



Silicon Valley Triathlon Club

Member Information Packet

2012 Programs and Events



"The Silicon Valley Triathlon Club serves multi-sport athletes of all ages and abilities. Our goals are to provide education and training activities, coached programs and seminars, and to stimulate a team atmosphere in a supportive and social environment."



SVTC Club Calendar and Events

All events listed in the tables below are posted on our club calendar available on our website (<http://www.svtriclub.org/calendar>), and many are announced in advance by email via the on-line discussion groups and forums. There are two online Yahoo Groups where members can be updated on club activities and share triathlon related information. “**SVTC-Announce**” is for official club announcements posted by board members, coaches and sponsors. “**SVTC-Discussion**” is a forum where you can ask fellow club members questions or post information you think would be beneficial to the club.

SVTC Monthly Events	
Monday	Club Meeting: Every 2 nd Monday of the Month (March – November) Location - Sports Basement, Sunnyvale at 7:00 pm Moved 1-2 times to visit other great sponsor locations – Check SVTC-Announce each month
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	Club Happy Hour: Every 3 rd Friday of the Month Location – Varies – Announced through the e-mail groups.
Sunday	

SVTC Weekly Club Workouts	
Monday	Core Workout: (Off-Season Jan - Feb) Time and Location Announced in December
Tuesday	
Wednesday	Track Workout Year -Round: 6:30 p.m. at De Anza College, Cupertino. In the Spring/Summer* the location alternates between De Anza College (track) and Rancho San Antonio (trails). *During De Anza construction check SVTC-Announce for alternate location Swim Program Year-Round: 6:30 p.m. - 7:30 p.m. California Sports Center at Fremont High, Sunnyvale.
Thursday	
Friday	
Saturday	Club Bike Ride: Details announced weekly at SVTC Announce Rancho San Antonio Club Run: 6:00 p.m. (After DST Begins); 4:00 p.m. - 5:00 p.m. (After DST Ends). Check SVTC-Announce for time changes.
Sunday	
	Club Bike Ride: Details announced weekly at SVTC Announce New To The Sport (NTTS): 8:00 a.m. – Location Varies (February – August) Club Run: 8:30 a.m. Los Gatos High School. Multiple route options Open Water Swim: (Approx. 1/month)

SVTC Annual Events	
January	Annual Club Holiday Party: Member Recognition, Awards, Year-End Recap Annual Open House Meeting & New Member Drive
January	
March	Get Your Bike Out of Storage - Start of Organized Club Group Rides Wildflower Training Weekend: Club Sponsored Event
April	
May	Wildflower Club Competition: Club Activities Planned All Weekend USAT Club National Championship - San Diego, CA Kids Triathlon: SVTC Organized and Staffed - Fundraising Race
June	
July	
August	Please Volunteer at Our Local Races! USA Triathlon Tri Club Challenge – Folsom
September	
October	USAT Southwest Regional Club Championship – Tempe, AZ Summer BBQ Social Volunteer Appreciation Happy Hour Turkey Trot Club Competition
November	
December	
	Ironman Hawaii Social: aka Kona Party!

Track Program

The SVTC Track program runs year round on Tuesday evenings from 6:30-7:30. The default location for the workouts is the De Anza College Track in Cupertino. During daylight-savings time, some workouts will be held at Rancho San Antonio. Emails with workout details will be sent out to the "SVTC-Announce" Yahoo Group on the Monday prior. Beginning in late February, De Anza is scheduled to undergo construction which will prevent the club from using it for Tuesday workouts. Please stay tuned to the SVTC-Announce list for information on our track workout location during this time.

The focus of the SVTC Track Program is to be all-inclusive and therefore tailored to ensure the workouts serve members of all abilities. Track sessions will also take into consideration upcoming races that many SVTC members will be competing in.

Who: Sherry Smith, SVTC Head Track Coach

When: Tuesdays 6:30-7:30pm

Where: De Anza College Track; Alternates during peak season with Rancho San Antonio for off-road trails and hill training.

The SVTC Track Program is funded by club dues and is a benefit of membership. Non-members are welcome to attend one or two sessions for free, however, visitors must sign a Liability Waiver, which can be filled out online.

Coached Pool Swim Programs – Podium Program

SVTC, in cooperation with [California Sports Center](#), operators of the Sunnyvale Swim Complex located at Fremont High School, 1238 Sunnyvale-Saratoga Road, offers a year-round Wednesday evening tri-specific "masters" swim program. This program has the following unique features making SVTC a leader in triathlon programming:

- Periodized for Triathlon racing season
- Coordinated with Track and Cycling programs
- Includes stroke instruction as well as aerobic conditioning

Who: Laura Schuster, SVTC Podium Program Swim Coach

When: Wednesdays 6:30-7:30pm

Where: Sunnyvale Swim Complex, Fremont High School, 1238 Sunnyvale-Saratoga Rd

<http://www.calsportscenter.com/swim/index.shtml>

Cost: Pool fee charged by CSC approximately \$6/workout with a punch card or purchase a monthly pass.

Open Water Swim Program

The Open Water Swim Program is designed to provide new and experienced triathletes a safe, social, and inclusive environment to swim in open water, in order to provide the training and experience necessary to reduce the energy expended, and increase performance in the swimming leg of a triathlon race.

Monthly scheduled workout sessions in lake, bay, and ocean settings provide club members with free instruction and assistance in the following areas:

- Stroke Instruction:
 - Balance and Posture
 - Arm Motion
 - Breathing
 - Hip Rotation and Body Roll
 - Kick
- Racing Techniques:
 - Sighting
 - Race Starting, Entry, and Exit
 - Surf Practice
 - Equipment
 - Drafting
- Safety and Overcoming Fear
 - Cold Water Tricks
 - How to Avoid Panicking

The majority of the Open Water Swim workouts will combine an optional opportunity for a “Brick” workout (additional ride/run immediately following the swim), depending on the venue. Workouts will be posted on the calendar one month in advance and will have an e-mail reminder with RSVP request on Monday of the week before. "Chalk Talk" will occur for the first 20 minutes before swimming commences. Most popular workout locations: Lake Del Valle (Pleasanton), Aquatic Park (San Francisco), Coyote Point (San Mateo), Capitola, and Cowell's Beach (Santa Cruz).

Requirements for participation: Club membership or signed workout waiver, and ability to swim 30 minutes continuously in a pool or open water. 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 swimming session begins.

Look for announcements of the open water swims in the "SVTC-Announce" emails as well as calendar entries approximately 1 month in advance.

Please contact Randy Batterson at randybatterson@yahoo.com for further information regarding open water swims.

The SVTC Open Water Swim Program is funded by club dues and is a benefit of membership. Non-members are welcome to attend one (1) open water swim workout free, however, you must sign a [Liability Waiver](#), the waiver can be completed online. Members need to bring their membership cards to show when checking in for the workout.

Cycling Program

The main goal for the SVTC cycling program is to provide improved biking techniques and skills. Some of which include: improved pedaling technique, proper hand and seat position, better maneuverability around corners, stronger climbing up-hills, faster down-hills, safe braking and target heart-rate pacing. Some time trial (TT) practice sessions will be held to focus on "On the Bike" skills and fitness training based on heart-rate. The program will encourage pack riding skills and teamwork. While these skills do not directly improve triathlon performance due to drafting rules, the ability to ride comfortably and faster with other people will increase an individual's confidence to ride with stronger riders in the SF Bay Area.

Workouts:

SVTC offers two weekly group rides led by members. These workouts are held on Saturday mornings and Thursday evenings. The workouts will be described in detail with e-mail messages at "SVTC-Announce" several days before the actual workout session.

The Saturday ride will focus on improving your bike endurance and group riding skills. The workout will be defined by RPM, heart rate, pedaling technique and other technical factors. The workout has several options for length of the ride and it usually has several regroupings along the way. The workout is meant to offer a challenging bike workout with the company of other SVTC members. ALL LEVELS WELCOME.

Who: Warren Mine, Member led workout

When: Saturdays, time of the day is announced via "SVTC-Announce"

Where: Starting point and route is announced via "SVTC-Announce"

The Thursday night ride is a challenging hill and tempo workout with only one or two regroupings. The ride focuses on bike handling skills, group riding, up-hill and down-hill techniques and pace-line riding. The ride will work your aerobic and anaerobic engine and help improve your power on the bike and your ability to recover after the hills. The ride usually splits in several groups and there are ride leaders for several abilities so no one will be left behind. The ride alternates each week between a challenging hilly route and a faster flatter route. ALL LEVELS WELCOME.

Who: Garry Chinn, Jason Hegland, and Other Volunteers

When: Thursdays at 6:00 p.m.

Where: Starting point is usually Lucky's parking lot on Foothill and Arboretum. Details of the ride is announced via "SVTC-Announce"

Official club member-led workouts also require visitors to sign the Liability Waiver.

Core Program

SVTC offers weekly core training during the off season (January - March). The goal of the workout is to make you stronger and less prone to injury during the race season. Final details are announced in December. Information on the current 2012 core class is below:

- Who:** Erik Garcia, coach
- When:** Mondays, Time 6:30 p.m.
- Where:** Peak Physical Therapy, Cupertino

Clinics and Workouts

SVTC offers a wide variety of one-time clinics throughout the year. Clinics are meant to focus on specific skills outside your regular training. Examples of clinics we offer include: run technique and videotape sessions, bike maintenance and bike skills, stretching and injury prevention, race transitions, etc. The clinics offered depend on what the members want to know more about. Any ideas let us know!

SVTC can also help arrange additional workouts led by outside parties. A popular class we have arranged in the past is a weekly spin class held in the off-season, (December - March). Other workouts include yoga, intro to masters swim program, swim technique, etc.



NTTS: New to the Sport

Coach Brandon Nugent: Welcome to NTTS! This is a great time to come out and prepare for what will be an exciting emersion into the world of triathlon.

NTTS is geared toward those who have never done a triathlon or who feel they need to revisit the basics. Whether you are new to fitness training entirely or you are accomplished in one or more of the sports (just have not put them all together yet), NTTS will help you reach not only the starting line, but the finish line as well. In addition, if you have been racing in the sprint distance and want to go to the next level, you can benefit from the NTTS workouts.

With respect to the four disciplines of triathlon (swim, bike, run and transitions), NTTS will cover each in some fashion. Wetsuit how-to's, with the occasional kayak-led open water swim with transition practice all will be part of the program. We'll also cover the supporting workouts and actually do a 'brick'!

Every Saturday starting in February, we will be meeting to focus on training and how to build a training week to accomplish your triathlon goals.

Here is the usual format:

- 8:00am arrive at workout location and get gear together
- 8:15am start pre-workout briefing
- 8:30am wheels or feet are on the move
- 1 ½ to 2 ½ hour workout
- Wrap-up workout

If you have not done so, please print out the racer survey sheet and bring it to your first workout. By doing this you will help shape the ongoing program and we will be better suited to assist you in your racing and fitness goals.

Non-members are welcome to attend one session for free, however, visitors must sign a Liability Waiver, which can be filled out online.



Volunteer Incentive Program: VIP

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

For those new to the sport, volunteering gives you a chance to see how a race works. How to setup in transition, how to move into and out of the transition area, what products others use during a race, what food athletes bring to a race and how to pack up your gear after the race. It also gives you an opportunity to meet other athletes who you will surely see at other races!

Seasoned athletes know how great it feels to have a volunteer cheer them on, provide nutrition or directions at the right time. Volunteering is a great way to meet new friends and be part of a fun and challenging experience. It takes many people to put on a race and have it run smoothly and volunteers are a huge part of making a race a successful event.

SVTC recognizes and greatly appreciates the time its members give back to the sport. We show this appreciation through our **Volunteer Incentive Program**. Members that spend a significant amount of time volunteering are awarded generous prizes that include nutritional products, gift certificates, triathlon gear, race entries, etc. Please refer to the Volunteer Incentive Program details found on the SVTC website under the “Members” menu.

Thank you for helping us participate in something that we love to do!



Additional Membership Perks:

- Generous Club Sponsors who provide discounts on equipment, products, and services
- Discounts on local races
- Members only distribution list
- Monthly guest speaker and club raffles
- Use of club bike cases and wheels
- Free 16 week Training Programs for Sprint, International, and Half-Ironman distance triathlons

Silicon Valley Kid's Triathlon

Presented by: Silicon Valley Triathlon Club

We've all heard of the Hawaii Ironman Triathlon, but did you know that young athletes here in California also have the opportunity to use their swimming, cycling, and running skills but in something that is much less serious and strenuous than an Ironman? SVTC puts on this premier youth athletic event to provide a day of triathlon for kids of all ages and abilities. It emphasizes health, self-esteem, self-confidence and fun, in a safe, family-friendly environment. This event is the largest youth triathlon in the country with over 1,000 participants. The Silicon Valley Kid's Triathlon raises money for the Silicon Valley Children's Fund (<http://www.svcf.org>), a non-profit organization that benefits abused, at-risk, neglected and foster children here in Silicon Valley. 2012 is the 13th Anniversary of the SV Kid's Triathlon. You can get more information by going to www.svkidstri.org.



Social Events!

We race hard and we play hard! OK some harder than others! Part of our mission statement is “to stimulate a team atmosphere in a supportive and social environment”. How better to do that than social events where the members can get to know each other instead of saying hello in T1 or passing someone on the course.

MONTHLY HAPPY HOUR:

Every third Friday of the month there is an SVTC Happy Hour – location varies around the Peninsula/South Bay

WILDFLOWER TRAINING WEEKEND

On April 13-15, the club will gather at Harris Creek campground for a training weekend. There will be organized bike rides and runs and a swim clinic as well as a club-sponsored barbeque and other socializing. You don't have to be racing Wildflower to attend or get something from the training weekend!



ANNUAL SUMMER BBQ:

BBQ and play games with all of your friends and family – kid friendly – as long as they do not mind sharing the jumpy house with adults! Usually scheduled in September.

IRONMAN CHAMPIONSHIP “KONA” VIEWING PARTY:

Come watch the Ironman Championship when it is aired on television. Usually a happy hour format – pizza and beverages – bring some Kleenex because they love to make you cry during those touching segments! Usually scheduled in December.

ANNUAL SVTC CLUB PARTY

Every January we come together to celebrate the season past and give thanks to all of our members. An evening of friends, food and fun! We even handout awards! Some of them this year were: “Athlete of the Year”, “Most Inspirational”, “Best Legs”, and “Best Looking in a Wetsuit”! Which one do you want??

SVTC Training and Racing Kits

We have NEW Club Gear!! With a fresh new design and Louis Garneau's upgraded racing technology you will for sure want to show off which club you belong to! Purchase early or risk being on the waitlist!! (Below are the mock-ups of the cycling jersey and the cycling shorts – Not an exact replica)



Join SVTC Now!

As you can see, membership has its benefits. Whether you are an experienced triathlete/multi-sport athlete or a beginner, you belong in the Silicon Valley Triathlon Club!

Calendar Year 2012 Dues:

Membership Classification	Annual Membership *Expires 12/31/2012	End of Season Registration or Early Renewal (2013)
Age Group	Beginning 1/1/2012	Beginning 9/1/2012
Regular	\$65	\$60
Junior (16 & Under)	\$35	\$30
Senior (65 & Older)	\$35	\$30

If you are a full time high school or college student please contact the SVTC membership officer for membership discounts based on your student circumstances.

How to Sign-Up:

The preferred method of joining is using the "Online Application" and making payment with the PayPal service or by sending a check. This allows you to enter your ID and personal information into our database. Because many of our fixed club costs like coaching fees are tied to membership numbers, yearly club dues are non refundable.

1. Online Application & Renewals (preferred): Use the links on our website:
http://www.svtriclub.org/join_svtc
2. Instructions allow choice to pay via PayPal or by check.
3. After you join please sign the online liability waiver.

A "Paper Application" is also available for those wanting to send the application and check via snail mail.

The following 3 items must be submitted in order to become a SVTC Member:

1. Download and fill out the Paper Application form.
2. Write a check payable to "SVTC"
3. Download and sign the Waiver Of Liability form

Please send these three items to:

Larry Moberly Attn: SVTC Membership 931 Rose Ct. Santa Clara, CA, 95051

Current Membership: 450+!

Visit us at www.svtriclub.org

Silicon Valley Triathlon Club 2012 Membership Application

Personal Information:

Name: _____
Date: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone Home: _____ Work: _____ Cell: _____
Email Address: _____ DOB: _____ Gender: M F

Additional Information:

Where did you hear about SVTC?
_____ USA Triathlon _____ Friend _____ City Sports Ad _____ At a Race
_____ SVTC Web Site _____ Other Web Site _____ Google Search
_____ Active.com _____ Other _____

Demographic Information (optional):

Number of Years in Triathlon: _____
Ability Level: _____ Beginner _____ Intermediate _____ Advanced _____ Elite
Level of Education: _____ High School _____ College _____ Post-Graduate
Income Level: _____ <\$30K _____ \$30 - 50K _____ \$50 - 75K _____ \$75 - 100K _____ >\$100K

Member Status:

New Member:

Renewal: Membership Number _____

2012 Dues:

Full Year (Jan 1 - Dec 31) / Off Season (Oct 1 - Dec 31)
Regular: \$65 / \$35
Junior (16 & Under): \$35 / \$20
Senior (60+): \$35 / \$20

Please mail signed liability form, check made out to SVTC, and application to:

Larry Moberly
Attn: SVTC Membership
931 Rose Ct.
Santa Clara, CA 95051
<http://www.svtriclub.org> Rev. 01/14/2008

FOR CLUB USE ONLY

Member Number:
Check #:
Amt. Paid:
Date Paid:

SILICON VALLEY TRIATHLON CLUB

ASSUMPTION OF RISK AND RELEASE OF LIABILITY

NOTICE: This release form is a contract with legal consequences. Read it carefully before signing.

In consideration of the acceptance of my membership application for membership in the Silicon Valley Triathlon Club (hereinafter "SVTC" or "Club"), I hereby freely and voluntarily agree to the following representations, waivers and agreements.

I know and understand that SVTC is a Triathlon/Dualthon Club and that the sports of Triathlon and Dualathon are action sports that combine the individual sports of Swimming, Bicycling and Running, each of which independently, or in any combination with other sports do carry significant risks or serious personal injury, death and property damage. I also know and understand that while participating in and/or training for these sports, I am exposed to many natural, mechanical and environmental conditions and risks which independently or in any combination with the activities of others may cause property damage or bodily injury including severe or fatal injuries to myself or others.

I agree that I alone am responsible for: (a) my proper preparation and safety while participating in any organized SVTC race, training session, event or other Club activity; (b) providing, utilizing and maintaining the equipment necessary for the safe enjoyment of my participation in any such Club event; and (c) wearing a properly functioning SNELL or ANSI Approved helmet while participating in any SVTC event which includes bicycling, regardless of form (i.e. road or mountain riding). I also represent that I have no physical or medical condition, which in my knowledge would endanger myself or others, while I participate in these sports or activities.

Being fully aware of the risks, conditions and hazards associated with these sports, I HEREBY ACKNOWLEDGE that SVTC, its directors, founders, members, sponsors, agents and any other club-affiliated individuals and/or entities are not in any way responsible for my safety while participating in any SVTC organized race, training session, event or other Club activity and I FURTHER AGREE TO WAIVE, RELEASE AND DISCHARGE for myself, my heirs, executors, administrators, legal representatives, assignees and successors and interest (hereinafter "successors") in any and all claims of damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of my participation in any SVTC event, against any person or entity identified above, whether such injury or damage was the result of negligence or carelessness on the part of the persons or entities mentioned above, and whether such injury or damage was foreseeable or not, including all such claims regarding the design, condition of any equipment utilized by me in such events with out regard to whether such equipment is specified or recommended by such persons or entities mentioned above.

*I further agree to forever **HOLD HARMLESS and INDEMNIFY** all persons and entities identified above, general specifically from any and all liability for death, personal injury or property damage resulting in any way from my participating in SVTC events of any kind.*

I also agree, for myself and successors, that the above representations are not mere recitals and that they are binding; and that should I or my successors assert any claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending against such a claim unless they are found liable for willful and wanton negligence.

This document contains the entire agreement between parties and if any term of provision of this agreement is found invalid or unenforceable, the remaining terms and provisions of this agreement shall remain binding and enforceable.

I acknowledge that I am 18 years of age or older, and I have read and understand the contents of this document.

Date: _____
(Please Print name here) (Signature)

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If you are under 18 years of age, a parent or legal guardian must read and sign the above waiver and complete the following section and sign where indicated: I (print name) _____, the undersigned, am the parent and/or legal guardian of (minor's name) _____. I hereby acknowledge that I have read the foregoing waiver for and on behalf of the minor named herein and hereby bind myself, the minor and our successors to the terms of the forgoing waiver. I represent that I have the legal capacity and authority to act for and on the behalf of the minor named herein, and I agree to indemnify and hold harmless the persons or entities mentioned above for any claims made or liability assessed against any of them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor named herein.

Date: _____
(Print Parent/Guardian Name) (Parent/Guardian Signature)