



Board of Directors Meeting Minutes for March 21st, 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

**Board Members Absent:**

*Treasurer* – Jerry Chestnutt  
*Director-At-Large* – Charles Dickerson

**Call to Order:**

Call to order by President, Ron Harrison, at 6:02 pm.

**Quorum:**

Quorum established with nine (8) board members present.

**Reading/Approval of Previous Minutes:**

Previous minutes from February 15, 2016 were approved.

**Reports:**

- Gulf Winds Track Club Meeting – Ron Harrison
  - This month's meeting was attended by Ron Harrison on Wednesday, March 9, 2016. The following items were presented:

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- **Newsletter to go out to our ~216 members by Wednesday, March 16, 2016.**  
Proposed articles are:
  - Reminder of Swap Meet at March Meeting.
  - Reminder of our March Meeting Speakers.
  - USAT National Club Challenge Wrap Up:
    - Last month (February) was a run focused month for the competition. The club finished **17th** overall out of all teams in the US, and **9th** overall in our division.
    - Gulf Winds Triathletes Team 1 finished **11th** Overall, **6th** in Division 1, and **1st** in the Florida Region. Team 2 finished **92nd** Overall, **18th** in Division 1, and **8th** in the Florida Region. Combined, the two teams finished with **17,340** Swim Miles, **32,024** Bike Miles, and **32,222** Run Miles for a whopping **81,586** Overall Miles!
  - **Next Meeting: Monday, March 21, 2016 at Momo's Pizza in Killbuck, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.**
    - **Speaker:** Marci Gray and Jon Nash.
    - **Topic: "Ultraman Athlete Q&A: Lessons for EVERY Athlete."** Ultraman Florida. That is 320-miles in 3-days. Stage 1 (Day 1) – 6.2 mile (10.0 km) Swim, followed by 90 mile (145.3 km) Bike. Stage 2 (Day 2) – 171.4 mile (275.8 km) Bike. Stage 3 (Day 3) – 52.4 mile (84.3 km) Run.
    - Bill Lott - Do we have three microphones for the soundbar used at the Tri Club Meeting? (**Bill reported that there is a corded mic and a wireless mic. He's not sure if they both work together, at the same time, but will check prior to the next meeting.**)
  - **Gulf Winds Triathletes Participation Release on EventBrite?**
    - Who is the point of contact for us to get something hosted on EventBrite, similar to Release used to intervals? Charges involved? (**David Yon stated that it is probably time for the**

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***Track Club's waivers to be reviewed and updated and the entire process of making them available and getting them completed, reviewed. Mike Burns and Tracy Godin also expressed interest in being involved with a subgroup to review this. Ron Harrison to email participation release that is being proposed by the Gulf Winds Triathletes to those interested in working on this subgroup - David, Mike, and Tracy. Emailed 3/10.)***

- **Exploring coordinating the hosting of a local “Athlete Skills Camp / Coach Development Program” by Tri Endurance Solutions, here in Tallahassee.**
  - The 2-day camp would be conducted by Tri Endurance Solutions' lead instructor, Shelly Winston, a USAT Level III coach. The camp is for both local coaches and athletes and affords 10 CEUs of coaching credits from USAT. The camp is unique in that it gives hands-on instruction to the coaches, who are then able to apply their new knowledge and skill to provide hands-on instruction to the athletes in attendance.
- Treasurer's Report – Jerry Chestnutt
  - No report in Jerry's absence.
  - Ron Harrison stated he had called and left message for Jerry. Hopes to touch base with him to get an update and will email that to board.
  - Mike Weyant recommended we get a backup in case of future situations like this.
    - Jon Nash offered to serve as backup, due to his existing accounting experience, and was approved by the board. Jon will work with Jerry to learn the accounts.
    - Ron Harrison will check with GWTC to see if approval is necessary.
- Membership Report – Ron Harrison / Charlie Johnson
  - **219** members as of **3/21/2016**.
- Clothing Sales – Mike Weyant / Jon Nash
  - Club Tri Kits - Mike Weyant.

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- Mike stated he received notice that the kits should be shipping on March 30, 2016 and are expected here by just before Red Hills Triathlon (4/9).
- Mike to post ship date and that kits are expected to be available for pick-up at the Red Hills Triathlon Packet Pick-up on the club Facebook page.
- Shirts/Stickers - Jon Nash.
  - Jon is going to work with Rupp Shirts to get some options together for colors and logos and present those to the board.
  - Jon is going to get some options for stickers together and present those to the board.

**Agenda Items:**

- Tri Endurance Solutions' **Coach Development Program / Athlete Skills Camp** proposal - Bill Dillon.
  - Charlie Johnson wanted to gauge if there was enough interest to meet the minimum necessary for the camp to be held.
  - Ron Harrison to post on the club Facebook page to ascertain interest.
  - Ron Harrison stated, and the board seemed to agree, that the club should not necessarily be the ones to coordinate the camp, but could support it by giving away a free registration or offering some amount towards each member's' registration.
  - Jon Nash and Jeff Bowman felt that the knowledge and skill exists within the club to potentially host our own camp, comprised of local coaches.
  - Jeff Bowman felt that the cost and time-commitment (2-days) would be too much for most members.
- Change the "Triathlon Events:" contact from Bill Dillon to [info@gulfwindstri.com](mailto:info@gulfwindstri.com)? Approved by the board.
  - Ron Harrison to request that the contact email address for Triathlon Information in the GWTC Fleet Foot be changed to [info@gulfwindstri.com](mailto:info@gulfwindstri.com) and that the current workouts information be removed and replaced with our website address.
- Confusion when responding to [info@gulfwindstri.com](mailto:info@gulfwindstri.com) email.

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- o Issue was raised about how to handle notifying the rest of the board when a reply is created to an email received from the [info@gulfwindstri.com](mailto:info@gulfwindstri.com) address. The board approved that, whenever responding to something received by that address, the responding board members should CC: the [info@gulfwindstri.com](mailto:info@gulfwindstri.com) address so that all members see that the email has been responded to and what the response was.
- Follow up that club email addresses of past directors have been forwarded to [info@gulfwindstri.com](mailto:info@gulfwindstri.com)?
  - o Jon Nash has forwarded the email addresses.
- Email from Tri the Rez Race Director, Jon Shiver, that the date has changed from Saturday, October 15 to Saturday, October 22. He reported that the change was in response to the FSU Football schedule. **(Email to remind him about notifying us of open registration and discount code sent 3/7.)**
  - o Website updated by Jon Nash on 3/16.
- Mike Weyant reported that he has been informed that there might possibly be a Sprint Triathlon in Bainbridge, Georgia on October 8, 2016.
- Club Signup Table at Red Hills Triathlon Packet Pickup? - Ron Harrison.
  - o Kathy McDaris reported that Ron Nieto will be handling membership checks at the Open Water Swim at Maclay Gardens on March 26, 2016 and that he will be in charge of anyone needing to sign up.
  - o Ron Harrison to coordinate coverage for a sign-up table at the Red Hills Triathlon Packet Pick-Up on Friday, April 8, Noon until 6:00 pm.
  - o Ron Harrison to attempt to get a number of the new GWTC trifold information/application forms.
- Bylaws approved 2/15/2016 have been posted on the website by Jon Nash on 3/16.
- USAT Club Insurance - Kathy McDaris?
  - o Kathy reported that she had spoken with the person in charge of Club Insurance and that being covered is much less onerous than we all thought.
    - Including "This is a club member-only event!" in all event/online postings for activities and then making that announcement at the practices should suffice for most situations.

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- o Kathy further stated that she will forward the email conversation to ensure that all board members are aware of the requirements.
- o Kathy reported that she spoke with someone from the large, San Diego triathlon club and that they purchased a special, Board Member Liability Policy and recommended that for peace of mind.
- Facebook Members-Only Page Purge Update - Charlie Johnson?
  - o Charlie reported that names only sort by first names and it makes it difficult to easily purge non-members, based on that.
  - o Charlie stated that he has currently made it through the letter "M" and will keep us posted on his progress.
- Tallahassee Marathon Water Stop Location Selection Criteria and Application Date - Jon Nash?
  - o Jon asked the board where we wanted to be on the course. The board responded that we would like to be somewhere later in the half marathon, but so that we see runners doing both the half and full distance events, passing our stop. He stated he would pass this information on to the race director.
- Posting an event waiver on EventBrite - Ron Harrison?
  - o Bill Dillon reviewed and felt that the posting of the waiver on EventBrite, for convenience, was a good idea. He further recommended that we put the verbiage about the waiver in the description of every event, but also say that by participating in the event, you are agreeing to the waiver. He stated that the perfect situation would be a signed waiver for every event, but that even that will not keep us from being sued, it will only serve to protect us if we are. He finished by stressing that no manner of "waiver" is going to protect us if we do something to put our members in an unreasonably dangerous situation.
  - o Ron Harrison asked about the waiver on EventBrite at the GWTC BoD meeting on Wednesday, March 9, 2016. ***(David Yon stated that it is probably time for the Track Club's waivers to be reviewed and updated and the entire process of making them available and getting them completed, reviewed. Mike Burns and Tracy Godin also expressed interest in being involved with a subgroup to review this. Ron Harrison emailed participation release that is being proposed by the Gulf Winds Triathletes***

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*to those interested in working on this subgroup - David, Mike, and Tracy. Emailed 3/10.)*

- Club-Sponsored Activities Follow Up:
  - **Gulf Winds Triathletes Open Water Swim Practice and Potluck!** Saturday, March 26, 2016 event posted by club at <https://www.facebook.com/events/241815196153211/> on Thursday, March 3, 2016.
  - Charlie Johnson to conduct, “**Transition: Sport Four of the Triathlon (a.k.a. - Free Time)**”, on Sunday, April 3.
    - Charlie reported he still needs to secure a location for the event and would like to seek approval for the venue. Jeff Bowman stated he would put Charlie in contact with the Leon High School Athletic Director.

#### **Future Meeting Speakers & Topics:**

- **April** - Brady Irwin, Science of Speed, “**Recovery: Often Forgotten, Never Replaced!**”

#### **Additional Business:**

- First Kids Triathlon Clinic date changed from April 10 to **April 17, 2016**. - Mike Weyant
  - Date has been changed to **April 17, 2016, 2:30 - 4:30 pm** and will be announced soon.

#### **Close of Meeting:**

The meeting was adjourned by President, Ron Harrison, at 7:02 pm.

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