

YUBA SUTTER TRI CLUB

www.yubasuttertriclub.com

Member Packet Pick-Up!

After postponing the pick-up due to weather and evacuations, we had a great turn-out. It was great to see everyone come out to Corner Bike and get a bunch of free goodies as well as club/sponsor information. We have a bunch of members participating in the Shamrock'n Half Marathon. Come out the day before to a Carb Loading Pot Luck at the Minshew's place. The club plans on having more events like this to get everyone involved and build comradery throughout the year.

100/100 Challenge!

The 100/100 Challenge to yourself is still going on. Participation is down, don't forget to update your information. Don't forget we are going to get some great t-shirts custom made by King's Clothing for participating for the entire 100 days.

How to Build Speed!

Shorter repeats help athletes focus on technique in and build speed in less time than longer distance training. When running, sprints help you train your legs to move faster. On the bike, you are able to focus on breathing and drive. In the water, you can build muscle memory with good habits and not have to worry about fatigue breaking down your technique.

Try this workout in the pool:

Warmup:

5x25 balance drill 10-15s rest
 5x25 side kick drill
 5x25 6/3/6 drill 10-15s rest
 5x25 catch up drill 10-15s rest

Main set:

20x25 following this rotation

Main set 2:

4x50 HARD on 30s rest

Cool down: 2x100 choice of stroke

Work-out with a friend to help keep an eye on form!

UPCOMING EVENTS:

100/100 CHALLENGE!!

March 11th – Color Me Green (Chico)
 March 11th – YSTC Pot Luck Social 3pm
 March 12th – Shamrock'n Half Marathon
 March 26th – Slowtwitch Road Show
 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

Officer's Meeting!

The next Officer's Meeting is Monday, February 27th. If you are interested in coming out to see what we are planning, let us know. We will add information from the meeting to the next newsletter.