



Membership Guide

2017 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 about individuals competing in triathlons alone, but is 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 Silicon Valley Triathlon Club. We are a 501(c)(3) non-profit organization dedicated to the sport of triathlon. With over 450 members, our goal is to provide structured training activities, coached programs, and informational seminars, while also stimulating a team atmosphere in a supportive and 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, run and have fun with. Even if you have never raced a triathlon, we offer a New To The Sport (NTTS) program providing coached workouts and clinics to help you gain the skills and confidence to complete your first triathlon.

SVTC members can take part in organized weekly workouts, training clinics, monthly club meetings and monthly social events. We also put on an annual weekend training camp, as well as course previews for popular local races. SVTC members also enjoy product and service discounts from our many sponsors, and are also eligible for the raffle prizes given away at our monthly meetings and other social events, some of the previous raffle prizes have included race entries, gear, clothing, nutrition and services from our many generous sponsors.

SVTC also owns the Silicon Valley Kids Triathlon. The Silicon Valley Kids Triathlon is the largest kids triathlon in the country. Our amazing members support this event by volunteering to help make this event successful for the over 1,200 kids that participate. We encourage and reward members for volunteering through our Volunteer Incentive Program where members earn VIP points by volunteering at the SVKT as well as other local races that support our club.

Check out the Membership Guide for more details on all of the perks of membership!

2017 Board of Directors

President	Carin LeVine
Vice President	Chris Lowrie
Treasurer	Minel Diaz
Secretary	Kyle Welch
Coaching	Rick Schwartz
Sponsorship	Stacy Griner
Volunteers	Christina Minasi
Membership	Jimmy Dworkin
Social Events	Patrick Lai
Communications	Ryan Moll

Contact us at SVTC-BoD@yahoogroups.com

Club Sponsors

A major benefit of club membership are the discounts offered by our sponsors. Use of membership discounts on products, services, and races, can more than make up for the annual membership dues. Members attending our monthly meetings also have a chance to win raffle prizes donated by our amazing sponsors.



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SVTC Workout and Event Calendar

All club workouts, meetings, and events are posted on our website calendar, and an additional two-week snapshot is listed on the website's home page under "Upcoming Events". The SVTC website also offers numerous member forums to discuss anything from member-led workouts to race reports to classifieds. You can set up your own personal Club Express profile to receive email reminders for calendar events, and notifications of posts to the forums that interest you.

SVTC Monthly Events	
Monday	Club Meeting: Every 2 nd Monday of the Month (February – November) Location - Sports Basement, Sunnyvale at 7:00pm
Friday	Club Social / Happy Hour: Usually the 3 rd Friday of the Month 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: 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; Gunderson High School, San Jose.
Thursday	Club Bike Ride: From Los Altos (March – Sept) Spin & Core Workouts: In Cupertino (Dec - Feb)
Friday	Go to the Monthly Happy Hours!
Saturday	Club Bike Ride: Mornings. See the Calendar for the weekly details.
Sunday	New To The Sport (NTTS): See Calendar and NTTS forum for details. Member-Led Workouts: Many members lead additional workouts. Check the forum for details.

SVTC 2017 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	Training Weekend (Santa Rosa)
May	
June	Silicon Valley Kids Triathlon: Main SVTC Volunteer Event
July	
August	Summer BBQ Social Event
September	Volunteer at SVTC's Official Aid Station at Ironman 70.3 Santa Cruz
October	Ironman World Championship Viewing Party
November	Annual Club End of Season Party: Year-End Celebration, Volunteer Recognition, Awards
December	

Popular 2017 Local Events

- 3/5 Stanford Treeathlon Sprint (Redwood Shores)
- 3/12 [South Bay Sprint and International Duathlon](#)
- 4/1 Ironman 70.3 Oceanside
- 4/8-9 [Santa Rosa Training Weekend](#)
- 4/23 [Half Moon Bay Sprint and International Triathlon](#)
- 5/13 Ironman 70.3 Santa Rosa (formerly Vineman)
- 5/21 [Morgan Hill Sprint Triathlon](#)
- 6/4 [Silicon Valley Kids Triathlon - MAIN SVTC Volunteer Event](#)
- 6/TBD [Thursday Splash & Dash #1](#)
- 6/25 [California Sprint and International Triathlons](#)
- 7/TBD [Thursday Splash & Dash #2](#)
- 7/22-23 Donner Triathlon (Sprint, Olympic, Half)
- 7/29 Ironman Santa Rosa (formerly Vineman Full)
- 8/6 [Folsom Sprint and International Triathlons](#)
- 8/TBD [Thursday Splash & Dash #3](#)
- 8/13 Tri Santa Cruz (Sprint, Olympic)
- 8/27 [Oakland Triathlon Festival \(Sprint, Olympic\)](#)
- 8/27 Lake Tahoe Triathlon (Sprint, Olympic, Half)
- 8/TBD [Catfish Open Water Swim](#)
- 9/10 Ironman 70.3 Santa Cruz (formerly Big Kahuna)
- 9/24 Santa Cruz Triathlon (formerly Sentinel) (Sprint, Olympic)

RED = Our own SVTC Event!

BLUE = Club sponsor [USA Productions](#) event

GREEN = Club sponsor [Threshold Racing](#) 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 represented. We have members doing just about everything.

Track Program

The SVTC Track Program runs year-round on Tuesday evenings. 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 designed to benefit members of all abilities. Track sessions will also be structured to take into consideration some of the upcoming local races that many club members are participating in.



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

When: Tuesday evening

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.*

Swim Program

SVTC provides a year-round, tri-specific pool swim program for our members, on Wednesday evenings and Tuesday/Thursday mornings at the California Sports Center located at Fremont High School in Sunnyvale. Workouts here are led by our own Coach Soren and other experienced coaches under his coordination. 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 QuickSilver Swimming.

The 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. His coaching experience includes local high school teams, 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 and half and full Ironmans. Most recently he completed Ironman Copenhagen in 2015 and 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 beginner 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: Saturday mornings, details listed in the Calendar and Announce forum

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: Thursday evenings (after DST begins), details listed in the Calendar and Announce forum

Where: Starting point Los Altos (Lucky's Supermarket)

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 for those who have never done a triathlon and/or 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), or if it has been awhile since you last raced, 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 cover, among other topics: wetsuit how-to's, open water swimming skills, race preparation, nutrition, bike maintenance, running tips, and “brick” training. Everything you need to know before your first triathlon!

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

NTTS Schedule and Target Races: Join us for one or both sessions. Practice races are optional but it always a great experience to race with your friends or support them by volunteering and learning what goes on behind the scenes!



New to the Sport (NTTS) Program		
Kickoff Meeting & Orientation: Thursday January 26th, 6:00 pm at Sports Basement Sunnyvale		
Session One (January - May): Form and Technique		
Session Two (May - September): Integration and Race Preparation		
Clinic Topics	Workouts	Locations
SESSION ONE: Form and Technique GOAL RACE: Morgan Hill Sprint - May 21, 2017		
How to Train for a Triathlon Basics of Triathlon Gear & Nutrition/Hydration The Bike: Gear, Fit, What to Bring on a Ride Bike Technique: Form and Ride Etiquette The Run: Gear & Injury Prevention Run Technique: Form, Pacing & Recovery The Transition: Set-Up & Other Tips The Swim: How to Swim in Open Water	Group Track Runs Group Trail Runs Bike Handling Clinics Group Bike Rides Open Water Swim Clinics Brick Workouts (ex: bike+run or other combo) Volunteering to See it All in Action	Runs: Los Gatos High School Track Bike Rides: Los Gatos, Los Altos Woodside & Morgan Hill Open Water Swims: Gull Park Course Previews: Half Moon Bay & Morgan Hill SVTC Training Weekend: Santa Rosa
SESSION TWO: Integration and Race Preparation GOAL RACE: Santa Cruz Triathlon - September 24, 2017		
Incorporating Everything from Session One Plus Clinics on Putting It All Together to Race	Continued Workouts from Session One Plus Practice/Preview Races: California Triathlon - June 25 Dip & Dash - July 9 Oakland Triathlon - August 27	Continued Locations from Session One Plus Additional On-Site Race Locations

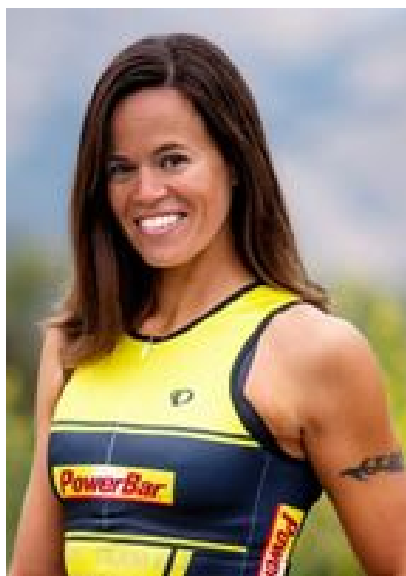
To join NTTS, add yourself to the NTTS forum on the club website:
(Members > Forums > NTTS). NTTS participants may also join TeamSVTC (described below) for additional coaching and instruction.

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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 32-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. Weekly team meetings will review upcoming workouts and answer any training questions.

TeamSVTC Schedule and Target Races

Kickoff Meeting & Orientation: Sunday January 29th, 5:00 pm at Sports Basement Sunnyvale

January: Preseason/Introductory Phase
 February - April: General Build Training
 April 8 - 9: SVTC Training Weekend (Santa Rosa)
 May - August: Race Specific Training

Sprint	Olympic	Half Ironman
Practice/Preview "B" Races (Any of the Following):		
Morgan Hill Sprint - May 21 California Sprint - June 25	Morgan Hill Sprint - May 21 California Sprint or Olympic - June 25	Morgan Hill Sprint - May 21 California Sprint or Olympic - June 25 Tri Santa Cruz - August 13
Goal "A" Race (Any of the Following):		
Tri Santa Cruz Sprint - August 13 Santa Cruz Triathlon Sprint - September 24	Tri Santa Cruz - August 13 Oakland Triathlon - August 27 Santa Cruz Triathlon - September 24	IM 70.3 Santa Cruz September 10

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. NTTS Program participants (described above) 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 NTTS 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.

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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 2-6 weeks by Coach Soren (see Swim Program above). 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 in 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 chopiness 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 Weekend

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

- **Santa Rosa Training Weekend** - April: Whether or not you'll be racing IM 70.3 Santa Rosa or IM Santa Rosa (formerly Vineman) this year, come camp with us for an awesome weekend of organized riding, running, swimming, and - of course - eating. An SVTC classic event!
- **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 community, 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 their 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
- Ironman Santa Cruz 70.3

Hope to see you out volunteering!



Silicon Valley Kids Triathlon



Sunday June 4, 2017

For the 18th year, 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 is 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.

Get more information on registration and volunteering 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.

SANTA ROSA TRAINING WEEKEND

In April, the club will gather in Santa Rosa 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 be registered for either Ironman Santa Cruz events 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 have a fun and social team 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.

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 for our official SVTC kits. Ordering is open year round and it is dropped shipped straight to you! See all the SVTC gear offered on the SVTC website.



Over the years we have Special Edition SVTC Kits offered for a limited time! These designs are not considered the “Official” club design but are for members who also like a more “Outside the Norm” design.

The 2016 design was inspired by the Silicon Valley tech industry. The potential 2017 design will be edgy and colorful. A mock-up design will be posted by the end of February. Minimums are needed for a group order. Delivery window 6-8 weeks from master order. The Special Edition kits are produced in California on Wattie Ink brand gear.



Club Competitions

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.

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SVTC Communications

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



Members can conveniently receive the weekly “What’s Going on at SVTC” email which contains important club announcements, the current week’s workouts and upcoming social events. To receive the “What’s Going on at SVTC” and other important club announcements via email, log-in to your account on our website, under the “Forums” menu, select “Club Announcements”. To set up additional profile preferences follow the instructions posted for “Setting Up Your Website Profile & Forum Access” pinned at the top of the “Club Announcements” forum.

Our website forums are 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 username and password, enter profile information, sign the Liability Release Waiver, and submit a web order for membership.

SVTC 2017 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 all event and workout information. Come check us out! You won't be disappointed!

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

HAPPY TRAINING!

