



**USA Triathlon presents  
“The Art and Science of triathlon”  
Colorado Springs, Colorado**

USA Triathlon, with the support of the USOC, is proud to once again present “The Art and Science of Triathlon” International Coaching Conference. This conference presents a unique opportunity to learn from and interact with some of the most successful coaches and sport scientists in triathlon and endurance sports. International and Olympic coaches, scientists and athletes will address recent research and practical applications in triathlon training and coaching. This three day event will be held from 24-26 February 2006 at the Cheyenne Mountain Resort in Colorado Springs, Colorado. The conference is open to everyone interested in improving or coaching endurance sports performance.

“The Art and Science of Triathlon” boasts an international all-star field of presenters. The Keynote Speaker will be renowned Coach Joe Vigil Ph.D. 2004 Olympic Marathon coach of Deena Drossin- Kastor (2004 Olympic Silver Medal in the Marathon). He has also been named coach of the year 14 times and produced 425 All Americans. The USOC honored Coach Joe Vigil in 2004 with the “Doc” Councilman Science in Coaching Award.

Also presenting at “The Art and Science of Triathlon” will be:

- Mark Allen: former ITU World Champion and six time Ironman World champion ;
- Dr. Jack Daniels: Olympian coach and author of the Daniels Running Method and one of the most published American researchers in exercise physiology. Dr. Daniels is now the coach for the Nike Farm Team for elite runners;
- Hunter Allen: World leader in the field of training with power,
- Dr. Max Testa: Sport Medicine specialist at UC Davis and former consultant to Motorola Cycling team,
- Jackie (Gallagher) Fairweather Senior Sports Consultant, High Performance Improvement and former World Champion in duathlon and triathlete,
- Dr. Tudor Bompa: affectionately known as the ‘Father of Periodization,’
- Dr. Larry Armstrong: author and researcher on Environmental Stress and Performance,
- Andy Ording of ZIPP Speed Weaponry and expert in the field of composite materials and aerodynamics in cycling,
- Dr. Ernest Maglisco: Swim coach of 29 years and the coach of 13 NCAA Division II and 19 Conference Championships at three different Universities. He has authored or co-authored five textbooks and three booklets on swimming.
- Mark Verstegen: A nationally-recognized leader and innovator in the world of athletic training and owner and president of Athletes' Performance and author of the 2004 bestseller “Core Performance” (Rodale Press).
- There will also be “an afternoon of champions where Olympians and World Champions past and present will take part in a round table discussion on all topics related to triathlon. The group will include: Jackie Gallagher, Barb Lindquist, Susan Williams, Siri Lindley, Hunter Kemper and Mark Allen.

In addition to the scientific and applied training and physiology program, the conference will also host a banquet featuring 6-time Ironman Champion Mark Allen and Olympian Barb Lindquist (one of the most successful ladies in the sport) as guest speakers for the evening.

Space is limited for this conference which has already received a high degree of interest from coaches and National Governing Body officials across the globe. Early registration will ensure a reservation in this highly anticipated conference. USAT members, USAT Certified coaches, and National Governing Body coaches all receive a discount on the conference fee.

Registration is available online by going to the USA Triathlon website ([www.usatriathlon.org](http://www.usatriathlon.org) or [active.com](http://active.com)) or by contacting USAT Coaching Education Coordinator Linda Cleveland – [Linda@usatraithlon.org](mailto:Linda@usatraithlon.org) or 719-597-9090 X 110.