



Featured Club of the Quarter



Greater Nashville Athletic Club



By Kathleen S. Johnston

The Greater Nashville Athletic Club was initially formed as Nashville's elite running club. When John Minton took over as club president three years ago the membership had dwindled to about twenty runners. John, an avid triathlete, noted the lack of a triathlon club in Middle Tennessee and got permission from the club's founders to refocus the club on multisports. John registered GNAC with USAT that spring and before the year's end membership blossomed to almost 100 members. In July of 2001 membership topped 165 athletes, ages 19 to 83.

In its first year as a multisport club, GNAC focused on growing awareness of the club by giving back to the community. GNAC was instrumental in helping two new events in "Music City" get off to impressive starts. Members staffed an aide station on Music Row for the inaugural Country Music Marathon and coordinated all the aide stations for the Xterra Gallatin off-road triathlon. They also started a new club tradition, the popular post-race Music City Triathlon GNAC barbeque and family picnic.

The following year, under the leadership of Jeff Themm, GNAC assisted race director Faye Yates and Team Magic with the inaugural Powerman Tennessee Duathlon in College Grove, TN. Members and their families worked at registration, in the transition area, and hosted professional athletes for home-stays. Just a few weeks later, over sixty members volunteered again at the second Country Music Marathon GNAC aide station. Jeff also helped the club resurrect Nashville's traditional New Year's Eve run under a new name, the "Roll Over Beethoven 5k" to benefit a music education program for under privileged children.

Russ Arnold assumed the club presidency in June and intends to initiate training opportunities for members through a series of clinics, as well as continue with GNAC's volunteer efforts to promote multisports in Middle Tennessee. Club benefits include a t-shirt upon joining, inexpensive renewal fees, a \$3 discount on USAT membership, bi-monthly social meetings and an informative twelve-page newsletter that features interviews with members, training tips, an ultimate race calendar and loads of other must-have information. Each year members have the opportunity to purchase snazzy, custom designed team cycling or tri-gear. Members receive discounts at local merchants Lightning Cycles, Petway Reavis Menswear, Bike Pedlar, Belle Meade Smoothie King, and discounts on Met-Rx products and Piel Wetsuits ordered online. Smoothie King also gives members complimentary VIP cards and DaVinci's Pizza provides gourmet pizzas for club meetings.

Thanks to everyone who supports the Greater Nashville Athletic Club. Club applications are available though the web site www.gnac.org. Membership is open to anyone with an interest in multisports. Look for a large contingent of GNAC athletes at Ironman Florida in November. And remember,..."go out hard, surge in the middle, pick it up at the end!"

Club Registration Form

Club Name: _____

Club address: _____

Club website (if applicable): _____

Club email (if applicable): _____

Club President _____

Email: _____

Phone: _____

Club contact (other than President): _____

Email: _____

Phone: _____

How would you like your club to be listed on the USAT website? Please indicate the contact (website or email) you would like to have listed.

Please attach a current club roster and include address of members if possible.

Club contact information and club roster should be updated with USA Triathlon Quarterly. Please send updates in by March 31, June 30, September 30, and December 31st. If additions to the roster of your club need to be made more frequently, please feel free to do so. Rosters should be mailed to Sara Rosenkranz, Regional Federation and Club Coordinator, 3595 E. Fountain Blvd, F-1, Colorado Springs, CO, 80910.

Enclose payment of \$10 for new clubs or \$8 for clubs that have been registered with USA Triathlon in previous years. Make check payable to USA Triathlon or include a Master Card or Visa for payment.

Form of Payment:

Cash Visa MC Check # _____

_____-_____-_____-_____-_____-_____- Exp. Date ____/____/____

Amount Paid \$ _____

Signature of Cardholder _____

Roster updates due by September 30th!

Please send any additions to your roster, updates in addresses, changes in club officers, etc. to Sara Rosenkranz, 3595 E. Fountain Blvd, F-1, Colorado Springs, CO 80910. Or, you can email changes to Sara@usatriathlon.org. Thanks for your help.

CLUB SCORING SYSTEM

Take a look at the National Club Scoring system below. I would like to submit something similar to this scoring system for our Regional Club Championships at the Board of Directors meeting here in Colorado Springs in November. I would like to have your input if possible.

Let me know if you like the system as is, or if there are changes you would make and why. Also, keep in mind that this will be variable by region. I will make allowances for individual differences for the regions as long as the general idea of the document is followed.

The National Club Championship Scoring System Subcommittee recommends adoption of this proposal by the USAT Board of Directors.

The subcommittee recommends initial implementation of this scoring system in 2001. The subcommittee strongly recommends the development and execution of an evaluation procedure to determine the effectiveness of this scoring system at the 2001 National Club Championships.

The subcommittee developed the scoring system to meet the following objectives

1) encourage and promote participation by USAT sanctioned clubs, 2) ensure fairness in the scoring, 3) encourage and reward participation by a broad spectrum of club members, 4) develop a scoring system that was event, distance and gender neutral and 5) simplify implementation by USAT and the event director(s).

I. EVENT QUALIFICATION

The National Club Championship event must be 1) sanctioned by USAT, 2) be non-drafting and 3) require USAT certified officials.

II. CALENDAR

Eligible regional qualifying events must be contested between the date of the previous National Club Championship and two (2) week prior to the date of the National Club Championship event for which the regional event is a qualifier.

III. EVENT DISTANCE

The Olympic distance triathlon (1500m swim, 40k bike, and 10k run) shall be the distance contested for a National Club Championship. *

The scoring committee strongly recommends the annual rotation of the championship event to "balance" the effect of distance bonus points (VIII b) and vary the event venue.

*Note: The 2001 National Club Championship event was selected prior to the composition of this scoring proposal. The committee recommends that the selected sprint distance event be retained as the National Club Championship for 2001.

IV. CLUB DIVISIONS

Division A: >100 members

Division B: 99-65 members

Division C: 64-35 members

Division D: 34 -5 members

V. CLUB ELIGIBILITY

A club must be a USAT sanctioned club 3 months prior to the national championship and have participated in a regional qualifying event in order to compete for a National Club Championship. A sanctioned club is a club registered with USAT and in good standing at the time of the national championship.

VI. INDIVIDUAL ELIGIBILITY

A scoring member, for club awards, must be a member in good standing of the club he/she represents for a minimum of three (3) months in order for his/her result to count toward a club's aggregate score.

A club member in good standing with less than three (3)-month membership in a club may participate in a National Club Championship event and be eligible only for individual awards.

A club member holding a USAT Professional License shall not have his/her result count toward a National Club Championship.

VII. RELAY TEAMS

Relay teams are not eligible for the National Club Championship event.

VIII. SCORING

A. Individual

- Individuals will be ranked within their gender and age category.
- Points will be awarded in descending order from 5 - 2 points with the top club affiliated individual within each gender and age category receiving the maximum of 5 points.
- Example: Females 45-49
- Jane Doe 3rd place, first club eligible individual = 5 points
- Sally Mae 5th place, second club eligible individual = 4 points
- Kay Ray 6th place, 3rd club eligible individual = 3 points
- Tia Jane 10th place, 4th club eligible individual = 2 points
- All other club members, completing the event, will receive 1 point toward the aggregate club score.

B. Bonus Distance Points

Bonus points shall be tabulated into a club's total score, based on distance traveled from the club's domicile, for each club. These bonus points are in addition to individual points.

- Bonus Distance Points Scale
- ≥ 1000 miles = 4 bonus points.
- 999-501 miles = 3 bonus points
- 500-251 miles = 2 bonus points
- 250-50 miles = 1 bonus point

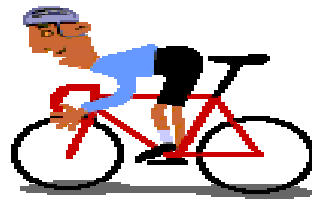
C. National Championship Awards

The team with the highest aggregate score shall be declared the National Club Champion for the appropriate club division.

IX. APPEAL

A club may appeal the eligibility of a club and/or athlete and of the scoring results to the USAT Head Official for the National Club Championship.

The main areas that will retain some flexibility for the Regional Club Championships are the Club Division sizes, the Bonus Distance Points determinations, and the amount of time the clubs must be Registered with USAT prior to the Regional Club Championship. Please let me know if you see other Areas that need to remain flexible.



DON'T FORGET THOSE BIKE VOUCHERS!

If you haven't already done so, remember to submit your list of USAT members in your club by the end of the month. Upon doing so, you will have a chance to win up to 50 free bike vouchers on United Airlines. Also, submit the number of youth members you have and their names, for a shot at another 50 Bike vouchers.

Bring your USAT card!

Our membership coordinator, Gina DeMarco, asked me to put a reminder out to all of you that you need to bring your USAT card with you to every sanctioned race! Just having your number will not do. The physical card actually needs to be seen by the people working at registration. If you have lost or misplaced your card, please contact Gina at Gina@usatriathlon.org or at (719) 597-9093.

Check your Rankings Early!

Want to find out where you are ranked at this point in the season? Worried that one of your races might not count in the rankings? Now you can check the www.usatriathlon.org website to get some peace of mind.

All you have to do is click on the Age group button on the left-hand side of the screen. Once there, go to rankings 2001. This will take you through the rankings calculations step by step.

To see if your race has submitted its results, click on rankings 2001 and then on "the race listings are available here." This will give you a list of the races and whether or not they have submitted their results. If you see that they have not submitted their results, we encourage you to contact the race director and politely remind him or her to submit the results so that you can get ranked.

Club Newsletters

Want to start a club newsletter, but don't know

Exactly how to go about it? Just email me and I can send you a few examples of club newsletters that I have on file. Email me at Sara@usatriathlon.org.

NEWLY REGISTERED CLUBS IN 2001

A GREAT BIG THANK YOU to all of the new clubs who have registered with USA Triathlon for the 2001 Calendar year (From 5/31/2001 to 08/22/2001). If you aren't on this list, please contact Sara Rosenkranz at Sara@usatriathlon.org or (719)597-8830 for more information

Blues City Racing
California State Long Beach Triathlon Club
Central Arkansas Triathlon Society
Central Florida Triathletes
Cherry Creek Athletic Club Triathlon Club
Cleveland Triathlon Club
Forward Motion Racing
Heart City Tri Club
Lawrence Multi-Sport
Meridian Athletic Association
Phoenix Triathlon Club
Red River Triathlon Club, Inc
Richmond Triathlon Club
Run-N-Fun Traithlon Team
St. Pete Mad Dogs
Strokes and Strides Triathlon Team
Team Magic, Inc
Team Xtreme
Terrapin Racing
Tri KC
Truman State University Triathlon and Running Club
Tupelo Triathlon Club
Twin Cities Triathlon Club



Some members of the Performance Multisport Club

Club National Championships

The Club National Championship event was held on August 26th in Katy, Texas. Although the event was not well attended by the clubs, it was successful overall.

People call and email me just about every day with requests for information regarding clubs. Usually they want to know how their club can get scored in the races. My idea has been to grow the club competition scene through the Regional and National championship events and from there build a Regional and eventually a National Ranking system.

This will be an impossible idea to sell if the Club competitions continue to be poorly attended. If race directors do not believe that the clubs are going to attend their event, then what is the point of making a special wave or special awards for the clubs? Why would a race director want to submit a bid for a Club Regional Championship or National Championship?

Please submit any ideas you might have to make the National Club Championship more attractive for clubs to attend. I need your help. We advertised the Club National Championship event well in advance this year. I am not sure exactly what else needed to be done.

Please contact me via email at Sara@usatriathlon.org or by phone at (719) 597-8830.

Regional Athlete Development Coordinators

Regional Athlete Development Coordinators (RADCs) have recently been appointed for all 10 of the Regions. If you have interest in growing the sport through grassroots programs, please contact your RADC to find out how you can help. We are looking for ways to involve more youth, junior, and collegiate triathletes in the sport.

Florida : Robert Pozo (rpozo@bellsouth.net)

Mid Atlantic : Alisa Wright Colopy (fitandable@mindspring.com)

Mid East : Alan Ley (ironmanv@aol.com)

Midwest : Gary Bredehoft (gsbred@havix.net)

New England : Steve Kelley (stevekelly@mediaone.net)

Pacific NW : Bryant Howard (performancemultisport@hotmail.com)

Rocky Mountain : (pending)

Southeast: Robbin White (JillW1020@aol.com)

South Midwest: Zane Castro (b_quake@hotmail.com)

Southwest: John Pottebaum (john@totalintensitysports.com)

For further information, please contact me, Sara Rosenkranz, at Sara@usatriathlon.org, or (719)597-8830.

Resident Team

The following are the selection criterion for the 2002 Resident team. Please be sure to pass these on to athletes that you feel have potential for a successful career in ITU style racing. If you have any questions, please contact Katie Baker at Katie@usatriathlon.org or (719) 597-7857.

RESIDENT TEAM 2002

MINIMUM STANDARDS

Applicants must be able to achieve at least one A time (swim or run) and one B time (swim or run) to be eligible for selection for the 2002 resident team. You can have any of the following combinations:

1. A swim time + A run time
2. A swim time + B run time
3. A run time + B swim time

MEN					
Swim 1500m <i>long course meters</i>	Swim 1650 yards <i>Short course yards</i>	Swim 400m <i>long course meters</i>	Swim 500 yards <i>Short course yards</i>	Rn 10km	Rn 3km
A 18:30	A 17:45	A 4:55	A 5:26	A 33:00	A 9:09
B 19:30	B 18:43	B 5:10	B 5:43	B 34:13	B 9:30

WOMEN					
Swim 1500m <i>long course meters</i>	Swim 1650 yards <i>Short course yards</i>	Swim 400m <i>long course meters</i>	Swim 500 yards <i>Short course yards</i>	Rn 10km	Rn 3km
A 19:30	A 19:07	A 5:10	A 5:47	A 36:30	A 10:10
B 20:30	B 20:05	B 5:25	B 6:04	B 38:10	B 10:39

Swimming Conversion Reference: *Swimming World*—www.SwimSearch.com

BASIC INFORMATION

1. Resident team program runs from 15 January – 15 December 2002.
2. All residents must compete in a minimum of 2 ITU points races (or World Cup events).
3. All residents will be required to train with the team coaches currently coaching at the OIC.
4. All residents will be required to attend regular team meetings.
5. All residents will be required to keep a detailed training log-book and undergo regular sport science testing.
6. All residents must be dedicated to training and racing the Olympic Triathlon format.
7. No residents will be allowed to compete in any Ironman events in their resident year.
8. All Residents will be required to race the Worlds Qualifier and PRONationals.

PERFORMANCE INFORMATION REQUIRED.

1. All applicants must submit results of their best 3 races in the 2000/2001 season (at least one result must come from a draft legal race if possible).
2. Official results (with split times) must accompany your application.
3. Applicants must supply the name of a reference we can consult on any matters pertaining to performance. This person should preferably be a certified USAT coach or a certified swim or run coach.
4. Residents must submit a resume with their application.
5. Residents must write a 100 word essay on *Why they would like to be part of the USAT Resident Team Program for 2002.*



The End of the Season is drawing Near

For most of us, the end of the season is looming. There are some exceptions to this of course. Our friends in Florida, and other warm parts of the nation have races well into the time when many of us have already strapped on our snowshoes.

Now is a good time to begin planning for next year. Sponsors often allocate their product and funds by October. If your club is considering trying to get some sponsors, now is the time to get out there and lay the groundwork.

Put together a formal proposal. Include what your club will do for the sponsor, as what you expect from them. Include a complete roster of your members and have them submit race resumes as well.

Sponsor deals are one of the greatest benefits you can offer your members. Running stores, triathlon stores, massage therapists, grocery stores, and restaurants are often good places to approach. If you can make a good case for what you can do for them, and you don't expect the world in return it is often possible to get some good deals for your members.

2001 USA Triathlon Coaching Certification Schedule

Feb. 23-25— Level I Coaching Certification Clinic, Colorado Springs, CO

March 16-18 — Level I Coaching Certification Clinic, San Diego, CA

June 15-17 — Level I Coaching Certification Clinic, St. Paul, MN

September 6-8 — Level II Coaching Certification Clinic, Clermont, FL

November 15-18— Level II Coaching Certification Clinic, Colorado Springs, CO

December 7-8—Level I Coaching Certification Clinic, New York, NY

* Note: Level II Certification is open to current Level I Certified Coaches.

The Colorado Springs and San Diego Coaching Certification Clinics will be held on the campus of the US Olympic Training Centers. Clinics will be filled on a first-come/first-serve basis upon receipt of application and clinic fee in the National Office. All listed dates and locations are pending USOC and host coach approval.

For Clinic Applications

Contact:

Julie Jensen

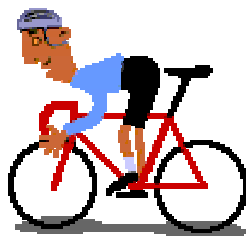
Julie@USATriathlon.org

3595 E. Fountain Blvd., F-1

Colorado Springs, CO 80910

Fax: 719-597-2121

If you have further questions, please contact Julie Jensen, USA Triathlon National Education Programs Director, at 719-597-9095





USA Triathlon
3595 E. Fountain Blvd. F-1
Colorado Springs, CO 80910



CLUB QUARTERLY

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Produced by Regional Federation Coordinator, Sara Rosenkranz