

Sacramento Triathlon Club March Newsletter



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Season Kick-Off Party

Save the Date for the STC Season Kick-Off and Jersey Pick-up Party *April 7, 2011 at Fleet Feet Sacramento, 6:00pm*. Watch your email and the Yahoo! Group for more information as the date approaches.

The off-season flew by and it's already time to have our annual Season Kickoff Party. This year, Sac Tri Club is combining the Season Kick-Off and the Jersey Pickup into one big party! The Season Kickoff and Jersey Party will be a great chance to hang out with your fellow triathletes and talk about what races are on your agenda for the year.

We will have great food, catered by club sponsor Tazzina Bistro. Our own Rebecca Reichardt owns and operates this great Bistro in Woodland, CA. If you haven't been out there to try their cuisine, you're in for a real treat. They have an amazing Vintage Lounge also.

Of course, our premier sponsor, Fleet Feet Sacramento, will have great discounts and lots of new items to consider as you enjoy the evening with all of your STC friends. Fleet Feet also has lots of ways for you to improve your racing skills with the latest training and gear.

We will be distributing the 2011 Voler order at the party. If you haven't seen the new STC jersey, you can check it out the design on our Facebook page or the STC website. The STC board listened to your comments and suggestions and has incorporated the new logo into the 2011 design.

A limited selection of retro and 2010 jerseys will be available for purchase at the party as well.

Happy St. Patrick's Day

With tons of event and race opportunities coming up in the next couple of months, it definitely feels like spring is just around the corner. All the rain and snow we've had this winter should give us some great swim venues come spring and summer. This newsletter brings you my early season highlight event picks and information about the Season Kick-Off Party.



STC Race Calendar Highlights

Have you seen the race calendar on our website? Members can login and add their races giving them an opportunity to see who else is planning to do the same events. It's a great way to find training partners, race support and even discover new events. Here's a selection of some of my favorite upcoming events, plus a few notable highlights.

The Prairie City Mountain Bike Race Series is just around the corner with the first race scheduled for Sunday, March 27 on the Folsom Rodeo and Prison course before the regular Wednesday evening races begin March 30 at the Prairie City Off Highway Vehicle Park. These races regularly attract 400 athletes of all ages and ability levels with a category for everyone. If you haven't been to a Prairie City MTB race, you have to come check out the scene. <http://www.racemt看b.com>

The Black Butte Triathlon is back for a second year at Black Butte Lake west of Chico. STC has several members heading up for the events on Sunday, April 10. The Black Butte Triathlons offer a nice reservoir swim, a scenic bike route with lots of rollers and a trail run through the green fields and hills surround the lake. Black Butte Lake offers a fantastic venue for a fun, scenic weekend of triathlon events.

<http://www.blackbuttetriathlon.com>

The ICE Breaker Triathlon at Granite Bay is a tried and true standby in Northern California. Sac Tri Club is always well represented at this traditional

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season opening race on April 17. Total Body Fitness offers the traditional sprint distance event as well as the ICE Breaker Dash super sprint race. ICE Breaker offers one of the coldest swims around in the fresh snow melt of Folsom Lake, followed by a fun swooping bike course on closed roads and a challenging trail run.
<http://www.tbfracing.com/events/icebreakertri.html>

This list wouldn't be complete without the Auburn Triathlon on Sunday, May 22. In addition to sending out a strong contingency of athletes, STC will again be hosting a run aid station. Billed as the World's Toughest Half, the Auburn Triathlon offers a unique swim where the American River feeds into Folsom Lake, followed by a beautiful bike course with an elevation gain of 5,500 feet, before a loop course run in Auburn. If you're not ready to tackle the World's Toughest Half there is also a Sprint Tri and Mini Tri. <http://www.auburntriathlon.com>
If you're interested in volunteering to work the STC Auburn aid station, please contact [Michelle Raynaud](#).

Ironman 70.3 Oceanside on Sunday, April 2 promises a tough race and beautiful scenery for the STC members heading to Southern California to race next month. <http://ironmancalifornia.com>

Sac Tri Club has three members running in the prestigious Boston Marathon on April 18. Established in 1897 the Boston Marathon is a legendary event, congratulations to our members who qualified to run this year. [Boston Marathon website](#).

We have something new on the event horizon this year; the Swimststitute is hosting a triathlon clinic with 6-time Ironman Hawaii winner Dave Scott. We have few members already signed up for this informative and action packed weekend.
<http://www.swimststitute.com/davescott.html>



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