

# YUBA SUTTER TRI CLUB

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

## Happy Holidays!

2016 was a great year with a lot going on in the Yuba-Sutter area. With the New Year here, it's time to think about new beginnings and a plan to a fitter you.

Our 6<sup>th</sup> Annual River Run was a great success thanks to our many sponsors and volunteers! Our community gathered over 50 runners to get active on a cold morning.

## 100/100 Challenge!

Jan 1<sup>st</sup> starts our 100/100 challenge. 100 activities in 100 days keeps you motivated and focused when most workouts start strong and peter off. A free t-shirt at the end will keep you focused to stay active for 100 days and yes, rest days are encouraged.

Send us an e-mail if you would like to participate, better late than never.



## Couch to Half-Marathon

Now is the perfect time to start thinking about future goals and events. Whether you are starting from walking the stores or running marathons there is a training plan out there for you.

The Shamrock'n Half Marathon is coming up March 12<sup>th</sup> (10 weeks away) and is a very fun event. Below are some links to Couch to Half-Marathon plans that are easy to follow. If you have questions about terminology or paces just send us a message.

[http://womensrunning.competitor.com/2013/09/training-tips/couch-to-half-marathon-training-plan\\_15065/3#TbGmkqcrwfoHaTSB.97](http://womensrunning.competitor.com/2013/09/training-tips/couch-to-half-marathon-training-plan_15065/3#TbGmkqcrwfoHaTSB.97)

<http://www.halfmarathons.net/half-marathon-training-schedule-for-beginning-runners/>

<http://www.medhelp.org/healthy-living/articles/From-Couch-to-131-How-to-Run-a-Half-Marathon/963>

## Member News

### Calling New Board Member Candidates!

Yes, it's election time! We are looking for Officers. Serving on the board is a great way to get more involved and make a significant contribution to your triathlon community.

If you, or someone you know would like to serve, please email us ASAP to make a nomination.

## UPCOMING EVENTS:

### 100/100 CHALLENGE!!

Jan 1<sup>st</sup> – Polar Bear Plunge (GAP)  
Auburn Bike Ride

Auburn Resolution Run (5K/10K/10M)

Jan 7<sup>th</sup> – TBF New Year's Duathlon

Feb 12<sup>th</sup> – Davis Stampede (5K, 10K, Half)

March 12<sup>th</sup> – Shamrock'n Half Marathon

April 8-9<sup>th</sup> – HITS Napa

June 12-16<sup>th</sup> – iCan Bike Camp

June 24<sup>th</sup> – Tahoe Ride (135 miles)

## 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 - Christine Phillips  
Vice President – Mitch Miller  
Secretary – Kevin McCormick  
Treasurer – Sena Minshew  
Club Jerseys - Don Ashton  
Sponsorship/Website – Sarb Dulai  
Workout Coordinator – Open

[workouts@yubasuttertriclub.com](mailto:workouts@yubasuttertriclub.com)