

DC TRIATHLON CLUB

2019 Annual Meeting & Party



Welcome



Bryan Frank
President



Agenda



- Welcome
- Directorship and Officer reports
- Introduction to our 2020 Elite Team
- Few more Directorship and Officer reports
- Some words from our partners
- A lil' bit about volunteering
- Introduction of 2020 Board of Directors
- Club awards
- Video: The Man in the Halo
- Closing remarks

Raffle giveaways throughout!

Fulfilling our Mission

- *Club Mission: To empower our members to achieve their multisports aspirations.*
 - Thru values of inclusiveness, respect, community, and encouragement.
- *My Mission:* to build a community of DC area athletes who have a common interest in multisport related events (triathlon, duathlon, etc) who support each other, encourage each other, cheer for each other. From the fastest to the slowest. From the newest to the most veteran. From the person who doesn't think they could ever cross a finish line at a race to the person who everyone expects to win the race.
 - Club training events
 - Club training races
 - Social hours
 - Elite Team
 - Club Outreach and Community Involvement

Financial Report

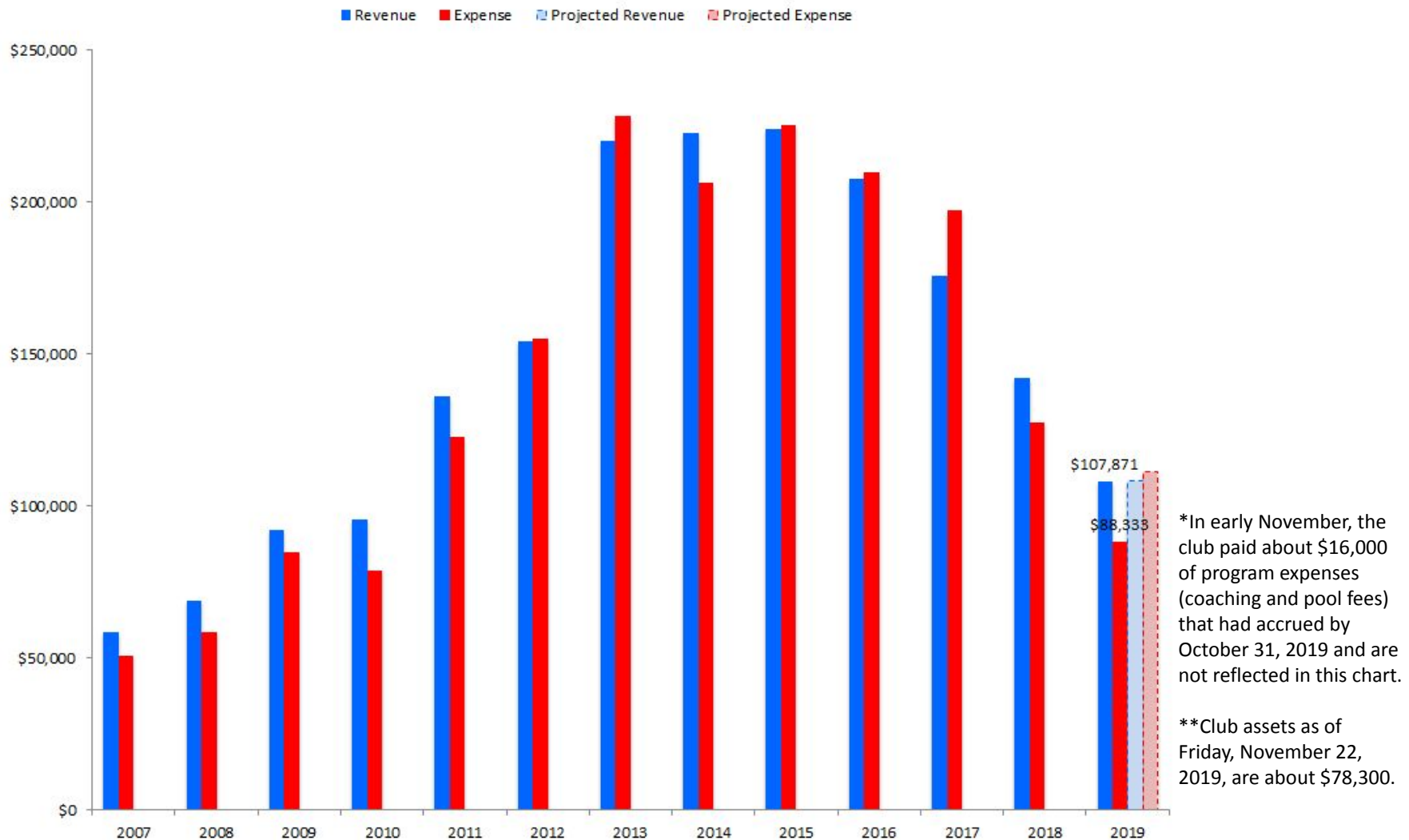


Jan Bauer
Vice President of Finance and Treasurer

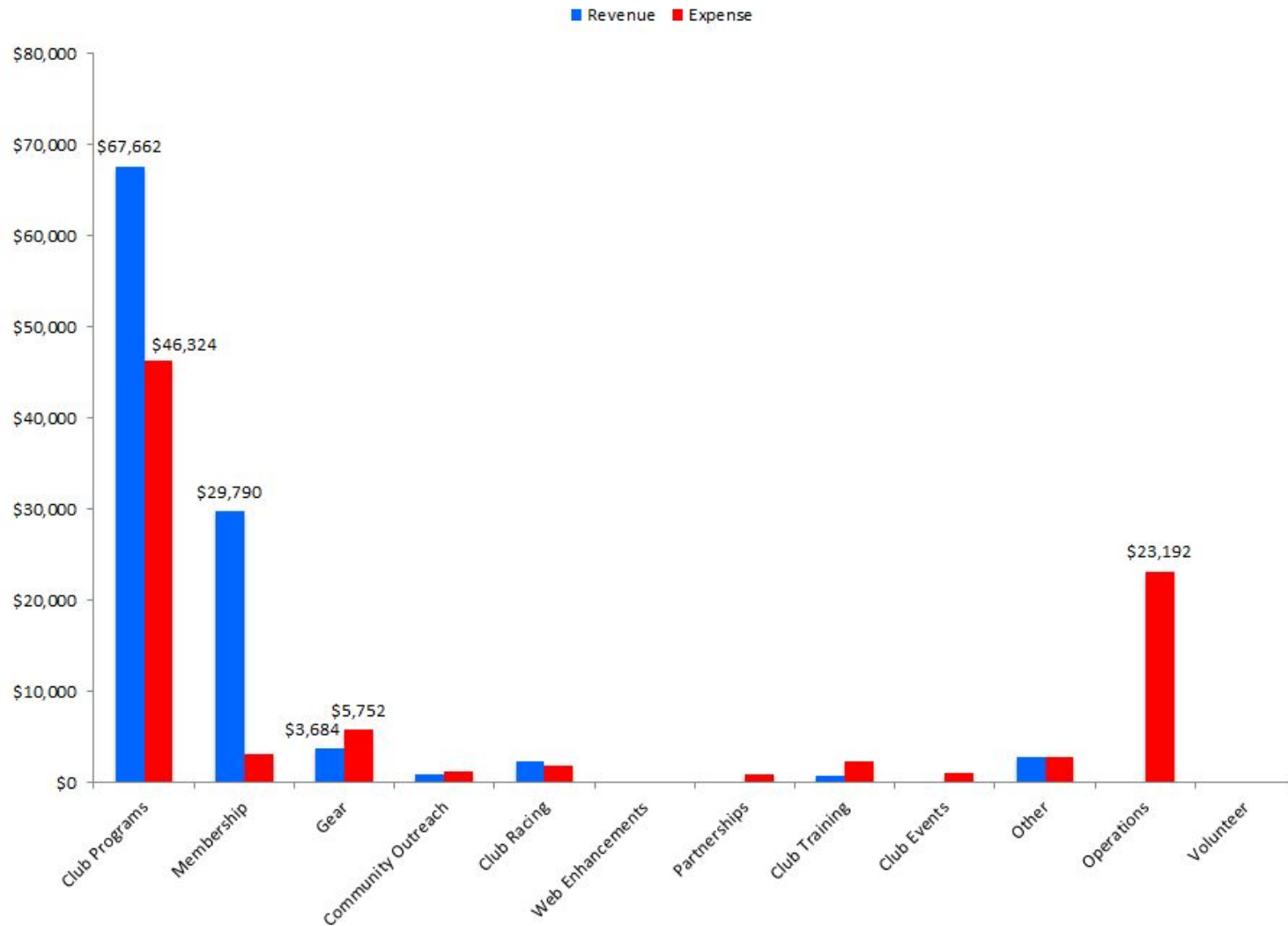
Financials current as of October 31, 2019



Annual Profit & Loss



Functional Areas



TRAINING PROGRAMS

Cindy Hutchings,
Director of Programs



Program Personnel



- **New Triathlete Program (NTP):**
 - Program Coach **Kate Ayoub**
 - Program Manager **Jennifer Cunningham**
 - Clinics Coordinator **Michael Shipp**
 - Group Workout Coordinator **Kyoko Kawai**
 - Social Digital Coordinator **Mark Raugust**
 - Events Coordinators **Kelly Lefler**
 - Masters Swim Liaison **David Payne**
 - Elite Team Liaison **Kelly Lefler**

Program Personnel



- **Ironman, Half Ironman, and Olympic Distance Programs:**
 - Programs Coach **AJ Morrison**
 - IMP Program Co-Lead **Jason Sreedhar**
 - IMP/HIP Program Co-Lead **Ryan Vaart**
 - HIP Program Co-Lead **Hernando Herrera**
 - ODP Program Co-Lead **Jorge Alvarez-Marron**
 - Social Media Coordinator **Jorge Alvarez-Marron**
 - Elite Team Liaison **Cindy Hutchings**

Program Personnel



- **Off-Season Spin Program (OSP):**
 - Program Manager
 - **Ron Benedict**
 - Program Coaches
 - **Courtney Benedict**
 - **Deb Hopkins**
 - **Pamela Simmonds**
 - **Yuchen Nie**
 - **Amanda Melillo**
 - **Rozanne Larsen**
 - **Lauren Belisle**

Program Personnel

- **Masters Swim Program (MSP):**
 - Program Manager
 - **James Chu**
 - Program Assistant Managers
 - **David Payne**
 - **Laurie Wei**
 - Program Coaches
 - **Jason Sreedhar**
 - **Carmyn Chapman**
 - **Beth Plewa**
 - **John Fei**
 - **Michael Shipp**
 - **Brenda Cordero**
 - **Daniela Ochoa Diaz**
 - **Katie Giles**
 - **Sam Cretcher**
 - **Marisa Harrington**
 - **Tom Kish**
 - **Catherine Myung**
 - **Katie Tobin**
 - **Kimberly Orsulak**

2020 Program Goal Races

- NTP - Rev3 Williamsburg
- ODP - Rev3 Williamsburg
- HIP - Ironman 70.3 Eagleman
- IMP - Ironman Lake Placid



DC Tri Club Elite Team



2020 DC Tri Club Elite Team



Justin Bauer



Samuel Cretcher



Bryan Frank
Co-Captain



Liz Baugher
Co-Captain



Jessica Anderson



Cindy Hutchings



John Chambers



Jason Davidson



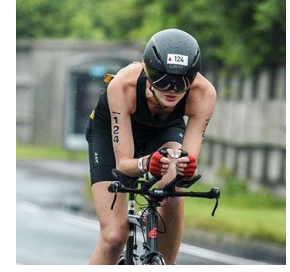
Joe Munchak



Sophia Kaounas



Leslie Knibb



Eva Kodouskova



Matt Sarge



Joseph Shields



Trevor Albert
Team Manager



Kelly Lefler



Katie Tobin

Congratulations Elite Team Athletes!



Club Training

Allison Nordberg
Director of Training



Club Training

2019 Training Events:

- 2 Bricknics (Germantown, DC)
- 2 Camping Weekends (Elk Neck, Deep Creek)

Upcoming Events

- Holiday Lights Run - December 11!
- National Club Challenge starts January 1

Thank you Training Ambassadors!

- Abri Nelson
- Sean Maloney
- Jeff Halper
- Michelle Thorne



Club Racing



Becky Hirselj, Director of Club Racing
Presented by Bryan Frank



Club Racing

2019 Club Race Series:

- Splash 'n Dash (March)
- Duathlon (April)
- Training Triathlon (June)
- Time Trial Series (Oct - Nov)
- Spooky 5k (November)



THANK YOU TO THE VOLUNTEERS

- Especially the Club's Elite Team, without them none of these races would have happened.

2020 Club Race Series:

- Without your help, these will not happen.

2020 DCTriClub Featured Races

- **May:** Kinetic Triathlon (S, O, H)
- **June:** Rev3 Williamsburg (it's BACK!) (S, O, H)
- **July:** New Jersey State Triathlon (S, O)
- **August:** Luray Triathlon (S, O)
- **September:** SavageMan Triathlon (S, O, H)
- **October:** Waterman's Triathlon (S, O, H)

#racelocal

We need your help to
make these happen!



2020 USA Triathlon Updates

- Mideast Region now (no longer Mid-Atlantic)
- Our region: DE, DC, KY, MD, NC, OH, TN, VA, and WV
- No more regional Club championships; now State championships
 - Maryland: General Smallwood (June 20)
 - Virginia: Jamestown Triathlon (June 6)
 - DC: apparently we're not a state! 🥹🥹🥹🥹
- NATIONAL Club championships: New Jersey State Triathlon
- Region Championships
 - Olympic: Jamestown Tri (June 6)
 - Sprint: Tri Louisville (June 7)
 - Du: Hagerstown Du #1 (Apr 11)



2020 Ironman Update

- Ironman has begun Club championships now.
 - Eagleman 70.3 - Tri Club Championship East
 - At 2019 EM, we had Club member area, with free beer and food
 - Ironman Texas
- Club Ironman Goal races:
 - **2019** - Ironman **Maryland**
 - **2020** - Ironman **Lake Placid**
 - **2021** - Ironman **Chattanooga**
 - **2022** - Ironman **Mont Tremblant**
 - **2023** and future - rotating back through
 - Future Board can amend or add as new races are announced or if current ones are discontinued.

Community Groups

Joyce Jones

Director of Community Development &
Outreach

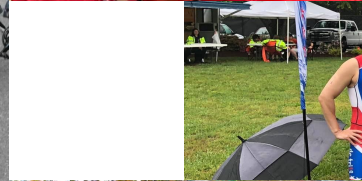


Community Group Leaders

- **Capitol Hill**
Kate Ahrens, Julia Roberson
- **Fairfax Alex. Arlington Springfield Training (FAAST)**
Kyoko Kawai, Noor Amna Al-Gallas
- **Moderate to Slow Pace (Mod2Slow)**
Sarah Lifsey, Catharine Myung
- **Montgomery County (MoCo Mafia)**
Jeff Halper
- **TriOut**
Brody Garner, Sean Maloney, Dirk Smith
- **Women's Group**
Stephanie Bechtold, Cynthia Steele



There's A Place For Everyone In The DC Tri Club



Gear & Merchandise



Patrick Pannett
Director of Gear and Merchandise



Gear & Merchandise

2019 Improvements

- Faster, better group buys
 - What to expect for 2020
- Deals, deals, deals
 - SweatVac Items Available today: Quarter zips \$35, tanks \$20 and combos \$50
- Continued Feedback



Communications

David Jiang

Director of Communications & Marketing



More Instagram and videos

- Multiple accounts
 - dctrclub, dctrclubelite, dctrclubntp
- Off-Season Spin instructor spotlights
- Take-overs
 - Club Ambassadors
 - DC Tri Club vs DC Tri Elite Insta-battle
- Instagram stories and videos from Masters Swim coaches
- Member content
- Tag us and we may share!
 - #dctri, #dctrclub, #whereintheworldisdctri

Member Spotlights

- Elite Team
 - Board Members
 - How-to's
 - Loraine Heckenberg (Tour d'Afrique)
 - Rebecca Auyer (Off-Road Cycling)
 - Katie Tobin (SwimRun)
 - Tuan Nguyen (International races)
 - Masters Swim Coaches, Coordinators, and Community Group Leads
 - Michael Shipp
 - Sam Cretcher
 - Sarah Lifsey
 - Kate Ahrens
- NTP
 - Juene Rader
 - Juliana Bilowich
 - General members
 - Hernando Herrera
 - Erika Harris
 - Michele Mintling
 - Glenn Thomas
 - Victor McCollum
 - Martha Huizenga
 - Hugh Harris
 - Sergio Flores

Partnerships

Nick Kazmerski
Director of Partnerships
(Presented by Ethan Lish)



Local Partners



Online / National Partners



Racing Partners



Volunteer Recognition

Rob Read
Director of Membership



Volunteer Recognition

- Volunteers are the lifeblood of the Club
- Without them, we cannot provide the many activities on offer
- Did you know, we have a volunteer recognition program?
 - Earn points for every volunteer event
 - Receive a free one year membership when you reach 10 points
- This years recipients of a free membership are
 - Kate Ayoub, Michael Shipp, Kyoko Kawai, Hugh Harris, AJ Morrison, Jason Sreedhar, Ryan Vaart, Hernando Herrera, Jorge Alvarez-Marron, James Chu, David Payne, Laurie Wei, Rozanne Larsen, Jeff Halper, Sean Maloney
- Many other people have volunteered
 - Today's volunteers
 - The Board
 - The Elite Team
 - The Program leads and volunteers



YOUR CLUB NEEDS
YOU

THANK-YOU!!!

Board of Directors & Staff

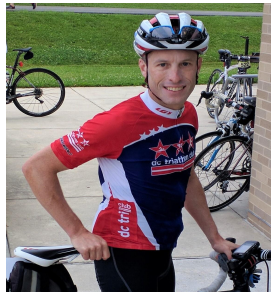
Bryan Frank
President



2020-2021 Board of Directors



Liz Glomb



Patrick Pannett



Rob Read



Ethan Lish



Cindy Hutchings



David Jiang



Samuel Cretcher



Kyle Simpson



Bryan Frank

2019 Board Advisors & Staff



Rob Falk
Legal Advisor



Cynthia Steele
Executive Assistant

Thank you for your service



Jan Bauer



Justin Bauer



Joyce Jones



Allison Nordberg



Niklaus Pleisch



Nick Kazmerski

Club Awards

Bryan Frank & Nik / Christian Pleisch
President & Vice President & Son



Most Improved Athletes



Angela Norcross & Sam Cretcher



Rookies of the Year



Jules Bilowich & Brian Lee



Veterans of the Year



Kelly Lefler & Jeff Halper



Club Member of the Year



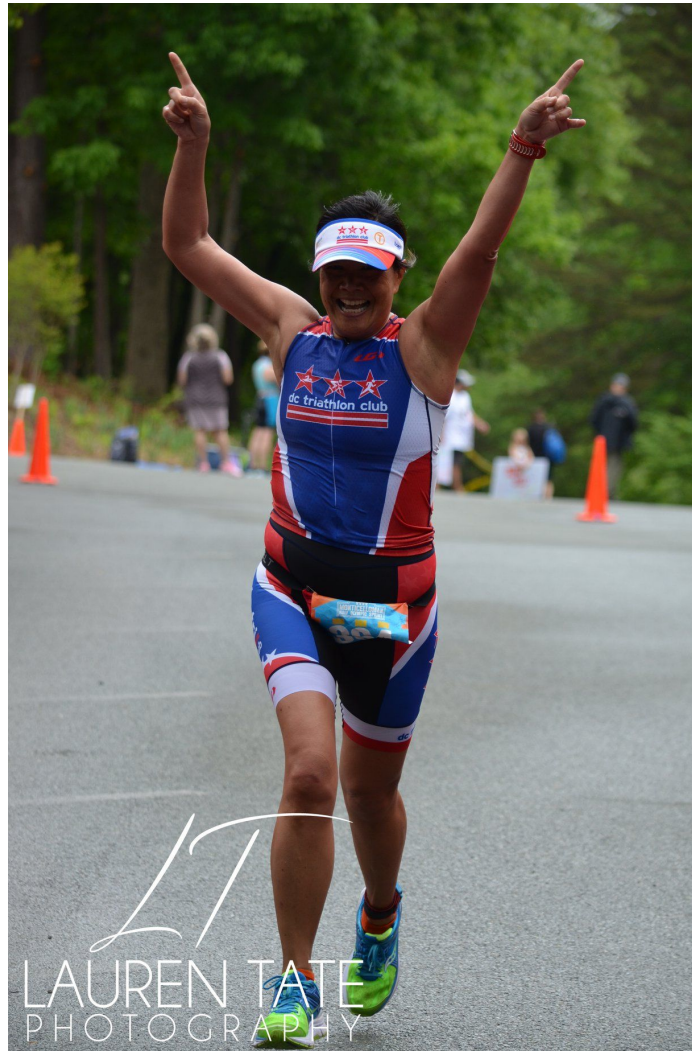
Michael Shipp



Brady Nelson Memorial Spirit of DC Tri Award



Joyce Jones



Closing Remarks



- Thank you to our outgoing board members:
 - **Jan & Justin Bauer, Allison Nordberg, Joyce Jones, Nicholas Kazmerski, and Niklaus Pleisch.**
- Thank you, our members, volunteers, coaches, and partners for making the DC Triathlon Club a vibrant community!
- We look forward to serving you and to another great year!