

January 9, 2008

## **PENTICTON TRIATHLON CLUB**

Minutes of the monthly club meeting

Attending: Ryan Mahaffy, Paul MacPhail, Darryl Jones, Kirk Vandeweghe, Sharon Otke, Jeff Symonds, Gord Spelay, Jenni Andrews, Sarah McMillan, Brad Lee, Richard Szabo

1.0 Meeting called to order at 7:04PM

2.0 Review minutes of December meeting minutes. Richard read the December minutes. Point 5.2 apparently has an error in the initial cost for cards at \$99 not \$298. Brad motioned that the previous minutes be accepted as amended, Gord 2<sup>nd</sup>.

3.0 **Treasurers Report** – Ryan read the most recent statement with a balance of **\$6912.48**, with an outstanding bill of approximately \$25 to the Pounders for our share of the Awards banquet, \$40 for share of the Steve King gift, \$41.89 to Brad for Bike Barn Christmas gift, and some outstanding amount to James Palanio for 2 gift baskets. Darryl moved that the financial report be accepted as stated, Brad 2<sup>nd</sup>.

4.0 Old Business

4.1 Winter seminar sessions have changed. Timing does not work for Tom to give a talk on skiing. Brad has sent emails regarding a seminar on blood lactate based training, and we can have **Sean Clark** talk about it in 2 weeks. Then, Jenn will try to arrange for **Melissa Spooner** for March. February we will try to have **Tracey Pope** talk about IMS and when to seek additional medical care to deal with injuries, and/or injury prevention. Richard will contact **Alex Mazurin** about giving us a talk on fitness maintenance from another perspective.

4.2 Brad will send out a club email to see if there is a demand for a **swim clinic with Tina**. Scott McMillan is working on a clinic with underwater video coverage for swimming.

4.3 The club will set a **deadline of March 15 to get club and Tri BC renewals** in on time.

4.4 Website still has not been updated. Dave said that he will be able to work on it next week. We need to get membership forms on line, along with updating the Bare Bones registration.

4.5 Photo thank you cards were ordered by Gord, and a sample was brought in. Gord has delivered most of them. They turned out excellent, at a total cost of \$300.

5.0 New Business

5.1 Weight training classes? Anyone interested? Richard suggested that it is useful for everyone to do some winter weight training. Most everyone agreed. Brad said that he will send out an inquiry to see if enough people are interested, then we can ask the local clubs if any of them is interested in giving a weight training seminar. Others suggested Jim at Lakeside, Troy at Gym, and Chris at City Centre would all likely be willing to give a seminar. Spin classes have started with Impact and with Jenni. Dan Macdonald does give spin classes at the Gym, but most of us prefer using our own bikes and saddles. Thus we are limited to true spinning or **indoor cycling sessions**

- available. **Jenni** says that she still has space for a few more people, **Monday nights** at 7PM.
- 5.2 Winter blahs??!! **Time for a social?** Sarah asked if this means we are interested in another beverage social. (We need video proof of finish times to post on the website). Brad said that during the winter there is more time available to meet socially and not worry about training. Gord said that a group used to meet Wednesdays after workouts, and Brad said Tina used to get the Thursday night swim group to meet at KVR. Last year the Pounders had a bowling night, and Brad hosted a bowling night the 2 previous years in February. Jenni said the community centre has listed a “full moon snowshoe”. Sarah will contact Donna to compare ideas of an evening of fun (**snowshoe, hockey, skate, snow bocci**) followed by a bon fire or relaxing in a pub.
  - 5.3 A meeting on Jan.15 to discuss a new pool. Ryan and Sharon said they may be able to attend for the club. If not Brad will attend. The club is in support of a new 50m pool, and updating the current pool to a non-chlorine sanitizing system.
  - 5.4 Library of resources. Check with Ellis. Jenni will get us costs for strength training books. We all agreed that the club can purchase new “Total Immersion” DVD’s for triathletes. Also, Gord suggested that the equipment list as being compiled by Brad, Steve and Pat should be posted on the website such others may be aware of the needs, and some sponsors may be willing to contribute (i.e. a tent).
  - 5.5 Brad is in the process of obtaining an updated list of local entrants to IMC ’08. Then we can contact the new people for upcoming seminars.
  - 5.6 Grand Columbian triathlon (full, half, Olympic) on September 13, 2008 is having a “Club Championship” which requires at least 3 people from any club to register for their race. The club should post a note on the website because there is prize money for the top club.
  - 5.7 The Locals Jersey project must get started on the design. Then Joan can start contacting people for orders.
  - 5.8 **Boston Pizza Jr. Triathlon.** Owner Al Smith is backing the event, and will finance the entire event. He does not want the club to make money on the event. If money is made, it is expected to go back to the event, or to junior triathlon. Brad suggested to Gord to contact Don Gemmell to get the bpjtri website linked to our club’s website. Gord is currently building a volunteer team, and working with Carol Flynn.
  - 5.9 Jan.29 is a **Grade 6 health fair** that Jenni, Dave Ellis and Orca coach Jeff participated in last year. Jenni will be away, and needs a couple of people to volunteer. **Jeff Symonds** will help, as Jenni believes younger people will be most listened to. Brad has a new DVD from Keremeos Triathlon club to show during the event. Feb.2 will be the adult health fair. **Can anyone else help out?**
  - 5.10 Tri BC race series has been announced, and Gord is responsible for the series.
  - 5.11 Tracey McQuair now does bike fitting. Based on power.
  - 5.12 Coaching courses- Tri BC will subsidize travel to Vancouver. If any leader has any level of coaching, Tri BC will back the liability for this year in club workouts. The coaching courses require 2 facilitators, and this has been the problem in getting courses set up. Awaiting a response from Tri BC for a Penticton course.
  - 5.13 Gord asks what is the club willing to commit towards actual coaching in club workouts. Sharon said when we last tried it, the response was so poor it was not worth the effort, and she is not going there again. Brad said that the bike workouts

were well attended, and different regimens were set up for people doing different race programs during the year. However, that is only for cycling. Brad said that no one is willing to give the amount of time required. Gord said that he would put in the time for the running coaching. Brad said that the club really would have to sub-contract a coach to lead workouts for the time commitment necessary.

5.14 Ryan wants to clear all debts of the clubs, and wrote a cheque for the Pounders for \$65. The only outstanding payment is to James for Christmas gift baskets.

6.0 Meeting adjourned 8:50PM. Next meeting is to be on Wednesday Feb.6. Location Investors Group office.

7.0