

YUBA SUTTER TRI CLUB

www.yubasuttertriclub.com

Welcome to April!

Hopefully with the end of April, we will see an end to the rainy season and a lot more opportunities to get out and ride. Don't forget to dress for the weather/time of day and let someone know where you are headed.

May is Bike Month!

May is Bike Month and there are lots of activities going on. The YSTC team has 17 signups, join us (www.mayisbikemonth.com). There are lots of local events, clinics, and meet-ups planned during this time frame so get out there and join the community.

May 1st – Kick-Off event 7-9am.
 May 4th – Commuter Clinic
 May 10th – Bike to School
 May 12-14th – AMGEN Tour
 May 19th – Bike to Work
 May 20th – Shop Dine Bike Day

May 26th – YSTC Lake Tahoe Trainer Ride (location to be determined, members only)

Time to prep for the TBF Club Event!

YSTC will be putting on our TBF club event at Rancho Seco the weekend of September 9-10th. Two great events going on, Women's Festival and the Superhero. Join us for a weekend of camping and comradery. We will hold a transition training session before hand to get everyone comfortable with switching events.

Check out the Triathlete website for different workout plans. Ensure you are combining Easy, Moderate and Hard effort levels for all disciplines. Don't forget about stretching and strength training, it will help with endurance and mindset.

If you need help or have questions, come out to a group ride for support.

- Info from Triathlete website

UPCOMING EVENTS:

April 22nd – Harmony Health Color Run
 April 30th – Chico Wildflower
 May 6th – Tour de Lincoln
 May 6th – Sutter Buttes Spirit Mountain Run (5K, 10K, & Half Marathon)
 May 13th – Girls on the Run
 May 14th – TBF Mother's Day Tri
 May 20th – Run Around the Rice
 May 26th – trainer ride for Tahoe
 June 3rd: Nugget to Nugget Ride
 June 12-16th – iCan Bike Camp
 June 24th – Tahoe Ride (135 miles)
 July – Transition Training
 Sept 9-10th – TBF Club Events
 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 Minshev
 Club Jerseys – Kevin McCormick
 Website – Sarb Dulai
 Social Media/Sponsor – Catherine Kallen
workouts@yubasuttertriclub.com

Member News

Ride to Lake Tahoe!

Want a unique experience? Join the YSTC and go for a bicycle ride to Lake Tahoe. June 24th, join us on a 135 mile, 15,000 ft gain journey. You only have to ride one way and there will be support for the duration of the day. Here are some trainer rides to keep you motivated:
 April 30th – Chico Wildflower
 May 26th – YSTC destination ride

