

# DC TRIATHLON CLUB



## Annual Meeting Schedule

2pm: Social Time

3pm: Club Meeting,

- Meet our partners and coaches
- Awards
- More Social Time

5pm: See ya!

Raffle prizes throughout, must be present to win!

## Play trivia during the meeting!

- Theme: 2024 Women in Sports!
- Maximum of 8 players on a team
- 5 questions during the slide show
- No cheating!
- Answer sheets will be collected after the last question



DC TRIATHLON CLUB



# 2024 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 and coaches
- Awards
- More Social Time

5p: See ya!

Raffle prizes throughout, must be present to win!

## Play trivia during the meeting!

- Theme: 2024 Women in Sports!
- Maximum of 8 players on a team
- 5 questions during the slide show
- No cheating!
- Answer sheets will be collected after the last question



# DC TRIATHLON CLUB



## Question #1:

In 2024, two professional triathletes—both of them women—won their countries' cycling time trial national championships. Who were they?



# DC TRIATHLON CLUB



## Membership Report

Sheldon Roberts  
Director of Membership



# DC TRIATHLON CLUB



**Last Year At This Time**

**486**

**Members**

**Today**

**515**

**Members!**

## 2024 Member Survey Results

91 Participants

An interest in creating more social activities for club members

Swim specific workout opportunities

Need for a better onboarding experience for new members outside of programs

# DC TRIATHLON CLUB



## 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

# DC TRIATHLON CLUB



## DEIA (Diversity, Equity, Inclusion, Accessibility) committee

- Ramadan training article
- Input on inclusion for volunteer leader style guide
- Two TriThrift events
- Barrier Breaker 15% discount code for membership & 2025 NTP program participants underrepresented groups (e.g. BIPOC, gender expansive, low income, individuals with disabilities)
- More coming in 2025!

### DEIA Committee Members:

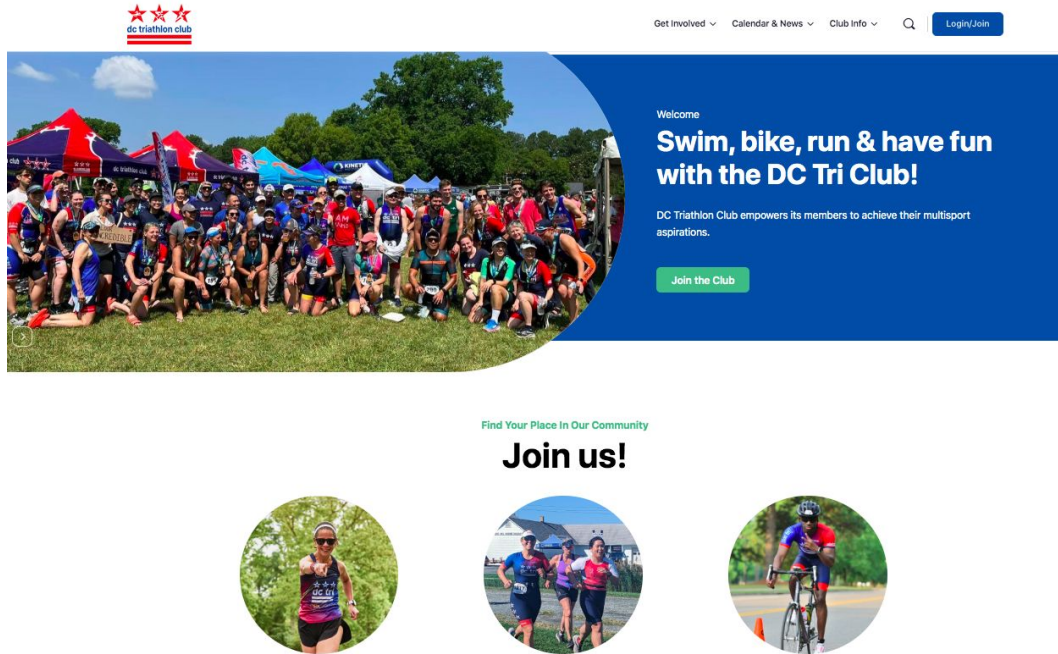
- Cherise Fanno Burdeen
- Megan Johnson
- Whitney Kim
- John-Anthony Meza
- Mariama Orange
- Elise Serbaroli

Reach out to Director of Community at [community@dctriclub.org](mailto:community@dctriclub.org) with questions or to get involved!

# DC TRIATHLON CLUB



## Subcommittee project: New Website!!



Constant work in progress!

Questions? Find dead links?  
Find website bugs?

Reach out to

[president@dctrclub.org](mailto:president@dctrclub.org)!

# DC TRIATHLON CLUB



## Member Connect!!



Get Involved ▾ Caler

Get Involved ▾

Calendar &



### MEMBER CONNECT

The DC Tri Club welcomes multisport athletes of all levels, from beginners to seasoned Ironman athletes.

**Activity Feeds**

**Groups**

### Groups

NEWEST **ACTIVE** POPULAR

-  **Saturday Morning Ride**  
active 2 days ago
-  **Hains Point Laps (Event)**  
active 5 days ago
-  **2024 Club Award Nominations**  
active a week ago
-  **Colonial Beach (2025 NTP/ODP Goal Race) (Event)**  
active a week ago
-  **Adopt-a-road Trash Cleanup! (Event)**  
active 3 weeks ago

SEE ALL

### Activity Feeds



Share what's on your mind, Director of Gear...



All Updates Likes Connections

Groups Mentions

Search Feed...



**Saturday Morning Ride**

Bryan posted an update in the group **Saturday Morning Ride** a week ago

Saturday 11/23 – is anyone interested in moving the ride to SUNDAY 11/24 same bat time and same bat location? Saturday morning is 30-40 mph gusting winds and Sunday is looking less.... windy.

Thinking of riding out to Black Lion Coffee for coffee and scones.  
Proposed route: <https://ridewithgps.com/routes/43289521> (though planning to skip the out...

[Read more](#)

# DC TRIATHLON CLUB



## 2025 Goals

- Continuing our goal to create momentum for both spring and fall events
- Continuing diversity initiatives and increased outreach
- Adding a social component to all of our club training events such as a brunch or coffee post-splash and dash
- Building more opportunities for members to get involved in leading initiative or events
- Improving our onboarding experience for all members
- Finding a regular members-only swim practice

# DC TRIATHLON CLUB



## Question #2:

American women had a historic Olympic games, winning more than half of both the U.S.A.'s total medals (126) and gold medals (40). How many of each were won in women's or mixed relay events? (Closest team wins a point for each!)



# DC TRIATHLON CLUB

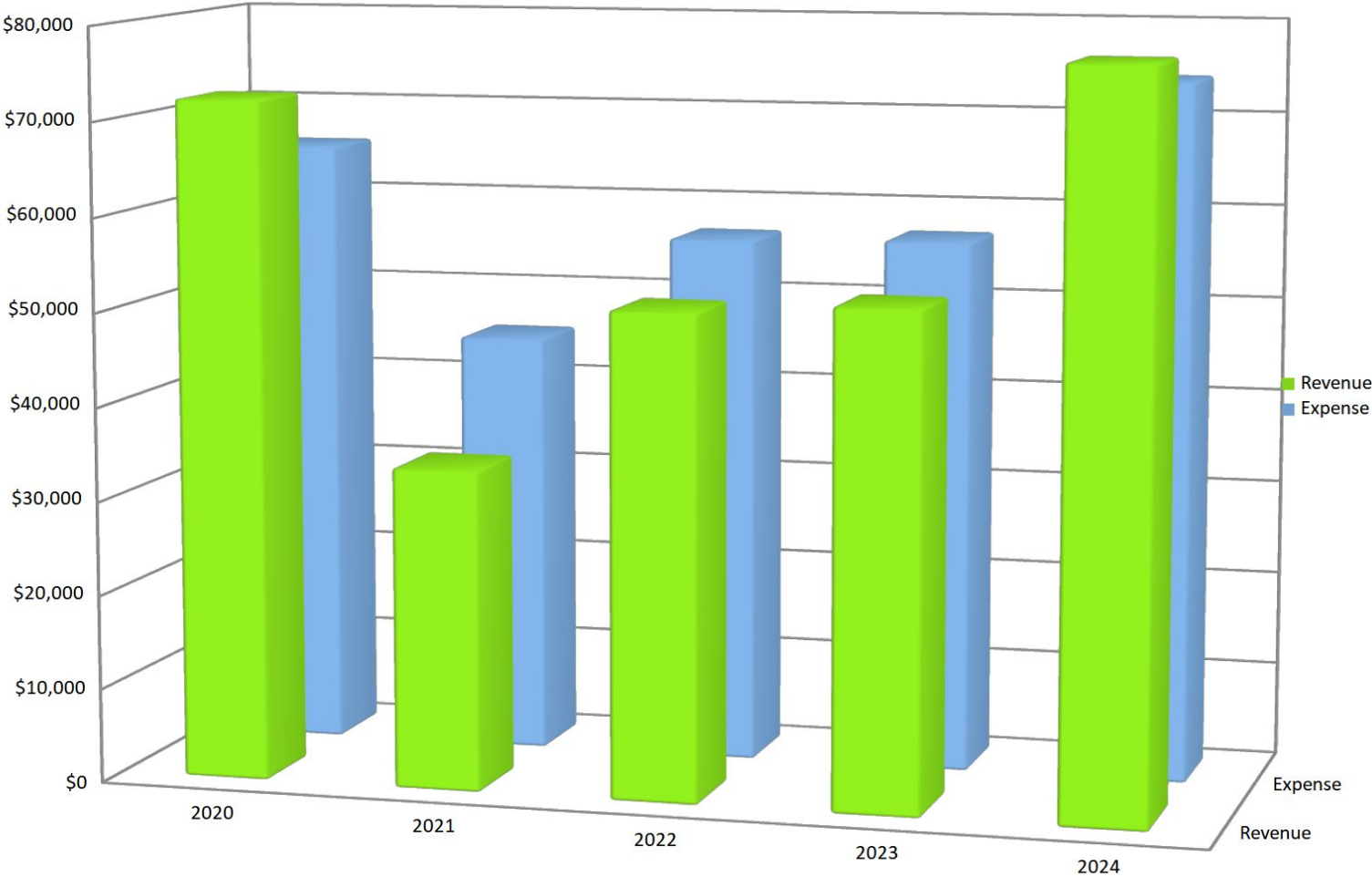


## Financial Report

Patrick Pannett,  
Vice President of Finance

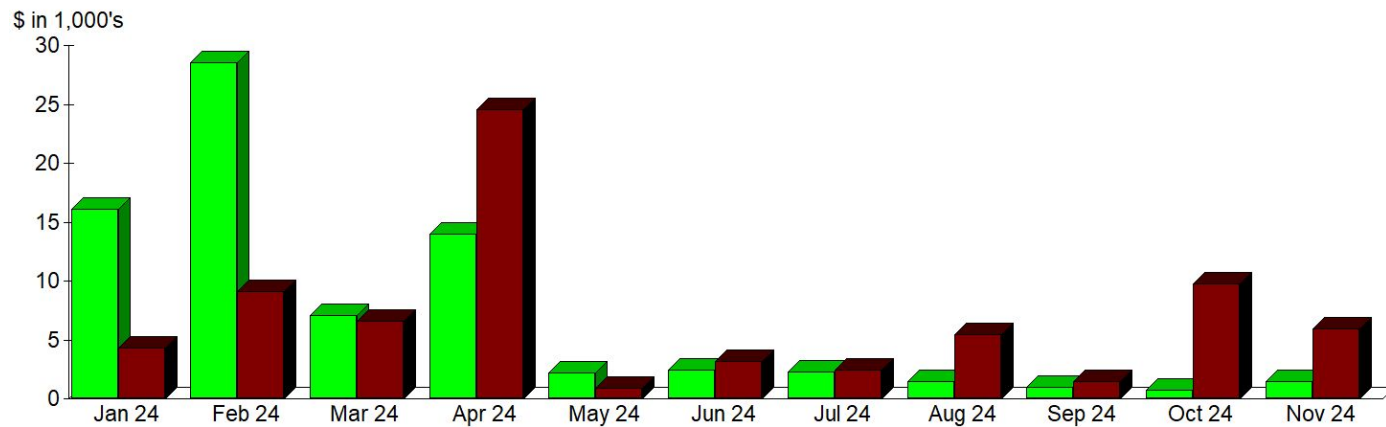


DC Triathlon Club Annual Revenue vs. Expense

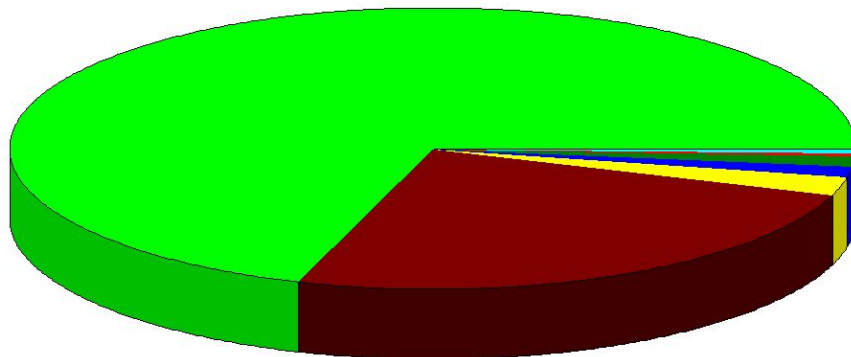


Income and Expense by Month  
January through November 2024

Income  
Expense



Income Summary  
January through November 2024



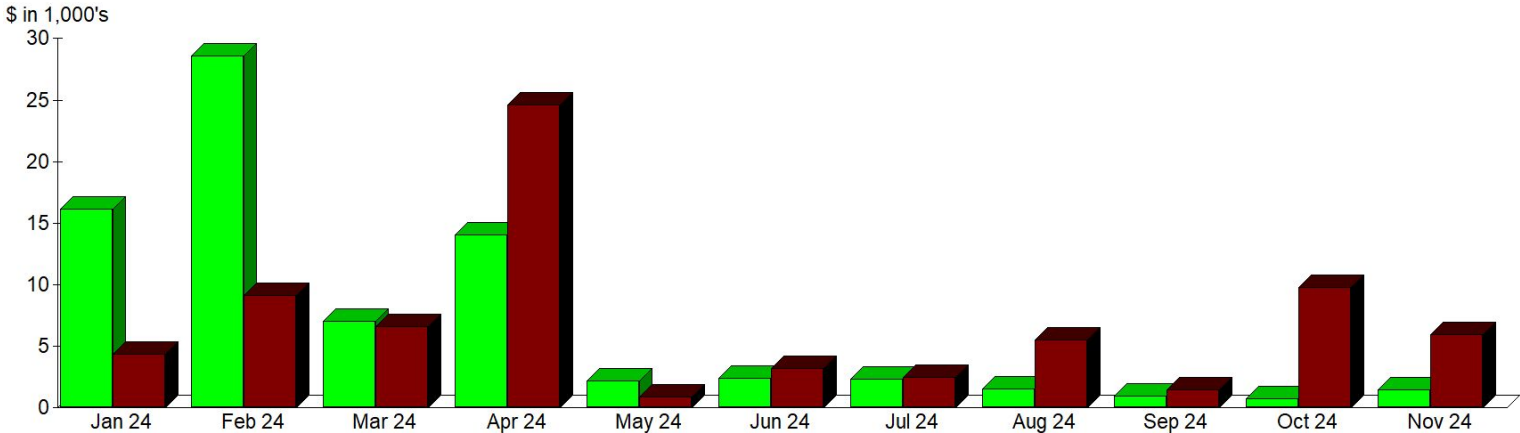
|                               |             |
|-------------------------------|-------------|
| Training Program Inc - Juene  | 69.94%      |
| Membership Dues Inc - Sheldon | 24.89       |
| Club Races Inc - Derek        | 2.10        |
| Gear Inc (Elise)              | 1.39        |
| Club Training Inc (Kelly)     | 1.17        |
| Community O & A Inc (Jules)   | 0.39        |
| Interest Income               | 0.12        |
| Total                         | \$77,616.10 |

By Account

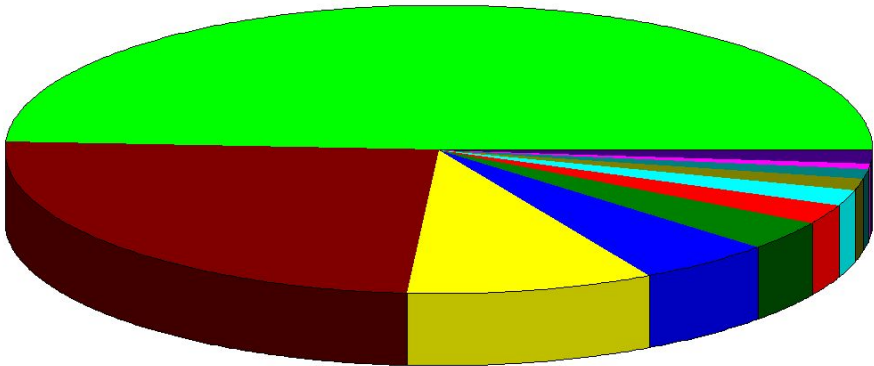
Show on Pie Chart: ☒ Income ☐ Expense

Income and Expense by Month  
January through November 2024

Income  
Expense



Expense Summary  
January through November 2024



|                               |             |
|-------------------------------|-------------|
| Training Program Exp - Juene  | 49.23%      |
| Operations Exp                | 24.82       |
| Membership Dues Exp - Sheldon | 9.29        |
| Facilities and Equipment Exp  | 5.09        |
| Gear Exp (Elise)              | 3.46        |
| Club Event Exp (All)          | 2.29        |
| Club Race Exp - Derek         | 1.78        |
| Club Training Exp (Kelly)     | 1.29        |
| Membership Kits Exp (Rob)     | 1.24        |
| Contract Services Exp         | 0.74        |
| Other                         | 0.79        |
| Total                         | \$74,109.59 |

By Account

Show on Pie Chart: ☒ Income ☐ Expense

# DC Triathlon Club, INC.

## Balance Sheet Prev Year Comparison

### As of November 30, 2024



|                            | Nov 30, 24 | Nov 30, 23 | \$ Change | % Change |
|----------------------------|------------|------------|-----------|----------|
| ▼ ASSETS                   |            |            |           |          |
| ▼ Current Assets           |            |            |           |          |
| ▼ Checking/Savings         |            |            |           |          |
| Capital One Savings        | 102,272.58 | 94,173.77  | 8,098.81  | 8.6%     |
| Capital One Checking       | 2,730.47   | 1,561.08   | 1,169.39  | 74.9%    |
| PayPal account             | 264.81     | 3,917.13   | -3,652.32 | -93.2%   |
| Total Checking/Savings     | 105,267.86 | 99,651.98  | 5,615.88  | 5.6%     |
| ▼ Other Current Assets     |            |            |           |          |
| Supplies Inventory         | 83.76      | 0.00       | 83.76     | 100.0%   |
| Total Other Current Ass... | 83.76      | 0.00       | 83.76     | 100.0%   |
| Total Current Assets       | 105,351.62 | 99,651.98  | 5,699.64  | 5.7%     |
| TOTAL ASSETS               | 105,351.62 | 99,651.98  | 5,699.64  | 5.7%     |
| ▼ LIABILITIES & EQUITY     |            |            |           |          |
| ▼ Equity                   |            |            |           |          |
| Opening Bal Equity         | -2.97      | -2.97      | 0.00      | 0.0%     |
| Unrestricted Net Assets    | 101,848.08 | 104,009.19 | -2,161.11 | -2.1%    |
| Net Income                 | 3,506.51   | -4,354.24  | 7,860.75  | 180.5%   |
| Total Equity               | 105,351.62 | 99,651.98  | 5,699.64  | 5.7%     |
| TOTAL LIABILITIES & EQ...  | 105,351.62 | 99,651.98  | 5,699.64  | 5.7%     |

# National Partners



zealios®



# DC TRIATHLON CLUB



## Programs Report

Juene Rader,  
Director of Programs



# Programs- 2024 Recap



**New Triathlete Program- Coach Kyoko Kawai, and co-leads. 99 participants!**

*Goal Race- Kinetic Colonial Beach*

**Olympic Distance Program (23 participants)**

*Goal Race- Kinetic Colonial Beach*

**Half Ironman Distance Program (23 participants)**

*Goal Race- Ironman Eagleman, 70.3*

**Ironman Distance Program (13 participants)**

*Goal Race- Ironman Chattanooga, 140.6*

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

**Off-Season Spin- Coach Cynthia Steele, and instructors. 53 participants**

**Elite Team- led by Bryan Frank, Trevor Albert, Sophia Kaounas and Jason Davidson. 14 athletes!**

# Programs- 2025 Way Ahead



## Off Season Spin (Virtual)-

4 January - 22 March 2025, 12 weeks

## Ironman Distance-

Ironman Maryland, 20 September 2025

## Half Ironman Distance-

Ironman 70.3 Musselman, 13 July 2025

## Olympic Distance / NTP Olympic & Sprint-

Kinetic Colonial Beach, 22 June 2025

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

*15 January "Advanced/Distance Programs Q & A". New /Improved for 2025- 3x mini clinics, HIP/IMP Final Summit (insane track workout)\*, HIP/IMP Beast Weeks & Camping Weekends\*\**

**New Triathlete Program-** Registration Opens 1 January.

*11 January "NTP info session"*

# DC TRIATHLON CLUB



## Benefits of affiliation with DC Triathlon Club

### → Kinetic Multisports

- ◆ For every 20 people that select the drop down “DC Triathlon Club, we get a reserved bike rack

### → Ironman

- ◆ It is truly a mystery how we get rewarded, but for 2024 we received 1x free Ironman entry, and 1x Half Ironman entry.  
Winners of random drawing: Clare, Heather

*There are many benefits of club affiliation, sometimes it's as simple as sharing so others know they have a connection, even if you don't know each other*

# DC TRIATHLON CLUB



## Question #3:

Athletes from the DMV area had a very successful 2024 Olympics. Which two female swimmers born and raised in the DMV area combined for a total of nine medals at the games?



# DC TRIATHLON CLUB



## 2025 DCTriClub Elite Racing Team



# DC TRIATHLON CLUB



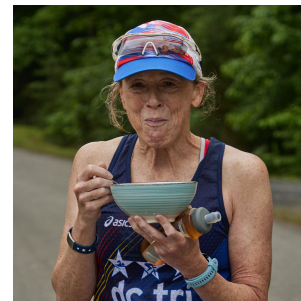
**Julie Billingsley**



**Cameron Clarke**



**Jennifer Connet**



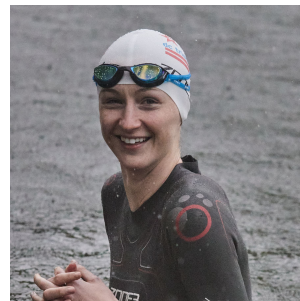
**Cindy Hutchings**



**Sophia Kaounas**



**Leslie Knibb**



**Eva Kodouskova**



**Jazz van Loon**

# DC TRIATHLON CLUB



David Allen



Jason Davidson



Stephen Eid



Erik Guercio



Jonathan Lee



Joe Shields



Daniel Smith

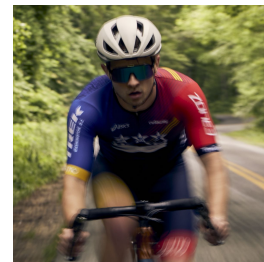


Greg Wood

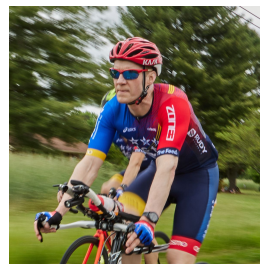
# DC TRIATHLON CLUB



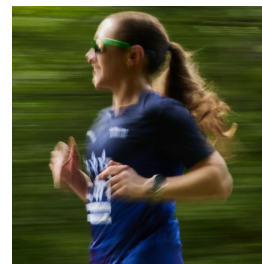
Bryan Frank



Christian Locke



Justin Bauer



Kelly Lefler

# DC TRIATHLON CLUB



## Partnerships Report

David Jiang  
Director of Partnerships



# DC TRIATHLON CLUB



Recap:

Winter clinic series

- running form talk with Potomac River Running
- advanced bike buying talk with Bicycle Pro Shop
- bike fitting clinic
- off-road talk with Ex2
- swim clinic with L4

Germantown Bricknic with Charm City Run

Moved Georgetown Block Party to kick-off Sat ride

DC Bike Expo



Thank you to our partners!

# Local Partners



Claire Bowe



# Local Partners



Andre Reville



# Race Partners



**KINETIC**  
MULTISPORTS

Brian Diffenderfer



# Local Partners



Denis Creaan



# Local Partners



Thank you DC TRI CLUB  
for your support in 2024!  
JUST KEEP SWIMMING!



crossing  
currents  
AQUATICS



## PERFORMANCE TRAINING

ANNAPOLIS: NOW!

Tuesday Night Drop - In sessions  
exploring swim metrics and  
learning from under and over  
stroke assessments



## OPEN WATER TRAINING

April 20 - October 5, 2025

Sundays 9:30 AM  
Friday Early Birds 6:30 AM  
Monday Novice Only 5:30 PM



## NON -COMPETITIVE OPEN WATER EVENTS

BRIDGE 2 BRIDGE 3.5 MILE

May 25, 2025

SWIM & PADDLE THE SOUTH RIVER 5 MILE  
October 5, 2025

## TIME TRIAL SERIES

1-MILE

May 20 & 27  
June 3 & 10



RETREAT  
May 16 - 18, 2025

Trey Charlton



# Race Partners



John Kenny



## Question #4:

In the women's Olympic soccer tournament, team Canada was penalized 6 points and had their coach banned from the games after they had played just one game. What were they punished for?



# DC TRIATHLON CLUB



## Gear Report

Elise Serbaroli (she/her)  
Director of Gear



# DC TRIATHLON CLUB



USD

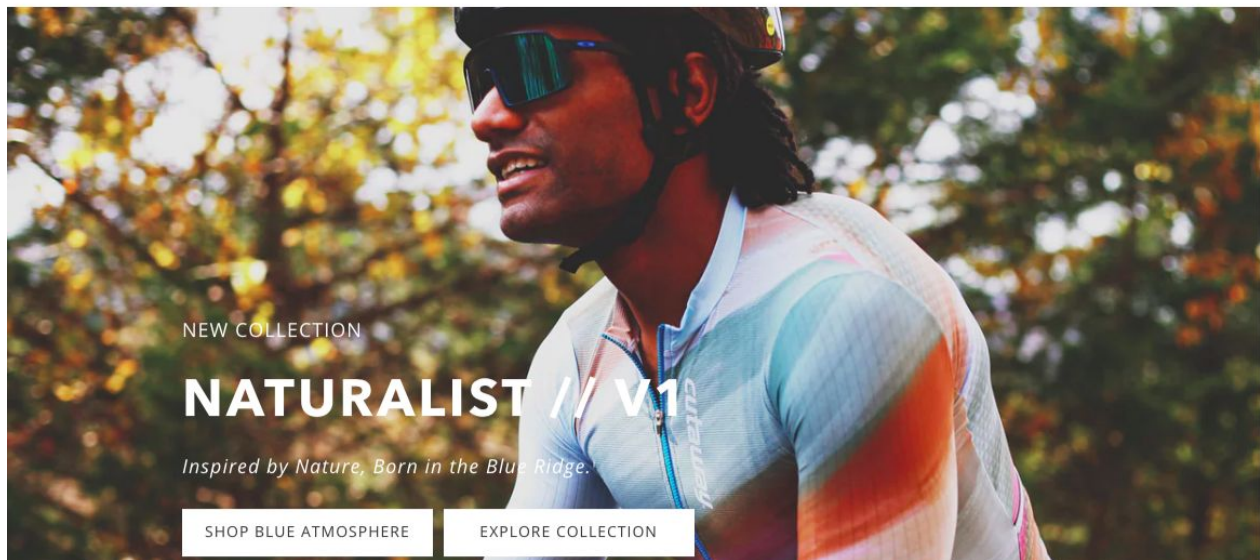
Cutaway is our partner for most gear, including creating / designing the new membership items and the DC Tri club racing kit



*cutaway.*

SHOP ▾ EXPLORE ▾ CUSTOM ▾

Search



# DC TRIATHLON CLUB



Fall / Winter store items - some arrived & some will arrive this week!



Spring / Summer store will open in March for May delivery!



# DC TRIATHLON CLUB



Items you can buy all year long on our website / from Director of Gear



Get Involved ▾ Calenda

Home / Club Store

## Club Store

Showing all 9 results

Default sorting ▾



DC TRIATHLON (HAT)

\$10.00

ADD TO CART



DC TRIATHLON (Sew-on Iron-on Patch)

\$10.00

ADD TO CART



DC TRIATHLON (Socks)

\$10.00

SELECT OPTIONS



DC TRIATHLON CAR MAGNET



DC TRIATHLON RUNNER HAT –  
original edition



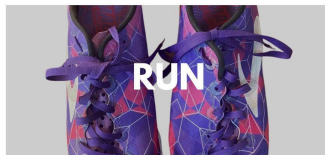
DC TRIATHLON RUNNER HAT –  
Rainbow Edition

# 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](#)



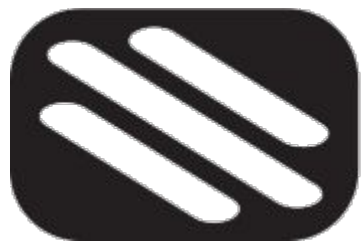
November 17, 2023

### You Are Limitless

By: Trudy Dalton

[Continue Reading](#)

# National Partners



**RUDY**  
PROJECT



# Race Partners



1 free entry to Lake Montclair Tri  
1 free entry to Luray Tri



# DC TRIATHLON CLUB



## Training Report

Kelly Lefler  
Director of Training



# DC TRIATHLON CLUB



## Holiday Lights Run + Happy Hour

Tuesday December 10, 6 pm

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:

### → Track workouts

- ◆ NOVA: Tuesdays, 6:15 pm, Washington-Liberty High School
- ◆ DC Banneker Recreation Center: Wednesdays, 5:45 am
- ◆ DC Mall: Thursdays, 6 pm Corner of 3rd St SW and Madison Ave

### → Long Run: Sundays, 9 am, various locations [RESUMES IN JANUARY]

### → Zwift Virtual Group Rides: Your trainer + Discord

\*\*Add (DCTri) to your name

- ◆ Tuesdays, 7 pm [Follow Kelly Lefler]
- ◆ Thursdays, 6:30 am [Follow Raul Fainchtein]

### → Outdoor Rides:

- ◆ Hains Point: Wednesdays [ON HIATUS UNTIL APRIL]
- ◆ Georgetown: Saturdays, 8:30 am, M and Wisconsin (7:30 am in April)

### → Swims: Monthly Club swim at UDC- COMING SOON!!

# DC TRIATHLON CLUB



## Trainings Events for Next Year

- Bricknics
    - ◆ Germantown: April 19
    - ◆ DC: August 23
  - Camping Weekends
    - ◆ Camping Weekend 1: May 16-18
    - ◆ Deep Creek Lake: July 25-27
  - Holiday Lights Run: ~Dec 9
- \*dates are tentative and subject to change



# DC TRIATHLON CLUB



## Volunteer Report

Charlie Taylor,  
Director of Volunteers

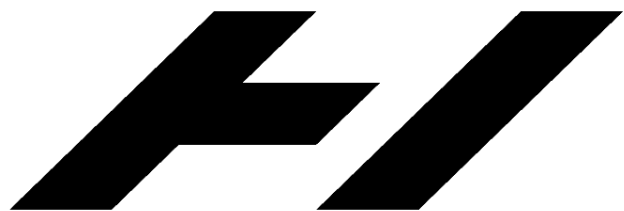


# Thank You 2024 Volunteers!!!



|                   |                 |                  |                    |                        |                  |
|-------------------|-----------------|------------------|--------------------|------------------------|------------------|
| Rebecca Na        | Alli Matlesky   | Michael Kramer   | Greg Wood          | Roger Lemley           | Yijun Zhou       |
| Maggie Ma         | Jenna Hager     | Susan Aaronson   | Julie Billingsly   | Eva Kodouskova         | Kelly Lefler     |
| Verna Tyree       | Christian Locke | Lauren Jee       | Kyeung Lee         | Mauricio Bascunan      | Leslie Knibb     |
| Julia Blaszkowski | Raul Fainchtein | Dwight Dougherty | Chris Lee          | Carrissa Moffet Miller | Jason Williamson |
| Jenna Hager       | Juene Rader     | Rachael Harb     | Mohamed Ashour     | David Allen            | Justin Bauer     |
| Mallory Scott     | Julia Follick   | Arjun Lalith     | Howard Chan        | Cindy Hutchings        |                  |
| Bryan Frank       | Ariel Kravitz   | Jonathan Saenz   | Grant Samms        | Sheldon Roberts        |                  |
| Charles Taylor    | Megan Johnson   | Lauren Rosenbaum | Rebecca Kriss      | Lee Cheng              |                  |
| Derek Sprunger    | Daniel Smith    | Elise Serbaroli  | Jonathan Kriss     | Heather Randall        |                  |
| Katie Hosteny     | Sophia Kounas   | Jacob Schaperow  | Joe Silvestri      | Jillian Smith          |                  |
| Anne Ellyse Kania | Stephan Weyers  | Kyoko Kawai      | Mary Emma Kauffman | James Gathje           |                  |
| Justin Sanak      | Carlos Andino   | Ed Moser         | David Jiang        | Helen Roberts          |                  |

National Partners



# Hyperice



# Race Partners



1 free entry to Xterra Tri  
1 free entry to Spring Backyard Burn



# DC TRIATHLON CLUB



## Question #5:

Which Olympic bronze medalist also managed to get on the podium of *Dancing with the Stars*, in part by being the first female contestant to lift her male partner up in the air?



# DC TRIATHLON CLUB



## Race Report

Derek Sprunger,  
Director of Club Racing



# DC TRIATHLON CLUB

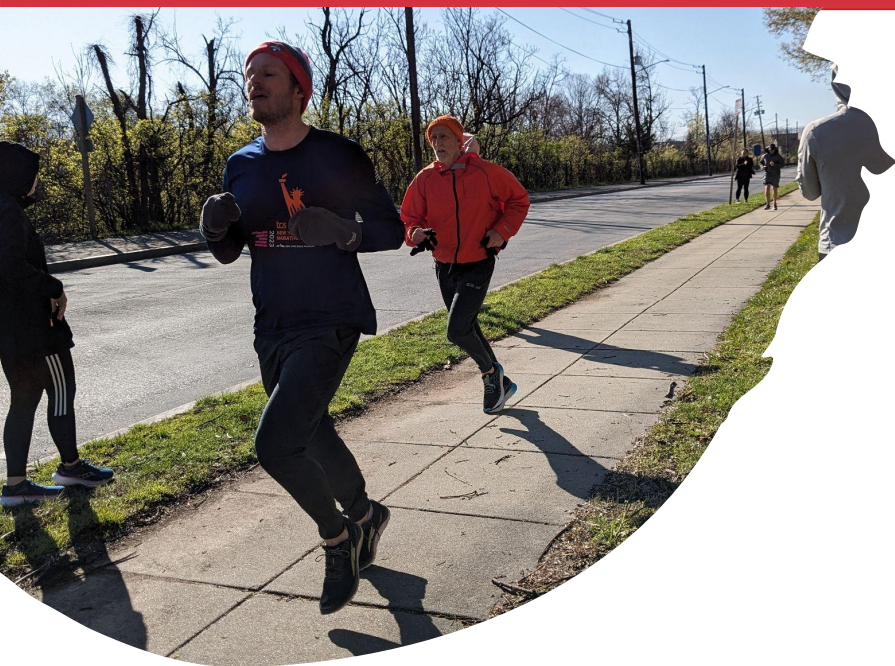


## 2024 Club Race Summary

- 7 club races: Splash n' Dash x2, Duathlon x2, Time Trial x2, 5K trail run
- New format: Double Dash
- Record turnout! **53** at spring Splash n' Dash, **39** at Duathlon #1
- **180** total registrations (+52 y/y)
- **34** volunteers - THANK YOU!!!
- **Prizes:** comp Kinetic and Crossing Currents race entries, gift cards, gear!



# DC TRIATHLON CLUB



**2025 Club Races: “Make club races an even more valuable part of your goal race prep”**

- Skills challenges in the spring
- Spring time trial for bike pacing experience
- Race series!
- Splash & Dash; Duathlons; Time Trials; 5K Trail Run

**If you'd like to help this and more come to life, I'm looking for 1-2 volunteers to help execute races “end-to-end” + new race initiatives. PLEASE reach out!**

# DC TRIATHLON CLUB



## 2024 Board Recognition

President: Mallory Scott  
Vice President and Director of  
Partnerships: David Jiang  
Secretary and Director of Volunteers:  
Charlie Taylor  
Treasurer: Patrick Pannett

Director of Club Races: Derek Sprunger  
Director of Gear: Elise Serbaroli  
Director of Programs: Juene Rader  
Director of Training: Kelly Lefler  
Director of Communications: Rebecca Na  
Director of Membership: Sheldon Roberts

# DC TRIATHLON CLUB



**Kelly Lefler**- *Director of Training*  
*4 total years*

**Jules Bilowich**- *Director of*  
*Community 2.5 total years*

**Sheldon Roberts** - *Director of*  
*Membership 1 total years*

**Mallory Scott** - *PRESIDENT*  
*2022-2024 (Transitioning to Secretary)*

**Thank you for  
your years of  
dedication**

## Meet the 2025 Board of Directors

New members:

Director of Membership: Andrew Bremer

Director of Gear: Colleen Geasey

Director of Community: Mariama Orange

Director of Training: Zander Curtis



## 2024 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!

John McGinnis  
Mary Kauffman  
David Allen  
Van Credle  
Liam McCarty  
Katie Hosteny  
Michael Jiang  
Juene Rader  
Sezer Ulku  
Peter Wonacott  
Jules Bilowich  
Cait Miller  
Nick Brennan

Facundo Galeano  
Liz King  
Claire McGillem  
Katy Morgan  
BT Rappaport  
Madison Sanders  
Emily Swift  
Mica Baker  
Benoit Ballet  
Charles Connors  
Brian Gougler  
Yaritza Rodriguez  
Clare Williams  
Erin Fowler  
Jakob Youngblood Costa

Harry Tsang  
Tyson Brown  
Amy Warfie  
Leslie Gray  
Frank Reilly  
Nick Gray  
Andrew Ciccarino  
Rebecca Na  
Caroline Boulton  
Mary Beth Spencer  
Whitney Kim  
Theo Varns  
Felipe Deidan



2024  
Club Member  
of the Year

# Brady Nelson Spirit of DC Triathlon Club Award

---





2025 Brady Nelson  
Family Scholarship:  
Miranda Stolz and  
Justine Yu

# Local Partners





**That's all  
folks!**