



**Edmonton Triathlon Club
 Agenda – Monday, January 25, 2010
 Edmonton Hostel 10647- 81 Ave, 5:30 – 7:00 pm**

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

Chair: Christine Lauerman

1. Opening

Call to order by Christine Lauerman at 5:32PM.

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

Review feedback from Survey and suggest if/how ETC should modify current offerings.	Everyone	Jan. 25th	Ongoing
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	Done
Investigate costs including duty and tax of singlets, boot covers & arm warmers	Angela	Jan. 25	Done
Follow up with Element re Ironman party	Randy	Dec. 15	Done
Post current Spin flyer at Kinsmen	Christine	Dec. 18	Done

Moved as amended by: Maureen Seconded Randy Carried

3. Treasurer’s Report

Our bank balance is \$3551.03. We have enough in the account to cover expenses associated with spin classes.

4. Membership Report

We have 91 members.

5. Transfer of money to GIC

A \$12,807.77 GIC was purchased December 22, 2009 for a three year term with an interest rate of 2.1%.

6. Membership Survey

Discussion took place about the Survey results (attached). The conclusion was that while members enjoy the social functions the main interest is triathlon training and respondents indicated a willingness to pay for additional services. We will therefore try to provide a camp and special training sessions such as transitions.

It is not practical for ETC to attempt to provide regular swim training or group rides. As a service to our members we will increase information about local training options by including links on our website:

- SwimTraining
 - City Programs
 - Grant MacEwan
 - NAIT
 - U of A
- Cycling options:
 - CycleLogic
 - Edmonton Bicycle and Touring Club
 - Edmonton Masters Cycling Club
 - Edmonton Road and Track Club
 - Juventus
 - United Cycle
 - Revolution

Dan discovered there is a survey feature on the forum on our website. He will test this feature by sending a link to a question to the board. If successful, this could be used for future membership surveys.

7. Triathlon Camp

Kevin Masters is no longer available to conduct a camp for ETC this summer. With the interest in training options by our members, we will look at other coaching options to enable a camp this summer. Randy will put together an RFP to be sent to Glenn Playfair, Jen Panteluk, Joanna Begg Pattison and Elise Gaudet to determine their interest, ideas and costs.

The training camp will be geared toward Sprint and Olympic distance and will appeal to those new to triathlon.

8. Spin Season 2009/10

Participation in Spin classes is down from previous years creating the possibility that we may not break even on the costs. Wednesdays are attended by between 5 – 12 people. Participation on Saturdays has declined to 20 from 30 in the past.

In previous years there were more “drop-ins” which last year generated approximately \$600.

2009/10 Spin Expense and Revenue as of January 27, 2010

	Wednesday	Saturday	Total
Expense (Whole Season)	\$2038.00	\$1938.00	
Revenue	\$1495.00	\$1855.00	
Difference	-\$543.00	-\$83.00	-\$626.00

Considerations for next year are the elimination of Wednesday night spins and finding an alternate location which is centrally located with good parking and low rental costs.

9. Merchandise Order

Discussion about the suppliers resulted in selection of Louis Garneau due to its Canadian location, lower minimum order quantities and generally better pricing.

Products under consideration are lycra shoe covers, leg warmers, arm warmers and possibly run singlets.

Fit kits will be obtained and a social planned around fitting and ordering. Angela to organize.

10. AGM

February, March 26 – 6:30PM – 10:00PM

The location, to be selected, must accommodate approximately 30 people for dinner.

Maureen presented copies of the 2009/10 budget (attached) and requested board members review it and provide input for the next budget year.

11. Element Open House – Feb. 20th– We will send delegates to represent ETC.

Action Items

Test question	Dan	Feb.	
Send RFP to Edmonton Coaches for summer training camp.	Randy	Feb. 22	
Order fit kit and organize social to try on clothing	Angela	Feb. 12	
Request sponsorship from Louis Garneau	Angela	Feb. 12	
Check cost and availability of Chianti for AGM	Laurie	Jan. 29	
Book BP Whyte Avenue	Angela	Jan. 29	
Provide input to Maureen re the budget for next year	Everyone	Feb. 7	

Upcoming Meetings:

Date	Meeting Purpose	Location	Time
Monday, March 1, 2010	Budget preparation, merchandise order and training camp.	Hi Hostel	5:30PM
Monday, March 15, 2010	Budget Preparation	Hi Hostel	5:30PM
Friday, March 26, 2010	Annual General Meeting	Chianti's	6:30PM

Meeting Adjourned at 6:55PM

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

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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

Edmonton Triathlon Club Budget 2009-10

REVENUE	Item	Budget 07/08	Budget 08/09	Actual 08/09	Proposed Budget 09/10	Notes
Memberships	86 Members	\$3,520.00	\$3,600.00	\$3,560.00	\$4,000.00	100 Members
Merchandise		\$4,286.00	\$3,000.00	\$853.50	\$1,000.00	
Tri Camp/Tri Training Series		\$5,446.00	Cancelled	n/a	\$1,000.00	
Spin Sessions:*				\$4,100.00	\$3,500.00	
	Saturday Cards	\$1,900.00	\$1,700.00			*Rates based on min. 15 @ \$113 ea - or min. 20 @ \$85 ea.(Sat)
	Saturday Drop-in	\$450.00	\$100.00			*Rates based on min. 15 @ \$100 ea - or min. 18 @\$83 ea.(Wed)
	Wednesday Cards	\$960.00	\$1,500.00			*Cost for both sessions (32 spins) = \$168.00 - December to April 1
	Wed. Drop-in	\$150.00	\$100.00			
Socials		\$145.00	\$400.00	\$2,320.00	\$1,000.00	Paul Tichelaar \$1,880
Hawaii Ironman		\$165.00	\$125.00			Hawaii IM \$230
Aerobic Power		\$229.00	\$320.00			Picnic \$165 & Kevin Cutjar \$45
TANA/T-REX		\$5,425.00	\$6,750.00	\$5,100.00	\$6,675.00	
Bike Box Rental		\$105.00	\$100.00		\$100.00	(rate = \$30/week)
Miscellaneous Income		\$0.00	\$0.00	\$33.00	\$0.00	
Interest Income		\$175.00	\$175.00	\$219.82	\$200.00	
TOTAL REVENUE:		\$22,781.00	\$17,695.00	\$16,186.32	\$17,275.00	
EXPENSES:						
Merchandise		\$6,995.00	\$3,000.00	\$0.00	\$1,000.00	
Equipment	Storage Box/Stereo	\$548.89	\$100.00	\$169.68		Table for T-REX
Spin Sessions:				\$3,740.00	\$3,500.00	
	Instruction	\$1,950.00	\$1,600.00			
	Rental	\$1,950.00	\$1,600.00			
Socials				\$2,305.02	\$2,000.00	(e.g. Picnic, Curling, Welcome Social, Bring a Friend)
	Curtis & May Soc.	\$285.77	\$400.00			
	Hawaii Ironman	\$325.00	\$125.00			
	Training	\$344.00	\$320.00			
Tri Camp & Training Series		\$6,410.00	Cancelled		\$1,500.00	Tri-Training Series - Food, Room, Instruction
TANA/T-REX		\$4,000.00	\$5,535.00	\$4,223.82	\$4,600.00	
Insurance		\$1,050.00	\$1,100.00	\$1,250.00	\$1,300.00	
Website		\$653.65	\$660.00	\$658.75	\$400.00	
Meeting Room Rental		\$220.00	\$220.00	\$240.00	\$240.00	
Bank Service Charges		\$100.00	\$0.00		\$0.00	(Club changed bank to one without Service Charges)
Office Supplies		\$100.00	\$25.00	\$216.36	\$100.00	
Postage & P.O. Box Rental		\$180.00	\$180.00	\$133.83	\$0.00	(P.O. Box eliminated)
Photocopies		\$209.72	\$200.00	\$18.38	\$35.00	
Licenses & Permits		\$0.00	\$0.00			
Capital Expense	Magnetic Signs	\$190.80	\$0.00		\$500.00	Bike racks?
TOTAL EXPENSES:		\$25,512.83	\$15,065.00	\$12,955.84	\$15,175.00	
NET INCOME:		-\$2,731.83	\$2,630.00	\$3,230.48	\$2,100.00	
Breakdown of Expenses for Socials 2008/09						
Paul Tichelaar Event		\$1,820.86				
Picnic		\$147.88				
AGM 2008		\$71.79				
IM Hawaii		\$264.49				
		\$2,305.02				
updated March 21, 2009						