

# **Tidewater Striders Triathlon Committee Meeting Minutes**

## **October 22, 2003**

The meeting was held at Roger Brown's Restaurant in Portsmouth. Meeting started at 7:10pm and ended at 8:37pm. There were approximately 40 attendees.

### **I. Brief Intro**

Ada Lester started the meeting by explaining the need/desire for a more united triathlon community in the area. The triathlon 'branch' of the Striders began when the Tidewater Triathlon Club merged with the Striders. Mel proved the existence of this former club by exposing his decades old club t-shirt. Additionally, on the peninsula, PTC had also absorbed a triathlon club. The overlapping interests of triathletes and runners provide good reason for having one club for both runners and triathletes.

Over the past few years, the main accomplishment of the Triathlon Committee has been the establishment of the Triathlon Grand Prix. The Committee also supported the start of the new race, Virginia Duathlon, but the main impetus for the establishment of the race was due to Ty Whitaker and Connie Maxwell.

For the committee to do more, more involvement is needed. The goal of this meeting was to find out what Strider Triathletes want from the club and get more triathletes involved in the committee.

The goals of the committee are to bring a better sense of community within the local Tri scene, through training, education and community involvement. Within the Striders, the goal is to gain better communication and introduce more people to multi-sports. A forum needs to be established for communication.

### **II. Group Training**

There's a need for publicizing existing regularly scheduled group rides and other group rides as they occur. Ideas for spreading the word about workouts include:

- Using the Tidewater Striders online Forum
- Listing workouts in the Rundown
- Listing regular workouts on the Triathlon page of the Tidewater Striders web site.
- Rate rides on speed or rating similar to the Tidewater Bicycle Association (TBA)
- Also rate existing TBA weekly rides on their value to triathletes.

During the meeting most of the discussion centered on group rides but the same need exists for running and swimming workouts. The same means of communication can be used.

Jason Lloyd volunteered to create a list of group rides throughout the area and

provide for posting in Rundown and on web site. It was suggested that a point of contact be created for each area for rides. Volunteers for this are as follows:

- Western Tidewater (Suffolk, Surry, Isle of Wight, ..) – Jason Lloyd
- Norfolk – Kevin Hupp (khupp)
- Virginia Beach – Jerry Frostick

Jason is being transferred out of the area in June 2004 so someone will need to take over for him at some point.

#### Specific event training

- Final Kick's spin classes this winter will be aimed at getting ready for VaDu.
- Some discussion about getting coaches to put together broad training plans for specific events. Jerry Frostick is willing to help.
- Possibly some swimming events/training between VaDu and Breezy Point to get duathletes ready for a triathlon.

#### Ride Leader Volunteers

- Terri Tokar – Williamsburg area in the Spring but possibly some bricks at Waller Mill Park
- Tom Randolph

#### Swim Workout Leaders

- Clare Kerr
- Terry Peltier
- Keith McCaffrey

#### Track Workouts

- Keith McCaffrey

#### Provide Swimming Training Plans

- Keith McCaffrey

### **III. Clinics/Meetings**

- Keith McCaffrey will work with Terry Peltier and Perry Lange to put together some swim clinics. Keith can get free pool time at Riverside Wellness and Fitness Center and would like to plan a 3-month series.
- Bike Maintenance – throughout the year and different locations; many stores including Final Kick and Port Norfolk Bike plan on doing.
- Check-list clinic – what to have packed for race day, especially away races.
- Triathlon Clinic for newbies – to provide an overview of what to expect
- Swim/Technique – Terry Peltier
- Swim Clinic – Keith McCaffrey
- Sports Nutrition – Mel Williams
- Training to Run faster – Mel Williams

- Need to contact local coaches about setting up programs
- Jerry Frostick can help set up training programs.
- Help with set-up and planning: Mel Williams, Margo Smallwood

## **IV. New Events**

### **General Comments provided about races**

- Need an Olympic Distance
- Make events more family friendly
- Would like to see another event in VaBeach, possibly Sandbridge

### **Specific possibilities discussed:**

- Sprint at Buckroe Beach:
  - Connie Maxwell has laid the groundwork with the city of Hampton, including a bike course that is much safer than Tri-America.
  - Keith McCaffery volunteered to get turnover from Connie and work with the city of Hampton to establish a new race.
  - Don Brown can help with sponsors for the Hampton Race
  
- .Suffolk
  - Michael Clark has course ideas and race plans.
  - KE Morgan has already begun laying groundwork for an event in Suffolk with city officials and the Suffolk YMCA.
  - KE and Michael will work together on this.
  
- Ironman North America in Williamsburg
  - Last official word from Ironman North America was that Williamsburg was still being considered. However, original info said the race would be in November to replace Ironman Florida. Ironman Florida has been renewed, Then the consideration was May/June 2004 for a Half-Ironman with a full Ironman to follow the next year. Meanwhile Ironman North America has announced a Half Ironman in Orlando in May 2004.
  - Discussion about having an Olympic distance on the course prior to the Ironman coming would be great for the local athletes.

## **V. Club identification**

### **Banners**

- Consensus that a banner would be a good idea.
- Looking for Triathlon specific team name" for recognizing traveling Tidewater Strider Triathletes during competition
  - Many suggestions have been suggested via e-mail, the ideas will be posted on the Forum

## Uniforms

Comments include:

- No t-shirt – nobody needs another t-shirt; possibly a jacket for wearing around town that creates club awareness.
- Skip Jerseys, go for Tri-Suits – no local sponsorship but possibly supplements
- Jerry and Amy Frostick remarked that Sugoi will create custom uniforms – screen printing doesn't work well on the material
- Sponsors were discussed – leaning toward no sponsors on the uniforms but still open to discussion
- Goody Tyler suggested that we make Tri Gear available through Strider Marketplace
- Louis Garneau mentioned as possible source for uniforms

Logos/Design

- Appeared to be a consensus for a Tri Logo
- Terry Peltier volunteered to work on design.
- It was also suggested to contact Bob McCracken for ideas and assistance.

## VI. Grand Prix

### Additional Races

- New local races should be added to the series.
- Request was made that Ironman Williamsburg not be added if it becomes a reality.
- Tri-America Sprint
  - It was suggest that the Tri-America Sprint be added and given equal points as the Olympic
  - Further discussion ensued with other suggestions which would allow inclusion of the Sprint race
    - No points, but credit for doing a GP race
    - Use a reduced scoring system for the Sprint as opposed to the Olympic
  - Definitely something to be further discussed on the forum
- Other races to consider adding suggested after the meeting
  - Charlottesville Sprint Triathlon ([www.raggedmountainrunning.com](http://www.raggedmountainrunning.com))
  - Richmond 3 Sports Duathlon

### Delete Races

- Talked about decline of Outer Banks Triathlon – not enough volunteers and not really doing a race for triathletes.
  - Instead of removing race from the Series, it was suggested to give them an opportunity to improve

- Ada Lester is going to contact an Outer Banks Strider about possibly being a liaison with the OBX race committee.

### **Formalization of Grand Prix Rules and in Striders Policies and Procedures**

- Rules for wetsuits and race dnfs need to be discussed
- Provide points just for competing
- Add volunteer requirements to award eligibility
- Suggestion to only count top 3 races.
- A rules committee was formed: Connie Maxwell, Ray McDaniels, Ty Whitaker and Goody Tyler.

### **Membership**

- Expiring triathlete memberships during the GP season cause scoring problems due to late renewals
- Wallie Polinski volunteered to help make contacts with triathletes with expiring memberships to prevent scoring changes.

### **Grand Prix Awards**

- Suggestion for new awards such as Rookie of the Year, Most Improved.
- Ray McDaniels volunteered for Grand Prix Award Committee

## **VII. Sponsorship**

- Nothing was really resolved on the Sponsorship matter, several comments were made regarding the various companies in our area that contribute to the Triathlon scene. The discussion of having a specific "Tri Team" representing the Striders, with a Tri specific logo, uniforms and banners- seemed more favorable than having sponsors on the uniforms
- It may be a matter of raising money for specific

## **VIII Other Ideas**

- Develop a standardized evaluation form for out of town races
- Calendar of out of town events
  - There used to be a list in the Rundown but didn't get maintained.
- Mentor Program or buddy system for new triathletes
- Mel Williams mentioned empty board positions for the upcoming elections
- After the meeting Nick May agreed to run for the Board.