

# YUBA SUTTER TRI CLUB

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

## Happy New Year!

Already in 2017, the YSTC has been out making appearances in our community. There are so many great events available with TBF racing in Granite Bay and Chico. It is easy to stay on track when you have an event to look forward to. Check out our Facebook page to see what activities other members are participating in.

## 100/100 Challenge!

The challenge started on Jan 1<sup>st</sup> but if you want to join in, it's not too late. We have 14 people signed up to help you stay motivated to be active. If you are signed up but having issues with logging your activity, send us an e-mail and we will get you squared away.

Listen to your body if you need to take a day off...don't get too sucked into what the other folks in the 'standings' are doing.

## Injury Free 2017!

With the start of New Year's Resolutions, it can be easy to go out the gate too fast and get injured. Take it slow in the beginning to get your body and mind fit for the year.

1. Exercise Often – 3+ times a week, at a low volume allows our body to adapt to the activity again. Remember there may still be muscle soreness 2 days after an exercise.

2. Slowly Increase Intensity/Volume – Allow yourself 10 days to get used to a volume/intensity, increase no more than 10% per week to let your body adapt.

3. Address Niggles Early – This happens when we overload the body with activity when we are not used to it. Seek professional advice to understand what may be going wrong and how to make things go right to keep you on track.

## UPCOMING EVENTS:

### 100/100 CHALLENGE!!

Jan 14<sup>th</sup> – Kickstart Duathlon w/ FREE Kids Duathlon & 5 mile trail run (TBF)  
 Jan 23<sup>rd</sup> – Frost or Fog (Chico)  
 Jan 28<sup>th</sup> – Gumby 10K w/ 5K Run & FREE 1-Mile Run & Dirty Duathlon (TBF)  
 Feb 11<sup>th</sup> – Escape from Folsom 10M w/ 5K Run & Double Duathlon (TBF)  
 Feb 12<sup>th</sup> – Davis Stampede (5K, 10K, Half)  
 Feb 13<sup>th</sup> – Love the Rocks (Chico)  
 Feb 21<sup>st</sup> – Almond Blossom (Chico)  
 March 11<sup>th</sup> – Color Me Green (Chico)  
 March 12<sup>th</sup> – Shamrock'n Half Marathon  
 April 8<sup>th</sup> – Bike Around the Buttes  
 April 8-9<sup>th</sup> – HITS Napa  
 May 6<sup>th</sup> – Tour de Lincoln  
 June 12-16<sup>th</sup> – iCan Bike Camp  
 June 24<sup>th</sup> – Tahoe Ride (135 miles)

## 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 - Christine Phillips  
 Vice President – Mitch Miller  
 Secretary – Kevin McCormick  
 Treasurer – Sena Minshew  
 Club Jerseys - Don Ashton  
 Sponsorship/Website – Sarb Dulai  
 Workout Coordinator – Open

[workouts@yubasuttertriclub.com](mailto:workouts@yubasuttertriclub.com)



## Member News

### Calling New Board Member Candidates!

Yes, it's election time! We are looking for Officers. Serving on the board is a great way to get more involved and make a significant contribution to your triathlon community.

If you, or someone you know would like to serve, please email us ASAP to make a nomination.