

# YUBA SUTTER TRI CLUB

[www.yubasuttertriclub.com](http://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 11<sup>th</sup> – Color Me Green (Chico)  
March 11<sup>th</sup> – YSTC Pot Luck Social 3pm  
March 12<sup>th</sup> – Shamrock'n Half Marathon  
March 26<sup>th</sup> – Slowtwitch Road Show  
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)  
TBD: Nugget to Nugget Ride  
TBD: YSTC Run Relay  
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 – Catherine Kallen  
[workouts@yubasuttertriclub.com](mailto:workouts@yubasuttertriclub.com)



## Member News

### Officer's Meeting!

The next Officer's Meeting is Monday, February 27<sup>th</sup>. 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.