

YUBA SUTTER

TRI CLUB

www.yubasuttertriclub.com

Happy 4th of July Weekend!

Hope everyone had a great weekend and enjoyed some time off. It is great seeing so many club members out being active, if you are looking for company just post on Facebook.

Sponsors!

YSTC Sponsors help out in a bunch of different ways, we would like to showcase our sponsors and let you know what they offer us:

Corner Bike Shop, Yuba City – Wednesday evening club bike rides start at this sponsors storefront. Over the past years, they have helped the club offset the cost of insurance and give in store discounts. Unfortunately, Corner Bike is closing their doors. Stop by for amazing deals on everything they have left 40-50% off. I'm sure we will see Brian and his staff out on the rounds and around the community. Thank you for your support!



Pacing a Run!

Whether you are pacing someone else or your own run, here are a few tips to make you a stronger racer:

1. Practice makes perfect (know your splits and make your last couple miles the fastest)
2. Trust your training (save that extra energy for the last portion)
3. There is no such thing as Banking Time (this concept most often backfires)
4. Come up with a race plan that works for you (know the course and run your race)
5. Focus on 1 mile at a time (don't think ahead, just get through that mile first)
6. Train/Race by feel (don't get wrapped around the watch)
7. Ignore outside influences (use it to your advantage and run your race)
8. If running with someone make sure you are both on the same page.

-Women's Running

UPCOMING EVENTS:

July 15th – Marysville Peach Fest 5K
 August 19th – Transition Clinic
 August 22nd – Karlyn Pipes Swimming
 Sept 3rd – Mt. Shasta Tinman Triathlon
 Sept 9-10th – TBF Club Events
 TBD: YSTC Run Relay
 Oct 14th – Ride for Awareness
 Dec 3rd – California International Marathon
 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 Minshew
 Club Jerseys – Kevin McCormick
 Website – Sarb Dulai
 Social Media/Sponsor – April Touzeau

Member News

Please welcome our newest members:

Emily Davidson
 Kristin Dobbs

New Sponsor:
 Bradley Optometry

Farewell:
 Catherine, Bryan, and Olivia Kallen