



Multisport News from California, Nevada and Arizona

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Welcome to the Southwest Region's quarterly newsletter! 2010 is full of exciting opportunities for coaches, officials, race directors, clubs and events for aspiring, novice and veteran multisport athletes. Grab your favorite pre-workout snack or beverage and read up on the latest happenings in California, Arizona and Nevada, then get out there and swim, bike and run!



2010 Southwest Region Council

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The Southwest Region 2010 Championship schedule kicks off later this month with the Collegiate Championships on March 28. Lake Lopez will serve as the venue for the March Triathlon series event hosted by the Cal Poly Tri Team. The event will crown the region's top collegiate triathletes and offers an early season fitness check event for all.

3/28/10 - Collegiate Championship - [March Triathlon Series](#) - Lopez Lake, CA

5/22/10 - Duathlon Championship - [Orange County Duathlon](#) - Lake Forest, CA

6/5/10 - Special Qualifier - [Deuces Wild](#) - Show Low, AZ

6/27/10 - Intermediate Distance Championship - [Breath of Life Triathlon](#) - Ventura, CA

8/8/10 - Sprint, Youth/Junior Championship - [Santa Cruz Sprint Triathlon](#) - Santa Cruz, CA

9/18/10 - Club Championship - [Bakersfield Triathlon](#) - Bakersfield, CA

11/7/10 - Long Course Championship - [Silverman Triathlon](#) - Henderson, NV

National Championship Events in the Southwest:

8/14/10 - [Junior Triathlon Festival](#) - Marine Corps Recruit Depot - San Diego, CA

8/15/10 - [Aquathon National Championship](#) - San Ramon, CA

Meet a Race Director Profile



USAT Certified Race Director - Bill Leach

"Youth is not a time in life; it is a state of mind. People grow old only by deserting their ideals and by outgrowing the consciousness of youth. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. You are as old as your doubts, your fears, and your despair. The way to keep young is to keep your faith young, your self-confidence young, and your hope young." - Dr. J.F. Phelan

No doubt his participation in triathlon and his contributions to the sport have and will continue to keep race director Bill Leach in a young state of mind. Leach is a husband, father of four, coach and the race director for Pelican Coast Events. Together with partner Bob Cuyler, Leach is the race director for the Pacific Coast Triathlon, Orange County Triathlon, Saddleback 5k and the Orange County Duathlon which is designated as this year's Southwest Region Duathlon Championships.

A USAT certified race director, Leach began race directing more than twelve years ago as a way to stay involved in sport as his own personal racing career was coming to an end. Leach has an impressive athletic background both as an athlete and coach. He earned All American honors in water polo at U.C. Irvine and competed on the first USA National Water Polo team to tour Europe in 1970. He has several triathlon age group national championship titles to his credit at the intermediate and half-ironman distances. Leach also earned a 50-54 triathlon world championship title in 1996. He coached at Irvine Valley College where his women's cross country team won the state championship title in 1991 and 1993. Today Leach continues to coach in the sports of swimming and water polo.

Leach estimates that he and co-race director / partner Bob Cuyler have competed in approximately 450 race events. Their combined experience as athletes and their desire to put on fun, challenging and picturesque events has made their races favorites among many. Safety is a paramount focus for all Pelican Coast Events and there is a special pride invested in the race amenities including commemorative posters, t-shirts and awards. Word is, the post race food is top notch, too!

Borrowing from the words of Dr. J.F. Phelan, one of Leach's favorite quotes, '...keep your faith young, your self-confidence young and your hope young...' - get out and run-bike-run or swim-bike-run. While you're at it, sign up for the Orange County Duathlon and test your mettle at the Southwest Region Duathlon Championships!

Tweets around the Southwest

twitter



Follow:
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Triathlon lives in the Twittersverse! Join the conversation!

http://www.twitter.com/USAT_Southwest

We will follow you back and who knows, your tweets might just get you a glorious moment of fame in our quarterly newsletter or in an upcoming blog post!

@brennanbrowne Whoa! It's still light outside! Maybe this spring-forward, lose-an-hour-of-sleep stuff isn't so bad after all.

@coachphilip Multitasking: Riding live version of IM Arizona course on Computrainer and watching a

webinar for CEU's.

@JoshHighland Due to my lack of mobility I have been watching a lot of tv. I'm currently working my way through star trek the next generation season 2

@rachelcasanta lacing up a new pair of AVIAs. The retired pair had ~325 miles. Keep track of your run shoe mileage & retired them accordingly to help avoid injury.

@shawnfrack Home from Jarrett Ortho Rehab where my shin/calf were gettin' some love.

@HealthOC I wish I could get out of my car and run Newport back bay right now! Gorgeous weather

@andybaldwin what is your favorite run to do in California? just did mine- Golden Gate bridge along Chrissy Field. make sure to touch handprints @ bridge

@singerhd been having this weird feeling - not excited to race any triathlon distance other than ironman right now. wonder if it will pass?

@SwimBikeRunning The difference between the impossible and the possible lies in determination.
-Tommy Lasorda

USAT-SW Region Youth / Junior Development Series

The Southwest Region is committed to the development of future triathletes. Led by the efforts of Regional Athlete Development Coordinator, Sharon Osgood, the 2010 USAT Southwest Youth/Junior Development Series offers an expanded race schedule and updated rules for rankings. This year's series is comprised of eleven events including the double points Santa Cruz Sprint triathlon, the series championship.

The goal of the USAT Southwest Youth/Junior Development Race Series is to provide young triathletes the opportunity to gain experience in the traditional non-drafting triathlon format. Youth (ages 13-15) and junior (16-19) athletes compete with their peers and can see how they measure up in the development series rankings.

Rankings leaders at the conclusion of the 2009 series were:

Caitlyn Kellogg - Female Youth 13-15

Claire Moty and Caitlin Scheder-Bieschin (Tie) - Female Junior 16-19

Micheal Belcher and Austin Acosta (Tie) - Male Youth 13-15

Stephen Kuluris - Male Junior 16-19

For more information about the series and rankings, please visit: <http://www.usat-southwest.org>



Strawberry Fields Triathlon - 2009

2010 Youth/Junior Development Race Series Schedule

March 20 - [Pasadena Sprint Triathlon](#) - Pasadena, CA

March 21 - [Bartlett Lake Sprint](#) - Phoenix, AZ

March 27 - [Showdown at Sundown Sprint](#) - Las Vegas, NV

May 1 - [Speed Tri Las Vegas](#) - Las Vegas, NV

June 5 - [Tribal Sprint Triathlon](#) - Scottsdale, AZ

June 5 - [Tri for Fun Sprint](#) - Herald, CA (Sacramento area)

June 13 - [Redondo Beach Triathlon](#) - Redondo Beach, CA

June 27 - [Breath of Life Sprint Triathlon](#) - Ventura, CA
Southwest Region Junior World Sprint age group qualifier

July 11 - [San Francisco Sprint Triathlon](#) - Treasure Island, CA

August 1 - [Pyramid Lake Sprint Triathlon](#) - Reno, NV

August 8 - [Santa Cruz Sprint Triathlon](#) - Santa Cruz, CA
Series championship - double ranking points

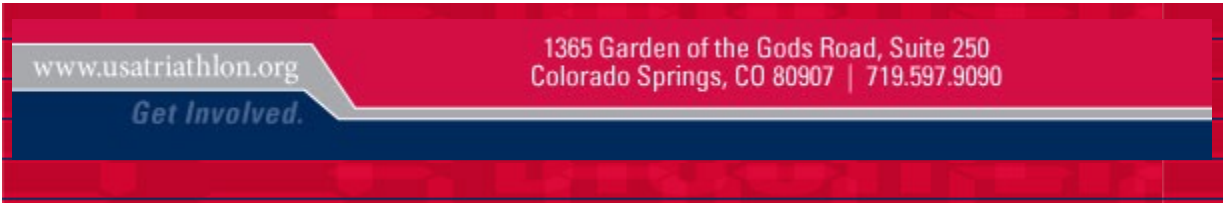
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