

# YUBA SUTTER

## TRI CLUB

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

### What are you August Plans?

The middle of the summer is here and there seems to be no break from the heat. Let's look forward to training in August for our September TBF Club Event! There are a few different events and camping in Rancho Seco for all levels to enjoy!

### 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:

Rocklin Endurance Sports – This company is so involved in the community and has so much knowledge. Check out the store to see what is new or get your gear looked at. Let them know that you are a YSTC member and they will give you a discount on products and services. You will also find them at most events within a 2 hour radius. Thank you for your support!

### Bicycle Safety!

Sometimes it is good to get a refresher of Bike Safety:

1. Ensure your gear fits properly – get a second opinion from those around you or see a professional
2. See and be seen – use lights and brightly colored clothes
3. Control your bicycle – keep your balance and hands on the handlebars
4. Watch for and avoid road hazards – alert riders around you
5. Get your bike checked for maintenance
6. Obey all traffic laws – signs, signals, and lane markings
7. Yield to traffic and pedestrians
8. Stay alert at all times – keep head on swivel (rear mirrors)
9. Keep to the side of the road if there isn't a Bike Lane.
10. Stay off the phone – we all see what happens when drivers are using their phone, on 2 wheels it is worse!

### UPCOMING EVENTS:

July 15<sup>th</sup> – Marysville Peach Fest 5K  
 August 19<sup>th</sup> – Transition Clinic  
 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 – April Touzeau

## Member News

Please welcome our newest members:  
 Emily Davidson  
 Kristin Dobbs

### Trivia:

When was the first Ironman Triathlon?  
 (Answer in the next issue)

