

## Welcome our new board and read about our plans for 2017!



# NEWSLETTER Jan-Feb 2017



### Message from the prez

Greetings!

I am sure you have heard this quote before...

*"love what you do, and do what you love."*

It is one of my favorite quotes from Ray Bradbury, but do you know the rest of the quote?

*"Don't listen to anyone else who tells you not to do it. You do what you want, what you love. Imagination should be the center of your life."*

I imagine that this 2017 will be the year for this club to grow in ways no one else can imagine.

If you have not already, please take the survey I have created so that we can figure out how best to channel our efforts to meet the needs of our members.

<https://www.surveymonkey.com/r/WKMJZT8>

See you out there!

**Sharie Morton**

ECTRI Club President

### Meet the 2017 Board!

#### Our 2017 board members:

Sharie Morton - President, Alex Whyte - Vice President, Alyson Gabrysz - Secretary, Lori Groat - Treasurer.

We have a great energetic group that is excited to help promote triathlon to both adults and youth in our area this year. You can read more about the board members on our web page.

What are these board members doing anyway?

Sharie is the main POC for the club. She's talking to our sponsors, finding out what all of you want from the club and handling all of our club correspondence.

Alex is working with Lori on our kits and will be handling all of the membership details.

Alyson is working with the Kids tri club and is our flexible spare hand.

Lori is working on kits with Alex and is handling the newsletter. She also coordinates some rides.

We'd really appreciate all of your inputs. If you'd like to lead a ride, help with the newsletter, are interested in a sponsorship or just have a question or suggestion, feel free to contact us at <mailto:ectriclub@ectriclub.org>

## Have you heard about the ECTri Kids?

Our kids club meets 3 times a week with coached running, riding, and swimming. We are excited to have a group of kids who can train together, learn the sport, and enjoy working out together just like the adults.

The ages for the kids club is 19 and under. If you know of any kids who would love to give it a try, now is the perfect time to start. See our Facebook page here: [Emerald Coast Kids Tri Club](#) or email Alyson at: <mailto:gabrysz29@aol.com>

## OH MY! What are we going to wear?

We've circulated fit kits, tallied your opinions and looked at pricing. While we liked the Epix kits just a little better, we also like Louis Garneau. The later was far more affordable. Our estimated cost for the 2 piece kit will be approximately \$120.00. We plan to finalize the design and open the store by Feb 5, so we can have kits for the Red Hills Triathlon at the end of March. We'll be ordering our 2017 TShirts earlier this year to distribute in late March or early April.

## What are our 2017 plans?

We've been busy already concocting some great events. We'll list some of our initial plans here and we'll add to the list as we progress.

**-February 25th (tentative)- Member's Free Triathlon at Hammock Bay.** We'll be doing a wetsuit legal (you will most likely want one) members practice triathlon at Hammock Bay. We'll use the chilly 25m pool for the wetsuit legal swim, ride the 10 mile loop and then run 3mi. You'll have to time it yourself, but we will provide some post race nourishment and a special finisher's memento. <http://www.ectriclub.org/Blow-Out-The-Carbon-Tri>

**-Member's Free Swim Clinic** at the Bernie Leferve Aquatic Center - our swim sponsor, the Pro Shop will be putting on a member's swim clinic. We love Coach Pam's swim clinics!

**-Free MTB skills or road bike handling clinic** courtesy of our sponsor Carving Nirvana. Carving Nirvana's founder Jennifer Talley is a PMBIA Level One certified instructor, an excellent MTB rider (Leadville 100 Finisher!), and a triathlete. We'll have either an mtb skills clinic or a road/tri bike handling clinic with her. We'll poll members to decide which one.

**-Saturday Rides and Bricks** - we love riding and bricking together on Saturday's. We've already been out several times this year and will continue. We'll be aiming to do more hills leading up to Red Hills in March.