



Wright Tri-Times

Representing the triathlon community of Dayton, Ohio

VOLUME 3

8 FEBRUARY 2005

INSIDE THIS ISSUE

- **Ironmans of 2004**
 - **Ironman Florida: Brad Elstad, You Sir, are an Ironman!** Submitted by Brad Elstad (Page 1)
 - **Ironman Florida Submitted by Lynn Streetz** (Page 4)
 - **Ironman Wisconsin Submitted by Paul Day** (Page 5)
- **Benefits to being a Tri Club member!** (Page 3)
- **Wright Triathlon Club Competes Well in Mideast Region** (Page 1)
- **President and board members reflect on the 2004 triathlon season** (Pages 6-7)
- **2004 Year in Review** (Page 5)
- **Looking Ahead to 2005 by David Hardwick** (Page 5)

BRAD ELSTAD: YOU SIR, ARE AN IRONMAN

Submitted by: Brad Elstad

On my fortieth trip around the sun, I had planned two years previous to eclipse the feat of my thirtieth birthday by completing my first marathon. For this occasion, the goal was to complete an Ironman distance triathlon. Having only participated in one multisport event previously, the Morgan's Triathlon, which was not a bonafide triathlon in the strictest sense, the decision to meet this goal was going to be a challenge. In 2003 I took the opportunity to learn about the sport and enter this one event and size up the time frame and requirements needed to get to the goal. After carefully considering event options, the decision

to enter the Ironman Florida was made for the most obvious reason – flat. After regis-



Brad Elstad Crosses the Finish

tration the Sunday after the 2003 event, obtaining various training programs, the stage was set, except for the hard part – training for the Florida

Ironman. January 1st, 2004 kicked off the training regimen including my first time in the water. My training was broken down into four distinctive gates of progress and the next eleven months of training went relatively well. I completed the first gate, of competing in several international distance races through the season, until the unfortunate event of departing the Dayton River Corridor trail down a concrete embankment, putting me out of commission for two weeks (due to severe abrasions and soft tissue damage to my leg that resulted in something that resembled the elephant man). After recovery, I completed the second gate; the Buckeye

(Continued on page 2)

Wright Triathlon Club Competes Well in Mideast Region

Submitted by: Paul Day

Most of us triathletes living in the "MidEast Region" of USAT do not realize how lucky we are. Since 1998, the Mideast Region has held the "MidEast Regional Club Race Series", or MERCRS, designed to enhance club camaraderie and give each club a

chance to be the regional champion. This is a competition which is unique to this region and has resulted in huge growth in the number of triathlon clubs and triathletes in the region. The scoring in the club competition places more emphasis on participation than performance, so the

clubs that have a lot of members competing in the key races are most likely to place high. There is also a component of the scoring for distance traveled to the race, sort of a handicapping system that recognizes the disadvantage of being located far from the

(Continued on page 2)

Brad Elstad - Ironman FL, cont.

(Continued from page 1)

Challenge Half-Ironman. The third gate was the Pineman $\frac{3}{4}$ Ironman in September, I was now on track for a thirteen hour Ironman. Dateline: Panama City Beach, Florida, November 6th 2004. The gulf was calm, the sky was clear and cool and I was well prepared. A gradual active recovery, tapering three weeks prior to the race, helped heal all things that ached and I planned an easy swim that would put me at 1:20 minutes out of water. Actual time was 1:21 despite the legs, elbows and the seemingly attempt to be intentionally drowned by an older man who apologizes profusely after I stopped swimming to confront the situation – honest mistake I concluded. . The bike plan pace was to eat one Power Bar and two “jugs” of fluid, one water, one Cytomax or similar, every hour on the bike and maintain a rate of speed for a 6 hours completion. The final miles were faced with a steady headwind that slowed my progress a bit; resulting in an actual bike time that was 6:21. The marathon goal was 5 hours. As I left T2, I felt very strong, a little rubber in the legs, but felt strong. At mile six I finally shook the rubber in my legs, good thing too, as the feeling began to effect me psychologically and I wasn't sure I could continue to sustain my pace. I felt strong all the way to the finish line with an actual run time of 4:50. As I crossed the finish line in 12 hours and 50 minutes, 10 minutes below my goal, I heard the announcer state, “BRAD ELSTAD. YOU SIR, ARE AN IRONMAN.”

MERCERS Competition, Cont.

(Continued from page 1)

race site. The Wright Triathlon Club started competing in the MERCERS in 1999, and thanks to a high member participation rate in key races, particularly the championship race in Indianapolis, finished 2nd in both 1999 and 2000 (out of about 12 clubs), then went on to finish 3rd out of 21 clubs in 2001 and 2nd out of 17 clubs in 2002. In the last two years, the huge increase in interest in the MERCERS has made the competition a lot tougher, as was first shown by our 10th place finish out of 26 clubs in 2003. This was nothing to be ashamed of, as the club had placed ahead of over half of the clubs competing.

In 2004, the club focused more on building membership than on the MERCERS, and early in the season, we appeared to be far behind. However, this was misleading, as many of the MERCERS races we focus on, such as Sylvania, Pineman, and Great Escape, occur late in the season. The competition was fierce this year, as two clubs: Tri-Fort and Ann Arbor, went into the championships this year with

perfect scores of “200”, meaning they had placed 1st in 4 MERCERS races this season. Hot on their heels were the Chicago Triathlon Club, just 1 point down, and Kalamazoo, 2 points down. Each club's final season score is the sum of its four top regular season races, each worth 50 points for 1st place, 49 points for 2nd, etc, plus its score from the championship, worth double or 100 points for 1st, 98 points for 2nd, etc.

The Wright Triathlon Club had strong 2nd place showings at East Fork, Great Escape, and Pineman. At East Fork, the club was lead by award winners Alicia Dixon, Dave Hardwick, Brian Gaughan, and Mike Allen, and with strong performances by Kurt Jackson, Brad Elstad, Lynn Streetz, and Fred Courville. At Great Escape, Mark Calcaterra and Mike Polakowski' led our club, placing in the top three, and tough performances by Dave Hardwick, Don Scarpero, Brian Gaughan, Lynn Streetz, and Brad Elstad rounded out our score. At the Pineman, Theresa Borros-Kearney, Bevin Keen, and Mike Allen,

won their age groups, 2nd places went to Judy McLaughlin and Mike Randall, while Roy Youngman and Brad Elstad brought home 3rd place awards in their respective divisions. Dave Hardwick rounded out the score with a gritty performance to finish 5th in his division. Our remaining regular season score came from our 4th place finish at Sylvania, where our entire five-person contingent of Judy McLaughlin, Bevin Keen, Susan Randall, John Randall, and Mike Randall won age group awards. This left us 6 points down with 194 points, before including the championship.

The clubs in contention for the win came out in force to the championship race in Indianapolis. Tri-Fort, a club which nearly faded from existence a few years ago, and has obviously come back stronger than ever, as they had 41 members compete in Indy. Ann Arbor and Kalamazoo countered with 25 and 23 participants, respectively, but Tri-Fort was not to be denied, running away with the championship for the race and for the season. Kalamazoo outscored Ann Arbor to place

(Continued on page 3)



Dayton Daily News
Article on the
Wright Triathlon
Club!

MERCERS Competition, Cont.

(Continued from page 2)

2nd at Indy, which also gave them 2nd place for the season due to the tiebreaker rule. The early championship date of August 29th proved to be bad for our club, as schedule conflicts led to our sending a small group of only 3 athletes to Indy: Bevin Keen, Brian Gaughan, and Paul Day. We gritted it out through a wet day and brought home 2 age-group awards, but placed only 10th in the race. This led to an overall season finish of 8th place, out of 18 clubs that competed this year. So we still finished in the top half, but it left us wondering "What if?" Two other Ohio clubs, Toledo and Enduradawgs, placed 5th and 6th overall, respectively, for the season, so we did not get the award for first in Ohio.

For all you fellow MERCERS junkies pondering over what we can do to place higher next year, there are a few small things we can do and one BIG thing. The small things might include targeting certain less-competitive MERCERS races throughout the season, and for more of us to include them in our race schedules. The BIG thing is getting more Wright Tri Club members in the championship race. The MERCERS schedule for 2005 has not been announced yet, but presumably the championship race will be in Indianapolis again, as it has been every year. Hopefully, the date will be compatible with the schedules of many of our members. Indianapolis is only a 2 hour drive from Dayton, and I have found it easy to get great prices on motel rooms there. I look forward to seeing many of you there in 2005 and bringing home a club championship.

(Ed. Note: [MERCERS competition](#) - The Mideast Region of USAT includes the states of Illinois, Indiana, Kentucky, Ohio, and Michigan)

Great Club Benefits for 2005!

Local

10% off all Endurance Sports merchandise

10% off all Hardcore Outdoor store merchandise

Regional

20% off all Fat Rabbit races

20% off Ultra-fit races

10% off all On the Run merchandise

10% off all Wheelie Fun merchandise

10% off all Saucony (Jeffersonville Outlet) merchandise

National

\$3 off annual membership to USA Triathlon (required in all sanctioned races)

Free Cliff bars and **discounted** Gu products

Club

Wholesale and discounted Triathlon specific uniforms (**Savings up to 20%**)

Free hard-shell bike case use (self pack) and **50% off** professional packing of bike in hard-shell case by Wheelie Fun. Eligibility to win valuable prizes at group meetings, including triathlon merchandise and *free race entries!*

WTC Members & Ironmans of 2004

In 2004 eight individuals lead our club triathlon efforts by competing in several Ironman competitions throughout the USA. Congratulations to ALL participants! Our list of honored individuals include:

Dan Thompson, Lake Placid - 13:41:51

Alicia Dixon, Canada - 12:50:28

Paul Day, Wisconsin - 11:22:49

Mike Allen, Pineman - 14:03:28

Teresa Borros-Kearney, Pineman - 13:24:28

Michael Randall, Florida - 12:36:08

Lynn Streetz, Florida - 15:16:54

Brad Elstad, Florida - 12:50:41

Ironman Florida

Submitted by: Lynn Streetz

We arrived to Panama City around 11pm on Tuesday, Nov. 2nd. The first thing I noticed was how hard the waves were crashing to shore. Uh oh! I tried to stay up to watch election results, but the great state of Ohio which we just left was holding out as the deciding factor. The newspapers on Wednesday morning said "All Eyes are on Ohio", which I figured was due to our arrival. We had 'em scared!

Wed, Nov. 3rd.

Waves still very rough. It was a Red flag day on the beach. I got registered and banded, my name was on the list, and I realized I guess I have to do this thing.

Thursday, Nov. 4th.

Still a red flag day, but Brad and I decided to venture into the ocean with several of the other triathletes. It was tough. Depending who you asked, they either were terrified it would be like that on race day or said, "It's not so bad, we'd race in this". After trying to swim in the waves for about 30 minutes, I decided if it was like that on Saturday, I might not make it through the swim. I found out at the carb loading dinner on Thursday night that we would not swim on a red flag day, so the nerves were calmed a little.

Friday, November 5th

The waves looked calmer and the practice swim went much better. I realized I could handle the swim if the ocean was like this or better. Whew, what a relief! That was the part I had been most worried about.

At the free pancake and bagel breakfast it hit me that all these skinny athletes were walking around trying to eat as many carbs as possible. The thought of what it would be like to have an Adkins convention at the same hotel as an Ironman at the same time hit me, and I was entertained at the thought of seeing the reaction of all the people on low carb diets watching the Ironman participants eating carbs constantly. Bikes and bags got checked early, now time to stay off my feet.

A few family members and friends showed up on Friday, which was nice distraction to have, even though I was already in bed when some of them landed. I couldn't fall asleep until about 10:30, but when I did slept soundly until 4:15 am, about when I planned to get up anyway.

Saturday, November 6th

The day I had been training for finally arrived! Like I previously wrote, I slept well the night before, and noticed I did not hear the waves on the beach from the room when I woke, a change from previous nights. The ocean was even calmer! Prayer #1 was answered.

I got to the village about 5:30, got body marked quickly and went to find Brad and Denny, who had the bike pump. Slight panic set in when I couldn't get air into my bike tires. The more attempts I made, the more air that leaked out. Luckily I grabbed one of the guys from Inside Out and his pump was able to seal properly and the tires were good to go. That was enough extra anxiety for the morning.

THE SWIM – Other than the crowded water, the swim was fun. It truly seemed easier than lap swimming. I had told myself I would not get the song "Tiny Bubbles" into my head, but wouldn't you know the first time I saw bubbles from the person kicking in front of me, that's exactly what came to mind. Luckily, that didn't last long. As I stopped to look for the next buoy and look for open water, I found that the song lyrics "Clowns to the left of me, Jokers to the right, here I am stuck in the middle with you" kept going thru my head. I got hit and kicked, but no major issues. One guy near me with a very annoying kick, who I nicknamed the 'whirling dervish', and I had to wonder if it was even helping him move forward. Probably to the dismay of my family and friends, it only took until about 1/4 of the way through the 2nd lap of the swim when I started wondering, "What am I going to do next?" I was out of the water in 1:20, 10 minutes earlier than I had hoped. Yeah!

THE BIKE —The first 50 miles went fast. The turkey and ham sandwich at special needs tasted awesome compared to Cliff bars. Then I hit mile 60. All of a sudden I felt tired and a little light headed. Not sure if it was my imagination, the heat, or a headwind, but I was riding noticeably slower. I also started looking for my cheering section at this point but did not see them. Mile 60 to 70 was definitely the toughest part of the bike where I actually wondered if I would finish. Around mile marker 70 I saw the Smiley Crew (as they were named for their attire) for the first time. That really uplifted my spirits. Since this was part of the course that looped out and back, I knew I'd see them again soon. As I passed them for the 2nd time I suggested that every 5 miles would be good and that's exactly what they did. It was great and I didn't feel tired anymore, which made me wonder at mile 95 where they were when I needed them at mile 60! I was not able to eat my 5th and 6th Cliff bar I planned, but I was drinking as needed and ate the pretzels and sandwich from my special needs and stuffed down a banana when I realized swallowing another bite of Cliff bar was getting more and more difficult.

Mile 100, making the turn towards the bridge, I hear someone else shout my name. My Aunt and Uncle had arrived and met me around mile 100. With only 12 miles to go and feeling good, I made it easily up the hill and the next 12 miles seemed to fly by. Prayer #2 answered - no mechanical issues on the bike, at least equipment-wise. My left knee started hurting about mile 70. This didn't surprise me because towards the end of my long training weekends, I had felt my IT band start acting up. So, this was about as late as I could have hoped to feel it and it didn't impair my riding; it was now just a matter of how much it would affect the run. I got off the bike in 7 hours, including 3 stops to empty the bladder. At this point I was right where I had hoped to be if the day went well.

Transition 2 - In the small world category - the lady who helped me with my stuff it turned out graduated from Vandalia Butler high school - what were the odds of that?

THE RUN - I knew now that I should finish, because worst case I could walk a marathon in the 8 hours I had left and the energy I had. When I started running and felt the IT band in my left knee act up, I realized that might be exactly what I had to do. I ran and walked to the first turn at 6.5 miles, and the knee hurt. Energy wise, I felt great, but the knee didn't. I chose to make sure I finished. I walked with one lady from Virginia from about mile 8 until 22. We did run the mile at the halfway point turn, but walked much of the time. I kept second guessing myself on whether I should run or not, but decided to wait until the 2nd turn with 6.5 miles to go to run again. I actually waited a little longer than that, and ran and walked the last 3 or 4 miles. I had the energy to run through the finishing shoot and finished strong. Fifteen hours and 16 minutes. It took me about an hour longer than my ideal race, but I still did it!

Post race:

The worst of the pain was when I woke up early Sunday morning on my right side and could not move my left leg so that I could lay on my back. It hurt too badly to move it, but eventually I made it over to my back. I was up before 5am and once I got moving, I didn't feel too badly. By Monday I was moving almost like normal. Was it all worth it? Absolutely!

"The newspapers on Wednesday morning said 'All Eyes are on Ohio', which I figured was due to our arrival. We had 'em scared!"

Ironman Wisconsin

At the awards ceremony for Ironman Wisconsin, the race director said, "We were afraid Wisconsin in September would be too cold for Ironman. Not anymore." For the second consecutive year a heat wave hit Madison, Wisconsin, on "Iron Day", with the sun raising the afternoon temperature to about 90 F. A number of participants failed to hydrate properly, and were forced to walk part of the marathon (including me).

But do not be deterred from signing-up to do Ironman Wisconsin; it is a great race with much local support. Madison is a fun town with a lot of university influence (ask my wife Susan about local reaction to my green Asics gel-magic shoes). The run course stays in Madison, and spectators cheer you on throughout the course. The bike course rolls through the country, but still had many spectators; on the longest climbs, riding through the tunnel of fans made me feel like I was in the Tour de France.

For those who have not yet completed an Ironman, imagine starting the morning with a swim in a cool freshwater lake with 2187 of your closest friends. We were all such good buddies, we seemed to be continuously giving each other friendly slaps and kicks to all parts of our bodies throughout the 2.4 mile swim. The transition to the bike seems long as you have to run up a spiral parking ramp and make your way through the gear-bag room and the changing room. But don't worry about the effect it has on your time, everybody has to do it. The bike course starts out with a coast down a spiral parking ramp, and some other areas that require caution as you work your way out of town. But don't be too concerned, there is plenty of time to show how strong of a cyclist you are. The meat of the bike course is a 40 mile loop that you do twice. Each loop has two very big climbs and many other hills. A number of crazy people in costume help make the big climbs entertaining. At one of the aid stations I got an

unexpected extra: a yellow-jacket with my water bottle. But I was able to shake off the stinging wasp in time to grab a second bottle at the other end of the aid station, and it was soon forgotten. Later, on the run course, I found myself wondering why one finger on one hand felt so stiff and swollen. After about 10 minutes, I said to myself, "Oh yeah, I got stung by a wasp."

I was very happy with my 1:04 swim time, and not unhappy when I was able to start the run 6:40 into the race. "If I can run a 3:30 marathon," I thought, "I will finish in about 10:10, which should be good enough to qualify for Hawaii." I completed the first half of the marathon in about 1:50, and thought, "I am still on schedule to finish in about 10:20." But a pain in my stomach was becoming too much to ignore, and near mile 14, I started walking. I may have used poor judgment at the time, as maybe I should have stopped at an aid station and tried to catch up on hydration. But instead a lot of walking followed, with occasional spurts of running. I had given up on getting the qualifying spot long before the finish, but was glad I felt good enough to run fairly well the last two miles. I was disappointed in my 11:22 finish, but my wife Susan consoled me by telling me that 35th out of 316 in my age group is not that bad. And she is right. And there will be another chance to qualify for Hawaii.

I do not think any other Wright Triathlon Club members competed at Ironman Wisconsin this year, although there were a couple other people there from the area. Hopefully we will be able to recruit them into the club. Of the official Ironman events, Ironman Wisconsin is the closest to Dayton, and I can guarantee it will be a memorable experience. So if you don't mind hilly bike courses and want to compete in an official Ironman, I recommend it.

Club Activities, Year in Review:

Mar: *The Ageless Athlete: Secrets to Making Fitness a Lifetime Habit*, w/ guest speaker, Dr. Jay Kimieck, Ph D.

Apr-Sep: *Weekly Brick Workouts* at Wright Patterson AFB, hosted by Dave Hardwick

May: *Your Best Body Position on the Bike*, w/ guest speaker Bob Duncan of Wheelie Fun Multisport

May: *All About Open Water Swimming*, w/ speaker Bevin Keen, certified ASCA Swim Coach

May: *Annual Wetsuit Picnic* at Buck Creek State Park in Springfield, OH

Jul: *Transitions Clinic* w/ speaker Mike Randall, sponsored triathlete

Aug: *Fat Rabbit Racing Talk* presented by Scott Weaver

Nov: *Ironman Party* hosted by Dave Hardwick

Nov: *Turkey Trot* Volunteering and Expo Booth

Dec: *Pilates Meeting* w/ guest speaker Billie Sanders

Dec: *Swim Clinic*, w/ guest speakers Krista Marchand and Chris Zingharelli, Coaches of the Dayton Area Sharks masters swim team

Information submitted by: Bevin Keen

Looking Forward to 2005!

To summarize 2004, it was a great year for the club. Now we are in 2005 and Paul Day, who was president previously in 2002, will be our new leader. I have great expectations that all of our goals will be met. Also, we are looking to add new training and racing events in 2005. Finally one other comment, if you haven't checked the website lately, the new format clearly shows the plans key events and activities of our club for 2005. Also, as previously mentioned, Mike Randall, our webmaster, has requested ideas and suggestions from all of you to make our website communications even better. So I will end this newsletter and as always, "have a great training day!"

By: Dave Hardwick President 2004

President & Board Reflections of 2004

President's report: *by: David Hardwick* – I want to thank everyone for a very successful 2004 training and racing season. I believe many of the club members met their personal goals, and as a club we helped to make all of this possible. At the beginning of 2004, the new executive committee met and decided that our club emphasis for the year should be to get more “enjoyment” out of the sport of triathlon rather than focusing only on winning the MERCRS race series. As a result, we planned more club outings and seminars to promote the unity and camaraderie of the team. Specifically, we focused on coordinating more group workouts, club activities, and community outreach events.

To facilitate this new club focus, club leadership roles and responsibilities were refocused, revised, and a new marketing position was added to the executive committee. As a result of this, and a few other changes, our attendance and participation increased at both the club’s general and executive meetings. Attendance at one meeting actually overflowed the backroom at Elsa’s South Restaurant! Attendance has also increased and the weekly club *Brick-training* and *Swimming* workouts. I am happy to say that I will have the opportunity to serve as the Vice President in 2005, and I will continue to assist in the growth of our club. I want to make certain that we maintain our position as being the premier triathlon club in the Miami Valley while having a great time, and enjoying our sport. Let’s have a great 2005!

Vice President Report: *By: Paul Day* – As the VP of the Wright Tri Club, I am responsible for finding speakers for club meetings. This is a challenging chore, which I may have not done as well as some of our previous VP’s. I often relied on tips from other club members on possible speakers. We were able to get Dr. Jay to talk about the ageless athlete, Bob Duncan for a talk on bike fit, Scott Weaver from Fat Rabbit Racing that spoke about their organization, and a talk on Pilates from Billie Sanders. We would like to have had a few more speakers this year; hopefully we can improve this area for the upcoming year. If anyone has any ideas for speakers for club meetings, please let your VP know.

Secretary Report: *By: Aaron Rourke* - The secretary has two primary jobs - to record club proceedings in the form of meeting minutes, and to correspond with members. The club started the year with 34 members and finished with 58, gaining 27 new members and losing 12 old ones, some of whom moved from the area. This success in recruiting is owed largely to Bevin Keen, our Marketing Director, who came up with remarkably clever campaigns throughout the year.

Treasurer Report: *By: Mike Allen* - Member dues permitted WTC to fund many activities in 2004 ; including picnics ,canoeing ,swim clinics and guest speakers at meetings. WTC has a modest balance for the start of 2005 and with funding from dues and clothing we should be able to purchase costly insurance for the proposed duathlon series and perhaps other projects in 2005.

Wright Triathlon Club Treasurer’s Report 12-31-04
\$1,420.57 = Starting account balance 12-01-04
Deposits: \$492.00 - Dues, Clothing, Pool Fee Reimbursements
Debits: \$1045.08
 \$397.25 - MTC mfg - clothing
 \$133.95 - Tattoos
 \$26.00 - P.O. Box fee
 \$14.00 - WTC “for deposit only stamp”
 \$170.00 - Kettering Rec Fee
 \$18.18 - Print Plus
 \$255.85 - Key Sports clothing
 \$29.85 - Rainbow Data web

\$867.49 - Ending Balance

President & Board Reflections, Cont.

Marketing Director Report: *“Marketing Year in Review”* By: *Bevin Keen*

The Marketing Director position was created this year by the apt foresight of the 2004 Club President, Dave Hardwick. Having one individual dedicated solely to marketing the clubs events and advertising the clubs activities greatly increased the visibility of the club this year.

This year the Marketing Director and Webmaster worked together to obtain team discounts on race entries to all Fat Rabbit and UltraFit races, as well as merchandise discounts with local vendors such as Wheelie Fun Multisport and the Hardcore Outdoor Store.

The Marketing Director ensured that colorful flyers were made for all club events and activities. This year a special effort was also made to secure free raffle prizes for each and every meeting. The prizes varied from free race entries to local triathlons, often a \$30-\$50 value, to smaller ‘schwag’ such as water bottles, power gel, race belts, socks, etc. A total of 8 free race entries were raffled off this season to club members! All Club Members who attended a meeting or activity were eligible for the prize drawing and quite often more than half the people present at a meeting ‘won’ something!

Another Marketing highlight of 2004 was the Club’s involvement with the ORRRC’s annual Turkey Trot race held in November in Miamisburg, OH. The Club worked together to man the post race food session, and also set up a substantial booth in the Turkey Trot Expo. The Expo provided great exposure of the Club to the local running community, and we are hoping to partner more with ORRRC in the future to promote triathlons in the Dayton area.

Happily the marketing efforts paid off, and **Club’s membership has grown from 25 active members in February 2004, to 55 active members as of December 2004!** 2005 promises to be a banner year for the Club as now that we have gained momentum. 2004’s Marketing Director, Bevin Keen, will sadly be unable to serve another term as she is moving to Virginia on military assignment. The Club will be fortunate to have the assistance of Dave Torick, who is full of energy and ideas to take the Marketing Director position for 2005!

Member at Large Report: *By: Brian Gaughan* - 2005 looks to be another good year for our club. We have had great success building our membership in 2004. I am looking forward to working with the other executive committee members to further build the membership as well as to provide more focus on getting members out to MERCERS events and to improve our overall regional points standing.

Military Member at Large Report: *By: Heidi McKenna* - After spending the majority of the 2004 triathlon season deployed to Skopje Macedonia, I am looking forward to being involved in the sport again this year. As the Military Member at Large, my goal is to serve as a point of contact for the Wright-Patterson AFB community as well as military members who may be new to the local area.

Web Master Report: *By: Mike Randall* - Website: In 2004 the website saw renewed interest and we worked hard to keep results and other information current and up to date. For 2005 I redesigned the site, which helped me in the end, as I spent close to 4 hours a week in 2004 maintaining it. The new website allows members to add their own races and Bio’s, which cuts back on the amount of work that it takes to maintain it. With some athletes wanting a way to showcase themselves for future sponsors and such, I designed the bio page to not only show their info but their completed and upcoming races, thus allowing a single page glance about an athlete. In effect each member now has the ability to create his or her own personal webpage about triathlons on the site. I have worked to include all local races our members might be interested in, and have added the club sponsors. I feel our website is a strong selling point for sponsorship marketing; we have heavy traffic on our site on a daily basis. I welcome any and all suggestions on making the site better and more useful.



WTC Members Compete in Sylvania Triathlon



Bulletin Editor: Karen Buffington

Welcome to this second "Year-in-Review" publication of the Wright Triathlon Club. The Wright Triathlon Club was founded in 1999, mostly through the enthusiastic efforts of Gordon Gerson, who lead our early club with vim and vigor. Much of his legacy was seen again in this year's club accomplishments. Seminars and club outings increased and also club membership. In most cases 2004 will be remembered as a banner year for organized events and participation. Details of our successes are evident in the attached officer reports for 2004-inside.

Wright Triathlon Club

P.O. Box 752204

Dayton Ohio 45475

Member Mailing Address:

