

# YUBA SUTTER TRI CLUB

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

## Officer's Meeting Notes!

Can you believe it is almost April already? The HITS Triathlon Series is coming to Napa Valley. We want to know if you are coming out to spectate or participate. We will have lots of Green and Black out there if you want to check out a triathlon and support the club! The Tahoe ride is right around the corner, sign up so we can work the logistics of rides and support!

## 100/100 Challenge!

Only 18 days left to the 100/100 Challenge. The club is starting weekly workouts for you to get back into the challenge. Bike rides starting at Corner Bike Shop on Wednesday's at 5:30pm for all ability levels. Want to get out for a run before work? Tuesday's and Thursday's at 5am, a group meets up at Walgreen's in Plumas Lake for all different types of runs. Are you more of an after work/Yuba City runner?



Come join Bobby at Geweke Field for some great track workouts. The weekends are full of workouts around the Yuba-Sutter Area, just check out Facebook or let us know what you are interested in doing. This Saturday, Mary will be doing a swim clinic for the club at the Gap, come on out from 9-9:30 to fine tune your stroke or discover the basics. It's not too late to get back into the 100/100 Challenge!

## Running Before Dawn!

Wouldn't it be great to not have any responsibilities and not work? We would be able to workout at the perfect time every day! Unfortunately, that is not the case and it is easiest to get our workouts in before anything else gets in the way. Join our members in Plumas Lake, remember safety and accountability is in numbers!

<http://www.nomeatathlete.com/running-before-dawn/>

## Member News

### Slowtwitch Roadshow!

The YSTC will have a booth at the Slowtwitch Roadshow on Sunday. Head out to Rocklin for a workout in a new area and check out the amazing booths and information for all your multisport needs. Group ride, seminars, demos, BBQ, beer, giveaways, etc. From 8:30am – 4pm stop on by!

## UPCOMING EVENTS:

100/100 CHALLENGE!!  
 March 25<sup>th</sup> – GAP Swim Clinic  
 March 26<sup>th</sup> – Slowtwitch Road Show  
 March 27<sup>th</sup> – Officer's Meeting  
 April 8<sup>th</sup> – Bike Around the Buttes  
 April 8-9<sup>th</sup> – HITS Napa  
 April – Bike Clinic by Don  
 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 Minschew  
 Club Jerseys – Kevin McCormick  
 Website – Sarb Dulai  
 Social Media/Sponsor – Catherine Kallen  
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