January 20th, 2025

**1. Opening and Introduction**

1. 5:38 PM: Bring meeting to order, establish quorum, adopt agenda: Matt Vermeer
   1. Members present: Brittany Vermeer, Matt Vermeer, Signe Ulsamer, Averi Lewis, Lura Diestelhorst
2. Board approval of November 2024 minutes: Matt Vermeer
   1. Motion to approve by Brittany, Signe second. Approved.

**2. Old Business**

a. St. Marks Duathlon update: Averi Lewis

- About 40 individuals registered so far, some volunteers registered but definitely will need more to sign up before the event. Will make an announcement this evening to call for volunteers, registration, sponsorship interest, and distributing promotional fliers to local businesses.

1. Gulf Winds Track Club board meeting: Matt Vermeer
   1. Track club has purchased 2 AEDs for club use at events and gatherings. We will be able to use one to have on hand at the Duathlon. Matt suggested that the Track Club sponsor a CPR course to promote health and safety among members training together.
   2. We want to try to promote more of their group workouts to our club and get more of our members aware of/involved in.

**3. New Business**

1. Tallahassee Marathon aid station – Feb 2nd
   1. Tri club will be manning the first aid station at the marathon. Vermeers proposed making a theme for the aid station to make it more fun. Will make a call for volunteers tonight and promote on social media.
2. At-large board member responsibilities: merchandise, socials, volunteer coordination
   1. Need to appoint at large members to take on some of the other miscellaneous responsibilities, such as bringing the tri club merchandise to the meetings, coordinating social events outside of the monthly meetings or group training (e.g. group bowling, ropes course, etc.). Will likely need to reevaluate this at future meeting when more of our at-large members are present.
3. 2025 Grand Prix Committee/schedule
   1. Two members have volunteered so far, but we need 3 more. Setting a deadline for committee formation of Saturday, January 25th.

**4. Speakers**

a. Speakers confirmed – (different speakers from 2024)

- Feb: FSU Institute of Sport Science- Kieran Patterson

(Suggestions- Gary Droze, Chris Stanley, Abigail Crowe)

**5. Announcements from Officers**

**6. Reports**

1. Treasurer: Signe Ulsamer
   1. Spending on awards was $2559.49, consistent with our predetermined budget of $2600.

b. Merchandise: Need someone who can bring shirts and towels to every meeting

c. Social Media: Brittany Vermeer

d. Website Updates: Brittany Vermeer

Website is currently being updated to reflect new board members and new dates/information for the Duathlon.

e. Discount Partners: Brittany Vermeer

f. Training Opportunities: Matt Vermeer

- We want to make an effort to have more group workout leaders or members posting when they are looking for company on group workouts.

- Need to start making plans to obtain permits to host open water swims in Lake Hall in the Spring (late March, early April).

- Vermeers would like to research the cost of pool rental to be able to take lane lines out of the pool and do some “open water practice”/drills in the water

6:15 PM – Meeting adjourned by Matt Vermeer. Lura second.