

STC Sacramento Triathlon Club



November 2011 Newsletter

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Special Event W/ Pro Triathlete Jim Lubinski

Learn from professional triathlete and certified personal trainer, Jim Lubinski, at a very special workshop ~ **FREE!!**

Thursday December 1st (This week!)
 6:30pm
 Capital PT
 1308 28th Street
 Sacramento, CA 95816

[REGISTER NOW!!](#)



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Richard DeTrano, D.D.S.



One of the most overlooked aspects of triathlon training is strength/flexibility training. Commonly it is overlooked because there is not enough time in the day to swim, bike, run, and strength train. Triathletes must realize the vital importance of strength/flexibility training in order to perform their best on race day and remain injury-free throughout the season.

The off-season is the perfect time to get into the habit of practicing strength/flexibility training. This Thursday Professional triathlete and certified personal trainer, Jim Lubinski will lead you through a series of body weight based strength/flexibility exercises that will give you a time efficient strength/flexibility workout you can do in the comfort of your own home.

You will need workout attire, a towel, a yoga mat (preferably, but a towel will work you do not have a mat), and the desire to learn techniques that will make you a better athlete.

All levels welcome to attend

****AND Jim will have discount codes to Wildflower (All-distances) and Goodies from Tri-California Events on hand to distribute to attendees!!**

(you do not need to be an STC member to attend)

[REGISTER NOW!!](#)

Announcing The New Subscription Option On The Message Boards

A special message from Ron our awesome webmaster:

Casey has launched a new feature available to all members that allows them to subscribe to discussion board threads similar to the service available through Yahoo! Groups.

Here's how: Log in to your account > click My Account > look for the radio buttons next to "Discussion Email Preference:" and then choose your preference!

**Greetings From New Newsletter Director
~ Kirsten**



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Greetings Sac Tri Club members,

This is Kirsten Lewis your new Newsletter Director sending you my first Sac Tri Club issue. I am also new to our club and I can't wait to meet everyone, hopefully really soon.

I would love to hear your ideas and suggestions on sections, content and information you would like to see included in the newsletter. Please send them over to me!

AND I need your help! I am planning on including a new Member Focus section where we can post congratulations for members. ALL accomplishments and inspiration is welcome ~ the big and the small. [Send me](#) your stories, inspirations and musings please! Don't be shy because by sharing your story you are inspiring others!



Warmly,
Kirsten Lewis
Newsletter Director Sac Tri Club

Message From Our President ~ KC

Thanks to all who braved rush hour traffic to come celebrate with STC at our annual Year End Party at the McClellan Aerospace Museum. It was a great party!

Members & Guests enjoyed the cool new venue, as well as a fabulous lasagna dinner, salad & dessert by Rebecca Reichart & Tazzina Bistro. All agreed the food was amazing. Thanks to Tazzina, we were also treated to Racer 5 & La Crema Pinot Noir to celebrate the end of the 2011 Season in style!

Thanks to Museum volunteers, Members got to experience the flight

simulation machine while we toured the Museum, which is full of great aviation pieces & history. John & Linda Elgart from Voler came out with samples & sizing for Members to try out. Podium finishers were also awarded Tazzina Bucks prizes for participating in the Granite Bay Tri Team Challenge.

Members got to catch up on the season's happenings & our plans for 2012. We officially installed our 2012 Board of Directors & thanked our outgoing 2011 Board Members, Stephanie Denison & Michelle Raynaud, for their years of service to STC. I'm very proud to have served with each of them, & their presence will be missed. Each received a nice bottle of red wine & dark chocolate from STC as a token of our thanks.

And, as always, our raffle proved to be an exciting end to the evening! Prizes included Race Vouchers from Auburn Triathlons/Brad Kearns, TBF, & several Member donations. And I'm happy to announce that after many missed numbers, Rod Farley took home our Grand prize for the night, a new Blue Seventy full wetsuit, compliments of Fleet Feet Sacramento. Congrats Rod - Way to finish strong! :)

Thank you to our Sponsors, Affiliates & Members for their generous donations & continued support! Because of them, we were able to raffle some pretty great prizes to our Members. And Congratulations go out to Chris Pollack, who won STC's 2011 Rewards Prize for Athletic Achievement.

Special thanks go out to Aerospace event coordinator Elizabeth Monfort, for her planning efforts, STC Member Chris Houde, for securing the venue for STC, as well as to the staff & volunteers who stayed on that evening to make the party safe & enjoyable for us all.



*KC
President*

Message From Our New Workout

Director ~ Rebecca

Hello STCers,

I am Rebecca Reichardt & I am the first Workout coordinator for STC. There have always been group workouts & organized rides - but the most asked about topic for the club is "*What are your workouts?*" - so this board position was created. This question is harder than it seems to answer - as we are all training for different races, and most of us use some form of periodization for training, my long run might be 8 miles for the week & Scott's might be 20. Instead of concentrating on weekly workouts that do not change with our races - I'm going to focus on training groups geared to specific races or distances.

We are all training already, but the same training session with a group dynamic can be more fun and sometimes have greater intensity. I will be using the website, forum & Facebook to get the workouts already going on out there, assist in finding training partners & organizing club workouts as well.

If you have a regular workout & would not mind company, would like to lead workouts, or are searching for a specific workout (track, long run, hill repeats, etc.) [PLEASE EMAIL ME with the details](#). The workouts do not have to be swim, bike, run only - we are triathletes - so chances are the more variety the better! Mountain biking, snowshoeing, Cyclocross, hiking - lets put it out there!



Thank you,
Rebecca Reichardt
Workout Director

Message From Our Membership Director ~ Scott

Thank you to those members who have renewed or signed up for the 2012 Race Season. The Sac Tri Club is a non profit organization and 100% funded by its members and our sponsors. Without your support, we would not be here.

Our 2012 membership drive is well underway. When you

can, please take the time to go on our website, www.sactriclub.com, and register for 2012. The cost of only \$40 goes a long way for the club and supports all the functions and initiatives we provide.

If you have friends out there, rookies or tenured, that are looking for more ways to get involved with triathlon, please invite them to join the longest standing triathlon club in the Sacramento area; The Sac Tri Club!



Thank you,
Scott Thompson
Membership Director

Upcoming Workouts & Events

Rodeo Cross Practice Races

Wed, Nov 09, 2011 ~ through ~ Wed, Dec 21, 2011 (every week)

This is a great series that goes on during the "off season" for many triathletes. Cyclocross is great cross training for speed work, bike handling skills, mounts & dismounts. A cross bike or mountain bike will work - a road bike or TT bike will not.

For more information and registration [visit our workout schedule](#)

Pool Swim at Swimstitute

Fri, Dec 02, 2011 ~ through ~ Fri, Dec 23, 2011 (every week)

Please note there is an \$8.00 fee for nonmembers. Friday evening pool swim workout at the Swimstitute. All levels welcome, this workout can be tailored to your ability level. Since we're heading into the offseason, these workouts will concentrate on form.

For more information and registration [visit our workout schedule](#)

Member Focus ~ Congratulations To

Members Who Raced IM Arizona!

We had a number of Sac Tri Club members who raced Ironman Arizona this year. Huge congratulations to everyone you participated! It sounds like this year had great weather and lots of wonderful cheering. Here are a few highlights.



Dave Bowers had a great race at Ironman Arizona.

Pahla Bowers [wrote a fantastic blog post](#) all about it! Here's a cool quote ~ *"There are almost no words to describe how wonderful it felt to see IronHubs at the end of a **4:15:25** marathon, happy and strong, running into the finishing chute and hearing those immortal words: You Are An Ironman!"*

This was my 4th IM and the 10:45:11 was a PR for me. Had a tough swim but pulled off a good 5:25 bike and sub 4 hour marathon. Was looking for a 3:40 on the run but was happy with 3:55. Great group, fantastic fan support and the weather could not have been better.

Scott Thompson



Photos From Our Year End Party





