

YUBA SUTTER TRI CLUB

www.yubasuttertriclub.com

Welcome to April!

The 100/100 Challenge is wrapping up just in time for May is Bike Month. There are lots of upcoming events that our club members are participating in plus many more if you are on a different path. Looking for an activity but don't see it? Send a message on Facebook, it might be the little bit of motivation someone else is looking for.

May is Bike Month!

May is Bike Month and there are lots of activities going on. The club has a team put together for the Sacramento Region (www.mayisbikemonth.com). We are starting things early in April with a Bike Clinic by Don located in Plumas Lake. Strava has a National Bike Challenge you can sign up for. Bike to School Week is May 8-12. There are lots of local events planned during this time frame so get out there and join the community.



Workout Motivation Tips!

Our goal for optimum performance follows this form: Fit, meaning in top physical condition for the type of race, whether sprint distance triathlon or ultramarathon; healthy, meaning freedom from injury or illness; and rested meaning fresh and ready to go. But how do we get there? Stick to the schedule

- Fast Forward to Race Day: Put yourself in the future, as if you were at the day before the race
- Who Would You Never Disappoint? Listen to their encouraging words to keep you on track
- Find a group to train with that has the same goals/training plan
- Mentally recruit yourself to gain excitement about the workout.

Remember you can always change your emotions to be able to "feel" the workout!

- Info from USAT website

UPCOMING EVENTS:

- 100/100 CHALLENGE!!
- April 8th – Bike Around the Buttes
- April 8-9th – HITS Napa
- April 15th – Bike Clinic by Don
- April 18th – Officer's Meeting
- May 6th – Tour de Lincoln
- May 6th – Sutter Buttes Spirit Mountain Run (5K, 10K, & Half Marathon)
- May 20th – Run Around the Rice
- Friday in May – trainer ride for Tahoe
- June 3rd: Nugget to Nugget Ride
- June 12-16th – iCan Bike Camp
- June 24th – Tahoe Ride (135 miles)
- 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 Minshew
Club Jerseys – Kevin McCormick
Website – Sarb Dulai
Social Media/Sponsor – Catherine Kallen
workouts@yubasuttertriclub.com

Member News

100/100 Challenge!

This is the last weekend for the 100/100 Challenge. Our numbers have dwindled a bit but it looks like people are still getting out the door to exercise. Update the spreadsheet by April 10th to get the shirt.