

DC TRIATHLON CLUB



Annual Meeting Schedule

2pm

Social Time

3pm

Club Meeting,

Meet our partners

Awards

More Social Time

5p

See ya!

Raffle prizes throughout, must be present to win!

DC TRIATHLON CLUB



2023 Annual Meeting

DC TRIATHLON CLUB



Welcome

**Mallory Scott (she/her)
President**



DC TRIATHLON CLUB



Annual Meeting Schedule

2pm

Social Time

3pm

Club Meeting,

Meet our partners

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5p

See ya!

Raffle prizes throughout, must be present to win!

DC TRIATHLON CLUB



Trivia Rules

- Maximum of 8 players on a team
- Questions are during the slide show
- No cheating!
- Answer sheets will be collected after the last question



Triathlon:

In the 2023 Ironman 70.3 World Championships in Lahti, Finland, fan favorite Lionel Sanders was controversially disqualified by an official during the race. What was he disqualified for?



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Last Year At This Time

449 Members

Today

486 Members!

2023 Member Survey Results

80 participants

Missing middle: many new members (55% 1 year or less) and many long-time members (20% 5 years+) but less people in between.

Requests for better communication of events

Request for more programs and events outside of formal programs

2024 Goals

- New website
- Creating momentum throughout the year to target spring and fall races such as aligning our events calendar and adding more off-season events
- Diversity initiatives and increased outreach to grow membership
- Create a volunteer and event leader guide
- Community group reorganization/revitalization

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Subcommittee project:

New Website + Member Platform coming in 2024!!



*We're
looking for
Volunteers*

Want to get involved? Reach out to Elise Serbaroli gear@dctrclub.org

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Subcommittee focus **DEIA** (Diversity, Equity, Inclusion, Accessibility)

Open Board Position:
Director of
Membership & DEIA

15% BIPOC (Black, Indigenous, People Of Color)
discount for annual club membership and
training programs
complimentary access to all events



*We're
looking for
Volunteers*

Reach out to Jules Bilowich - Director of
Community at community@dctrclub.org or Elise
Serbaroli - Director of Gear gear@dctrclub.org

Pop Culture Gossip:

The recent NWSL women's soccer final saw Ali Krieger end her pro career with a league championship. But her season also saw wife Ashlyn Harris file for divorce, allegedly to pursue a new relationship with which actress?



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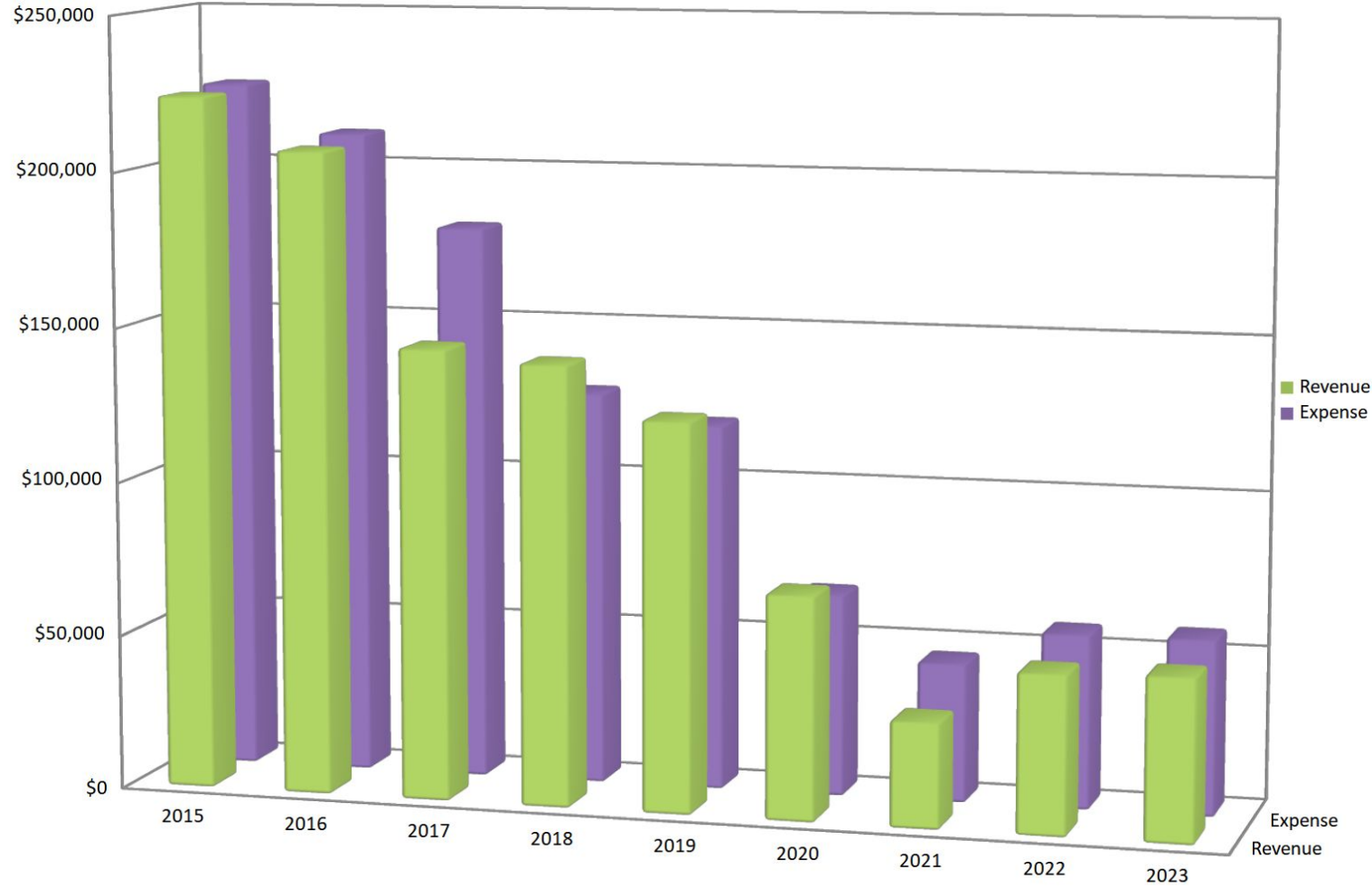


Financial Report

Patrick Pannett,
Vice President of Finance

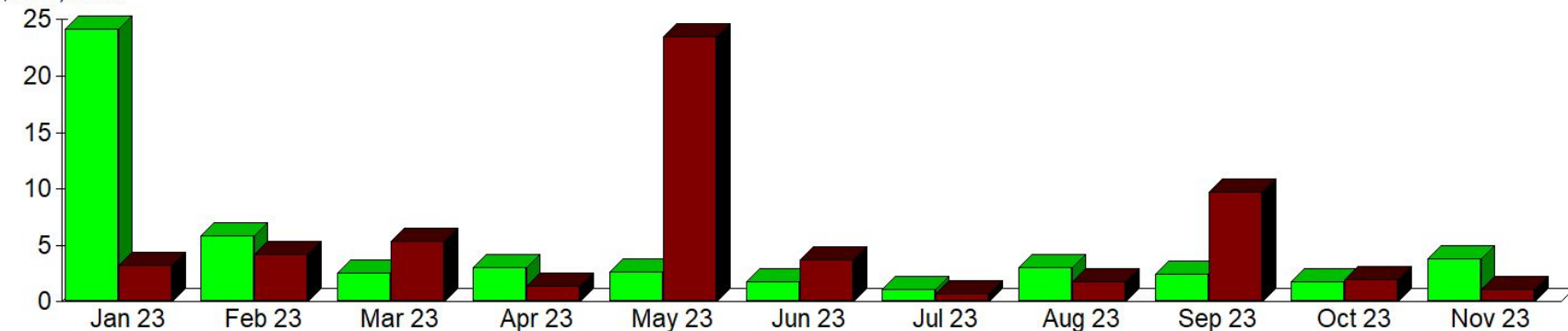


DC Triathlon Club Annual Revenue vs. Expense

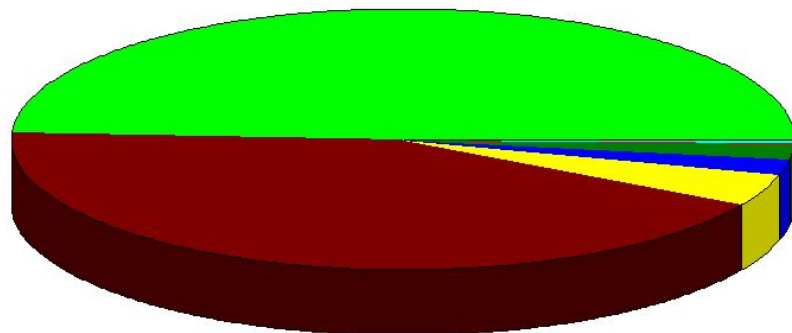


Income and Expense by Month
January through November 2023

\$ in 1,000's



Income Summary
January through November 2023



Training Program Inc (Cindy)	49.34%
Membership Dues Inc (Rob)	42.53%
Club Training Inc (Kelly)	4.06%
Club Races Inc (Kelly)	1.94%
Community O & A Inc (Jules)	1.92%
Interest Income	0.17%
Other Types of Income	0.04%
Total	\$52,442.45

By Account

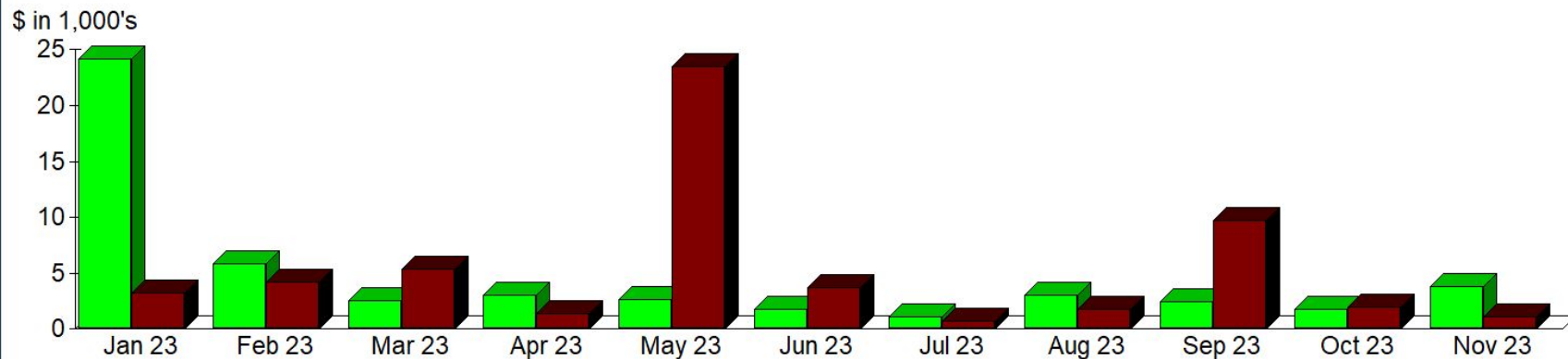
Show on Pie Chart:

Income

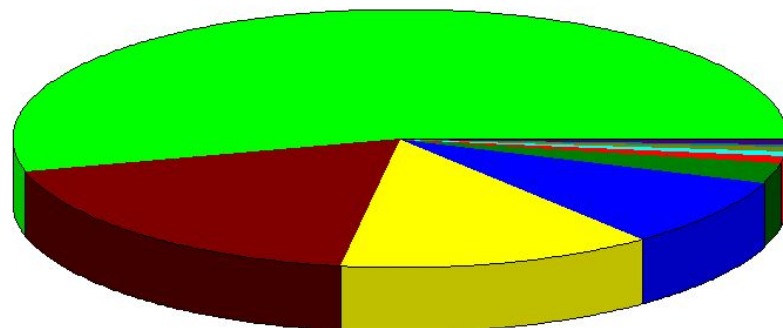
Expense

Income and Expense by Month
January through November 2023

Income
Expense



Expense Summary
January through November 2023



Training Program Exp (Cindy)	54.13%
Operations Exp	18.55
Membership Kits Exp (Rob)	13.27
Contract Services Exp	8.89
Club Event Exp (All)	2.61
Gear Exp (Elise)	0.82
Club Training Exp (Kelly)	0.67
Club Race Exp (Kelly)	0.50
Community O & A Exp (Jules)	0.46
Other Expenses	0.05
Unknown	0.03
Total	\$56,796.69

By Account

Show on Pie Chart:

Income

Expense

DC Triathlon Club, INC.

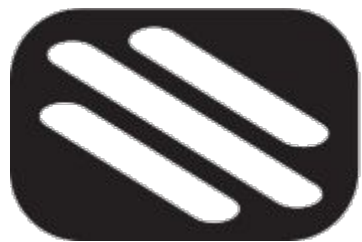
Balance Sheet Prev Year Comparison

As of November 30, 2023



	Nov 30, 23	Nov 30, 22	\$ Change	% Change
▼ ASSETS				
▼ Current Assets				
▼ Checking/Savings				
Capital One Savings ▶	94,173.77 ◀	87,074.94	7,098.83	8.2%
Capital One Checking	1,561.08	1,565.39	-4.31	-0.3%
PayPal account	3,917.13	6,926.01	-3,008.88	-43.4%
Total Checking/Savings	99,651.98	95,566.34	4,085.64	4.3%
Total Current Assets	99,651.98	95,566.34	4,085.64	4.3%
TOTAL ASSETS	99,651.98	95,566.34	4,085.64	4.3%
▼ LIABILITIES & EQUITY				
▼ Equity				
Opening Bal Equity	-2.97	-2.97	0.00	0.0%
Unrestricted Net Assets	104,009.19	100,629.49	3,379.70	3.4%
Net Income	-4,354.24	-5,060.18	705.94	14.0%
Total Equity	99,651.98	95,566.34	4,085.64	4.3%
TOTAL LIABILITIES & EQ...	99,651.98	95,566.34	4,085.64	4.3%

National Partners



RUDY
PROJECT



DC TRIATHLON CLUB



Programs Report

Juene Rader,
Director of Programs



Programs- 2023 Recap



New Triathlete Program- Coach Kyoko Kawai, and co-leads. 93 participants!

Goal Race- Kinetic Jamestown

Olympic Distance Program (12 participants)

Goal Race- Kinetic Jamestown

Half Ironman Distance Program (23 participants)

Goal Race- Happy Valley, 70.3

Ironman Distance Program (7 participants)

Goal Race- Ironman Mont Tremblant, 140.6

**Coach Stephan Weyers
Wingman Sports
and co-leads**

Off-Season Spin- Coach Cynthia Steele. 47 participants

**Elite Team- led by Bryan Frank, Trevor Albert, Liz Gilden and Jason Davidson
16 athletes!**

Programs- 2024 Way Ahead



Off Season Spin (Virtual)-

6 January - 23 March 2023, 12 weeks

Ironman Distance-

Ironman Chattanooga, 29 September 2023

Half Ironman Distance-

Ironman 70.3 Eagleman, 9 June 2023

Olympic Distance / NTP Olympic & Sprint-

Kinetic Colonial Beach, 23 June 2023

**Registration
OPEN- Black
Friday Pricing
until Midnight**

10 January "Programs Panel and Info Seminar"

Moderated by Bryan Frank- Panel Members include Coach Stephan Weyers, and past participants of all levels.

New Triathlete Program- Registration Opens 1 January. Info session TBD.

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Holidays:

Based on recent market surveys, how much is the average American expected to spend on gifts this holiday season? (Correct answers within \$100 plus or minus exact value)



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Kelly Lefler



Eva Kodouskova



Julie Billingsley



Leslie Knibb



Cindy Hutchings



Sophia Kaounas

Help us welcome JEN CONNET to our female roster for 2024!

DC TRIATHLON CLUB



Erik Guercio



Jason Davidson



Daniel Smith



Joe Shields



Justin Bauer



Christian Locke

Help us welcome GREG WARD to our male roster for 2024!

DC TRIATHLON CLUB



Our fearless leader: Bryan Frank

DC TRIATHLON CLUB



Trevor Hains



Natalia Szlarb



Matthew Sarge



Liz Gilden

Thank you for being our teammates – We wish you all the best!!

National Partners



INFINIT



DC TRIATHLON CLUB



Partnerships Report

David Jiang
Director of Partnerships



DC TRIATHLON CLUB



GEORGETOWN
RUNNING
COMPANY



The Feed.



ZONE3

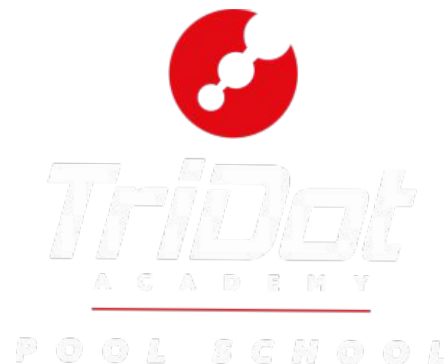
We are the club that pays you back!

Thank you to our 2023 partners!

New Partners



The Feed.



How to redeem

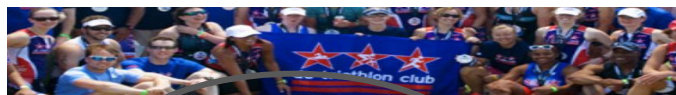


Club Info ↓

Contact

Join ↓

Login



UNTEER PARTNERS SHOP ELITE

Overview

Redeem Discounts

Step 1: Login

Step 2: Partners > Redeem Discounts

Make sure you are in the
Members-Only/Redeem Discounts
Page

DC Tri Club's partnerships include the following stores and online retailers, and we are always working with our partners and me

To access discount codes, please log in and visit our [MEMBERS-ONLY PARTNER PAGE >>](#)

If you have questions or suggestions, please contact partnerships@dctriclub.org.

Local Partners



Andre Reveille

Raffle:

- 3 Premium Tune-up's



Local Partners



Claire Bowe
Physical Therapist and Owner



Local Partners



Denis Crean, Founder

Raffle:

- Gold Membership
- \$100 Coupon for a Swim Camp for Triathletes
- Sunday Swim Membership for the Weekly Swims
- Wim Hof Fundamentals Workshop from InnerTides (sister non-profit)
- Weekly swim passes

Race Partners



Doug Marocco

Raffle:

- race entries and swag



Race Partners



Danny Serpico
Race Director and Owner

Raffle:
- race entries and swag



Race Partners



Andy Bacon
Race Director and Owner

Raffle:
- race entries and swag



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Gear Report

Elise Serbaroli (she/her)
Director of Gear



DC TRIATHLON CLUB



USD

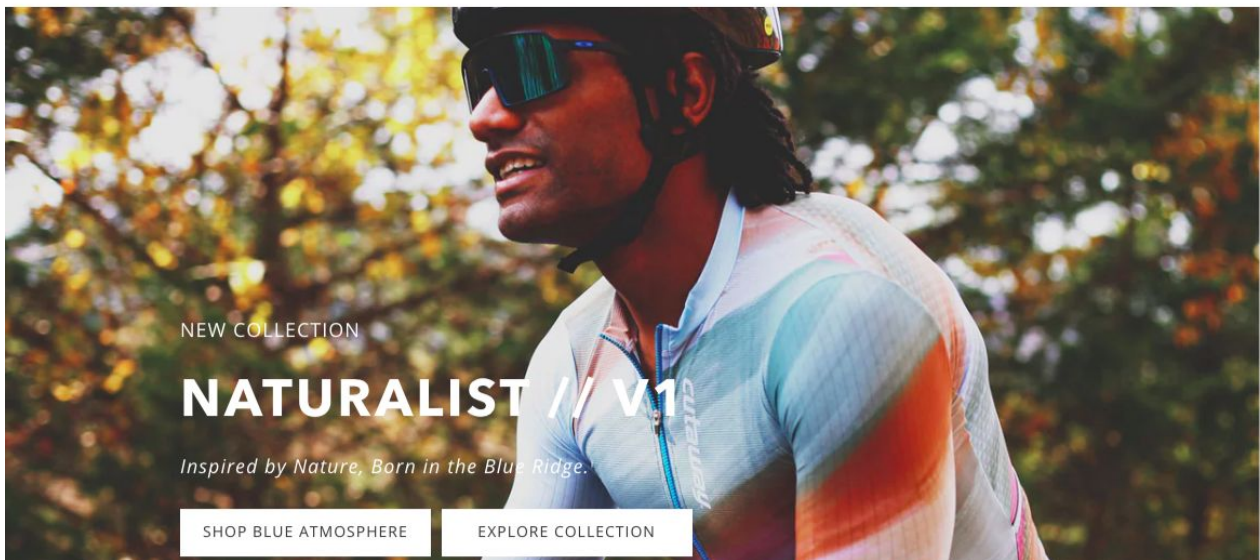
Cutaway is our partner for most gear, including creating / designing the new membership items and the DC Tri club racing kit



cutaway.

SHOP ▾ EXPLORE ▾ CUSTOM ▾

Search



DC TRIATHLON CLUB



After mixed feedback in '22, especially issues with female kits, we worked with Cutaway to redesign and have gotten very positive feedback in '23!



DC TRIATHLON CLUB



Fall / Winter store
items

Shipments will arrive
this or next week!

Spring / Summer
store will open in
March!

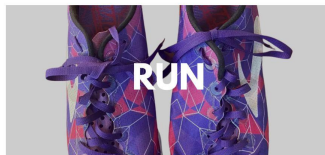


DC TRIATHLON CLUB



trithrift.org

SHOP GEAR



Tri & Write Blog

Sometimes the biggest barrier of all is our own self-doubt & inability to see our potential. If this resonates with you, these blog posts may help.



November 24, 2023

Win from Within

By: Carla Thompson

[Continue Reading](#)



November 17, 2023

You Are Limitless

By: Trudy Dalton

[Continue Reading](#)

National Partners



zealios®



DC TRIATHLON CLUB



Training Report

Kelly Lefler (she/her)
Director of Training



DC TRIATHLON CLUB



Holiday Lights Run + Happy Hour

Monday December 11, 6 p.m.

Union Pub, 201 Massachusetts Ave NE, DC

Two Routes: 4.5 mi, 7 mi

Holiday Lights Stops: Union Station,
Capitol, White House, and more!



DC TRIATHLON CLUB



Group workouts:

- NOVA Track practice: Tuesdays, 6:15 pm, Washington-Liberty High School

- Zwift Virtual Group Rides: Your trainer + Discord
 - **Add (DCTri) to your name
 - ◆ Tuesdays, 6 am [Follow Kelly Lefler]
 - ◆ Thursdays, 6:30 pm [Follow Raul Fainchtein]

- Run: Sundays, 9 am, various locations [JANUARY]

- Rides:
 - ◆ Hains Point: Wednesdays [ON HIATUS UNTIL SPRING]
 - ◆ Georgetown: Saturdays, 8:30 am, M and Wisconsin



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Tentative Events for Next Year

- Bricknics
 - ◆ Germantown: April 13
 - ◆ DC: September 7
- Camping Weekends
 - ◆ Colonial Beach: May 17-19
 - ◆ Deep Creek Lake: July 19-21
 - ◆ Prince William Park: August 23-25
- Holiday Lights Run: ~Dec 11
- Rides around the DMV: TBD



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Music:

During a November concert in Buenos Aires, Argentina, Taylor Swift changed the lyrics of her song “Karma” to say this—a shout out to new boyfriend Travis Kelce.



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Volunteer Report

Charlie Taylor,
Director of Volunteers



Thank You 2023 Volunteers!!!



Katie Hosteny	Bryan Frank	Malaya Fletcher	David Jiang	Elise Serbaroli
Marci Goldberg	Eran Goudes	Hannah Cole-Chu	Justin Bauer	Patrick Pannett
Justin Sanak	Krystal Brumfield	Lauren Jee	Bipin Badhe	Sophia Kaounas
Jeff Halper	Derek Sprunger	Theo Varnes	Jason Davidson	Cindy Hutchings
Hannah Ferguson	Mijal Altmann	Faith Breads	Juene Rader	Eva Kodouskova
Calum Ferguson	Anne Ellyse Kania	Lauren Fassler	Charlie Taylor	Natalia Szlarb
Rebecca Na	Colleen Geasey	Julie Billingsly	Eden Slater	Daniel Smith
Verna Tyree	Carlos Andino	Eric Guercio	Whitney Gim	Joe Shields
Phoebe Iguchi	James Gathje	Mallory Scott	Jules Bilowich	Christian Locke
Leslie Knibb	Joanna Wollersheim	Kelly Lefler	Justin Bauer	
Matthew Sarge	Kyoko Kawai	Susan Aaronson	Trevor Haines	

2022 and 2023 Board Recognition

DC TRIATHLON CLUB



Kyle Simpson- *President and Dir
of Community Development. 5 total
years*

Rob Read- *Vice President and
Director of Membership. 6 total years.*

Liz Glomb- *Secretary and Director
of Communications. 6 total years*

Cindy Hutchings- *Director of
Programs. 5 total years*

**Thank you for
your years of
dedication**



National Partners



Hyperice



DC TRIATHLON CLUB



Community Development

Jules Bilowich (they/them)

community@dctrclub.org



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What is Community Development?

- Inclusive, community-forward vibe
- Supportive training and racing environments
- Collabs with broader community



Want to get involved? Reach out to Jules community@dctri.org

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Community Groups

MBOP * Capitol Hill * NOVA * MoCo * Women's Group *
TriOut ++



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Community Group Workouts - emphasizing Community

- **Hains Gains Wednesday Rides** - all levels, introductions with ice breaker every week, social lap, post ride snasket!
- **Saturday Bravo Rides** - no drop, middle distance and pace, road-riding introduction with safety briefings, post ride socials
- **District Track Workout** - all levels, introductions with ice breakers, entry-level track workouts with individualized coaching
- **NoVa Track Workouts** - all levels, introductions with ice breakers, entry-level track workouts with individualized coaching
- **Training Camps** - Supportive training environment, different levels

Need workout leads! Reach out to Jules community@dctri.org

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Changes to Community Groups coming in 2024!!

- Groups Consolidation
- Training “cohorts”



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Partnerships with the Broader Community

Collaborations? Joint Events? Get involved!



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Cities:

For the first time in American history, 2023 saw the 4 largest cities in the United States simultaneously have black mayors. What were those cities?



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Race Report

Bryan Frank,
“Acting” Director of Club Racing



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2023 Summary

- 128 club member participants
- 53 club member volunteers
- 6 club races
- 4 chilis made
- 2 canceled events 😞
- 1 partridge in a pear tree



**Splash & Dash; Duathlon x 3;
Time Trial; Trail Run**

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2024 Tentative Plan

- 8 club races or more!
- Hoping for 200+ participants
- Hoping for 60+ volunteers
- Hopefully 10 chilis
- Hopefully 2 partridges in 2 pear trees!
- Splash & Dashes; Duathlons; Time Trials; Trail Run

And hopefully:

- A Training Triathlon in partnership with the University of Maryland
- A special surprise adventure event

Local Partners



crossing
currents
AQUATICS

Traci McNeal
Head Coach

Raffle:

- Open Water 4-pack
- Bridge 2 Bridge Relay Entry



Potential Partner



FORM

Raffle:

- 2 smart swim goggles



DC TRIATHLON CLUB



Meet the 2024 Board of Directors

DC TRIATHLON CLUB



Literature:

The author of the best selling book of 2023 refers to this person as both a “beloved brother” and an “archnemesis.”





2023 Club Awards



Congratulations to all
nominees!



Rookie of the Year



Veteran Athlete of the
Year



Courtney Waltimyer
Most Improved
Athlete
Award

I Went the Distance!

Alex Bro
Anne Ellyse Kania
Ari Small
Bill Jelen
Charlie Taylor
Christopher
Kotwicki
Colleen Greasy
Dan Hattis
David Allen
Greg Pollock
Greg Pollock
Hannah Dighton

Jack Kaczmarczyk
Jakim Wu
Jenna Hager
Jennifer Panlilio
Jericho de Mara
Kassie McGue
Laetitia Brock
Mason Nyman
Meryl Winslow
Nina Waters Hall
Phoebe Iguchi
William Fish



2023
Club Member
of the Year

Brady Nelson Spirit of DC Triathlon Club Award



The image features a solid red background. In the center, there is a large white circle with a thin red border. Inside the white circle, the text "2023 Brady Nelson Family Scholarship" is written in a black, sans-serif font, centered horizontally and vertically.

2023 Brady Nelson Family Scholarship

Local Partners



POTOMAC RIVER RUNNING STORE

Arlington • Burke • Cleveland Park • Loudoun County
Reston • Rockville • Tyson's Corner
www.potomacriverrunning.com

Potomac River Running

Raffle:

- Running Gift Bag





**That's all
folks!**