

FREDERICKSBURG TRIATHLON CLUB “TRI-FRED” JULY 8, 2010 MEETING MINUTES

BOARD MEETING MINUTES

- Debi Bernardes, Jason Cohen, Sherry Dowdy, Caren Walker, & Nicole Weidensaul were in attendance
- Uniforms will be next week
- Establish new goals & objectives for the board
 - Meet quarterly
 - Elect committees
- Want to foster sense of feeling welcome and break down social barriers for those new to the group
 - Wearing name tags at meetings to learn names
- Discussed idea of putting on our own tri for 2011 or 2012 where members receive a substantial discount
- Jason to touch base with Dan to discuss sponsorship
- Streamline and improve our website
- Looking to create a Communications Committee
 - External (i.e., Free Lance Star)
 - Internal (i.e., Calendar of Events)
- Upcoming Events; details TBD
 - 8/21 – group workout
 - 9/14 – meeting
 - 10/3 – get together after Giant Acorn
 - 11/16 – meeting
 - 12/5 – holiday party/social

GENERAL MEETING MINUTES

- Debi Bernardes, Julie Brooks, Jason Cohen, Kate Johnson, Jeff Johnson, Ken Mitchell, Joe Pereira, Chad Roney, Jeff VanAtta, Caren Walker, and Nicole Weidensaul were in attendance
- Debi gave a lecture on ergogenic aids
 - mechanical
 - psychological
 - physiological
- Also discussed race day nutrition