

YUBA SUTTER TRI CLUB

www.yubasuttertriclub.com

January is in the books!

A month into 2017 and the weather in the Yuba-Sutter area is very rainy and looks to continue that way. If we wait for the perfect day to train, we will all be sitting on the couch every day. Take a look at the challenge board and our Facebook page to see what activities you can jump in on. This club was founded on a group of people that wanted to train and be active in our community, take advantage of it.

100/100 Challenge!

We are 25 days into the challenge, don't forget to update the spreadsheet. It is so motivating to check out everyone's progress on this challenge. Sena is in the lead with 45 sessions and she is always looking for company if you would like to join in. Troy, Kelly, and Jill are close behind staying active throughout January.



Running in the Rain!

Most races are not cancelled because of the rain so take advantage of the current weather situation. You will be more mentally prepared on race day if you train in different situations. As always, stay safe out there with these tips:

1. Wear a Hat with a Brim – keep rain out of your eyes
2. Dress in Layers if it's Cold – outer layer wind/rain resistant
3. Don't Overdress – wet heavy clothes
4. Be Visible - light or reflectives
5. Prevent Chafing - Vaseline
6. Wear Old Running Shoes at the Race Start – start race dry
7. Protect Electronics from Getting Wet – zip lock bags
8. Use a Garbage Bag – easy/cheap to throw away
9. Just Run! – the hardest part is getting out the door
10. Don't Run During Thunderstorms – not worth it
11. See it as an Opportunity to Build your Mental Strength
12. Watch your Step
13. Dry out your Shoes – use newspaper to help keep the shape of the shoe

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.

Our next officer's meeting is on Monday if you want to check out what it is all about.

UPCOMING EVENTS:

100/100 CHALLENGE!!

- Jan 28th – Gumby 10K w/ 5K Run & FREE 1-Mile Run & Dirty Duathlon (TBF)
- Feb 11th – Escape from Folsom 10M w/ 5K Run & Double Duathlon (TBF)
- Feb 12th – Davis Stampede (5K, 10K, Half)
- Feb 13th – Love the Rocks (Chico)
- Feb 21st – Almond Blossom (Chico)
- March 11th – Color Me Green (Chico)
- March 12th – Shamrock'n Half Marathon
- April 8th – Bike Around the Buttes
- April 8-9th – HITS Napa
- May 6th – Tour de Lincoln
- June 12-16th – iCan Bike Camp
- June 24th – 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