



TriFactor Triathlon Club

2017-2018 Annual Report

September 21, 2018

Executive Summary

TriFactor Triathlon is a Winnipeg-based sports club established in 2005. The club draws a diverse membership of varying interests, abilities, goals, and backgrounds, who train together over the course of the calendar year. TriFactor strives to build a supported, collaborative, and collegial athlete community open to newcomers and invested in sustaining our sport. It is a sanctioned club with Triathlon Manitoba in good standing.

The club is governed by an executive group, elected annually at the club's general meeting.

Current Membership

TriFactor typically has 20 to 25 members at any given time. The current membership stands at 23 active members. The club largely draws its membership from central Winnipeg, but we do have members from as far away as Whitehorse, NWT.

Membership dues are \$125 per year. This covers access to Cindy Klassen Recreational Complex on Saturday mornings for the long team workout (details below), Triathlon Manitoba annual membership, group communication and coordination, outdoor workouts from spring to fall, and incidental merchandise purchases over the course of the season. When there are plans to purchase large or expensive branded merchandise, the club has sought additional \$50 payments from participating club members. Finally club members that take part on triathlete yoga pay \$25 per season for that service.

The current executive group of the club consists of:

- President; Erin Rafferty
- Vice President:
- Treasurer: Marc Baldwin
- Secretary:
- Members at Large: Lesley Ball, Claudio Jerez, Dawn Huck
- Coach: Kevin Beechinor

Training Schedule

TriFactor hosts two major weekly workouts. The team rents lane and room space at Cindy Klassen Recreational Centre on Saturday mornings. The team swims from 7 to 8am, then transitions to a cycle workout from 8:30 to 11am. This is followed by a strength work out or a light run.

TriFactor hosts yoga on Tuesday evenings, also at CKRC. The sessions are open to all members, members of Tri Manitoba, and the public at large.

Every spring, TriFactor members organize an off-site training event. Typically, this occurs over a weekend at the end of May or beginning of June. This year, for example, spring training was held at Riding Mountain National Park and consisted of two days of dedicated cycling and running.

Coaching

TriFactor is coached by Kevin Beechinor, a certified triathlon coach with 25 years of racing and coaching experience. Kevin designs, publishes, and leads our Saturday work out sessions. Kevin also provides guidance between weekly sessions and he is available for personal training and consultation.

Triathlon Manitoba Contributions and Investment

TriFactor discontinued its annual Family Duathlon in the 2016-2017 season as key personnel moved out of the club. This was the key TriMB sanctioning event sponsored by the club. Since then, TriFactor has hosted athlete-focused yoga on Tuesday evenings from October to April. These sessions are offered at a reasonable cost to all members of Triathlon Manitoba.

Financial Information

TriFactor has maintained detailed financial records since the inception of the club. Financial information is shared with membership at each annual general meeting. Members are encouraged to participate in revenue and expense decisions. Further financial information is available on request.

Participation and Racing

TriFactor members actively participate in local and distant races. Thirteen of our members raced locally this year as well as in Ironman 70.3 Calgary, and Ironman Maryland. Two members participated in a Grand Fondo in Penticton. And a club member travel to France for 3 weeks of dedicated cycling. While racing is not an obligation of our team members, TriFactor actively encourages teammates to take advantage of the races Triathlon Manitoba sponsors each season.

Social Engagement

TriFactor hosts an annual general meeting each September. This is an avenue to take up club business as well as an opportunity to socialize as a community. The club holds various themed workouts throughout the season for a bit of added fun. Finally, the club holds sleep-away training camp each spring, which is presented as a team building weekend.

2018-2019 Season Plans

TriFactor members will begin the new offseason starting October 13. The club will support the weekly Saturday work outs and Yoga at Cindy Klassen. This year the club will be adding swim support for their fall workouts. This will include 2 out of water swim-specific instructors to help with stroke correction. The club is also looking to seek out strength training opportunities with a local cross fit organization for the fall months.