



Member Information Packet

2016 Programs and Events



Providing a community for those who want to complete, compete, or be elite
in the sport of triathlon.

“Tri Together.” Our vision is not only about individuals competing in triathlons alone,
but is also about camaraderie and team spirit among our members.

www.svtriclub.org

IRS 501(c)3 Fed Tax ID 77-0497224

A message from the Board

Welcome to the Silicon Valley Triathlon Club's 2016 Open House! We are a 450+ member strong non-profit organization dedicated to the sport of triathlon. Our goals are to provide educational and training activities, coached programs and seminars, and stimulate a team atmosphere in a supportive social environment. SVTC embraces members of all levels, whether you are a beginner, intermediate or elite athlete. Our diversity guarantees members of every level the opportunity to find training partners to swim, bike or run with. Even if you have never raced a triathlon, we offer a New To The Sport (NTTS) program, which includes coached workouts and clinics to help you gain the skills and confidence to complete your first triathlon.

SVTC members enjoy organized weekly workouts, training clinics, monthly club meetings and monthly social events. We are particularly excited to be offering two training weekends at popular race locations: Wildflower Training Weekend and Vineman Preview. Organized training and fun social activities will be planned for both of these events. Regardless of whether our members are racing these triathlons or not, all members are invited to participate in these supported training weekends. In addition, SVTC members enjoy discounts and raffle prizes for race entries, gear, clothing, nutrition and services from our many sponsors.

We are also excited to be running the Silicon Valley Kids Triathlon for the 16th consecutive year. The Silicon Valley Kids Triathlon is the largest kids triathlon in the country. Our amazing members volunteer to support this event, along with several other local races, in order to make these events successful for everyone. We encourage and reward members for volunteering through our Volunteer Incentive Program.

Please enjoy this Information Guide filled with more exciting details!

2016 Board of Directors

President	Carin LeVine
Vice President	Kyle Welch
Treasurer	Minel Diaz
Secretary	Carolyn Magsalay
Coaching	Rick Schwartz
Sponsorship	Paul Bragg
Volunteers	Christina Minasi
Membership	Jimmy Dworkin
Social Events	Patrick Lai
Communications	Pim Kunakasem

Contact us at SVTC-BoD@yahoogroups.com

www.svtriclub.org

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Club Sponsors

A major benefit of club membership is the availability of discounts offered by our sponsors. Generally, products and services from sponsors and race discounts more than make up for the annual membership fees. In addition, members attending our monthly meetings have the opportunity to win raffle prizes donated by our amazing sponsors.



SVTC Workouts and Events Calendar

All events are posted on the club website calendar and in the upcoming events section of the home page where you will see links for everything going on in the following two weeks. Other activities including member led workouts are listed in the various forums. You can set up your personal Club Express profile to receive email reminders of calendar events and forum announcements.

SVTC Monthly Events	
Monday	Club Meeting: Every 2 nd Monday of the Month (February – November) Location - Sports Basement, Sunnyvale at 7:00pm
Friday or Saturday	Club Social / Happy Hour: Monthly Location varies – Announced through the Calendar and Announce Forum group.

SVTC Weekly Events	
Monday	Go to the Monthly Club Meetings!
Tuesday	Track Workout Year-Round: 6:30pm - Fall/Winter at Foothill College, Los Altos - Spring/Summer the location alternates between Graham Middle School (track) and Rancho San Antonio (trails).
Wednesday	Swim Program Year-Round: Two Locations: California Sports Center at Fremont High School, Sunnyvale at 6:30pm; Gunderson High School, San Jose at 7:15pm
Thursday	Club Bike Ride: 6:00pm (March – Sept) Spin & Core Workouts: 7:00pm (Dec - Feb)
Friday	Go to the Monthly Happy Hours!
Saturday	Club Bike Ride: See calendar for details
Sunday	New To The Sport (NTTS): See calendar for details Many member-led runs throughout Silicon Valley. Check the Member-Led Workouts forum

SVTC 2016 Events	
January	Annual Open House Season Kick-Off & Sponsor Expo Volunteer Appreciation Happy Hour
February	New to the Sport (NTTS) Starts! TeamSVTC Starts!
March	
April	Wildflower Training Weekend
May	Silicon Valley Kids Triathlon
June	Vineman Training Day
July	Volunteer at SVTC's Official Aid Station at Ironman Vineman 140.6
August	Summer BBQ Social Event
September	Volunteer at SVTC's Official Aid Station at Ironman 70.3 Santa Cruz
October	Ironman World Championships: Viewing party to follow
November	Annual Club End of Season Party: Year-End Celebration, Volunteer Recognition, Awards
December	

Popular 2016 Local Races

- 3/6 South Bay Sprint and International Duathlon
- 3/6 Stanford Treeathlon
- 4/2 Ironman 70.3 California (Oceanside)
- 4/17 Half Moon Bay Sprint and International Triathlon
- 4/30-5/1 Wildflower (Sprint, Olympic, Half)
- 5/15 Morgan Hill Sprint Triathlon
- 5/22 Silicon Valley Kids Triathlon
- 6/TBD Thursday Splash & Dash #1
- 6/5 Folsom Sprint and International Triathlons
- 6/11-12 Pacific Grove Sprint and Olympic Triathlons
- 6/26 California Sprint and International Triathlons
- 7/TBD Thursday Splash & Dash #2
- 7/10 Ironman 70.3 Vineman
- 7/24-25 Donner Triathlon (Sprint, Olympic, Half)
- 7/30 Ironman Vineman (formerly Vineman Full)
- 7/31 Oakland Triathlon Festival (Sprint, Olympic)
- 8/TBD Thursday Splash & Dash #3
- 8/14 Tri Santa Cruz (Sprint, Olympic)
- 8/27 Lake Tahoe Triathlon (Sprint, Olympic, Half)
- 8/28 Catfish Open Water Swim
- 9/11 Ironman 70.3 Santa Cruz (formerly Big Kahuna)
- 9/25 Santa Cruz Triathlon (formerly Sentinel) (Sprint, Olympic)

RED = Our own SVTC Event!

GREEN = Club sponsor Threshold Racing event

BLUE = Club sponsor USA Productions event

Take advantage of discounted entry fees and support our club sponsors and if not racing show your club and race support by volunteering at the races!

There are many other local runs, swims and other races where you will see SVTC people. We have people doing just about everything.

Track Program

The SVTC Track Program runs year-round on Tuesday evenings from 6:30-7:30pm. Locations are:

- **Foothill College Track** (Los Altos): January-March and October-December
- **Graham Middle School Track** (Mountain View): April-September (except for Rancho weeks)
- **Rancho San Antonio Park** (Los Altos): April-September (~twice/month) providing trail and hill practice for some of the workouts

The focus of the SVTC Track Program is to be all-inclusive and the workouts are designed to benefit members of all abilities. Track sessions will also take into consideration upcoming races that many club members are competing in.



Who: Lisa Engles (with assistance from Bernardo Tapia, NTTS coach)

When: Tuesday 6:30-7:30ish pm

Where: Foothill College Track, Graham Middle School Track, Rancho San Antonio.

The SVTC Track Program is funded by club dues and is a benefit of membership.

Lisa Engles

- A presenter for USA Triathlon since 2007
- Since 2000, Lisa has worked in world-class fitness facilities in the SF Bay Area including Western Athletic Clubs and Evolution Trainers specializing in mind body fitness programs and services
- Author of *Breathe Run Breathe: Ancient Breathing Secrets To Make Your Daily Run an Effortless, Revitalizing and Mindful Practice*
- Creator of the Breathe Run Breathe Program and Pranayama Running practice



Locations and times are included in the in the Club's Weekly Announcements with workout details posted on the Club Calendar. Links are also provided to videos and articles covering specific topics such as benchmark testing.

**Non-members can attend by signing up for SVTC's Free 2-Week Trial Membership and must sign a Liability Waiver which can be filled out online.*

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Podium Swim Program

SVTC provides a year-round, tri-specific pool swim programs for our members, on Wednesday evenings at the Sunnyvale Swim Complex located at Fremont High School, in cooperation with California Sports Center. Workouts are led by our own Coach Soren. Additionally, SVTC members who live or work farther south can participate in a tri-specific Wednesday evening program at Gunderson High School in South San Jose, provided in cooperation with Coach Lucas with Quick Silver Swimming.

The Podium Swim Program has the following unique features:

- Periodized for the triathlon racing season
- Includes stroke instruction as well as aerobic conditioning



Soren Thorvald

Soren is a lifelong athlete in the Clydesdale category. At present he coaches the boys and girls team at Willow Glen High School. Previously he has coached Senior's, Masters, and Age Group at Triton in Denmark, Santa Clara Swim Club, Rinconada Masters and Moffett Towers Club. Soren was a Danish Junior Champion in swimming, and has participated in several marathons, half Ironmans, and 2 Ironman. Recently he completed Ironman Copenhagen (August 2015) and plans a repeat performance in 2016.

Lucas Salles-Cunha

Lucas has directly coached or had a hand in coaching Far Western and Junior Olympic Champions, and numerous finalists. He has coached three National top 5 swimmers in their age group, two Pacific Swimming Swimmers of the year and a Pacific Swimming record holder. He has coached a range of swimming abilities from beginning to Olympic Trials swimmers. Lucas' own accomplishments: 8 Time Florida State Finalist, 4 Individual Finals, Masters competitor, Multiple Event Winner, and Multiple top 10 finishes at Masters Nationals. He has also participated and placed top 10 in multiple open water swim finishes.



Locations and times are included in the in the Club's Weekly Announcements with workout details and pool fees posted on the Club Calendar.

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Cycling Program

SVTC offers two weekly group rides led by volunteer members on Saturday mornings and Thursday evenings.

Saturday Ride: The Saturday ride focuses on building cycling endurance in a group setting, and planned around preparation for popular races. The ride is intended for all levels and include regroup, however, we include several length/difficulty options which you should review prior to the ride. Cue sheets and maps are posted on the calendar and should be carried with you on the ride. The club rides are intended to offer a challenging workout with the company of other SVTC members, and often members gather afterwards for a meal nearby.



Who: Warren Mine and other volunteer ride leaders

When: Saturdays, details on website (or by calendar email)

Where: Starting point either Los Altos (Lucky's), Lake Almaden (San Jose), or Palo Alto/Woodside area.



Thursday Ride: The Thursday night ride is a challenging hill or tempo workout with limited regroup. This ride will develop your strength on the bike and the ability to recover after the hills. The ride usually splits into several groups and all ability levels are welcome. The ride alternates each week between a challenging hilly route and a flatter, faster route.

Who: Led by volunteer club members

When: Thursdays at 6:00 pm (after DST begins)

Where: Starting point Los Altos (Lucky's)

Pre-Season Trainer (Spin) and Core Sessions:

During the off-season (Dec.- March.), Jimmy Dworkin leads SVTC's super-fun trainer/core workout at Peak Physical Therapy (Cupertino) that builds strength and endurance for the race season.

Locations and times are included in the in the Club's Weekly Announcements with workout details posted on the Club Calendar.



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New to the Sport (“NTTS”): Coached, Group Training Designed to Support Novice Triathletes

NTTS is geared toward those who have never done a triathlon and who would like to learn fundamental skills. Whether you are entirely new to fitness training or you are experienced in one or more of the sports (just have not put them all together yet), NTTS will help you not only reach the starting line, but to cross the finish line as well.

The four disciplines of triathlon - swim, bike, run, and transitions, are all part of our NTTS program. Workouts and clinics will also cover wetsuit how-to's, open water swimming skills, race preparation, nutrition, bike maintenance, and “brick” training. Everything you need to know before your first triathlon!

Our training plan will integrate you into the club's swim, bike, and run programs, and take advantage of our clinics on bike, run, and open water swim skills.

To join NTTS, add yourself to the NTTS forum on the club website:
(Members > Forums > NTTS)

NTTS participants may also join TeamSVTC (see separate page) for additional coaching and instruction.

NTTS Schedule and Target Races: Join us for one or both sessions (target races tentative; non-graduation races are optional or to observe/volunteer/learn at the race)

- Session One: February through May
 - South Bay Duathlon (3/6) and/or Half Moon Bay Sprint (4/17)
 - Graduation race - Morgan Hill Sprint (5/15)
- Session Two: May through August
 - CST Sprint (6/26) and/or Oakland Tri Sprint (7/31)
 - Graduation race - Tri Santa Cruz Sprint or Olympic (8/14)

**Meet the New to the Sport (“NTTS”) Coaches
on the Next Page!**

Your New to the Sport (“NTTS”) Coaches

Bernardo Tapia – Bernardo is a USAT Level 1 Coach, Personal Trainer, and the Recreation Program Manager for Stanford University. He coaches running for Physical Education at Stanford for runners training for races from 5K's to marathons. He is a cyclist for the Stanford Cycling Team. He competes regularly in triathlons, running races (road and trail), cycling and mountain bike XC races. His favorite races though are triathlon relays with his family. Bernardo's passion is family, physical activity and teaching the value of an active, healthy lifestyle.



Kimberly Goodell –Kimberly is a triathlon coach and personal trainer, dedicated to helping others reach their fitness goals. Over the past 10 years, she has worked with individuals of all levels, from aspiring triathletes learning how to swim for their first sprint races, to seasoned athletes organizing their year long preparation for Ironman.

As a fourth grade Spelling Bee Champ, Kimberly sensed from an early age that she was destined for greatness, even though her athletic skills at the time left something to be desired. Her competitive drive in the pool was limited to underwater breath-holding contests (which she usually won), and she often faked illness to get out of running in PE class.



It wasn't until after college that Kimberly accidentally discovered triathlon, and after 12 years in the sport, she now competes as a professional athlete. As a coach, Kimberly finds it especially rewarding to help others break through self-imposed limitations and narrow expectations of what defines an "Athlete," guiding them to discover their own inner Champion. Sometimes the kid that got picked last for kickball will one day turn out to be the first across the finish line!

TeamSVTC: Structured, Coached Endurance Training for Experienced Athletes Looking to Improve

TeamSVTC, our coached 33-week training program, provides structured, individualized training for experienced triathletes targeting Sprint-, Olympic-, and Half Ironman distance races. A full training plan will be provided for all TeamSVTC members that incorporate the club's swim, bike and run programs. A weekly team meeting reviews workouts and answers training questions.

Team SVTC Schedule and Target Races

Sprint - 2 Sessions	Olympic	Half Ironman
Session 1: (February - May) Goal Race - Morgan Hill (5/15) Feb-March: General Build Training April-May: Race Specific Training Session 2: (June - September) Goal Race - Tri Santa Cruz (8/14) June: General Build Training <i>California Sprint Tri (6/26)</i> July-Sept: Race Specific Training	Goal Race - Tri Santa Cruz (8/14) Feb-April: General Build Training <i>South Bay Duathlon (3/6)</i> <i>Half Moon Bay (4/17)</i> <i>Wildflower Olympic (5/1)</i> <i>Morgan Hill Sprint Tri (5/15)</i> May-Sept: Race Specific Training <i>California International Tri (6/26)</i> <i>Oakland Tri (7/31)</i>	Goal Race - Santa Cruz 70.3 (9/11) Feb-April: General Build Training <i>South Bay Duathlon (3/6)</i> <i>Half Moon Bay (4/17)</i> <i>Wildflower Olympic (5/1)</i> <i>Morgan Hill Sprint Tri (5/15)</i> May-June: Pre-Specific Training <i>California International Tri (6/26)</i> July-Sept: Race Specific Training <i>Oakland Tri (7/31)</i> <i>Tri Santa Cruz (8/14)</i>

TeamSVTC is open to experienced athletes of all abilities. Seasoned triathletes will benefit from Coach Garry's know-how in using structured training to improve performance. NTS participants (see separate page) may also join TeamSVTC, benefiting from the additional instruction and coaching along with the weekly team meetings. To join TeamSVTC, add yourself to the TeamSVTC forum on the club website (Members > Forums > TeamSVTC).



Garry Chinn

Garry has been a TeamSVTC and NTS coach for several years, a member since 2006, and led club bike rides since 2008. Prior to joining the club, he was a middle-distance recreational runner for many years before life got in the way. After a long break from running, Garry started racing triathlons in 2006. His day job is a researcher in the Molecular Imaging Program at the Stanford School of Medicine. He likes to blend his interests in medicine, physiology, and molecular biology with training for endurance sports.

SVTC Clinics and Course Previews: Hone Your Bike, Run, and Open Water Swim Skills

Throughout the season, typically on Saturdays or Sundays, SVTC provides clinics that focus on specific aspects of your triathlon training. SVTC Clinics are funded by club dues and are a benefit of your membership. Additionally, the club organizes course previews and training weekends.



Open Water Swim Clinics

From March through July, open water swim (“OWS”) clinics will be led every 4-6 weeks by Coach Soren (see Podium Swim). These clinics will be held at Gull Park in Foster City, Aquatic Park in San Francisco, and Cowell’s Beach in Santa Cruz. Additional open water clinics may be scheduled depending upon club members’ interest.

SVTC’s OWS clinics are geared for all levels and experience, from those who have never swum open water to those who are confident in the water and looking to perfect their skills. We cover how open water swimming differs from pool swimming and how to position yourself at the start, sight, round buoys, draft off others, deal with choppiness or crowded conditions, and relax!

Other SVTC Clinics

SVTC offers a variety of other clinics throughout the training season, and this year will be no exception. Past clinics have focused on:

- Bike riding skills
- Tire changing and bike maintenance
- Improved running form
- Optimal training for endurance
- Nutrition
- Bike-Run brick workouts
- Transition skills and set-up



Locations and times are included in the in the Club’s Weekly Announcements with workout details posted on the Club Calendar.

Course Previews and Training Weekends

SVTC's ever-popular course previews and training weekends provide race-specific preparation and build confidence, regardless of your level and whether or not you are targeting that specific race.

- **Wildflower Training Weekend** - April: Whether or not you'll be racing Wildflower this year, camp or cabin with us for an awesome weekend of organized riding, running, swimming, and - of course - eating. An SVTC classic!
- **Vineman Preview Weekend** - June: Join us in Sonoma Valley to swim, ride, and run the courses used for Vineman 70.3 and Ironman races. Always a popular course preview and a challenging training day! This year we plan to include an overnight option allowing for a second day to train, wine-taste, or eat your way through the beautiful Sonoma Valley!
- **Other Local Race Previews** – March through August: We preview other popular local races including those held in Half Moon Bay, Morgan Hill, Oakland, and Santa Cruz.



Open Water Swims

In addition to the Open Water Swim Clinics discussed earlier, SVTC members often lead informal open water swims and join those that are hosted by other groups such as the Santa Cruz Tri Club and groups on Meetup and Facebook such as Peninsula Tri-ers and Westend Wharf and Wine Swim Club. Hear about these through the Members Posting Workouts Forum and watch for them on our Facebook page. These informal swims are typically designed to provide new and experienced triathletes with a safe, social, and inclusive environment to swim in open water. The majority of these swims will combine an optional opportunity for a “Brick” workout (additional ride/run immediately following the swim), depending on the venue.



Popular workout locations: Gull Park (Foster City), Lake Del Valle (Livermore), Aquatic Park (San Francisco), Coyote Point (San Mateo), Quarry Lakes (Fremont), Shadow Cliffs (Pleasanton), Capitola, and Cowell's Beach (Santa Cruz). Through the club's website, members can access detailed information on these locations as well as how to check on water quality and tide conditions when necessary.

Requirements for participation in official SVTC-sponsored OWS swims/clinics: ability to swim 30 minutes continuously. Safety concerns require that participants swim in groups, be mindful of other swimmers, obey signs and instructions posted or conveyed, and inform the leader of concerns or constraints before the swim session begins.

Volunteer Incentive Program: VIP

SVTC works closely with several of our event sponsors to provide volunteer support for their races throughout the season. Whether you are new to triathlon and want to learn more about how it all works, or a seasoned veteran and want to give back to the sport, volunteering is a great way to get involved.

The Volunteer Incentive Program was designed to recognize members who spend a significant amount of time volunteering at local races. Different levels of prizes are awarded at the end of the year based on points earned through service. Prizes include nutritional products, gift certificates, triathlon gear, race entries and more. Refer to the SVTC website for more details about the Volunteer Incentive Program. Some key races that will earn extra points are:

- Silicon Valley Kids Triathlon - May 22
- Ironman Vineman 140.6 - July 30
- Ironman Santa Cruz 70.3 - September 11

Hope to see you out volunteering!



Silicon Valley Kids Triathlon



Sunday May 22, 2016

SVTC and club member volunteers put on this premier youth athletic event to provide a day of triathlon for kids of all ages and abilities. The event emphasizes health, self-esteem, self-confidence, and FUN, in a safe, family-friendly environment. It's also the largest youth triathlon in the country open to 1,500 participants this year! The Silicon Valley Kids Triathlon raises money for local Silicon Valley children's charities. This year is the 17th anniversary of the Silicon Valley Kids Triathlon. Look for more information on how you can help!

Get more information by visiting www.svkidstri.org.



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SVTC Social Events!

We race hard and we play hard. OK, some harder than others! Part of our purpose is “to stimulate a team atmosphere in a supportive and social environment.” Social events are opportunities for members to get to know each other outside of workouts and races.

MONTHLY HAPPY HOUR

Once a month there is an SVTC Happy Hour. The location varies around the Peninsula/South Bay.

WILDFLOWER TRAINING WEEKEND

In April, the club will gather at Harris Creek campground for a training weekend. There will be organized rides, runs, and a swim clinic as well as a club-sponsored BBQ. You don't have to race Wildflower to attend and benefit from the training weekend!



ANNUAL SUMMER BBQ

BBQ and play games with your SVTC friends and family! Kids are welcome, as long as they don't mind sharing the games with the triathletes!

DESTINATION RACE WEEKEND

Each year SVTC selects a destination race to target and our happy hour social is a fun part of the race weekend experience. This year's destination race is TBD. In prior years, our destination races have been Ironman Lake Tahoe and Santa Barbara Triathlon.

IRONMAN CHAMPIONSHIP “KONA” VIEWING PARTY

Come watch the Ironman World Championship when it airs at a happy hour event with food and beverages. Date TBD.

END OF SEASON CELEBRATION PARTY

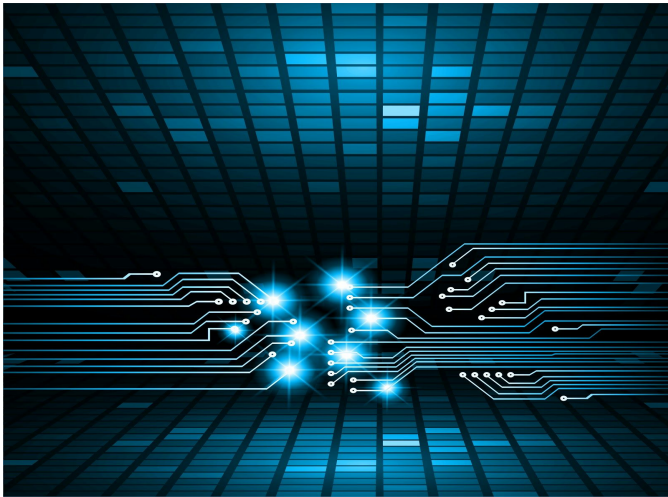
Around November, we come together to celebrate the year and give thanks to all of our members during an evening with friends, food, and fun. We also take a moment to recognize our members for exemplary achievement (i.e., “Athlete of the Year”, “Best Sportsmanship and “Most Improved”) as well as celebrate some fun moments.



SVTC Training and Racing Kits

We have partnered with Jakroo Custom gear. Ordering is open year round and it is dropped shipped straight to you! See all the SVTC gear offered on the SVTC website.

Here are two recent designs that were just voted on!



In addition we are working with Wattie Ink to create a Special Edition SVTC/Wattie kit! The "Inspired By Image" is below. Stay tuned for the final design!

Club Competitions

The MAIN triathlon club competition is the **Tri Club Championship Series - TCCS** - where YOU and the CLUB can earn prizes! It involves a series of races all over California where by just participating YOU earn points! Must be registered to earn points!

In addition, many of the local races have exciting Club Competitions where SVTC members can bring money and prizes back to the club! When you sign up for races, PLEASE remember to register as a member of SVTC! This can save you money on entry fees and bring important benefits to the club.

SVTC Communications

Our members can access everything they need to know about SVTC, such as workouts, member benefits, social events and more, on our web page at <http://www.svtriclub.org>.



In addition, members can opt to conveniently receive a weekly email "What's Going on at SVTC" which contains important announcements, the current week's workouts and upcoming social events. To receive "What's Going on at SVTC" and other important club announcements via email, log-in to our website, under the "FORUMS" menu, select "CLUB ANNOUNCEMENTS" and follow the instructions posted for "SETTING UP YOUR WEBSITE PROFILE & FORUM ACCESS".

Our website is also where our members can communicate with each other, to coordinate workouts, post questions, look for or sell equipment and share race reports.

Follow us on social media! Our most up-to-date and detailed information, however, can only be found on our website.



<https://www.facebook.com/groups/SVTRICLUB/>



<https://www.instagram.com/svtriclub>



https://twitter.com/SVTC_official

Tag us at #svtriclub

www.svtriclub.org

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Join SVTC!

The easiest way to join SVTC is through the website - www.svtriclub.org. You can create a user name and password, enter profile information, sign the Liability Release Waiver, and submit a web order for membership.

SVTC 2016 Dues:

Membership Type	Rate
Regular	\$80
Senior (65 & Older)	\$50

All membership terms are on a calendar year basis from January thru December.

Sign up for a FREE 2-week Trial Membership. The procedure is the same as above for signing up. The 2-week membership gives you access to club all event and workout information. Come check us out! You won't be disappointed!

And as always, people considering our club are welcome anytime at our monthly SVTC club meetings!

