



Board of Directors Meeting Minutes for February 15th, 2016

Board Members Present:

President – Ron Harrison
Vice President – Charlie Johnson
Past President – Jeff Bowman
Secretary – Jon Nash
Director-At-Large – Mike Weyant
Director-At-Large – Kathy McDaris
Director-At-Large – Robby Turner
Director-At-Large – Jen Barton
Director-At-Large – Charles Dickerson

Board Members Absent:

Treasurer – Jerry Chestnutt

Call to Order:

Call to order by President, Ron Harrison, at 6:04 pm.

Quorum:

Quorum established with nine (9) board members present.

Reading/Approval of Previous Minutes:

Previous minutes from January 18, 2016 were approved.

Reports:

- Gulf Winds Track Club Meeting – Ron Harrison
 - This month's meeting was attended by Ron Harrison on Wednesday, February 10, 2016. The following items were presented:
 - **Newsletter went out to our 205 members today:**

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- Announcement of reorder for Gulf Winds Triathletes, Louis Garneau tri and bike kits. Orders to be taken online with a deadline of Tuesday, 2/16/2016. Hope is to get orders before Red Hills Triathlon, April 8.
- Announcement Race Discounts for 8 of the 12 events on our 2016 Grand Prix schedule.
- Update on the USAT National Club Challenge results for January, naming the top three men and women in the bike portion. February's focus is the run.
- Triathlete Spotlight on junior triathletes, Bonnie (14) and Bernadette (11) Burns.
- Announcement of our March Speakers/Topic, “**Ultraman Athlete Q&A: Lessons for EVERY Athlete**”, with Jon Nash and Marci Gray and announcement of our 2016 Swap Meet.
- Announcement of our next meeting...
- **Next Meeting: Monday, February 15, 2016 at Momo's Pizza in Killearn, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.**
 - **Speaker:** Roger Schmidt, 2015 Gulf Winds Track Club Male Runner of the Year and G.A.I.T. (Gait Analysis and Injury Technician) Manager at Capital City Runners.
 - **Topic: “Gears... Not Just for the Bike. Exploring your Running Pace Capacity and Aerobic Capability.”** Roger will be sharing how you can identify your spectrum of race paces (i.e. 5K, 10K, Half-Marathon, etc.) and how to apply that knowledge towards developing an effective pacing plan early in your race so that you can remain controlled enough to set up a strong finish! And since this month's discipline in the USA Triathlon's National Club Challenge is the run, we hope our members will be able to put what they learn to good use while pounding out those miles!
- **The Gulf Winds Triathletes Water Stop at Mile 12 of the Tallahassee Marathon, Sunday, February 7.**

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- Great turnout and enthusiastic support from our members, for the Tallahassee Marathon.
- Some questions about how the “Best Water Stop” competition will be handled since courses for half and full were different? For example, a larger number of runners participated in the half and did not go by our water stop, so we don’t expect any votes from those doing the half. **(Eric Godin, RD, reported that ONLY the full marathon runners will be voting.)**
- Treasurer’s Report – Jerry Chestnutt
 - No report in Jerry’s absence.
- Membership Report – Ron Harrison
 - We have **205** members as of **2/10/2016**. This is up from 176 members as of 1/12/2016. We finished the year with **320** members.
 - Ron Harrison to once again remind members to renew during announcements, tonight.
 - Ron Harrison reported that he has several of the new Gulf Winds Track Club trifold, membership brochures/applications for anyone asking for one, to join at the meeting.
- Clothing Sales – Jon Nash
 - John Nash reported that we need to increase orders of many of the bike/tri kit pieces to meet the minimum required for reorder.
 - Board approved Mike Weyant to place the order for the items on Wednesday, 2/17/2016, once reorder deadline passes.
 - Board approved Mike Weyant to order the minimum necessary for any pieces ordered, filling the number needed with the most popular sizes ordered last year. These will be kept in stock for sale throughout the year.
 - Ron Harrison to announce that kit reorder deadline is tomorrow, Tuesday, February 16, 2016.
 - Jon Nash to seek information from GWTC Clothing Coordinator, Maggie Beshara, for information on where stickers are ordered from. Ron Harrison recommended he reach out to Signs Now as he has used them for high-quality, very affordable, vehicle-quality stickers in the past. Board approved order of \$500 of stickers and magnets last year.

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- Jon Nash asked about getting technical shirts, matching the current uniforms, printed for sale. Jon to check with local vendors for costs and color options and present proposal to the board.
 - Board agreed that we should get women's and men's cuts of the shirts.
 - Kathy McDaris reported that she usually orders a 35/65 or 40/60 split of women's to men's items with success.

Agenda Items:

- From 1/18/2016 meeting, confirmed that club email addresses belonging to outgoing members, A. Bowman, B. Dillon, and R. Nieto, will be set/forwarded to go to the info@gulfwindstri.com address after March 1, 2016.
 - Update: USAT Club Insurance – Charlie Johnson/Kathy McDaris.
 - Discussion about exactly what insurance (USAT or GWTC) would cover us during club-sponsored events. **It was determined there is no need for the additional D&O insurance which would cost an additional \$575 annually. The D&O insurance would not provide additional coverage that is considered necessary or applicable to the tri club.**
 - Discussion about what level of membership checking was required at club-sponsored events.
 - Kathy McDaris to contact USAT regarding what is necessary to cover club-sponsored events.
 - See “Ideas for Club-Sponsored Activities.” agenda item for further discussion on proposed waiver/release forms for use at club-sponsored events.
 - Final Approval of 2/2/2016 changes to the Bylaws. Board approved changes. Bylaws to be sent to Jon Nash, by Ron Harrison, to be posted on the website.
 - Bylaws, Article VIII, Officers, SECTION II, PRESIDENT:
 - (Added) Effective January 1, 2017, the Gulf Winds Triathletes President shall become a voting member of the Gulf Winds Track Club with all powers outlined in the Gulf Winds Track Club's governing documents.
 - Bylaws, Article IX, SECTION II. STANDING COMMITTEES, 3. Awards Committee:
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- No reference to when the actual awards ceremony is to be held, so no changes necessary to allow awards to be held in January.
- (Added) a. Grand Masters Male and Female Triathlete of the Year: This award is given to both a male and female, over-50 member of Gulf Winds Triathletes, active in the club, whose love of triathlon is demonstrated not only in competition, but also in commitment, service, & inspiration.
- (Changed age from 18 to 19.) f. Youth Award: This award will be given to the individual member of Gulf Winds Triathletes, active in the club, who is under the age of 19.
- (Added) g. Special Awards: The Awards Committee shall have the power to propose special awards recognizing unique actions or achievements outside of the criteria of the other, listed awards.
- (Changed from “first week of December” to “second week of December” to allow the requested, additional time for submissions.) Nominations to the Committee shall be opened during the month of November and closed by the end of the second week in December. Once the nomination process has closed the Committee shall meet and evaluate the nominees. The Committee shall provide the Board with the list of recommend winners by the end of the second week in December. Absent a compelling reason, the Board shall adopt the Committee's recommendations.
- Bylaws, Article IX, SECTION II, STANDING COMMITTEES: 1. Grand Prix Committee. Appoint the Committee Chairman.
 - I have nominated Jeff Bowman as the Chairman of the 2017 Gulf Winds Triathletes Grand Prix Committee and he has graciously accepted. Jeff will appoint five (5) members to the committee to assist him.
 - Ron Harrison was the 2016 Chairman and members were, Jen Barton, Charles Dickerson, Nicole Benson, Jon Shiver, and Karen Munoz.
- Facebook Page: Member “purge” on the "Members Only" page set to begin February 15, 2016. Charlie Johnson to begin the purge and had questions about totally removing “blocking” or simply “ignoring” suspect join requests.

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- Discount Codes for Grand Prix Races were published in the February newsletter and a “Thank You!” email sent to all of the Race Directors providing discounts. Members needing codes from this point on will email the President to obtain the codes after a membership check.
- Update on the Gulf Winds Triathletes Water Stop at the Tallahassee Marathon – Kathy McDaris.
 - o The club tied for second place and will be receiving a cash prize.
 - o Jon Nash to find out how the water stop assignments are made and when groups can sign up for them so that we are prepared for next year.
 - o Ron Harrison recommended we ensure that we bring this issue before the board earlier so that more preparation and planning (theme, decorations, etc.) can be completed.
- Ideas for Club-Sponsored Activities.
 - o Response from Brady Irwin, Capital City Cyclists President, re: Waiver and “Tallahassee Endurance Organization”.
 - o Review of waiver by Bill Dillon. Copies of DRAFT distributed – Ron Harrison.
 - There was discussion and no consensus about whether or not membership needed to be checked at club-sponsored events or if a waiver would be sufficient.
 - Jeff Bowman reported that the weekly, intervals group simply has a pinned post on the Facebook event page that directs them to the GWTC Waiver that is hosted on EventBrite.
 - o Ron Harrison to check with Track Club on having our multisport version potentially hosted on EventBrite and determine if “boilerplate” text directing participants to this on each event would be sufficient to protect us?
 - o **Kathy McDaris to check with USAT on workout disclosures**
 - o Ideas from BoD?
 - From Charlie Johnson email:
 - Group Bike Ride:
 - o I think having the riders sign a quick document acknowledging the dangers of the ride and that they are a member is a worthy approach. For those who show up who are not members, we

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can't tell them not to ride on the roads. I think to those individuals, we should tell them that they are riding at their own risk and are responsible for their own safety. They would not be covered by the club insurance.

- o Many of you already do a wonderful job of organizing and leading these rides. It may just be a matter of stamping various rides with the GWTriClub name on them?
- Bike Tips:
 - o How to fix a flat.
 - o Options for aerobottles.
 - o Attaching nutrition to your bike.
- Transition Clinic:
 - o Transition Setups.
 - o Dos and Don'ts.
 - o Understanding the Transition Zone and best route to and from bike.
 - o Flying Dismounts.
 - o Flying Mounts.
- Brick Workouts at Track:
 - o Trainer set ups for multiple bike/run/bike/run/bike....intervals where everyone of all speeds is near each other throughout. This avoids the challenges of being dropped in the middle of nowhere and is safer, too.
- From Jon Nash, recommendation for a "Triathlete Olympics" incorporating timed events and other measures that could be competitive:
 - Power-output competition. This has been done at Science of Speed during open houses/talks.
 - Competition where you change a tire and then swim the length of a pool, timed.

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- Charlie Johnson has volunteered to put something together and present it to the board.
- Kathy McDaris would like to incorporate/invite members to participate in a run or other events during and a potluck after the March 26, 2016 Open Water Swim clinic at Maclay Gardens. She will email the board with more information once she confirms availability of a pavilion with the park.

Future Meeting Speakers & Topics:

- **March:** Ron Harrison reported that Marci Gray, and our own, Jon Nash, will share their Ultraman Florida experiences, what it takes to train for an Ultraman, and answer general questions at our March meeting during a presentation titled, "Ultraman Athlete Q&A: Lessons for EVERY Athlete."
- **March:** Ron Harrison reported we will also have the annual Swap Meet during the March meeting.

Additional Business:

- 2016 Youth Triathlon Series (YTS) Clinics - Mike Weyant
 - The board approved lane rental costs of **\$512** for four (4) Kids Swim Clinics to be held at Morcom Aquatics Center, April 10, May 14, July 17, and August 7, from 2:30 - 4:30 pm.
- Open Water Swim - Kathy McDaris
 - Kathy McDaris reported that the Open Water Swim will be held on March 26, 2016 at Maclay Gardens' Lake Hall. She will be checking with the park to see if we can reserve a pavilion for a possible potluck after.

Close of Meeting:

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The meeting was adjourned by President, Ron Harrison, at 7:04 pm.

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