

DC TRIATHLON CLUB

2013 Annual Meeting & Kona Viewing



Welcome

Ryan Troll, President



Agenda



- Club “Business” Updates
- 2013 Highlights
- 2014 Partner Lineup
- Awards & Recognition
- Kona Viewing & Raffles

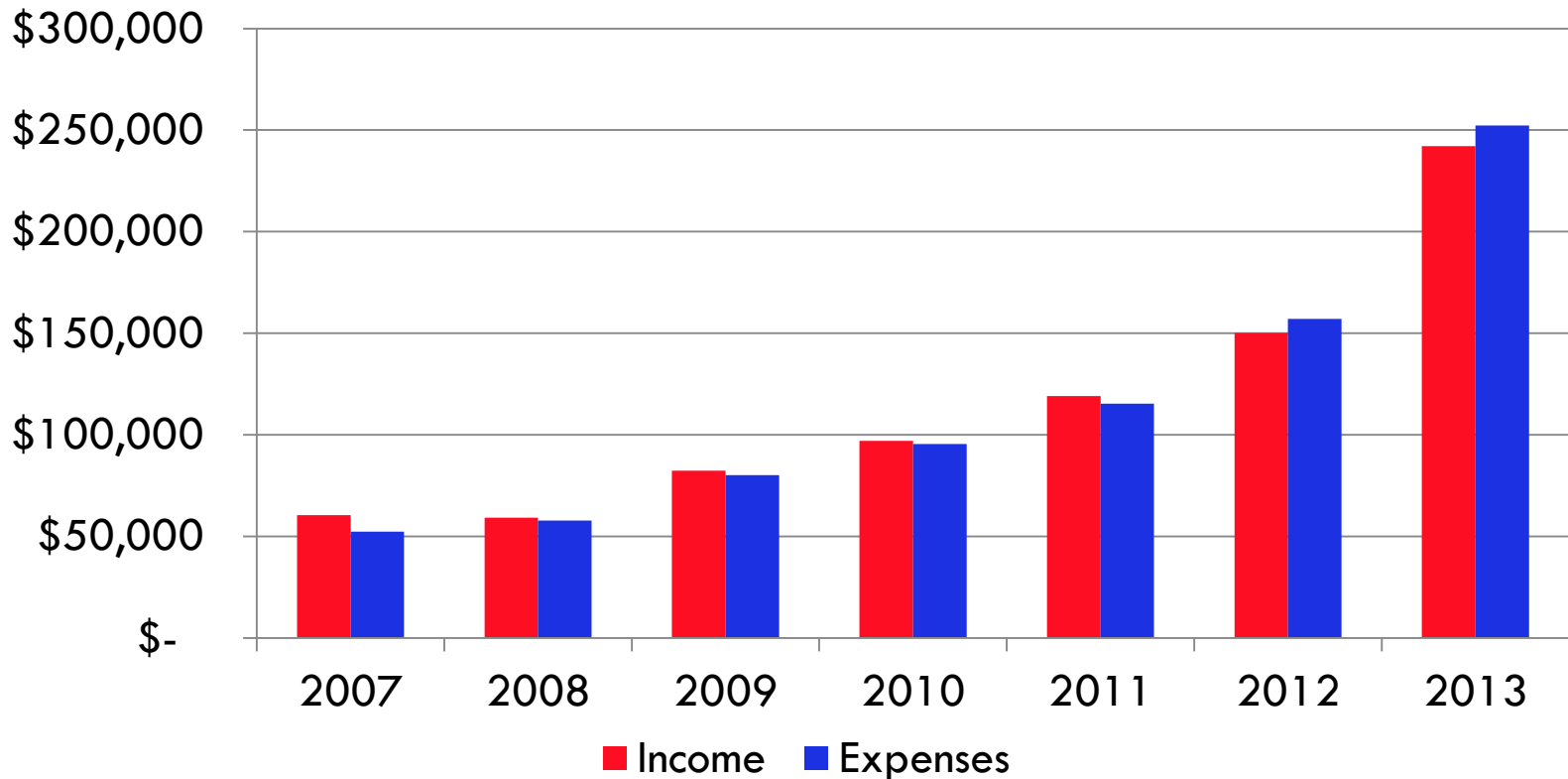
Financial Report

Patrick Serfass, Treasurer

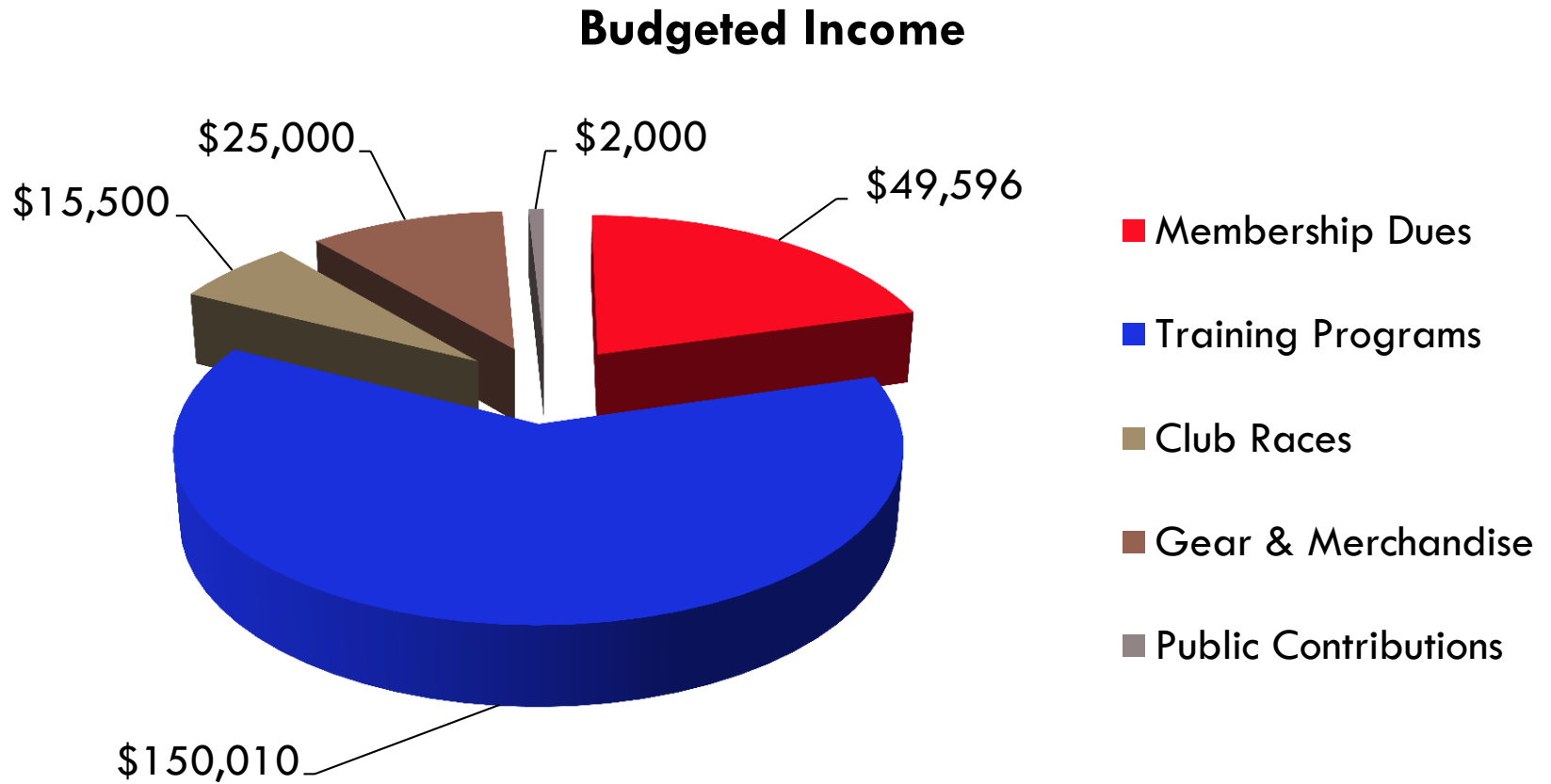


Financial Report

DC Triathlon Club Annual P&L 2007 - 2013

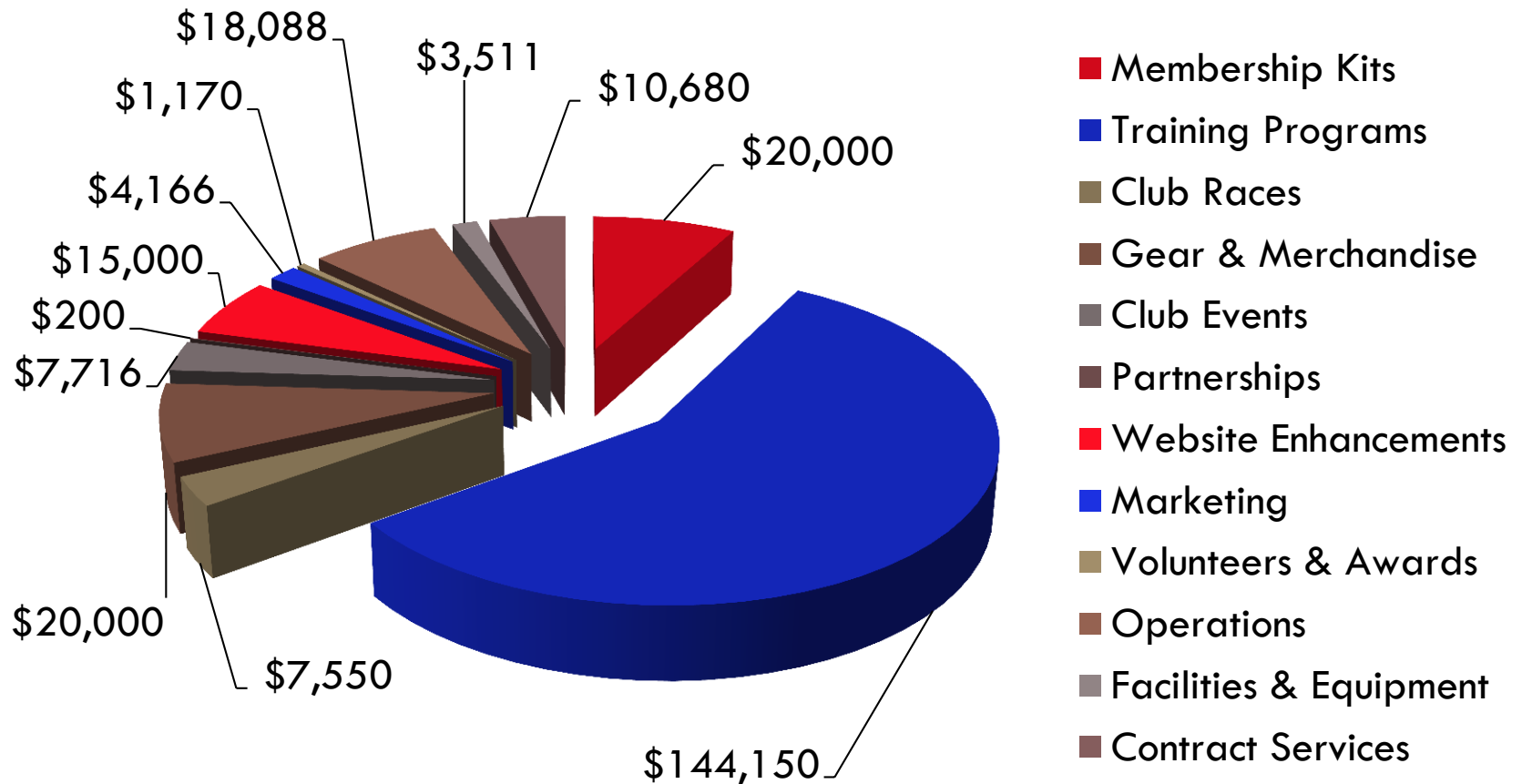


Financial Report



Financial Report

Budgeted Expenses



Club Operations

Abby Sanford, VP



Operations

- New kit vendor selected and contracted
- New kits designed and produced
 - ▣ Special thanks: James Hicks III
- New online shop



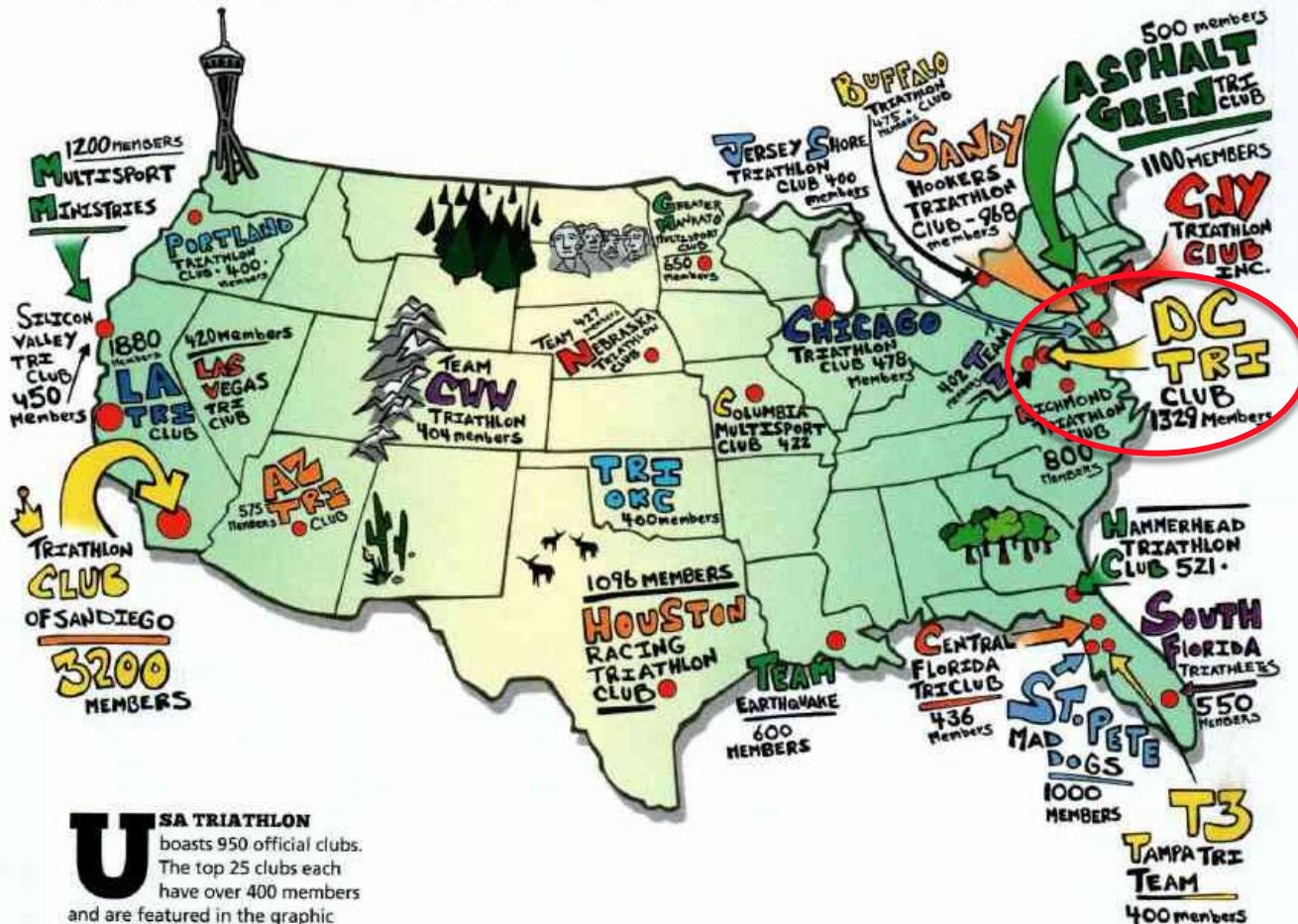
Membership Update

Nik Pleisch, Secretary



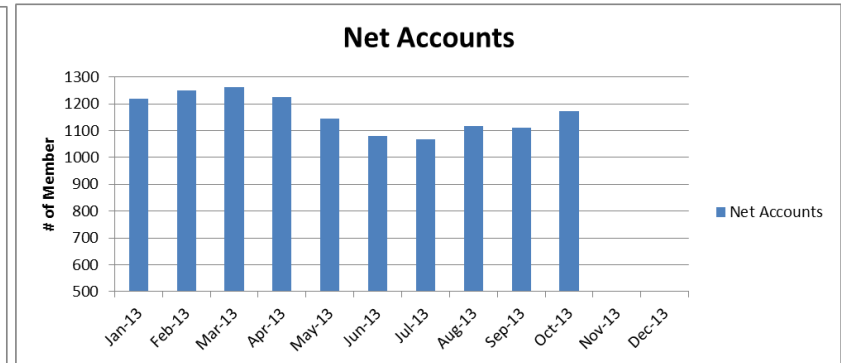
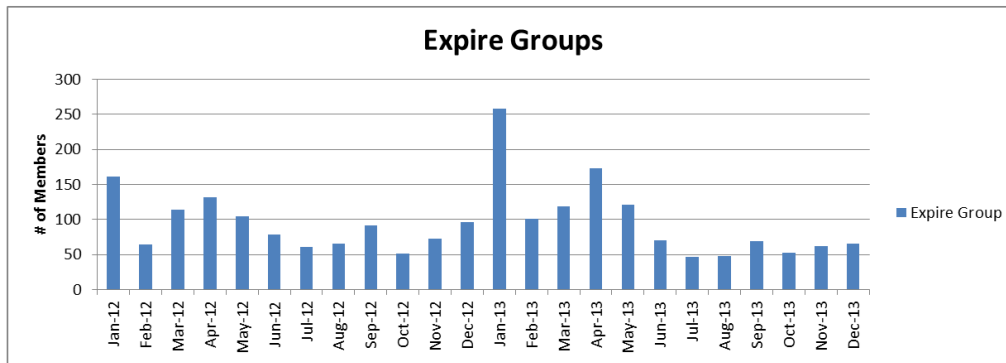
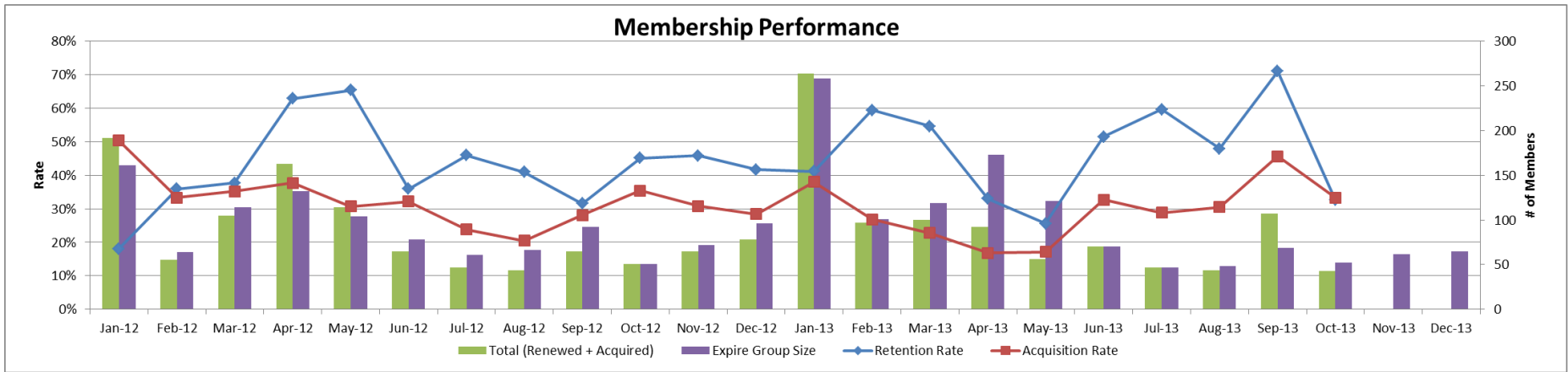
Membership

THE TOP 25 USA TRIATHLON OFFICIAL CLUBS



We Made
The Podium
At #3!

Membership Performance



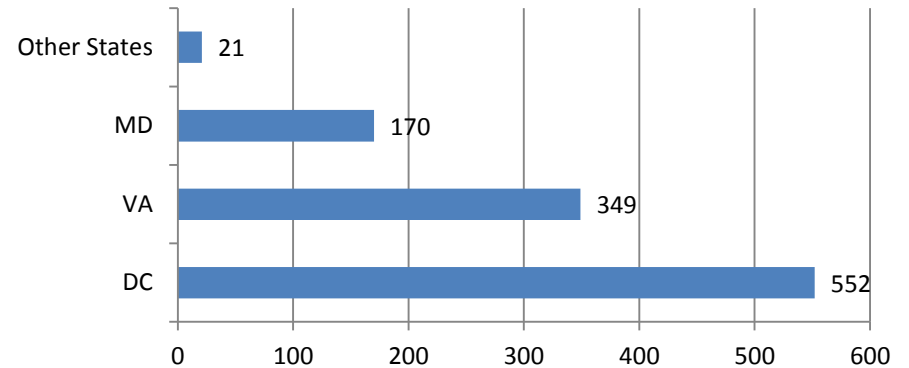
Membership Demographics



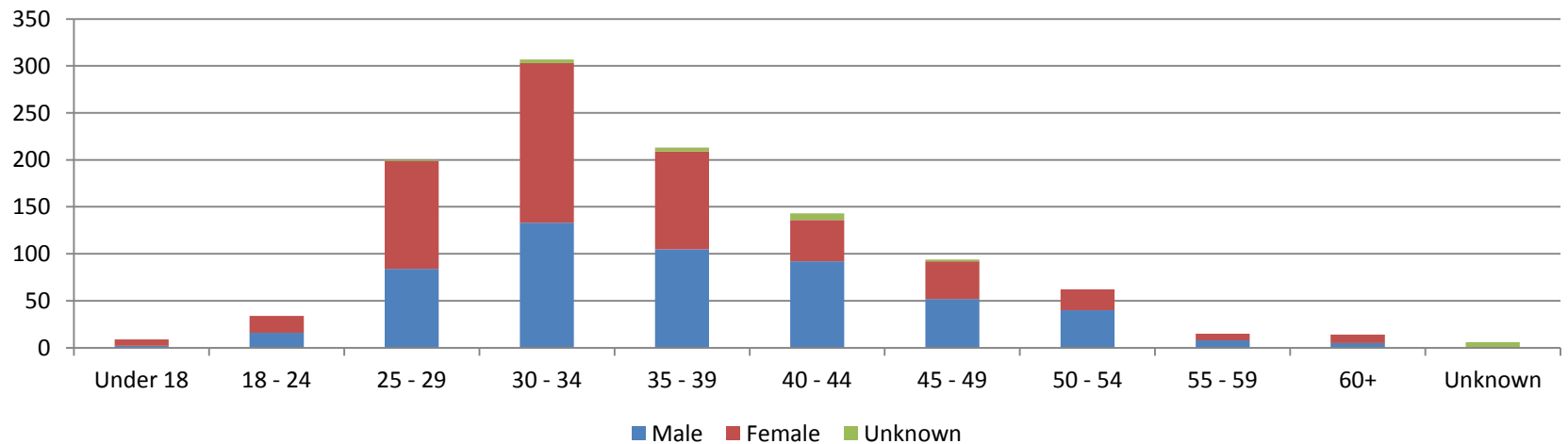
49%



49%



Age Demographics



2013 Highlights



Programs



Bryan Frank

New Triathlete Program (NTP)

- Very successful program this year. Class of 175 participants.
- Dominated at Naylor's Beach Triathlon (even had lots of podium finishes!)
- Informational meeting for 2014 class – January 11th.
- Registration opens – 1/13/2014 and program starts 1/27/2014.
- Goal race: Black Bear Triathlon on June 1, 2014 (slots are reserved and we have discount code).

2013 Program Leaders - Pamela Simmonds, Jason Brezinski, Catharine Myung, Mark Raugust, Allison Nordberg, Robin Myers, Octavio Mesner, Paul Mahler and Coach Will Grant

Olympic Distance Speed Program (ODSP)

- INCREDIBLY successful revamp of the program. Class of 30 participants.
- All completed their goal race and were faster or more confident at the Olympic distance event.
- Every review of the program came back with hugely favorable opinions.
- DC Tri / Snapple Elite Team helped out at all the clinics.
- For 2014, two classes: spring (Black Bear Tri) and summer (Nation's Tri).
- Spring class opens – 2/3/2014 and program starts 2/24/2014.

2013 Program Leaders – Coaches Brady Nelson and Julianne Miata

Programs



Bryan Frank

Half Ironman Program (HIP)

- Good year for the program. Class of 39 participants.
- Over half of them did the goal race at Rev3 Williamsburg.
- Registration for 2014 opens 12/09/2014.
- Key race: Musselman Half Iron Triathlon – Geneva, NY (hometown of club prez! and many many wineries).
 - Registration for Musselman opened yesterday!
 - Training plan would start 2/24/2014.
- Program start date can be adjusted for other races but clinics scheduled around the key race.

2013 Program Leaders – Coach AJ Morrison, Brady Nelson, Andrew Howard, Charles Molnar, Katie Tobin, and David Payne

Ironman Program (IMP)

- Small but good year for the program. Class of 15 participants.
- Over half did the goal race of Ironman Lake Placid.
- Registration for 2014 opens 12/09/2014.
- Key race: Ironman Chattanooga (yes, we know it sold out in less than 3 minutes).
- Program start date can be adjusted for other races but clinics scheduled around the key race.

2013 Program Leaders – Coach AJ Morrison, Matt Ferguson, Kimberley Kruse, Lynn Follansbee, Stephanie Brown, Patrick Pannett, TJ Collins, and Karen Willard

Programs



Bryan Frank

Masters Swim Program (MSP)

- The only Masters program geared toward triathletes to provide skills necessary to excel in open water.
- Expanded in 2013 to include 2 pools (UDC and Wilson) for morning and evening swims. Consistently have over 100 registering swimmers per quarter.
- Registration is always ongoing (Intro to Masters Program swims also).
- For 2014, simplifying the pass system; some additional perks to the “Unlimited Monthly Pass” purchasers.

2013 Program Leaders - Catherine Myung, Julianne Miata, Katherine Tobin, Liana Wyler, David Payne, Karen Willard, Myers Tyson, Thomas Colicchio, Nnamse Ammons, and Nichole Allem

Indoor Cycling Training Program

- Sold out classes for 2013 with lots of positive reviews.
- Saturday session at Fresh Bikes in Ballston; capacity: 70 people
- Sunday session at Off-Road Cycling Studio in DC; capacity: 24 on spin & on 12 personal bikes
- Registration for 2014 will open in December 2nd. Program begins January 4th and 5th for ten weeks.
- Program Instructor— Ron Benedict

Club Training & Racing



Adam Stolzberg

2013 Club Races/Competitions

- National Club Challenge Competition Champions!
- 8-time Mid-Atlantic Regional Club Champions!
- Swim Meets: 101 and Battle of the Tri Clubs
- Duathlons #1, #2 and #3
- Arlington Splash n' Dash
- Training Triathlons #1 and #2
- Rock Creek Park Spooky Sprint 5k/10k

Thanks to all DC Tri Training Ambassadors!

- Master Swim Program Team
- Travis Siehndel
- Hillary Peabody
- Patrick Serfass
- Hilary Cairns
- Mark Raugust

Thanks to Brick-Nics, Lake Anna and Deep Creek Lake Training Weekend Leads:

- Justin Bauer
- Allison Herren
- Robin Myers
- Murdoch MacNeil
- Khang Ho

2014 Featured Races



Adam Stolzburg

-- 2014 FEATURED RACES --

Race	Date	Distance from DC (miles)	Club Leader	Program Goal Race	Registration
Kinetic Triathlon	May 10-11	65	Need!!!		Opens Dec 1st
Black Bear Triathlon	June 1	200	Need!!!	NTP / ODSP	<i>Open Now»</i>
ITU Chicago	June 29	700	Andrea Fava		<i>Open Now»</i>
Musselman Triathlon	July 11-13	330	Ryan Troll	HIP	<i>Open Now»</i>
North East Triathlon	August 24	85	Amanda Melillo		<i>Open Now»</i>
Nation's Triathlon	September 7	0	Need!!!	ODSP	Not Open Yet
Ironman Chattanooga	September 28	600	Need!!!	IMP	Full

Social Events



Stephen Carlson

Monthly Happy Hours

- Third Thursday of the Month
- Alternate between DC and Arlington

LGBT Happy Hours

- Second Thursday of the Month
- Huge thanks to David Lutz

Regional Happy Hours

- Dispersed throughout the year
- Focus on Monthly and program gathers

Pre-race and Post Workout Gatherings

Gear Swap and Sale

- Huge thanks to Bethany Brez

Partners

Julia Nagy, Partnerships & Outreach



2013 Partner Lineup

freshbikes



HED.

TRAININGPEAKS™
The Ultimate Training & Nutrition Software



=PR=
POTOMAC RIVER RUNNING STORE
Arlington • Burke • Cleveland Park • Loudoun County
Reston • Rockville • Tyson's Corner
www.potomacriverrunning.com



THE BIKE RACK
WWW.BIKERACKDC.COM



GARNEAU

total200
ONE DAY, ONE RIDE, 200 MILES

the **YOGA** fusion studio



Volunteer Recognition

Presented by Ryan Troll



Volunteer Recognition

- Volunteers are key to our success!
- In 2013, club members donated more than **5,000 hours of their collective time**
- 100's of members volunteered their time in 2013 to support the club and our partners
- The following members were recognized by their peers as going above and beyond...

Adam Stolzberg

Allison Norberg

Catherine Myung

David Payne

Hamid Moinamin

Jason Brez

Jules Miata

Karen Willard

Katie Tobin

Liana Wyler

Lizzie Noll

Mark Raugust

Mike Tyson

Nams Ammos

Nikki Allem

Octavio Messner

Pam Simmonds

Paul Mahler

Robin Myers

Stephanie Tan

Tom Colicchio

Will Grant

2014 Board of Directors & Staff

Presented by Ryan Troll



Special Thanks...



Patrick Serfass



Dena Richardson



Julia Nagy



Stephen Carlson

2014 Board of Directors



Justin Bauer



Ryan Troll



Abby Sanford



Bryan Frank



Adam Stolzberg



Trevor Albert



Robin Myers



Nik Pleisch



Meaghan Jennison



Elizabeth Corona



Angela Norcross

2014 Board Advisors & Staff



Patrick Serfass
Financial Advisor



Stephen Carlson
Board Fellow



Rob Falk
Legal Counsel



Adrienne Farfalla
Staff

DC Triathlon Club Snapple Team

Presented by Bryan Frank



2013 DC Tri Club / Snapple Team

- 2013 Team a success!
- The DC Tri Club / Snapple Elite team was heavily used by the Olympic Speed program
 - Swim, bike handling, and running clinics
 - Transition and race strategy clinics
- Highlights of race results from the Elite team:
 - Overall podiums (top 3 overall): 14 out of 56 races with 7 wins, 5 second places, 2 third places.
 - Wins: 4 from Hilary Cairns, 1 from Stephanie Ewert, 1 from Chad Wolf, 1 from Jenny Leehey
 - Age group podiums (including overalls): 22 out of 56 races with 17 AG wins out of 56 races
 - Exotic locals visited to represent DC Tri Club / Snapple:
 - Canada: Mont-Tremblant and Whistler (Ironman)
 - Austria (Ironman)
 - London (Short Course World Championships 2013)
 - New Zealand (Short Course World Championships 2012)
 - Milwaukee, WI (USAT Age Group Nationals)

2013 DC Tri Club / Snapple Team

□ Some Individual Highlights:

- **Joe Munchak – 8th Amateur IM Wisconsin (Kona qualifier)**
- **Bart Forsyth – IM Canada (Kona qualifier)**
- Matias Palavecino – 3rd amateur Columbia Triathlon
- Joe Munchak – 6th amateur Columbia Triathlon
- Hilary Cairns – 4th amateur Columbia Triathlon
- Jenny Leehey – 1st overall Savageman 30.0
- Stephanie Ewert – 5th AG USAT Nationals Olympic
- Hilary Cairns – 8th AG USAT Nationals Olympic
- Hilary Cairns – 10th overall USAT Nationals Sprint
- John Chambers – 18th AG ITU World AG Championship
- Stephanie Ewert – 21st AG ITU World AG Championship
- Hilary Cairns – 3rd overall Nation's Triathlon
- Ellen Wexler – 5th amateur Rev3 Williamsburg
- Erin Bougie – 8th amateur Rev3 Knoxville

- Andy Sovonick – guided blind runner to a 2:52:05 at the 2013 Boston Marathon

2014 DC Tri Club Snapple Team

- In 2014 the team will continue to lead clinics, workouts, seminars and represent the club at races around the nation and around the world.



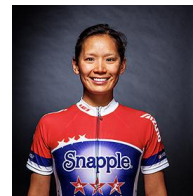
John Chambers



Stephanie Ewert



Courtney Fulton



Mindy Ko



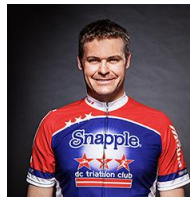
AJ Morrison



Stephanie Brown



Bart Forsyth



Zach Desmond



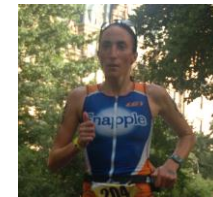
Jenny Leehey



Holli Finneren



Patrick Serfass



Emily Richard



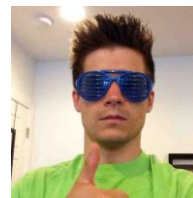
Hilary Cairns



Matias Palavecino



Sean Pierce



David Kraft



Joe Munchak



Bryan Frank

Club Awards

Presented by Trevor Albert



Rookies of the Year

□ Angela Norcross



□ David Eng



Most Improved

□ Deb Hopkins



□ David Lutz



Veteran Athletes of the Year

□ Katie Tobin



□ Bryan Frank



Spirit of DC Tri Club

□ Alejandro Escobar



Club Member of the Year

- Pam Simmonds



Closing Remarks

Presented by Ryan Troll

