

HEAT Meeting Minutes January 29, 2006

- I. Meeting convened at 3:30 p.m. at FIT Foundation
- II. Welcome comments by HEAT president, Bill Taylor
- III. Nutrition presentation by Mark Lowrey, owner, FIT Foundation
- IV. Team Business by Bill Taylor
 - a. Website: Our website is a primary team communications tool. Be sure to check the site often to receive up-to-date meeting times, training opportunities, and other information (www.triheat.com).
 - b. Mark Evans will maintain our email list. Please contact Mark if you're not on the list – or know of anyone who would like to be added. In addition to providing information on the website, we use email to communicate meeting times, special events, training opportunities, etc.
 - c. HEAT Board Meeting Items
 - i. Kid's Tri: community interest and support remains high. Eighty+ participants took part in 2005 event – we're expecting an even higher turnout in 2006. Mark Evans will continue to preside over this event. Scheduled date for Kid's Tri is August 5, 2006.
 - ii. Old Hickory Lake Triathlon: In 2006, HEAT will become the primary sponsor of the OHL Tri, working in conjunction with Team Magic. We will need strong team support to make the event a continued success. We will also count on continued Rotary Club volunteer participation. OHL Tri is scheduled for September 16, 2006.
 - iii. Membership Benefits: A question we continue to address is how do we introduce new participants to endurance sports. And how do we as a club, help maintain that interest, while assisting members to grow and excel in endurance events. We've discussed a mentoring program, group training opportunities, and other items which will be presented to the group in future meetings.
 - iv. Sponsorship: We continue to maintain strong team sponsor support. No changes have been made to sponsorship rules or cost. Sponsorship forms were distributed during the meeting.

- v. This year we will be redesigning the HEAT uniforms. No firm information is yet available regarding design or cost. Mark Evans is heading up this effort.
 - vi. Barry Bresnahan distributed and collected a HEAT team member survey. Results from the survey will help drive our future direction. Thank you to all who participated. If you have ideas regarding training opportunities, HEAT-specific events and clinics, or any other club-related items, we want to hear from you – we're always looking for new ideas and perspectives.
- d. Upcoming HEAT Events
- i. Bike Clinic:
 - 1. Three dates are available:
 - a. Saturday March 4 – 9am
 - b. Monday March 6 – 6pm
 - c. Tuesday March 7 – 6pm
 - 2. Each date is limited to 12 participants
 - 3. All three clinics will take place at Biker's Choice
 - 4. CO2 Cartridge will be provided by HEAT
 - 5. Free for members; \$5 for non members
 - 6. Contact Barry Bresnahan to secure a spot
 - ii. Natchez Trace Ride: Oliver Barry is planning this HEAT outing for sometime in June. A show of hands revealed limited interest. The plan for now is an overnight ride, commencing on a Saturday morning. We will ride 75 miles – chose your own pace – then relax at an overnight accommodation. Sunday morning, we will ride 75 miles back to our original point of departure. The ride will be supported and no one will be left behind. This is a great opportunity to get in an “epic” weekend of training. Oliver will provide more details at a later date.
- e. Upcoming Races: (Note: Mark Evans is compiling a list of HEAT members participating in various events. Please submit your info to Mark if you're interesting in room/ride sharing.)
- i. Tom King Classic Half Marathon (March 18)
 - ii. Music City Marathon (April 29)
 - iii. Gulf Coast Triathlon (May 13)
- f. Mark "Buckeye Boy" Evans' birthday celebration

V. Meeting adjourned: 4:30 pm