

November 3, 2012 Headwaters Triathlon Club Meeting

Attendees: Christel Kippenhan, David Bjorklund, Sandi Heegard, & Matt Backmann

Location: Cabin Coffee House, Bemidji, MN

1. Winter Club offerings

1.1. Bike Talk

- 1.1.1. David Bjorklund volunteered/was nominated to host a Bike Maintenance 101 clinic for Headwaters Tri Club members.
- 1.1.2. Location is slated for Park Rapids Area
- 1.1.3. Items of discussion may include Fit Clinic, Basic Maintenance, etc.
- 1.1.4. Dan Bjorkstrand and HealthQuest Studio may be interested in offering a longer, 1.5 hour, spin class on Sundays specially tailored to a more advanced cycling group.

1.2. Swim Clinics

- 1.2.1. Woody Lindecker and BASS staff offered to provide Triathlon-based swim clinics. Tentative dates and times have been set and will be released to club when details are finalized.
- 1.2.2. Todd Fritze in Park Rapids was also mentioned as a source for swim instruction. There are preliminary talks regarding a January date. Headwaters Tri would be responsible for organizing and advertising. Todd would serve purely as coach and take no active role in organization of the class.
 - 1.2.2.1.1. Both swim clinics would be centered on Triathlon and not a competitive swimmer. Pre-register for clinics with same-day registration for walk-ups, as space permitted).
 - 1.2.2.1.2. Information to the Walker folks to allow them to be included in the swim clinics. Info was going to be sent to Jesse LeBlanc and Nate Labeck.
 - 1.2.2.2. David Bjorklund was going to Contact Jesse LeBlanc, Randy Fulton, and Todd Fritze for participants Lists to help promote the Swim Clinics and to aid in recruiting new members.

1.3. Run Clinic

- 1.3.1. Possible discussion to include plyometrics and run based clinics throughout the winter. Little discussion devoted to the subject.

1.4. Indoor Triathlon

- 1.4.1. Would be Run be BSU Majors Club
- 1.4.2. Headwaters Tri to Sponsor event but not be responsible for organizing
- 1.4.3. If run by Majors Club the Liability and Insurance would be covered through BSU
- 1.4.4. Christel was going to pursue involvement in the Indoor Triathlon.

1.5. Increased group Involvement

- 1.5.1. With 62 members on the Facebook Page, and less actually registered through the application process, discussion was presented as to how to grow involvement in the club.
 - 1.5.1.1. Continue to offer events for others to encourage
 - 1.5.1.2. Use Facebook site to get people involved
 - 1.5.1.3. Remain positive and open to encourage others to participate.

2. Annual Awards

2.1. For 2013 annual Awards the decision was made to table to discussion of annual awards until next meeting.

- 2.1.1. Annual Awards may encourage more involvement amongst the members of the group to promote, recognize, support, and interact with others within the group.

3. Website

3.1. Proposal was presented that the President and Secretary act as only Administrators of the Site.

- 3.1.1. David Bjorklund presented the motion.
- 3.1.2. Sandi Heegard Second
- 3.1.3. BOD members present voted and motion was carried.

3.2. Invite Contributors

- 3.2.1. Discussion on growing the site with Race Reports from feature races completed by Members.
 - 3.2.1.1. Jasmin to submit report for Duathlon Worlds
 - 3.2.1.2. Neil to submit race report for Age Group Worlds
 - 3.2.1.3. David Lewis to submit race report for Ironman Florida
- 3.2.2. Further discussion to take place on how to invite contributions to the website and Facebook page to grow interaction amongst group.

3.3. Web Options

- 3.3.1. Matt presented findings of research for web-host services and features.
- 3.3.2. Christel requested that research be given to Host Monster as a possible addition to options.
- 3.3.3. Delegation of site re-design activities to Christel and Matt

4. Club Race Kits and expanded Club offerings

4.1. Add poll to Facebook to track interest in expanded offerings from Carvalho Custom

4.2. Based on responses, determination will be made as to where to move from here

5. Meetings adjourned