

# YUBA SUTTER TRI CLUB

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

## Welcome to May – Bike Month!

Who biked to work today? There are still lots of May is Bike Month events going on. We are half way through the month, are you logging your miles? Our YSTC team has logged 1,629.4 miles so far. Dean Burningham had the most miles on Week 1 and Sena Minshew on Week 2. Who will log the most in the last 2 weeks?

The American River Trail allows many places for cyclist to go out for a ride and stop at a store or coffee shop. Check your weekend plans to see how you can add a ride into your activities and invite a friend along.

## How Dogs Help Your Mental Game!

Therapy animals are starting to be introduced at high level athletic competitions to help relieve anxiety. The animals

help athletes break through pre-performance stress by providing unconditional support, no matter what the stakes. After a long day of training, cuddling up to a pet can help get away from the grind and refocus your mind.

Does your dog help you get out the door or encourage you along the road? Maybe having an animal near you during an at-home workout helps keep you accountable. Our Plumas Lake running group is bringing a dog along with them as well as some runners in Yuba City. If you are interested, come try it out and see how adding an animal to your pre-race routine can help ease your mental game.

Check out this article to determine what the best dog for your favorite distance is:

<http://www.active.com/running/articles/17-paw-fect-dogs-for-runners>

## UPCOMING EVENTS:

May 19<sup>th</sup> – Bike to Work  
 May 20<sup>th</sup> – Shop Dine Bike Day  
 May 20<sup>th</sup> – Run Around the Rice  
 May 21<sup>st</sup> – Auburn Triathlon  
 May 26<sup>th</sup> – trainer ride for Tahoe  
 May 29<sup>th</sup> – Officer's Meeting  
 June 3<sup>rd</sup>: Nugget to Nugget Ride  
 June 12-16<sup>th</sup> – iCan Bike Camp  
 June 24<sup>th</sup> – Tahoe Ride (135 miles)  
 July – Transition Training  
 Sept 9-10<sup>th</sup> – TBF Club Events  
 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 Position Opening Up!

As we get closer to the summer, Catherine will be leaving us for a move to Texas. If you are interested in coming out to help the club put on some events let us know. There is only 1 meeting per month and a lot of comradery, come on out to see what it is all about.