

# DC TRIATHLON CLUB

2017 Annual Meeting & Kona Viewing



Welcome



Pablo Torres  
President



# 2017 Year in Review

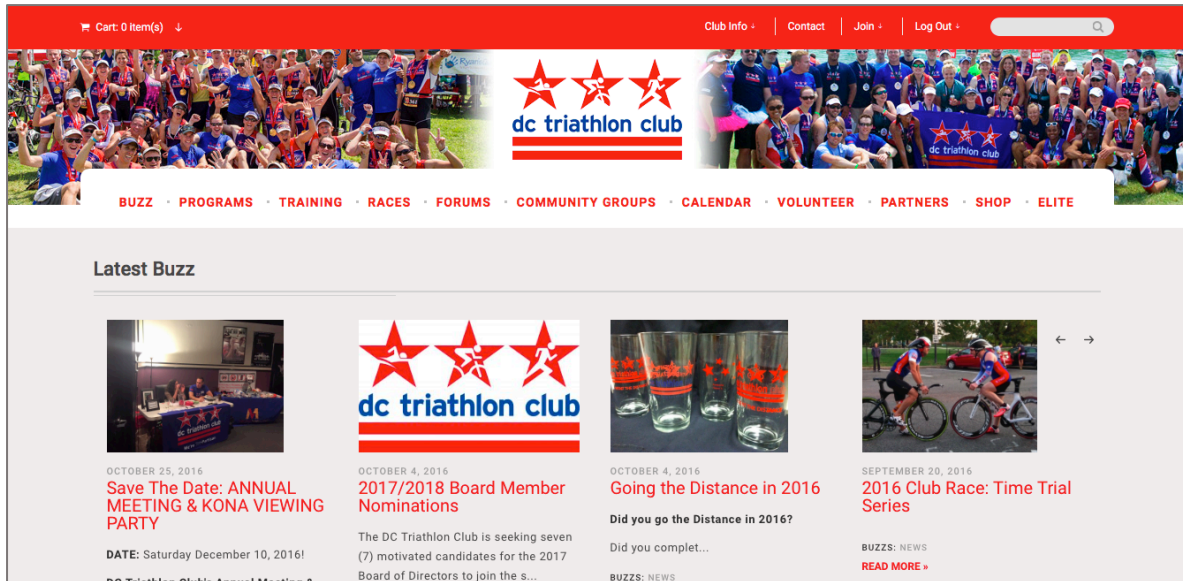


**Club Mission:** To empower our members to achieve their multisports aspirations.

## **How did we achieve our mission?**

- *Training Programs*
- *7 Club Races*
- *3 Bricnics and 3 Training Camps*
- *New gear*
- *5 Seminars* open to our entire membership
- *5 Community Groups*
  - New Women's Group
- New volunteer recognition program
- Much more:
  - National Club Challenge, 3 member meetings, community clean up service day, Happy hours, race day support
- 15 year anniversary celebration: Gala and documentary of Club history

# 2017 Strategic Initiatives



1) Improve website - still a work in progress

2) Improve gear operations and offerings: new gear; smooth relationship with API



# Financial Report

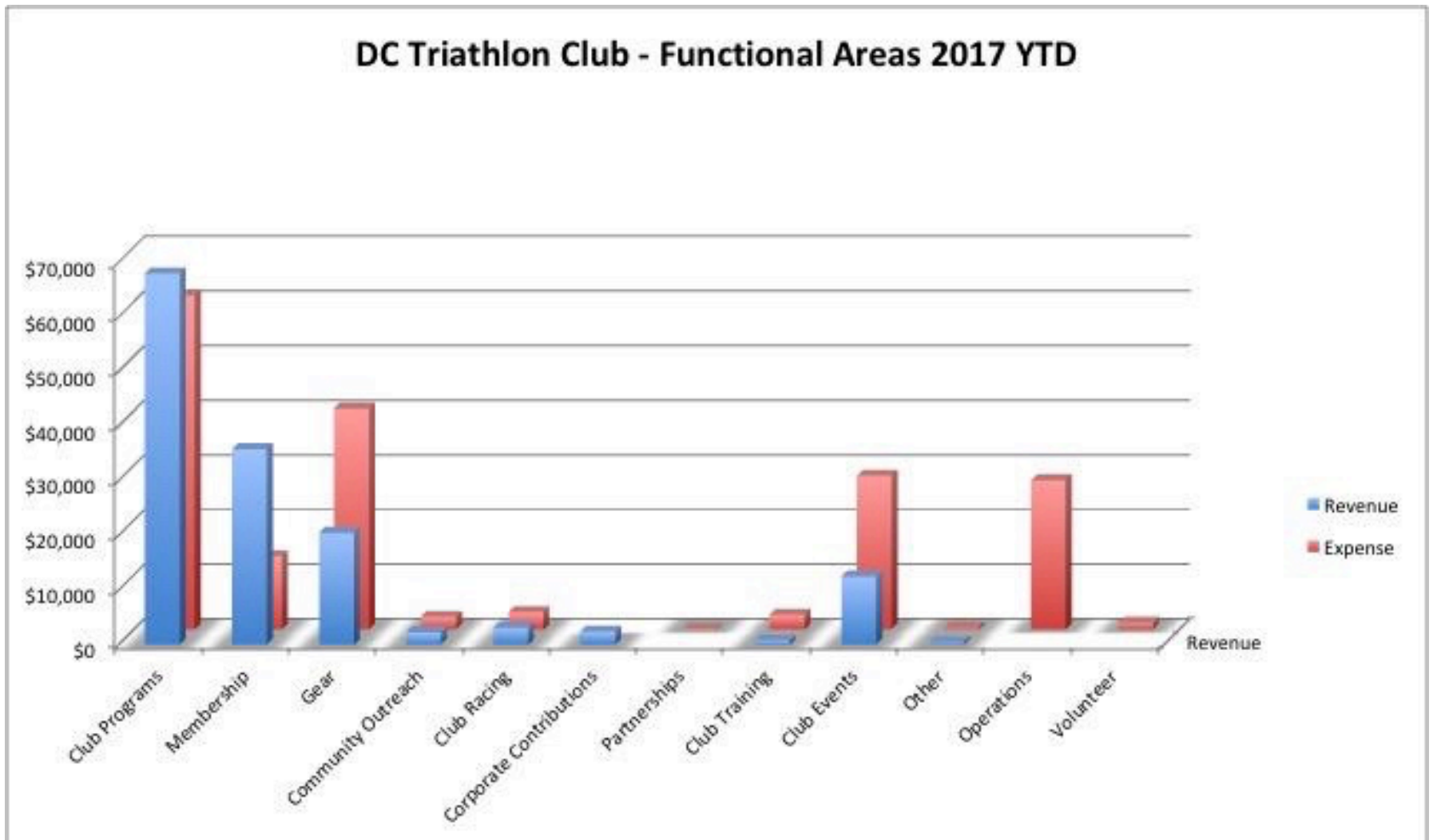
Bryan Frank  
Treasurer



# Financial Report - Growth



# Financial Report – Functional Areas



# Membership Update

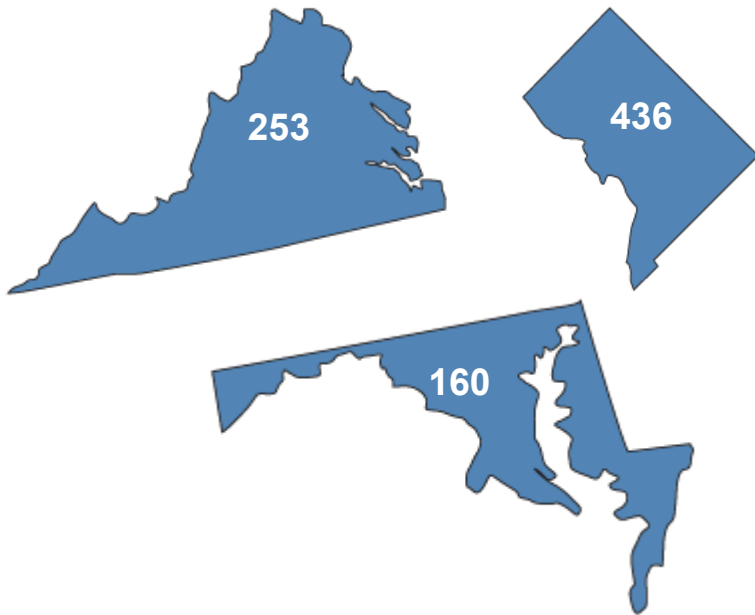
Rachel Dolan  
Secretary





# Membership Demographics

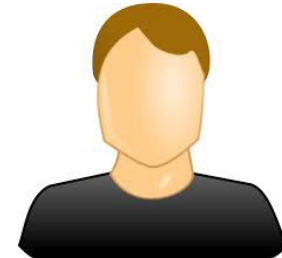
**Active members: 865**



**52%**

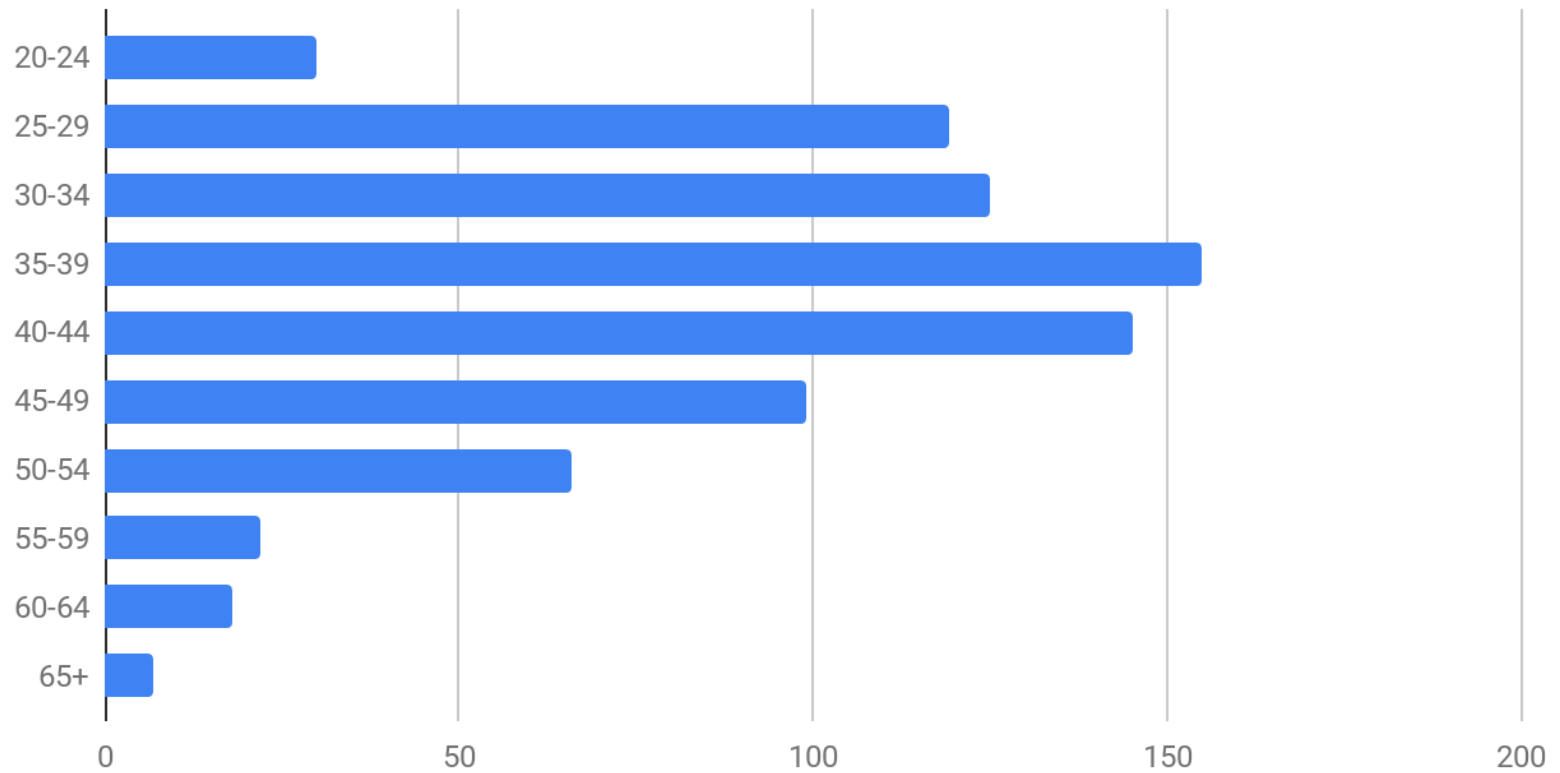


**48%**



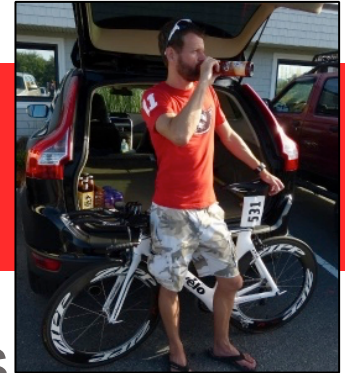
# Membership Demographics

## Age Demographics



# TRAINING PROGRAMS

Matt Ferguson, Director of Programs  
(Presented by Nik Pleisch)



# Program Personnel



- **New Triathlete Program (NTP) –**  
Program Coach **Kate Ayoub**  
Program Lead **David Eng**  
Program Co-Leads, **Mark Raugust, David Payne, Eran Goudes, Margaret O'Connor, Jenny Cunningham, Kyoko Kawai, Alex Shiroma, Christina Kachulis**  
Elite Team Liaison **Kelly Lefler**
- **Olympic Distance Program (ODP) –**  
Program Coach **Jule Miata**, Program Lead **Victoria Anderson**
- **Ironman & Half Ironman Programs –**  
Programs Coach **AJ Morrison**  
Program Lead **Chris Jackson**  
Elite Team Liaison **Cindy Hutchings**

# Program Personnel



- **Off-Season Spin Program (OSP) –**  
Program Lead **Ron Benedict**  
Program Coaches, **Courtney Benedict, Deb Hopkins, Pamela Simmonds, Yuchen Nie, Chuck Harney, Matt Tourville**
- **Masters Swim Program (MSP) –**  
Program Leads **James Chu, Jennifer Cunningham, Damon Bowe**  
Program Coaches **Claudia Blackburn, Tom Collichio, Brenda Cordero, Katie Giles, Marisa Harrington, Tom Kish, Daisy Letendre, Catherine Myung, Kimberly Orsulak, Emerson Padiernos, David Payne, Beth Plewa, Liana Rosen, Katie Tobin, Laurie Wei**

# 2018 Program Goal Races

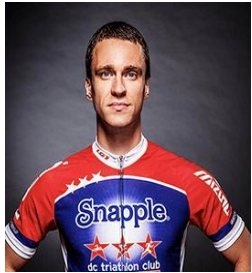
- NTP - Rev3 Williamsburg Sprint / International
- ODP - Rev3 Williamsburg International
- HIP - Rev3 Williamsburg Half
- IMP - IronMan Lake Placid



# DC Tri Club Elite Team



# 2018 DC Tri Club Elite Team Roster



John Chambers



Bryan Frank



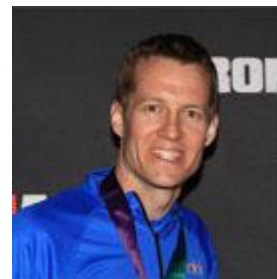
Matt Sarge



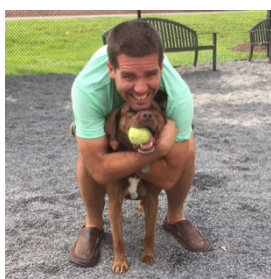
Pat Dougherty



Trevor Albert  
Team Manager



Justin Bauer



Brian Balchor



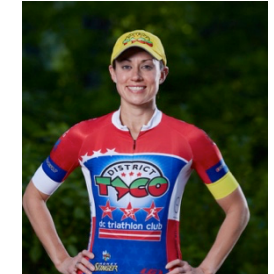
Liz Baugher



Kelly Lefler



Holli Finneren



Heather Prochnow



Cindy Hutchings



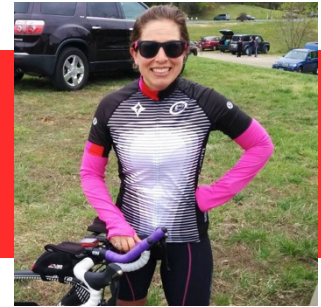
Paige Wooden



# Congratulations Elite Team Athletes!



# Club Training



Amanda Melillo  
Director of Training



# Club Training

## 2017 Training Events:

- 3 Bricknics (Columbia, Nation's and NOVA)
- 3 Camping Weekends (Williamsburg, Deep Creek, Lake Anna)
- Holiday Lights Run - This Tuesday!!
- National Club Challenge

## 2018 Training events

**Columbia Bricknic - May 19, 2018!!**

**Many others to come!**



# Club Racing



Becky Hirselj  
Director of Club Racing



# Club Racing

## 2017 Club Race Series:

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

**THANK YOU TO ALL VOLUNTEERS!!!!**

**\*\*2019 Featured IRONMAN: IMMD\*\***

## 2017 Club Race Championship:

- points for participation and top overall and AG finishes
- categories: Male and Female U40 & 40+

AND THE WINNERS ARE.....



**USA TRIATHLON**  
Mid-Atlantic  
2016 Club Regional Championship

# 2017 Club Race Champions

Congratulations to the winners of our first club race series championship:

Female U40: Kelly Lefler

Female 40+: Sheryl Romeo

Male U40: Morgan Burnett

Male 40+: Sergey Maximenko



# Community Groups



Elizabeth Corona  
Director of Community Development &  
Outreach



# Community Groups

- **TriOut**  
Jeremy Stillman, Dirk Smith, Kyle Simpson
- **Montgomery County (MoCo Mafia)**  
Joyce Jones, Jay Cochran
- **Capitol Hill**  
Rob Read, Mary Cousins
- **Moderate to Slow Pace (Mod2Slow)**  
Sarah Lifsey
- **Fairfax Alex. Arlington Springfield Training (FAAST)**  
Kyoko Kawai
- **Women's Group**  
Stephanie Bechtold, Cynthia Steele, Tamieka Thomasson



**Facebook** pages now available for all groups!  
Contact [community@dctrclub.org](mailto:community@dctrclub.org) to form a group or learn more!



# Outreach and Advocacy



- Increased activity in 2017
  - Spring clean up events
  - Formation of Women's Group
- 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 [community@dctriclub.org](mailto:community@dctriclub.org).