

DC TRIATHLON CLUB

2016 Annual Meeting & Kona Viewing



Welcome



Pablo Torres
President



Lots to Celebrate!

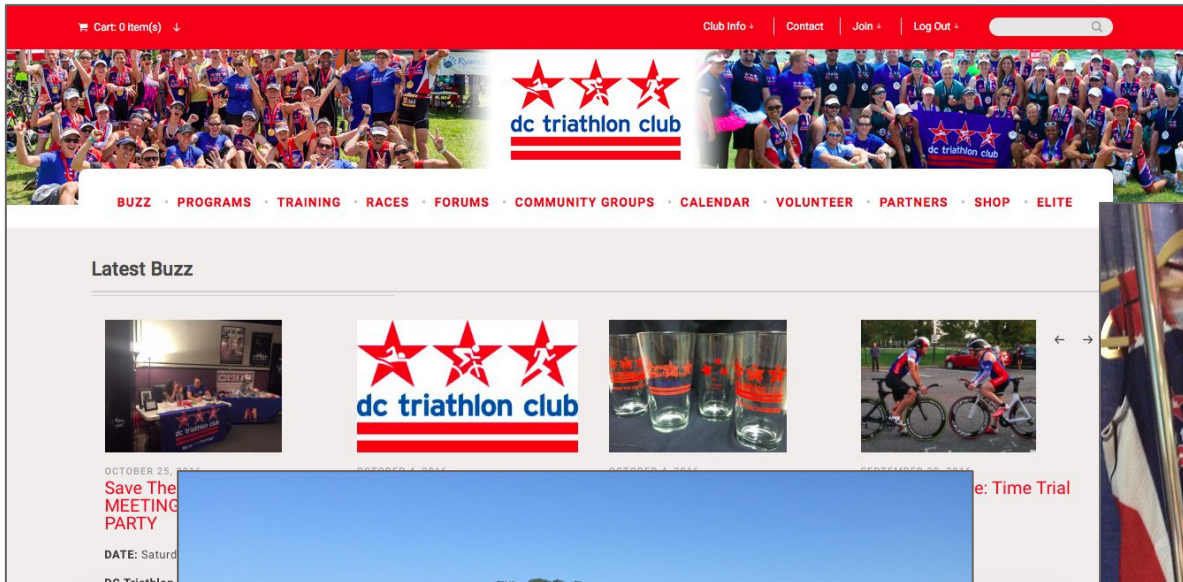
Club Mission: To empower our members to achieve their multisports aspirations.

How did we achieve our mission in 2016?

- *Training Programs:* OSS, NTP, ODP 1&2, HIM, IMP
- *2 Training Camps:* Williamsburg, Deep Creek
- *7 Club Races:* swim meet, Splash 'n Dash, 2 duathlons, Fort Ritchie training tri, 2 TTs
- *2 Bricnics:* Columbia and Nation's
- *Seminars:* So You Want to Be An Ironman, Training Programs
- And much more:
 - National Club Challenge
 - 3 member meetings
 - TRI screening
 - Spooky 5K, Holiday Lights Run
 - Happy hours
 - Race day support

DC Tri Club ROCKS because of you, our members, volunteers, partners, and the BOD!

2016 Strategic Initiatives



1) New Website



2) Improved gear operations

3) Club Racing

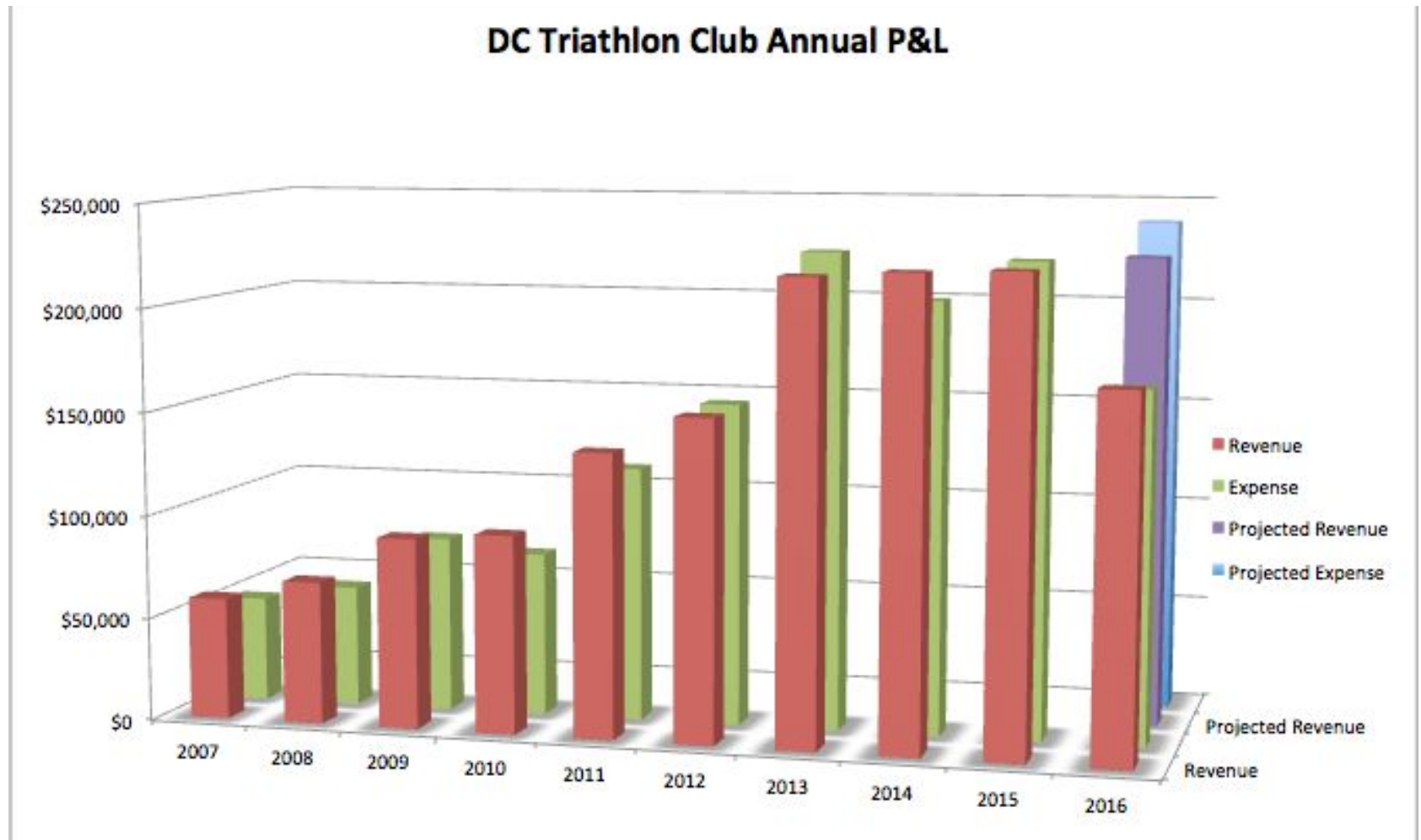


Financial Report

Bryan Frank
Treasurer

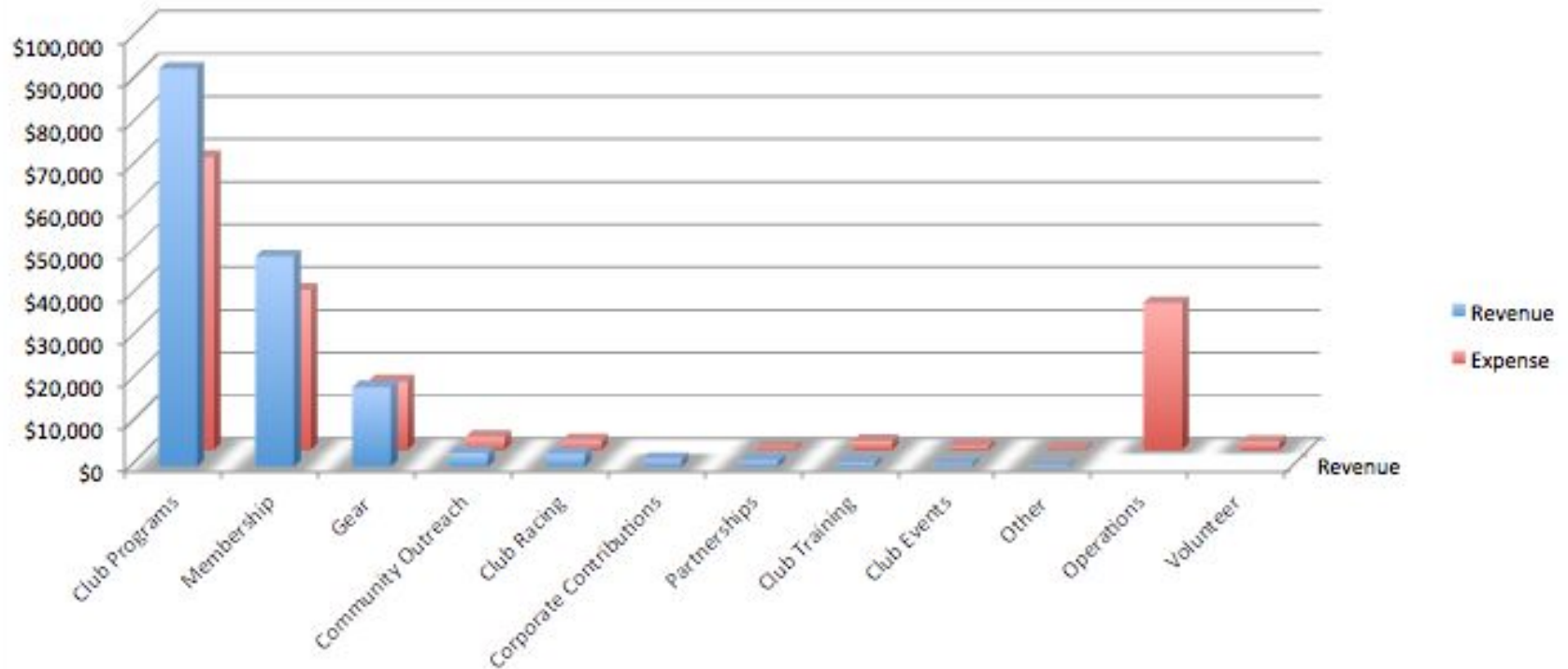


Financial Report - Growth



Financial Report – Functional Areas

DC Triathlon Club - Functional Areas 2016 YTD



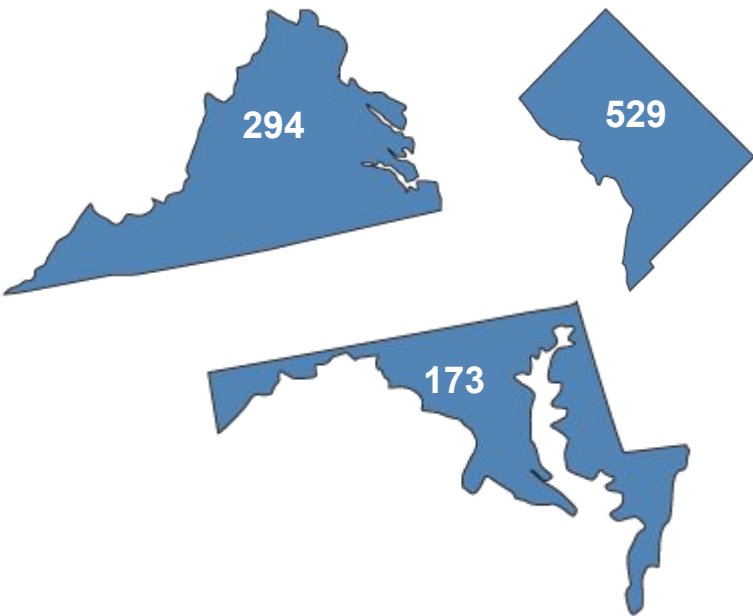
Membership Update

Rachel Dolan
Secretary

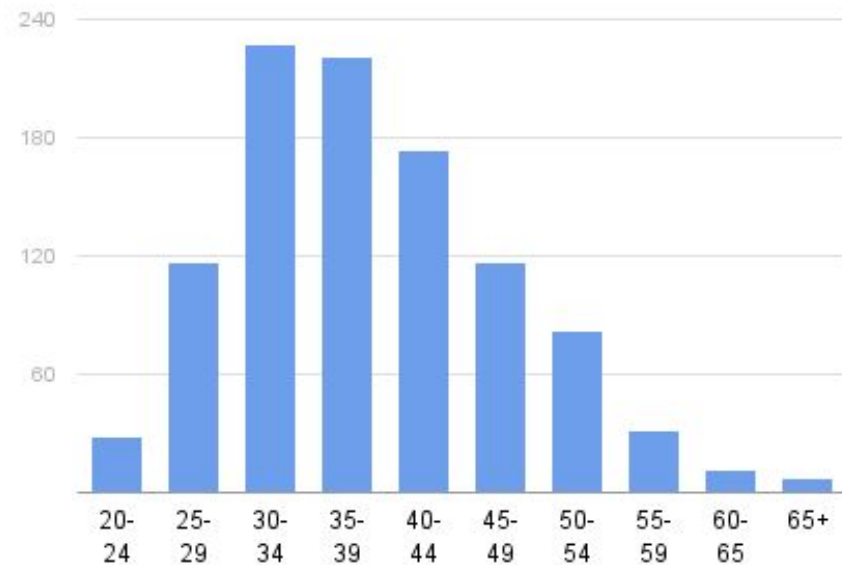


Membership Demographics

Active members: 1,037



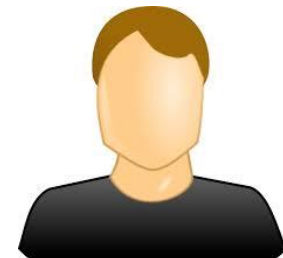
Age Demographics



52%



48%



2016 Program Highlights & DC Triathlon Club Elite Team

Matt Ferguson,
Director of Programs



Programs

We are the only club in the nation to offer such a comprehensive suite of training programs! Regardless of where you are in your triathlon career, we have a training program designed to help you achieve your multisport goals!

New Triathlete Program (NTP) ADD IMAGES OF RACERS OR ICONS FOR EACH PROGRAM

Olympic Distance Program (ODP)

Half IronMan Program (HIP)

IronMan Program (IMP)

Off-Season Spin Program (OSP)

Masters Swim Program (MSP)

Elite Team Program (ETP)

With 7 Programs, 30 volunteer staff members, and nearly 600 athletes, our training programs are by far our largest membership touchpoint!

Programs & Personnel

- ★ **New Triathlete Program (NTP)** – Program Coach Will Grant, Program Lead Allison Nordberg, Co-Leads Jason Brezinski, Cat Myung, Mark Raugust, David Payne, Josh Ferguson, David Eng, Nia Dickett, Kyoko Kawai, Peter Roady, Alex Shiroma
- ★ **Olympic Distance Program (ODP)** – Program Coach Jule Miata, Program Lead Victoria Anderson
- ★ **Ironman & Half Ironman Programs** – Programs Coach AJ Morrison, Program Lead Chris Jackson, Co-Leads Patrick Pannett & Cindy Hutchings
- ★ **Off-Season Spin Program (OSP)** – Program Coach Ron Benedict
- ★ **Masters Swim Program (MSP)** – Program Lead Liana Rosen, Program Coaches Cat Myung, Katie Tobin, Jule Miata, David Payne, Thomas Colicchio, Will Schaefer, Kim Orsulak, Claudia Blackburn, Emerson Padiernos, Rachel Dolan, James Chu, Beth Plewa, Marisa Harrington, Daisy Letendre, Brenda Cordero

For all that you do to make our programs a success,
THANK YOU!!!



2016 DC Tri Club / Snapple Team

- Another year of racing and another year of successes!
- The DC Tri Club / Snapple Elite team was heavily used by ODP, HIP and IMP
 - Swim, bike handling, and running clinics
 - Transition and race strategy clinics
- Highlights of race results from the team:
 - Overall podiums (top 3 overall): 24 out of 57 races with 8 wins, 4 second places, 2 third places.
 - Wins: 2 each for Joe Munchak and Emily Richard, 1 each for Stephanie Brown, Hilary Cairns, Holli Finneren, and Bryan Frank
 - Dominated the podiums at North East Triathlon (males & females) and Nation's Triathlon (females)
 - Age group podiums (including overalls): 38 out of 57 races with 10 AG wins out of 57 races
 - Exotic locals visited to represent DC Tri Club / Snapple:
 - Hawaii (Ironman)
 - Edmonton, Alberta (ITU Worlds)
 - Chicago, IL (ITU Series)
 - Thurmont, MD (Sprint)

2016 DC Tri Club / Snapple Team

□ Some Highlights:

Overall Wins:

Triathlons - 6

Running Races - 2

Overall Podiums (Top 3):

Triathlons - 9

Running Races - 2

Age Group Podiums (Top 3):

Triathlons - 3

Running Races - 3

Masters "Old Fart Division" Wins - 5

□ Notable Results:

- Paige Wooden - Overall Female Winner @ Nation's Triathlon
- Joe Munchak - Overall Male Winner @ Columbia Triathlon
- Mikal Davis - AG Duathlon National Champion
- John Chambers - 2nd AG USAT Age Group National Championship
- John Chambers - Top US Triathlete at WTU Age Group Worlds in Cozumel
- Holli Finneren - Kona qualified @ Ironman Maryland
- Adam Stolzberg - Ironman 70.3 World Championship qualified @ Ironman 70.3 Augusta

2016 DC Tri Club / Snapple Team

- Benefits to the club:
 - Increase the value that we can offer industry sponsors by serving as brand ambassadors within the club and on social media.
 - Bring more visibility to the club and better discounts for the members.
- Direct examples:
 - Rev3 Triathlon
 - Bike partnership - Cannondale in 2017
 -

2017 DC Tri Club Elite Team

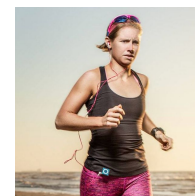
- In 2017 the team will continue to lead clinics, workouts, seminars and represent the club at races around the nation and around the world.



John Chambers



Alex Murray



Liz Baugher



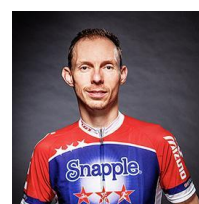
Kelly Lefler



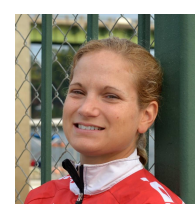
Michael Hepp



Matt Sarge



Bryan Frank
Team Captain



Holli Finneren



Heather Prochnow



Joe Munchak



Adam Stolzberg



Cindy Hutchings



Paige Wooden

DC Tri Club Elite Team



First...the women



Heather Prochnow



Holli Finneren



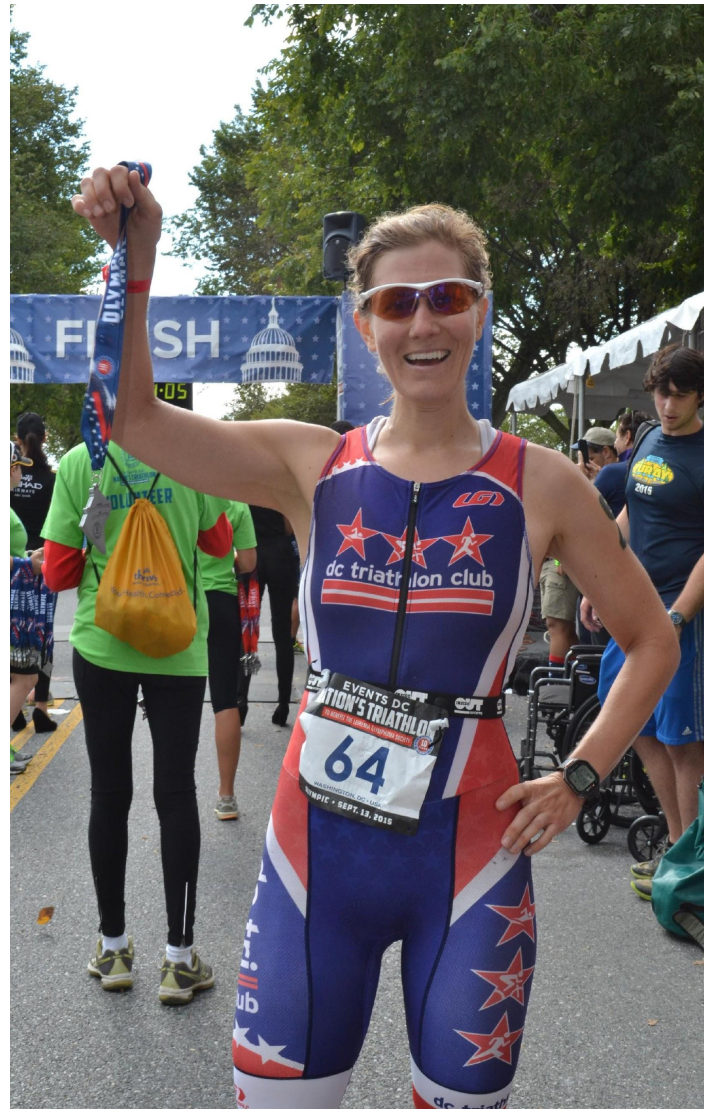
Liz Baugher



Cindy Hutchings



Paige Wooden



Kelly Lefler



Now...the men



Bryan Frank



or... Bryan Frank



you decide!



Adam Stolzberg



Alex Murray



Joe Munchak



Michael Hepp



Matt Sarge



John Chambers



Congratulations Elite Team Athletes!



Club Training

Amanda Melillo
Director of Training



Club Training

2016 Training Events:

- Columbia BrickNic
- Nation's BrickNic
- Williamsburg Camping/Training Weekend
- Deep Creek Camping/Training Weekend
- Holiday Lights Run - December 14
- National Club Challenge
 - Join us for a swim at Catholic tomorrow!

**More exciting training events in
2017!!**



Club Racing



Becky Hirselj
Director of Club Racing



Club Racing

2016 Club Race Series:

- Swim meet (January)
- Splash 'n Dash (March)
- Duathlon Series (March-April)
- Training Triathlon (July)
- Time Trial Series (October)
- Spooky 5k (November)

2016 Featured Races:

- Columbia
--> club performance challenge winner
- Rock Hall (NTP, ODP I)
- Rev 3 Williamsburg (HIP)
- Luray USAT Mid Atlantic Club Championship
--> winner
- Nation's Tri (ODP II)
- IM Chattanooga (IMP)

THANK YOU to all volunteers and race leaders!



USA TRIATHLON Mid-Atlantic
2016 Club Regional Championship

Community Groups



Elizabeth Corona
Director of Community Development &
Outreach



Community Groups



- **TriOut**
Jeremy Stillman, Dirk Smith, Kyle Simpson
- **Montgomery County (MoCo Mafia)**
Joyce Jones, Elaine Wong, Jay Cochran
- **Capitol Hill**
Rob Read, Mary Cousins
- **Moderate to Slow Pace (Mod2Slow)**
Sarah Lifsey, Toni Marechaux, Susan Filanowicz, Lucy Aguirre
- **Fairfax Alexandria Arlington Springfield Training (FAAST)**
Chris Wolforth
- **COMING SOON... Women/Families in Sports**



Facebook pages now available for all groups!

If you are interested in forming or getting involved with a community group contact Elizabeth Corona at community@dctriclub.org



Outreach and Advocacy

- 2017 strategic initiative
- Examples of past member priorities
 - Swim, bike, and run safety
 - Women and children in sports
 - Water quality
 - Cleaning up our community
 - Potholes
- Share your priorities with us via the next member survey

If you have information to share or suggestions for outreach priorities contact Elizabeth Corona at community@dctriclub.org.

Gear & Merchandise



Sean Maloney
Director of Gear and Merchandise



Gear & Merchandise

- **Shop** - Updates will be made throughout the year to introduce new images that more accurately depict the actual product(s) being purchased
- **API**
 - API is a full service branded merchandise agency and ecommerce fulfillment company located in Lanham, MD that handles all our gear purchasing, procurement, shipping and customer service needs
 - Please use dctri@apisource.com for issues with gear orders already placed online
- **New Running Gear!**
 - New running singlets and other UA gear is being debuted tonight!
- **New Louis Garneau Kit!** DC Tri Club is pleased to announce that a new kit will be available to members for purchase in early 2017. The new kit will feature colors that more closely align with club brand and other club merchandise (based on member feedback)
- **Louis Garneau Fit Kit** – We will have the LG Fit Kit at various events and locations throughout the area mid-Feb to mid-March 2016. Keep an eye out for those announcements.
- If you have ideas or suggestions or want to help with our LG fit kit and gear purchasing events, please e-mail gear@dctriclub.org

Partnerships



Gabi Torres
Director of Partnerships



Local Partners



FAST TRACK
SPORTS MEDICINE & PERFORMANCE CENTER



ORTHOLGY
physical wellness

=PR=

POTOMAC RIVER RUNNING STORE
Arlington • Ashburn • Burke • DC
Fairfax • Leesburg • Reston • Tyson's Corner
www.potomacriverrunning.com



Online / National Partners

DIAMONDBACK
BICYCLES

INFINIT
Custom-Blended Nutrition Solutions

RUDY
PROJECT

TRAININGPEAKS™
RESULTS START HERE

XTEERRA
WETSUITS

Racing Partners



Contributors, Affiliates, and additional discount providers



Volunteer Recognition



Tania Grollman
Volunteer Director



Volunteer Recognition

- Volunteers are key to our success!
- In 2016, club members donated more than **5,000 hours of their collective time**
- Hundreds of members volunteered their time in 2016 to support the club and our partners
- The following members were recognized by their peers as going above and beyond...

David Jiang

Kyle Simpson

Chris Wolforth

Heather Moshier

Hugh Harris

Karen Willard

David Eng

Catherine Scott

Kimble McCraw

Ed Moser

Eugene Diefenbach

Kelly Waud

Sarah Lifsey

Brian Waud

David Rees

Karen Fowle

Maxwell Fowle

Allison Nordberg

Cindy Hutchings

Margaret Moral

Catharine Myung

Dominique Mack

Lindsay Roberts

Lauren Belisle

Liz McKenna

Rob Jeter

Sergio Flores

Mark Raugust

Gonzalo Koosau

Carlos Arguello

James Eric Call

Nicole Armbruster

Molly Allen

Allsion Davis

Joseph Cafferata

Ande Freiburger

Eran Goudes

Joseph Havey

Chris Jackson

Cindy Hutchins

Angi Carr

Tuan Nguyen

Board of Directors & Staff



Rachel Dolan
Secretary



2016-2017 Board of Directors



Justin Bauer



Elizabeth Corona



Rachel Dolan



Matt Ferguson



Bryan Frank



Liz Glomb



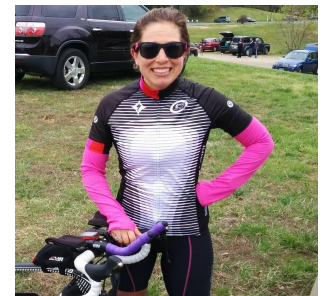
Tania Grollman



Becky Hirselj



Sean Maloney



Amanda Mellilo



Patrick Pannett



Nik Pleisch



Gabi Torres



Pablo Torres

2016-2017 Board Advisors & Staff



Rob Falk
Legal Advisor



Adrienne Farfalla
Staff

Club Awards

Nik Pleisch
Vice President



Most Improved Athletes



Paige Wooden & Hamid Moinamin



Rookies of the Year



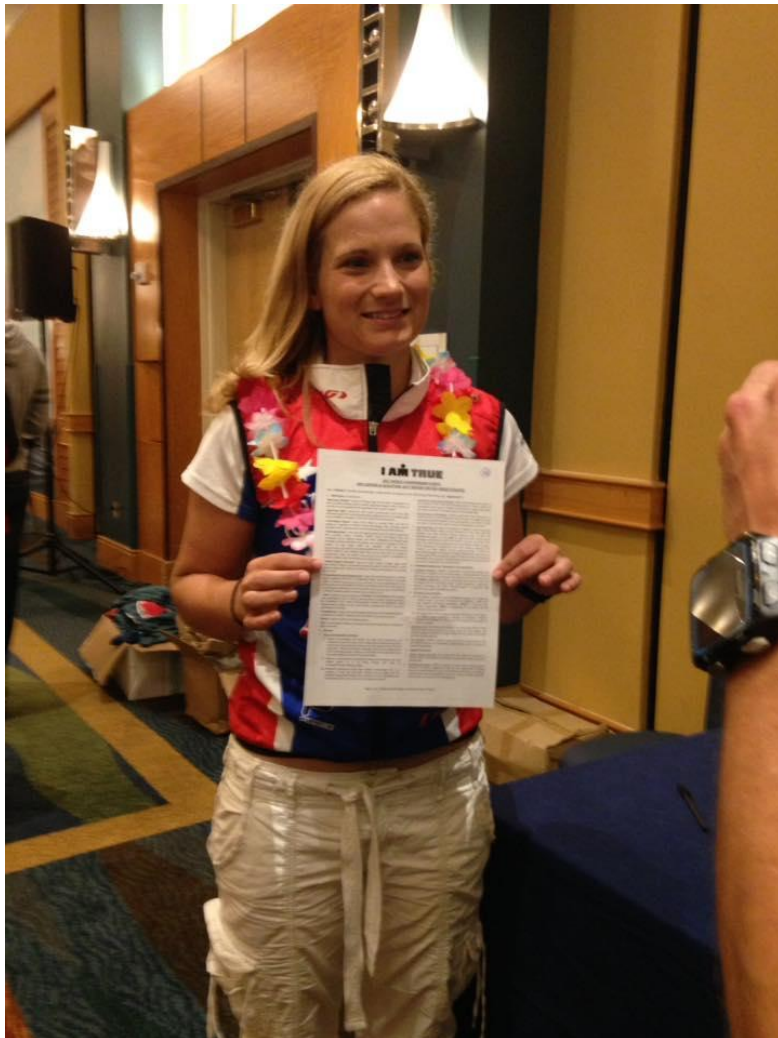
Rita Alexander & Chris Wolforth



Veterans of the Year



Holli Finneren & Ed Moser



Club Member of the Year



Allison Nordberg





Brady Nelson Memorial Spirit of DC Tri Award



David Jiang



DC Tri - Movie Parody



President's Award



Justin Bauer, Dir. of Web & Tech



Closing Remarks

