the Thursday prior to the USA Triathlon deadline for the event. All athletes who have requested a start will be included, in addition to any athlete or coach who wishes to be included on the distribution list. If you would like to be included, please email [elite@usatriathlon.org](mailto:elite@usatriathlon.org) and request to be added to the "ITU listserv."



**ITU EVENT ENTRIES/ WITHDRAWALS:**

Please note that all ITU entry and withdrawal requests must be submitted to your National Federation. If you are an American athlete, ALL ENTRY REQUESTS MUST BE SENT TO [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org). No other form of request will be accepted (including in-person communication or email contact directly with USA Triathlon High Performance Staff). Athletes will not be guaranteed that their name has been added to the ITU list unless they email [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org). USA Triathlon deadlines for submission are EOD the Sunday before the ITU deadline (32 days prior to competition). The ITU will post each start list 32 days out from competition. After this date, your chances of obtaining a start decrease based on the number of athletes requesting a start.

The USA Triathlon withdrawal deadline for all ITU events is now 31 days prior to the event (which is the day after the start list is posted). Penalties will be levied for all withdrawals made inside of 31 days and will only be waived in extenuating circumstances. Please be sure you are 100 percent committed to competing. Otherwise, remove your nomination promptly. All withdrawal requests must also be sent to [ituentries@usatriathlon.org](mailto:ituentries@usatriathlon.org).