

Sacramento Triathlon Club February Newsletter



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Did you get your new STC membership card in the mail this month? That's just one sign of the improvements the board has been making to bring our members more value from Sac Tri Club. This newsletter is chock full of important information about upcoming club activities and events as well as upcoming enhancements to member benefits.

In case you are new to our newsletter, it is sent in the middle of each month to members and non-members alike who are interested in triathlon related events and activities. Please use the "manage your subscription" link at the bottom of this email at any time to add, remove or update your subscription or email address.

Upcoming Events

**Season Kickoff
and Jersey Release Party**
We're planning our annual Season Kickoff for the week of April 4. We will have plenty of food and beverages, as well as a fantastic raffle prizes. The Voler apparel order will also be issued at the Season Kickoff party this year. Details and invites to follow.

Shamrock'n 1/2 Marathon

Sacramento Triathlon Club will again be hosting a booth and sweat check at Shamrock'n for our current members. One bag per member, bring your new membership card for easy verification. STC will not be providing gear bags, please help us be green by bringing a reusable bag or backpack for your gear. If you are planning to participate at Shamrock'n, please stop by the blue STC booth on race day!

Save the Date - Sunday May 22nd!

Be part of the best aid station around and cheer on our STC members at the Auburn Triathlons. More info in coming issues!

Black Butte Triathlon

One of Sac Tri Club's new sponsors this year is Black Butte Triathlon. Race Director Brandon Drew is a bona-fide triathlete, competing in numerous events each year, so he knows what it takes to make a great race event. Members who raced last year's race said the Black Butte Triathlon is a great race event at a fun new venue.

The Black Butte Triathlon events will be April 9 and 10 at Black Butte Lake near Chico, an easy drive north on I5 from Sacramento. The lake is picturesque and the race venue is beautiful. This is definitely a race that should be on everyone's calendar. Black Butte Triathlon offers both Olympic distance and sprint distance courses in both road and mountain bike options.

STC will be holding an on-line silent auction for (4) \$50 discount vouchers and (1) Free Race Entry. Look for that on our Facebook page and in the Yahoo! Group. The auction will start on Friday, February 18th and end on Friday, February 25th. Winners will be announced by Sunday, February 27th.

If you miss out on the Silent Auction, Black Butte Triathlon has offered us a discount for STC members. Go to the Members Only Section of our website to learn how to apply the discount when you register for the event.

STC is also working on providing support for the race; so if you are interested in volunteering for the event, please let Mike Gates know by contacting him at sponsorship@sacriclub.com.

Of course, if you do race in the event this year, please let us know how the event was for you by posting a race report to the STC site. We always love to read the stories and learn how our athletes are doing at these great events.

2011 Member Benefits

Sac Tri Club has some exciting changes for 2011, including our new logo, redesigned Voler apparel, new online membership sign-up process, and membership cards.

Members will continue to enjoy all the great benefits you've come to expect from STC. Our board has also been working hard in the off season to bring you additional benefits including coaching clinics, improved workouts in a variety of locations, and continued social support for your training and racing.

Be sure to use your sacriclub.com login to access the full range of member benefits available through STC. The website has interactive race and workout calendars, information on sponsor discounts, race discounts, plus all the news and information from

Iron Course Sponsors



Long Course Sponsors



Richard DeTrano, D.D.S.



(916) 452-2002
2714 "V" Street
Sacramento, CA 95818



Olympic Course Sponsors



Dave Scott Clinic at the Swimstitute

Don't miss out on this fantastic triathlon training and education opportunity April 30 - May 1. The price for this full weekend clinic is \$299. Contact the Swimstitute 916-851-0840 for information and to sign-up.

2011 Renewal Drive

It's 2011 and time to renew your STC membership! If you have not already renewed, now's the time, renewal has never been easier! STC recently went live with our online sign-ups using PayPal; there are no added fees. The deadline to retain access to our Yahoo! Group is February 28, 2011.

Smart Girls Guide

I wanted to share this feedback from STC member Jenny Boakes on last month's installment:

If people get itchy, irritated skin "down there" that antibiotic creams will only make fungal infections/'jock itch' worse and won't help. Using a foot fungus powder that is also marketed for jock itch can help for long hot sweaty rides. Also some people on multi-day rides use hydrocortisone creams or even stuff for diaper rash.

Coming Spring 2011 30-Minute Coach Consultations

Got some questions? Need some answers? Beginning Spring 2011, our Sac Tri Club Coaches will be offering 30 Minute one on one consultations as a free benefit to our members. This will give our members the opportunity to sit down one on one with a coach and find answers to some of those nagging questions about training, racing and equipment. Watch for Facebook shout outs and refer to www.sactriclub.com for details.

STC.

STC Yahoo! Group and Website

For the last several months the STC board and web team have been working to create a discussion board function that will allow easy communication among members directly through our website. This new function will eventually replace the Yahoo! Group. For those who are active on our Yahoo! Group, please be assured that the change will be a positive one.

We hope that having a discussion board fully integrated with our secure website will allow even more members to communicate quickly and easily. It will also eliminate the need to establish an external account through Yahoo! Groups (often a source of confusion). We are still fine-tuning the details, and will keep you posted. Members will be given plenty of notice before the phase-out begins.

To help with the process, please take a moment to ensure that your account information, especially email address, is up to date in our database. Just go to our website, then click on "My Account" at the top right, make any needed changes, and click "update my account". If you have website questions or encounter difficulty logging onto the members section, please contact webmaster@sactriclub.com.

Workout Leaders

STC needs you! In an ongoing effort to provide great benefits and workouts to our members, we are looking for motivated and reliable members interested in leading workouts, especially in outlying areas - Folsom/East, Davis/West, Roseville/North, and Elk Grove/South. Workouts would be posted to our website and free to our members. If interested, please contact KC at: president@sactriclub.com for further details.

Cafepress Store

We've updated the merchandise in our Cafepress store with the new club logo. Over 20 different items are available, t-shirts, sweatshirts and more in a variety of styles, sizes and colors.



Sprint Course Sponsors



OFFICIAL CLUB

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