

YUBA SUTTER TRI CLUB

www.yubasuttertriclub.com

Valentine's Day Coming Up!

With Valentine's Day almost here, think about your heart and how it can affect your training. Also, think about the loved ones that we train with and ensure everyone is being safe in the crazy weather going on now. There are always opportunities to meet up on Facebook, if you don't see any just post the question.

100/100 Challenge!

The 100/100 Challenge to yourself is still going on. Most of us log our workouts on Strava or MapMyRun, take 5 minutes to update the spreadsheet on Google Drive. Most people start slipping when the weather gets bad and the year continues on but test yourself to stay committed. The shirts are already designed, we will post pictures soon to regain your focus!

Heart Rate Training!

With today's technology, we are able to train smarter and become better prepared for endurance events. Following heart rate zones will ensure we are not going out too fast or too often which leads to injury and burnout. See an expert to determine your max and resting heart rate as well as your individual zones. Always keep in mind your limits.

Zone 1: 60-70%; very comfortable effort (warmup and cooldown)

Zone 2: 70-80%; comfortable to hold a conversation (most training)

Zone 3: 81-93%; comfortably hard effort (short, broken sentences)

Zone 4: 94-100%; hard effort (few words at a time, 5K pace)

Heart Rate Training Seminar:
Monday, February 13th at 6:30 – 7:30pm @ Rocklin Endurance Sports

UPCOMING EVENTS:

100/100 CHALLENGE!!
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)
TBD: Nugget to Nugget Ride
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 Minshew
Club Jerseys – Kevin McCormick
Website – Sarb Dulai
Social Media/Sponsor – Catherine Kallen
workouts@yubasuttertriclub.com



Member News

Member Packet Pick-up!

Keep your eyes out for an email from your YSTC officers on member packet pick-up at Corner Bike Shop. There will be one weekday and one weekend day where you can pick up your swag!