



YORKTOWN TRIATHLON CLUB INAUGURAL YEAR SUMMARY--2016

The Yorktown Triathlon Club originated on November 14th, 2015, with a 20 mile bike ride around the Yorktown Battlefield tour roads and adjacent routes initiated by Laura Cordes, Susan Lindemann, and AnnMarie DeFiglio--three area triathletes interested in forming a group of local like-minded persons to meet, train, socialize, and further the sport of triathlon. Ten persons rode that day, and then attended a follow-on exploratory meeting at the Yorktown Library to get a sense of the level of interest in forming a club. Dai Roberts, President of the Final Kick Sprint Triathlon Club in Virginia Beach and a veteran triathlon coach, provided background information and advice regarding establishing a triathlon club and conducting activities.

The events that day demonstrated a clear interest, and the core of that informal group immediately began a series of training runs (it being the time of year that open-water swims and bike rides were limited by cold and darkness), and social-organizational get togethers to further discuss the formation of a club. At a follow-on meeting on December 2nd, the group determination was to establish a formal, USA Triathlon-sanctioned club. Volunteers drafted a set of by-laws, and stood for a board of directors. Those by-laws were adopted and the board appointed at a meeting on January 31st, 2016, and the Yorktown Triathlon Club was officially established.

Membership grew steadily from an initial enrollment of a dozen dues-paying members in February and March of 2016, and stood at nearly 40 a year later. Additionally, over 170 persons were on the club's Facebook group.

Also critical to the establishment of the club was the securing of sponsoring organizations, whose financial contributions allowed the club to meet various set-up costs such as insurance, USA-Triathlon membership, basic equipment (club signage, T-shirts, shelter tent, etc.), web site, bank account, tax ID registration, and logistical requirements for initial club-sponsored events. The club thanks Performance Chiropractic, Williamsburg; OSC: Orthopedic and Spine Center, Newport News; Bon Secours: Mary Immaculate Hospital, Newport News; TPMG: Tidewater Physicians Multispecialty Group, Newport News; and Village Bicycles, Newport News, for their generous support.

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With organizational formalities completed, the business of conducting triathlon training, education, and support activities commenced. Throughout the course of 2016, the club hosted seminars on a host of topics, including: changing a flat tire; physical therapy; injury prevention; strength training; triathlon transition techniques; swimming stroke basics; bicycle fitting; nutrition; use of technology to enhance training; and training plan development and considerations in utilizing a triathlon coach. Members also hosted regular, open-invitation training including open water swims at Buckroe Beach in Hampton and the James River in Williamsburg; bike interval training and road rides throughout the peninsula area; track and interval run training at the Tabb High School track in Yorktown; and several other group runs and rides. And members, of course, participated individually in numerous area triathlons, from sprint distance to Ironman, with several "podium finishes" (top 3 in age group). At many of those races, non-participating members manned a club tent, providing a muster point with snacks, drinks, spare equipment, and a rooting section for our participating racers. In the inaugural year of the club we placed second in Division IV at the USAT Mid-Atlantic Regional Club Championships in Luray, Virginia. Finally, a highlight event was when 3 club members formed a relay team--swimmer, biker, and runner--escorting a special needs athlete in cooperation with United Athletes, a 501(c)(3) charitable organization which pairs local athletes with individuals who require assistance to participate in a variety of events--swimming, biking, running, and triathlons.

The Yorktown Triathlon Club's inaugural year of 2016 was event-filled and immensely beneficial to an ever-expanding number of area athletes. 2017 portends more of the same. The board again thanks the club's sponsors, as well as the hard work of the many club members, whose contributions and efforts were responsible for the great success of the club's inaugural year.

BOARD MEMBERS:

Laura Cordes, President
Craig Hanson, Vice-President
Susan Lindemann, Secretary
Lynn Hopkins, Treasurer