

YUBA SUTTER TRI CLUB

www.yubasuttertriclub.com

Welcome to May – Bike Month!

Now that the rain is gone, the days are starting to heat up try to keep hydrated. There are lots of May is Bike Month events going on check them out and log your miles. Be safe out there and train with a friend.

Women for Tri!

Ironman is trying to increase women participation in Triathlons. To participate in this initiative, the YSTC wants to create events geared towards this effort.

- Bike Clinic (April)
- Transition Clinic (August)
- Running Clinic (TBD)
- Meet and Greet (TBD)
- Camping Event (Sept 8-10)

If you would like to help out or have any ideas of your own, let us know so we can gear events to your needs.

Riding in Traffic!

Education is your first line of defense when riding in traffic. Be prepared to avoid potential conflicts with knowledge and skills. Smart Cycling is holding classes during May is Bike Month to motivate you to ride more. Also, come out for some Wednesday night bike rides to get some tips and support from local riders. I find most of my education is during the rides from other club members.

Chico Wildflower Event!

We had a great YSTC showing at the Chico Wildflower event last weekend. Wearing our Wattie gear, people asked "You must know Sena!" If you missed this year, come on out next year to this well supported and organized event. There is a distance for everyone from 12-125 miles.

- April 30th – Chico Wildflower
- May 26th – YSTC destination ride
- June 24th – YSTC Ride to Tahoe

UPCOMING EVENTS:

- May 6th – Tour de Lincoln
- May 6th – Sutter Buttes Spirit Mountain Run (5K, 10K, & Half Marathon)
- May 10th – Bike to School
- May 12-14th – AMGEN Tour
- May 13th – Girls on the Run
- May 14th – TBF Mother's Day Tri
- May 19th – Bike to Work
- May 20th – Shop Dine Bike Day
- May 20th – Run Around the Rice
- May 26th – trainer ride for Tahoe
- May 29th – Officer's Meeting
- June 3rd: Nugget to Nugget Ride
- June 12-16th – iCan Bike Camp
- June 24th – Tahoe Ride (135 miles)
- July – Transition Training
- Sept 9-10th – TBF Club Events
- TBD: YSTC Run Relay
- Dec 16th – YSTC River Run 5/10K

MEMBERSHIP:

\$65 FOR 2017

Members range from those who just enjoy a good swim and occasional jog to Ironman finishers. You don't have to commit to 140.6 miles to be part of the YSTC family but we will definitely support you along the way.

FREE Membership if you find a Silver Level sponsorship or above!

CONTACT A REPRESENTATIVE:

President – Don Ashton
 Vice President – Mitch Miller
 Secretary/Workout – Christine Phillips
 Treasurer – Sena Minshev
 Club Jerseys – Kevin McCormick
 Website – Sarb Dulai
 Social Media/Sponsor – Catherine Kallen
workouts@yubasuttertriclub.com



Member News

Officer Position Opening Up!

As we get closer to the summer, Catherine will be leaving us for a move to Texas. If you are interested in coming out to help the club put on some events let us know. There is only 1 meeting per month and a lot of comradery, come on out to see what it is all about.