



Edmonton Triathlon Club
Monday, December 14, 2009
Edmonton Hostel 10647- 81 Ave, 5:30 – 7:00 pm

Present:	Ellen Ainsley Christine Lauerman Laurie de Grace Maureen Lanuke	Dan Boonstra Rob Ellis Angela Ziemann
Regrets:	Jody Anderson Mike Krahn	Randy Penney Tania Dean

Chair: Christine Lauerman

1. Opening

Call to order by Christine Lauerman at 5:38PM.

2. Approval of Minutes and Action Items from November 23, 2009 Meeting.

Investigate ordering merchandise from Primal and Champsys. Follow up on the cost of ordering buffs Investigate running singlets & running shorts.	Angela	Nov. 23	Carried forward
Contact Riverbend Club re partnership Early in the new year	Mike	Jan. meeting	Deferred
Notice of Ironman Party	Ellen	Nov. 25	Done
Training Camp – Obtain comparative prices for coaching	Randy	Dec. 14	Deferred
Jodi to follow up with River Valley Cycle for a final spin of season	Jodi	Jan. 25	Ongoing
Survey membership re ETC membership	Laurie	Dec. 14	Done
Investigate hiring run coaches for ETC	Christine	Spring	Ongoing
Confirm interest with XTERRA and include link on our website	Angela	Dec. 14	Done
Email Exec. links for pictures of XTERRA clothing	Angela	Dec. 4	Done

Moved by Dan Seconded Rob Carried

3. Treasurer's Report

Motion : Rollover GIC and add \$4,000 at institution providing best rate (cashable) and a maximum term of 3 years.

Maureen Seconded Laurie Carried

4. Membership Report

We have 88 members.

5. Membership Survey

23 responses were received. We will discuss and propose recommendations based upon feedback at the January meeting.

6. Spin Season 2009/10

Attendance at the first spin sessions were on Wednesdays (7 & 12) and on Saturdays (15 & 24). \$2200 has already been collected toward the \$3976 required to break even.

Post spin stretching will take place following the spin classes on Saturdays.

7. Climbing Clinic

Defer discussion until February.

8. Ironman Party

Unclear if Element wants to host ETC. Randy will follow up with Element to determine if they are hosting a pot luck party and if ETC members should contribute to that rather than paying \$5 towards pizza.

Discussion followed about alternate locations for the Ironman party next year. River Valley Cycle has previously offered their space. They don't have much cycling inventory at this time of year – snowboarding gear in the winter. Revolution Cycle is another option since they are renovating and might have suitable space.

9. Merchandise Report

Updated inventory report attached.

Bufs – minimum order of 50 a deterrent

Most manufacturers are in the US – duty and exchange will affect the final price.

Select products to be ordered at January meeting. Singlets, arm warmers, shoe covers.

Action Items

Review feedback from Survey and suggest if/how ETC should modify current offerings.	Everyone	Jan. 25th	
Send notice to members suggesting they check the website re product inventory and note XTERRA wetsuit deal valid until end of December.	Ellen	Dec. 15	
Investigate costs including duty and tax of singlets, boot covers & arm warmers	Angela	Jan. 25	
Follow up with Element re Ironman party	Randy	Dec. 15	
Post current Spin flyer at Kinsmen	Christine	Dec. 18	

Next Meeting:
Monday, January 25, 2010.

Meeting Adjourned at 6:53PM

Minutes Submitted by: Laurie de Grace, Recording Secretary

ETC Survey December 2009 23/86 26.7%

1 How long have you been a member of ETC?

1st year	8.7%	2
2 to <5 years	47.0%	11
5 to <10 years	34.8%	8
over 10 years	8.7%	2
		23

2 What is the reason you joined ETC?

20% discount on Kinsmen Annual Pass	43.5%	10
Discounted member rates at specified retailers	4.3%	1
Rental of the ETC bike box	4.3%	1
Participation in ETC member only social functions	21.7%	5
Participation in ETC training events	73.9%	17
To meet and socialize with other triathletes	69.6%	16
Other	13.0%	3
Referral from another member		23
To support development of triathlon locally		
inspiration		

3 What benefits do you enjoy from your ETC membership?

Participation in social event	71.4%	15
Discounts	47.6%	10
Training	71.4%	15
Other	9.6%	2
being able to learn from and meet other triathletes; swim training as a group, makes you feel not so "scared" not to know anyone there for newbies		21
Added bonus is the discounted Kinsmen membership		
The only benefits I see are notification of events		
I haven't attended anything yet.		
Meeting great people		

4 What non ETC training do you pay for?

Swim	54.5%	12
Spin	27.3%	6
Run	36.4%	8
Weights	45.4%	10
Yoga	40.9%	9
Other	18.2%	5
Kinsmen dropin fee		22
Have a Kinsmen Athletic pass. Also, because of storage, spin with Cyclo-logic.		
None of your business		
Spin - \$300 January - March, Weights - \$250 per month, Yoga - approx. \$150 per month		
also have a ymca membership for their nicer facility to do weights; additional spins at another shop just because of location of wolf willow too far to make during the week		
personal trainer (strength training) \$50/hour		
\$12/class - Pilates		
\$180 for 4 month		
Cost of annual Kinsmen membership - not sure what that is as I write this. I also use the membership to run occasionally on their indoor track only in the winter		
Swim - ~\$400, Spin/Cycle \$400		
swim - membership at Kinsmen 450 per year, yoga - 12 session, run - running room clinic fee - 69.00		
Swimming - annual pass with the City - about \$500, Spin - about \$10 per session but I pay for a whole session at once		

Weights - also accessed through my city pass, Yoga - yoga for runners is about \$95 for six sessions
 \$110.00 half session (run), Corporate sponsorship for passes to Kinsman \$22 for 10 passes
 run & weights \$150/ month, yoga & pilates \$25/wk
 Triathlon Coach

5 Would you be interested in participating in similar training programs if they were offered through ETC?

Yes	90%	18
No	10%	2
		20

Actually, the spin classes are fun and reasonably priced.
 Certain members on the executive are clicky and don't let others feel welcome
 Not likely as I have chosen these sessions based upon the specific type of instruction
 would like to see a regular run night and bike workout in the summer. (show up at a location to meet ie ksc, at 1 night a week for group run or bike) they would need to be geared to moderate distances or tempos not just ironman races. and as well later on or varied times, not everyone can make a 5 pm start time
 Swim, run and yoga maybe
 But only if it added value and little to no extra cost
 Comfortable with the groups I train with.
 This would really depend on the program
 I would be very interested in a coordinated training program offered by ETC.

If Yes to Question 5, how much would you be willing to pay?

Please specify for each type of training the drop in fee and/or

6 flat rate fee you would be willing to pay.

The equivalent
 The membership are reasonable. I like yoga at Kinsmen for the annual fee for a coached ride/ run drop in to \$5 for non coached, should be free the going rate for yoga (about \$15??), as for the others, I am not sure
 Something in this range - up to \$20/session, depending on what the session involved
 \$90 to \$100 flat rate
 It depends on how long a session and how long a duration.
 Swimming and running would be ones that I'd be interested in. It would have to be 60-90 mins in duration 2 X a week....I'd pay about \$60/month, for coaches time taking into consideration that we use our City Rec passes for pool use. No extra fee for that.
 It would depend. Too many variables to mention here
 A good program is worth it. Around \$10. per session is reasonable - again depending on the program
 Similar to what I pay now
 same as above
 Triathlon Coach - program \$40.00 - 50.00 per month

7 What ETC events do you feel are worth paying extra fees for?

Spin classes	81.0%	17	
Social events	52.4%	11	
Annual cycling trip	76.2%	16	
Training camp	85.7%	18	
Run clinic	57.1%	12	
Speakers	61.9%	13	21

If there was a way of storing bikes at Wolf Willow Hall would pay extra fee for Spin classes
 events only cover food and costs, and not to subsidize only a small portion of participants
 All good ideas and good value with good people - Yoga or Stretch and Core session after spin!! Preferably as we have been doing it with no extra fee - low key but there regardless
 Haven't attended any events in a long time
 all events are always great

Would you be interested in hearing guest speakers address any 8 of the following topics? Please indicate all topics of interest.

Technique	52.4%	11
Tips and Tricks	42.9%	9
Training Plans & Strategies	57.1%	12
Motivation	33.3%	7
Diet & Nutrition	52.4%	11
Exercise Ideas	33.3%	7
Equipment & Supplies	38.1%	8
Injuries: Prevention & Treatment	61.9%	13
Other	4.8%	1
The speaker is often the attraction. Eg. An evening with Paul Tichelaar		21
It is all good, but it does get a little repetitive.		

9 Please comment on other events or offerings that you would like ETC to offer.

It doesn't matter what I want cause its all about the president
 I miss the monthly social nights at bp's. It is a good opportunity to meet other members.
 Running group would be nice. Swim group that was a little more interactive would also be appealing.
 I am really, really hoping that there will be a stretch and core section added back to the spin classes. I found these very beneficial and a key reason whi I didn't re-enroll for spin with Cycle-logic (versus ETC) I really think stretchin after spin is important and very much enjoyed when we use to have Yoga after it too.
 Would like to see triathlon coaching programs