

# YUBA SUTTER TRI CLUB

[www.yubasuttertriclub.com](http://www.yubasuttertriclub.com)

## Welcome to June!

Yes, I am behind on these newsletters but everyone gets busy. We've got a bunch of new members and everyone is trying to beat this summer heat. Be safe out there and remember to hydrate all day long.

## Sponsors!

YSTC Sponsors help out in a bunch of different ways, we would like to showcase our sponsors and let you know what they offer us:

The Minshew's – long time members and motivation of the club. This team has helped our triathlon club grow into what it is today. They open their doors to us for events, support, and encouragement. This duo has always been on the bike but have transformed their lives over the past 10 years into what they do today. If you are ever looking for inspiration, look no further. Thank you for your continued support.



## Open Water Swim!

It looks like a lot of people are new to triathlons and are hitting the pool to better their swim. Next step is to take it to open water before a triathlon event.

1. Get Out There in the Open Water and Practice!
2. Sprain your Brain...Safety First
3. Test the Waters
4. Practice your Sighting
5. Have Faith in Your Training and Your Stroke
6. Follow the Bubbles
7. Learn Bilateral Breathing – Breathing on Both Sides
8. The Start and Positioning
9. Take Advantage of the Draft
10. Relax.

- There are lots of safe places to go out open water swimming in the local area, post of facebook if you want to try it out. Also, the club owns Swim Buoys for members to use.

[http://www.trinewbies.com/tno\\_swim/tno\\_swimarticle\\_04.asp](http://www.trinewbies.com/tno_swim/tno_swimarticle_04.asp)

## Member News

Over the past couple of months, we've had a bunch of new members that are participating in the Plumas Lake area Running Club. Please welcome:

Brenda Franks  
 Tim Touzeau  
 Laura Lopez Johnson  
 Shelly Lee  
 Gursewak Singh  
 Wade Kirchner  
 April Touzeau – new Officer

## UPCOMING EVENTS:

June 12-16<sup>th</sup> – iCan Bike Camp  
 June 24<sup>th</sup> – Tahoe Ride (135 miles)  
 June 26<sup>th</sup> – Officer's Meeting  
 July – Transition Training  
 July 15<sup>th</sup> – Marysville Peach Fest 5K  
 August 22<sup>nd</sup> – Karlyn Pipes Swimming  
 Sept 3<sup>rd</sup> – Mt. Shasta Tinman Triathlon  
 Sept 9-10<sup>th</sup> – TBF Club Events  
 TBD: YSTC Run Relay  
 Oct 14<sup>th</sup> – Ride for Awareness  
 Dec 3<sup>rd</sup> – California International Marathon  
 Dec 16<sup>th</sup> – 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 Minshew  
 Club Jerseys – Kevin McCormick  
 Website – Sarb Dulai  
 Social Media/Sponsor – Catherine Kallen  
[workouts@yubasuttertriclub.com](mailto:workouts@yubasuttertriclub.com)