

# Sacramento Triathlon Club May Newsletter



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## RAAM

Did you know that the total number of patients waiting for an organ transplant today numbers more than 100,000, and 21% of them are Californians? More than one-third of them will die before a donor can be found. Sac Tri Club member, Elliot Block, is raising money to help those awaiting organ donations, fund research, and raise awareness of the need for organ donation.

Elliot is riding in the Race Across America (RAAM) this June with Team Donate Life to promote this worthy cause. RAAM is a 3,000-mile race from Oceanside to Annapolis - a non-stop, 24/7 relay that will take about 6 days to complete. This year Team Donate Life has five teams (two 8-person and three 4-person) with a number of racers and crew who have either made an organ donation or received an organ donation. Part of why they do RAAM is to show that organ donation is not a barrier to a healthy lifestyle. After being on an 8-person team each of the last two years, Elliot will be on a 4-man team this year.

Please take a look at their website <http://www.teamdonatelife.com> where they have a lot of information about what they do and pictures, videos, etc. about promoting the cause and about RAAM.

If you feel so inclined, please visit Elliot's donation page on the website, either by clicking through the make a donation path, or by following this link <http://www.teamdonatelife.com/riders.asp?fid=75>

If you are interested, you will also be able to follow Team Donate Life through the website come race time, where they'll have real-time GPS tracking and blog postings with pictures.

Good luck Elliot and Team Donate Life!

## Youth Triathlons and Training

Do you have a kid who's ready to try a triathlon? There are several fantastic youth triathlon options available this summer. Including two youth races that are just around the corner, [TBF's Tri for Kids #1](#) on June 5 at Rancho Seco Park and the [Swimstitute Kids Triathlon](#) in Rancho Cordova on June 12. STC member and coach affiliate Pam Nichol has some fantastic advice on getting your kid ready for a triathlon.

### How to Train for a Kids Triathlon

By Pam Nichol  
Owner, SBR Coaching

As a triathlon coach for kids, I am often asked by parents, "what should my child do to prepare for their upcoming triathlon race?" The good news is that for most kids, a triathlon is just another day to do three things they love: swim, bike and run. Training is really play for kids and as parents and coaches that is what we should always keep in mind. As a coach it is my goal to keep training fun so that kids will develop a life-long passion for fitness and a healthy lifestyle.

I follow a few simple guidelines when I prepare my kids for an upcoming triathlon. First, make sure your child has all the needed equipment, a safe bike, a bike helmet that fits properly, a good pair of running shoes, swim goggles, cap, and a swimsuit. Now your child is ready to swim, bike and run. Your child can be ready for a kid's triathlon in as little as 2-4 weeks.

Contact Coach Pam for more youth training information.

## Auburn Triathlons

2011 proved to be another fine year for STC at the Auburn Triathlon. In addition to a fantastic showing by our athletes in the events, we once again ran the hugely successful STC aid station on the run

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## STC Website & Database

Many of STC's emails/evites get caught by spam filters. Please be sure to adjust your bulk email folder or spam filter settings to allow STC emails to get through so you don't miss out on the latest club news and evites.

Please also make sure you can log into our [Members Only](#) section of the website, and check that the email address you provided STC at sign-up is still valid. Just go to our home page, and click on the "Members" tab on the left or the "Member Login" on the upper right to access.

If you have difficulty logging onto the site or forgot your password, simply enter your email address and do a password reset. Or you can always contact [webmaster@sactriclub.com](mailto:webmaster@sactriclub.com) for assistance with log in. It is important that each member keeps his/her information up to date and takes responsibility for this. We also recommend that members regularly check our website home page for the latest updates, and events. Thank you for your cooperation!

course.

Congratulations to our members who raced hard on a tough course and thanks to those who volunteered at the aid station for helping to make it a great race day for all athletes.



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