

YUBA SUTTER TRI CLUB

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