



Board of Directors Meeting Minutes for January 16, 2017

Board Members Present:

President – Charlie Johnson

Vice President – Mike Weyant

Past President – Ron Harrison

Treasurer – Jon Nash

Secretary – Karen Jeter

Director-At-Large – Michelle Butler

Director-At-Large – Bill Garvin

Director-At-Large – James Harrison

Call to Order:

Call to order by President, Charlie Johnson, at 6:01 pm.

Quorum:

Quorum established with eight (8) board members present.

Reading/Approval of Previous Minutes:

- No previous minutes were presented. There was no December meeting due to Holiday Party.

Opening and Introductions:

- Goodbye, Welcome and Thank you – Charlie Johnson
 - Recognized the outgoing Board of Directors (J. Bowman, Chestnutt, Barton) and welcomed new members (Garvin, Harrison, Jeter). Thanked everyone for willing to serve the club.

Officers

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Board Member Arrival 6:04 p.m

Director-At-Large – Kathy McDaris

Reports:

- Gulf Winds Track Club Meeting, Wednesday, January 11, 2017 – Charlie Johnson
 - **Tri Club Insurance & USAT Club Membership is Renewed:**
 - Thank you to Katie Sherron for renewing insurance for 250 members at total cost of \$1,565. \$815 to be withdrawn by Katie from tri club account to cover Tri club's portion of cost.
 - USAT Club Membership renewed been confirmed that Club is in good standing through 12/31/2017
 - \$3 per head is covered by GWTC.
 - **2016 Grand Prix Update:**
 - Grand Prix Awards to be presented at 1/16/17 meeting.
 - **2017 Grand Prix is set:**
 - First Upcoming Event: Saint Marks Duathlon
 - **Sunday, March 12, 2017.**
 - Sanctioning with USAT application under review. Paid \$225 fee.
 - Info due to Active to set up registration ASAP
 - McDaris noted need for Refund Policy language
 - Cancellation Policy is to be added – Examples mentioned for reference were Red Hills, Santa Rosa, and YTS – C Johnson to handle
 - Board Members reviewed registration template - Charlie Johnson made a motion to approve Active Application, M. Weyant seconded, motion carried.

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- Johnson reported that registration fees and sponsorships would be more than enough to cover expenses
- It was noted that the USAT Waiver needs to be available for Race Day Registrations
- Facebook Ads to help promote event – J Nash to lead once registration opens
- Harrison noted to really push ads within the GWTC Community
- Johnson mentioned the approval to hang a banner advertising the Duathlon at the end of St. Mark's Trail
- Advertise with Capital City Cyclists and Tallahassee Mountain Bike Association
- McDaris recommended having waiver available for 13/14 year olds to participate
- Equipment reservations with GWTC made.
- Volunteers Needed. Volunteer Lead – McDaris: need to delegate Volunteer to be over specific areas
- Transition Materials Needed – Bike racks. Fencing. Etc. – M Weyant
- Discussions on how to get more participants to compete in Grand Prix
- Distribute Paper Flyers via Paul Guyas at Premiere Health Club event

Board Member Arrival 6:10 p.m

Director-At-Large – Robby Turner

- **Newsletter went out to our +700 track & tri club members on Thursday, January 12, 2017. Articles are:**
 - Next Tri Club Meeting is **Monday, January 16, 2017 at 6:30 pm**, at **Momo's Pizza** in Killlearn (Market Street).
 - This month's speaker: End of Year Tri Club Awards & Grand Prix Awards.

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- Triathlon Training and Contact Information.
- Triathlete spotlight: **Robin Bennett** and **John Sivyer**.

- Treasurer's Report – Jon Nash
 - Balance as of 12/31/16 \$6,500 down from \$7,150 in Nov – reduction due to Holiday Party, offset by \$1,500 increase from Sponsors (Qualside, RevTri, and Wood Partners)
 - 2 Sponsors have committed but not yet paid (Capital City Runners, Bill Dillon's Firm)

- Membership Report – Charlie Johnson
 - **137** members as of **1/13/2017**. Need to continue pushing renewal.
- Clothing Sales – Jon Nash – nothing to report
- Uniform Committee – Mike Weyant
 - Members have been notified
 - Sponsors pending – Uniform order deadline January 29th
 - Weyant is checking on production timeline, hopeful to have completed uniforms in time for Red Hills
 - Fit Kits are to be delivered for members to try on – Weyant to update, delivery date TBD

- Sponsorship – Charlie Johnson/Jon Nash
 - Send email to all members regarding Sponsorship opportunity – C Johnson to handle
 - Include Sponsors on Banner

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- Harrison makes a motion to consider a verbal and/or in writing commitment for sponsorship as confirmation even if funds have not yet been received. Nash seconded, motion carried.
- **2016-2017 National Challenge Competition**
 - Thanks to Mike Weyant for posting swim workouts in December
 - Thanks to Jeff Bowman for currently posting bike workouts in January.
 - Charlie Johnson to post run workouts in February.
 - Swim leaders for December: Jon Nash, Jamie Harris, Mike Weyant, Sandy Johnson, James Smith, Lori Abbey – in that order
- **Water Stop at GWTC 15/30K this coming weekend – Charlie Johnson**
 - **Saturday, January 21, 2017, 7:30 – 11:30 am. Race Director Jillian Heddeaus.**
 - Bonnie Wright is Volunteer Leader. Confirmed volunteers - Bonnie Wright, Fran Bridges, Tom Perkins, Lisa Chadwick, Ana Verano Sutherland, Maddy Sutherland
 - Water stop #2 for the 30K and just before the turn-around for the 15K. Would also help turn 15K racers around.
 - Keith Rowe will set up Tri Tent
 - RD will setup table with water and Gatorade that morning.
 - Race starts at 8 am. Four-hour cutoff. Estimated that last runner will be through water stop by 11:30 am.
- **Water Stop at Tallahassee Marathon – Sunday, February 5, 2017**
 - Located at 12.2 mile of half marathon and 13 mile of full marathon

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- **First Timers Clinics for Red Hills Triathlon** - Kathy McDaris
 - Open Water Swim Clinic as warm up to Duathlon, Saturday, March 11, 2017 – Maclay Gardens State park – K McDaris to handle
- **GWTC Online Tri Calendar**
 - All GWTC Grand Prix Races to be added
 - All Board Members will be given access to add training groups, races and events
- **Board Member Communications** – C Johnson noted that all members must check their GulfWindsTri.com email regularly to ensure timely communications

Future Meeting Speakers & Topics:

- **FSU ISSM Open House: Hosted by Mike Ormsbee on Monday, January 30, 2017 at FSU ISSM building? Location 1104 Spirit Way, Tallahassee, FL 32306 (FSU McIntosh Track & Field Building)**
 - Time to be determined – notification will be sent to members
 - Demos, VO2 Max, Bod Pod
- **Next Meeting: Monday, February 20, 2016 at Momo's Pizza in Killearn, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.**
 - **Brad Schmidt** is a Professor of Psychology and an internationally recognized expert on anxiety. He has developed novel approaches to the treatment of anxiety and other disorders. Plus he has completed several sprints and at least two 70.3 races. But perhaps the best sign of compatibility with the club members is that he loves beer and Momo's!
- **March Meeting: Monday, March 20, 2016 at Momo's Pizza in Killearn, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.**
 - **Chris Clark** is the only known Type 1 Diabetes to complete an Ironman distance. He will speak about his challenges he dealt with along with his swimming background.

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- **April Meeting: Monday, April 17, 2016 at Momo's Pizza in Killearn, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.**
 - **NOT CONFIRMED YET - Dr. Anders Ericcson** is the world's (yes that famous) eminent leader on how we acquire expertise. If you know about the "10,000 hour" theory to become an expert, that is Anders theory. He has a recent book called "Peak - secrets from the new science of expertise". He works with world class athletes as well as chess players, musicians and soldiers.
- **Close of Meeting**
 - Meeting was adjourned by President, Charlie Johnson at 6:47 p.m.

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