



Board of Directors Meeting Minutes for April 18th, 2016

Board Members Present:

President – Ron Harrison
Vice President – Charlie Johnson
Past President – Jeff Bowman
Treasurer – Jerry Chestnutt
Director-At-Large – Mike Weyant
Director-At-Large – Kathy McDaris
Director-At-Large – Jen Barton
Director-At-Large – Charles Dickerson

Board Members Absent:

Secretary – Jon Nash
Director-At-Large – Robby Turner

Call to Order:

Call to order by President, Ron Harrison, at 6:06 pm.

Quorum:

Quorum established with eight (8) board members present.

Reading/Approval of Previous Minutes:

Previous minutes from March 21, 2016 were approved.

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Reports:

- Gulf Winds Track Club Meeting – Ron Harrison
 - This month's meeting was attended by Ron Harrison on Wednesday, April 13, 2016. The following items were presented:
 - **Requested changes to the “Triathlete Training and Contacts” section of the Fleet Foot. Changes were requested to update information and better serve our members (Email with changes sent to Fred, Tony, and Charlie 3/28):**
 - Change section from **Triathlete Training and Contacts** to **Gulf Winds Triathletes Training and Contact Information**.
 - Change **Triathlon Events** contact from Bill Dillon and his email information to **Triathlon Events: Gulf Winds Triathletes Board of Directors, info@gulfwindstri.com**. (This address goes to all board members.)
 - Follow the email contact section with the line: **More information on the Gulf Winds Triathletes is available at <http://gulfwindstri.com> and on Facebook at <https://www.facebook.com/gulfwindstri/>. Monthly meetings are held the third Monday of every month at 6:30 pm at Momo's Pizza in Killlearn, on Market St.**
 - Change **Swimming Times** to **Swimming Information** with the following information. **More information on pool hours and lap lane availability is available at:**
 - City of Tallahassee Aquatics: <https://www.talgov.com/parks/parks-aquatics-aqua.aspx>
 - Morcom Aquatics Center (FSU): <http://www.seminoles.com/ViewArticle.dbml?ATCLID=209595998>
 - **At the March Tri Club Meeting, the Board of Directors voted to make Jon Nash (currently Secretary on the BoD) our backup Treasurer.**
 - Presented, voted on, and approved by the Gulf Winds Track Club at their April 13, 2016 meeting. Katie Sherron to get in contact with Jon to take care of bank paperwork.

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- **Newsletter to go out to our ~240 members by Wednesday, April 13, 2016. Proposed articles are:**
 - Reminder of our April Meeting Speakers.
 - DRC Sports Race Registration Giveaways (Online for May 28th Crystal River Tri Series #1 Sprint Triathlon... 2016 Grand Prix Event and at Monthly Meeting for June 11th Crystal River Tri Series #2 Sprint Triathlon... NOT on 2016 Grand Prix.)
 - Meet Your Board of Directors: Charles Dickerson.
 - Triathlete spotlight.
- **Recent Gulf Winds Triathletes Clinics:**
 - Open Water Swim Clinic, 3/26/2016, **46** swimmers, **8** “swim angels”, **4** kayakers, and **2** certified lifeguards. Participants swam the Red Hills Triathlon course at **Lake Hall (Maclay Gardens)** and practiced swim starts. There was a potluck after.
 - Transition Clinic, 4/3/2016, “Transition: Sport Four of the Triathlon (a.k.a. - Free Time)”, **~25** participants and coaches. Held at the **J.R. Alford Greenway**. Participants received a great talk on rules, tips for more effective/efficient transitions, and were able to practice the entire race transition process.
- **THANK YOU! Thank you to the track club members who always support/volunteer at our biggest, local, season-opening, Red Hills Triathlon!**
- **4/7/2016 Meeting with Leon County District 3 Commissioner John Dailey re: Trailhassee Endurance Challenge featuring paddling, mountain biking, and hiking/trail running.**
 - Initial planning stages, but really exciting potential to bring visitors to Tallahassee and allow teams to compete for money for local charity and prizes.
- **Next Meeting: Monday, April 18, 2016 at Momo’s Pizza in Killearn, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.**

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- **Speaker:** Brady Irwin, Founder and Head Coach, Science of Speed.
 - **Topic: “Recovery: Often Forgotten, Never Replaced.”** Learn some of the most important factors regarding recovery and improve your current methods and practices with several quick tricks and scientifically based options.
 - Announcement of DRC Sports Race Registration Giveaway, from online, for May 28th **Crystal River Tri Series #1** Sprint Triathlon... 2016 Grand Prix Event.
 - DRC Sports Race Registration Giveaway, via drawing, for June 11th **Crystal River Tri Series #2** Sprint Triathlon... **NOT** a 2016 Grand Prix Event.
- Treasurer’s Report – Jerry Chestnutt
 - Jerry reported that we currently have **\$7,780.13** in our account and he will be working to appropriately categorize items from the last month or two.
 - Jerry will be working with Track Club Treasurer, Katie Sherron, to bring Jon Nash up to speed as Co-Treasurer.
- Membership Report – Ron Harrison / Charlie Johnson
 - **240** members as of **4/6/2016**.
 - Numbers should be higher with Red Hills Triathlon sign-ups. Good showing and interest at the Red Hills Triathlon packet pick-up. Thank you for allowing us to be there, Kathy McDaris!
- Clothing Sales – Ron Harrison for Jon Nash
 - No update on shirts/stickers. Ron Harrison will follow up with Jon when he returns.
 - Good sales at the Red Hills Triathlon packet pick-up. Thank you for allowing us to be there, Kathy McDaris!

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Agenda Items:

- **Tri Endurance Solutions' Coach Development Program / Athlete Skills Camp proposal.** – Ron Harrison
 - Posted on Facebook on March 23 and seen by 60 members. Only **one (1)** response, but it was in the affirmative.
 - Ron Harrison to pin post on Facebook page and allow board members to post responses to hopefully gather more visibility among members, to solicit more feedback.
- **USAT Club Insurance.** - Kathy McDaris
 - Kathy to forward the email from the USAT Insurance contact that better explains our coverage and how we need to word/organize our events, clinics, etc.
 - Kathy forwarded email from Lindsay Dale, Certified Insurance Service Representative, USAT Insurance, regarding guidelines for ensuring that club “practices and activities” are covered by club insurance, during meeting.
- **Recent Gulf Winds Triathletes Clinics:** – Ron Harrison
 - Open Water Swim Clinic, 3/26/2016, **46** swimmers, **8** “swim angels”, **4** kayakers, and **2** certified lifeguards. Participants swam the Red Hills Triathlon course at **Lake Hall (Maclay Gardens)** and practiced swim starts. There was a potluck after.
 - Transition Clinic, 4/3/2016, “Transition: Sport Four of the Triathlon (a.k.a. - Free Time)”, ~**25** participants and coaches. Held at the **J.R. Alford Greenway**. Participants received a great talk on rules, tips for more effective/efficient transitions, and were able to practice the entire race transition process.
- **Next Gulf Winds Triathletes Clinic?** – Ron Harrison
 - The following activities/practices were proposed and the following board members volunteered to take ownership of setting them up:
 - Emergency Bike Repair and Tire Changing Clinic - Ron Harrison.
 - Visit to FSU's Sports Medicine w/Robin Gibson - Kathy McDaris.
 - Visit to FSU's Institute of Sports Science and Medicine w/Dr. Mike Ormsbee - Charlie Johnson.
 - Group Swim Lesson/Drills w/Chris Clark, Club Seminole Swim Coach - Mike Weyant.

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- **Changes to Fleet Foot (Gulf Winds Triathletes Info) submitted 3/28/2016.** – Ron Harrison
- **Jon Nash as backup Treasurer.** – Ron Harrison
 - Presented, voted on, and approved by the Gulf Winds Track Club at their April 13, 2016 meeting. Katie Sherron to get in contact with Jon to take care of bank paperwork.
 - Spoke with Jerry on 4/15 and he hopes to get an update on the accounts and access to everything Jon needs in the next week or so. He also stated that he will be looking to step down next year.
- **4/7/2016 Meeting with Leon County District 3 Commissioner John Dailey re: Trailahassee Endurance Challenge featuring paddling, mountain biking, and hiking/trail running.** – Ron Harrison
 - Initial planning stages, but really exciting potential to bring visitors to Tallahassee and allow teams to compete for money for local charity and prizes.
 - Ron Harrison planning to attend “Trailhack: Info and Ideation Session” (<http://www.trailhacks.io/>) on Thursday, April 21, 2016 at 6:30 pm at Domi Station, as a “trail enthusiast” to provide insight on what is desired from these resources.
- **DRC Sports Race Registration Giveaways (Online for May 28th Crystal River Tri Series #1 Sprint Triathlon... 2016 Grand Prix Event and at Monthly Meeting for June 11th Crystal River Tri Series #2 Sprint Triathlon... NOT on 2016 Grand Prix.)** – Ron Harrison
 - Request for reimbursement of raffle tickets - \$8.
 - Motion made and approved. Jerry Chestnutt provided Ron with a check during meeting.
- **Red Hills Triathlon Recap:** - Ron Harrison/Robbie Turner/Jon Nash
 - Request for reimbursement of \$32 for Tri Club Tent Weights from Home Depot?
 - Motion made and approved. Jerry Chestnutt provided Ron with a check during meeting.
 - Several directors commented that they liked the bike course changes, feeling it was more challenging, but safer. Charles Dickerson stated he liked having a second shot at the hills on the second loop.
 - Congratulations, and thank you, again, Kathy McDaris!

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- **Jackie Robinson Boys and Girls Club 5K in Cairo, Georgia.** – Charlie Johnson
 - Race is being directed by Charlie's mom and his dad has created the art of the t-shirts.
 - Would like to encourage everyone to attend and will make announcement during general meeting.

Additional Business:

- The first Youth Triathlon Series (YTS) was held Sunday, April 10, and was well attended. There were 25 kids and most were first-timers. - Mike Weyant.
- First Youth Triathlon Series (YTS) race is coming up on Sunday, May 1, 2016. Call for volunteers was posted today and request that it be announced at the general meeting. - Mike Weyant
 - Ron Harrison made announcement at general meeting, calling for volunteers for the May 1 YTS race.
- Update on 2016 Grand Prix - Charles Dickerson
 - Charles to follow up with Bill Dillon to see if an update can be posted on the webpage as soon as available.

Future Meeting Speakers & Topics:

- **Next Meeting: Monday, May 16, 2016 at Momo's Pizza in Killlearn, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.** – Ron Harrison
 - **Speaker:** Marci Gray, Physical Therapist and LifeSport Coach. **Topic:** “**Stretching and Injury Prevention.**”
- June Speaker – Chris Bach, FSU's ISSM. Topic: Athlete Environmental (Heat/Cold) Testing Results.

Close of Meeting:

- The meeting was adjourned by President, Ron Harrison, at 6:56 pm.

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