



# Inspirational Triathlon Racing International Corp

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EIN: 90-0635108  
Report Generated on: 03/28/2024

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# Inspirational Triathlon Racing International Corp

👤

 aka i-tri

📍

 EAST HAMPTON, NY

🌐

 www.itrigirls.org

📞

 (844)631-4874

🔗

 View GuideStar Profile



## MISSION

i-tri is an inclusive, community-based program that fosters self-respect, personal empowerment, self-confidence, positive body image and healthy lifestyle choices for adolescent girls through the sport of triathlon.

## EIN

90-0635108

## RULING YEAR

2012

## IRS SUBSECTION

501(c)(3) Public Charity

## FOUNDING YEAR

2010

## MAIN ADDRESS

PO BOX 567  
EAST HAMPTON, NY  
11937

## AFFILIATION TYPE

Independent Organization

## CONTACT

Ms. Theresa Roden,  
Founder/Executive Director  
(844) 631-4874  
theresa@itrigirls.org

## FOUNDER/EXECUTIVE

### DIRECTOR

Theresa Roden

### BOARD CHAIR

Linda Frankenbach

## SUBJECT AREA

Sports and recreation

Sports training

Youth development

Youth organizing

## NTEE Code

Youth Development Programs  
(O50)

Other Recreation, Sports, or  
Leisure Activities N.E.C. (N99)

PROGRAMS

1. Empowerment Program for Middle School Girls

Population(s) served:Children and youth

POPULATIONS SERVED

- 1. Children and youth
- 2. Adolescent girls
- 3. At-risk youth

COMPLIANCE

- ✓ IRS Pub 78 Verified as of March 2024
- ✓ IRS BMF 509(a) (1) as of March 12, 2024
- ✗ A-133 Audit Required/Performed?
- ✓ Conflict of Interest Policy
- ✗ Written whistleblower policy

Section 509(a)(1) organization as referred to in Section 170(b)(1)(A)(vi)

TRANSPARENCY MEASURES

- ✗ Board Practices Reported?
- ✓ Diversity Data Reported?
- 12 Number of Independent Board Members

# Programs & Results

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## PROGRAMS

Source: Self-Reported by Organization,  
January 2023

### Empowerment Program for Middle School Girls

#### Population(s) Served:

Children and youth (0-19 years)

We run empowerment workshops, as well as afterschool fitness and triathlon-specific training sessions, for middle school girls in 10 school districts across Suffolk County. We also hold nutrition classes for the girls and their families.

## CHARTING IMPACT

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### What is the organization aiming to accomplish?

i-tri is an empowerment program for middle school girls, based on the East End of Long Island. As we enter our 13th program year, we will be doing so with a focus on the psychological needs faced by adolescent girls as they return to in-person learning.

#### Problem Statement

i-tri addresses mental and physical health challenges, and social and racial inequities unique to adolescent girls, that have gone largely unmet. Serving 200 middle school girls annually, ages 11 to 14, in grades 6 to 8, who attend one of 13 partner schools. Our girls are: Latina (54%); White (24%) Black (14%) and Asian, Native American or Other (8%). Nearly 70%, experience food or housing insecurity; 50% are eligible for free or reduced lunch; and 45% come from divorced or single parent households. Many experience childhood trauma which places them at risk for poor mental health outcomes and limited socioeconomic opportunities throughout their lives (Centers for Disease Control).

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### What are the organization's key strategies for making this happen?

i-tri will engage with The Center for Healing & Justice Through Sport to work with the staff and board of i-tri to integrate trauma-informed/healing centered practices into all aspects of program and organizational operations, creating a culture of Trauma-Informed Coaching in our organization. In addition to training our Board and Staff, we will be hosting a community forum to introduce the concept of Trauma-Informed Coaching to stakeholders in the 12 East End school districts we serve. (Administrators, Athletic Directors, Coaches, Youth Sports coordinators, etc.)

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### What are the organization's capabilities for doing this?

Since 2010, i-tri has worked with over 1000 underserved girls across the East End of Long Island, teaching them that they are CAPABLE, BRAVE and STRONG! i-tri uses the sport of triathlon as a metaphor for life's journey... setting goals, facing fears and adversity and ultimately crossing the finish line of a youth-distance triathlon. The program is offered free of charge to all participants.

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### What have and haven't they accomplished so far?

Independent evaluations conducted annually, reveal that as a result of the i-tri program, between 85% to 100% of our participants make the following gains:

- 100% completed the triathlon
- 100% demonstrated positive changes in eating habits
- 98% experienced growth in one or more SEL categories: positive identify; social capital; and/or social skills
- 90% demonstrated significant increases in fitness levels
- 85% experienced growth in additional SEL categories: self-confidence; goal orientation, and/or social connections.

# Financials

FISCAL YEAR START: 10/01  
FISCAL YEAR END: 09/30

## FINANCIALS QUICK VIEW

|                                     |   |
|-------------------------------------|---|
| Surpluses in last 5 years           | 4 |
| Negative Net Assets in past 5 years | 0 |

## Financial Trends Analysis

### Business Model Indicators

Created in Partnership with



| Profitability                                      | 2017     | 2018     | 2020     | 2021     | 2022      |
|--|----------|----------|----------|----------|-----------|
| Unrestricted surplus (deficit) before depreciation | \$17,234 | \$39,310 | \$25,100 | \$2,913  | -\$30,000 |
| As a % of expenses                                 | 6.1%     | 11.5%    | 4.4%     | 0.5%     | -4.0%     |
| Unrestricted surplus (deficit) after depreciation  | \$15,122 | \$36,799 | \$17,890 | -\$9,496 | -\$45,726 |
| As a % of expenses                                 | 5.3%     | 10.7%    | 3.1%     | -1.5%    | -6.0%     |

| Revenue Composition                       |           |           |           |           |           |
|---|-----------|-----------|-----------|-----------|-----------|
| Total revenue (unrestricted & restricted) | \$297,817 | \$379,591 | \$593,056 | \$689,488 | \$713,010 |
| Total revenue, % change over prior year   | 0.0%      | 27.5%     | 0.0%      | 16.3%     | 3.4%      |
| Program services revenue                  | 13.3%     | 13.8%     | 8.8%      | 0.6%      | 0.0%      |
| Membership dues                           | 0.0%      | 0.0%      | 0.0%      | 0.0%      | 0.0%      |
| Investment income                         | 0.0%      | 0.0%      | 0.0%      | 0.0%      | 0.0%      |
| Government grants                         | 1.8%      | 0.3%      | 2.9%      | 11.8%     | 0.0%      |
| All other grants and contributions        | 84.9%     | 85.9%     | 88.3%     | 87.6%     | 90.2%     |
| Other revenue                             | 0.0%      | 0.0%      | 0.0%      | 0.0%      | 9.8%      |

| Expense Composition                      |           |           |           |           |           |
|--|-----------|-----------|-----------|-----------|-----------|
| Total expenses before depreciation       | \$280,583 | \$342,885 | \$567,956 | \$637,580 | \$743,010 |
| Total expenses, % change over prior year | 0.0%      | 22.2%     | 0.0%      | 12.3%     | 16.5%     |
| Personnel                                | 60.5%     | 63.3%     | 62.3%     | 71.7%     | 70.1%     |
| Professional Fees                        | 13.4%     | 4.1%      | 13.1%     | 14.6%     | 11.0%     |
| Occupancy                                | 0.0%      | 0.0%      | 0.0%      | 0.0%      | 0.0%      |
| Interest                                 | 0.0%      | 0.0%      | 0.0%      | 0.0%      | 0.9%      |
| Pass-Through                             | 0.0%      | 0.0%      | 0.0%      | 0.0%      | 0.0%      |
| All other expenses                       | 26.1%     | 32.6%     | 24.6%     | 13.7%     | 18.0%     |

# Financial Trends Analysis, continued

## Moving Toward Full Cost Coverage

| Full Cost Components (estimated)    | 2017      | 2018      | 2020      | 2021      | 2022      |
|-------------------------------------|-----------|-----------|-----------|-----------|-----------|
| Total Expenses (after depreciation) | \$282,695 | \$345,396 | \$575,166 | \$649,989 | \$758,736 |
| One Month of Savings                | \$23,382  | \$28,574  | \$47,330  | \$53,132  | \$61,918  |
| Debt Principal Repayment            | \$0       | \$0       | \$0       | \$0       | \$70,271  |
| Fixed Asset Additions               | \$3,139   | \$8,037   | \$0       | \$49,370  | \$0       |
| Total Full Costs (estimated)        | \$309,216 | \$382,007 | \$622,496 | \$752,491 | \$890,925 |

## Capital Structure Indicators

| Liquidity  |          |          |           |           |           |
|--|----------|----------|-----------|-----------|-----------|
| Months of cash                                     | 0.7      | 1.6      | 5.9       | 5.4       | 3.0       |
| Months of cash and investments                     | 0.7      | 1.6      | 5.9       | 5.4       | 3.0       |
| Months of estimated liquid unrestricted net assets | 0.6      | 1.6      | 1.6       | 1.3       | 1.2       |
| Balance Sheet Composition                          |          |          |           |           |           |
| Cash   | \$16,898 | \$46,525 | \$280,906 | \$285,160 | \$183,827 |
| Investments  | \$0      | \$0      | \$0       | \$0       | \$0       |
| Receivables  | \$2,200  | \$3,500  | \$0       | \$0       | \$0       |
| Gross land, buildings, and equipment (LBE)         | \$12,917 | \$20,954 | \$39,829  | \$89,199  | \$83,024  |
| Accumulated depreciation (% of LBE)                | 35.1%    | 33.6%    | 48.8%     | 35.7%     | 58.7%     |
| Liabilities (as % of assets)                       | 17.2%    | 6.8%     | 74.1%     | 65.7%     | 68.1%     |
| Unrestricted net assets                            | \$22,751 | \$59,550 | \$78,060  | \$68,564  | \$71,833  |
| Temporarily restricted net assets                  | \$0      | \$0      | N/A       | N/A       | N/A       |
| Permanently restricted net assets                  | \$0      | \$0      | N/A       | N/A       | N/A       |
| Total restricted net assets                        | \$0      | \$0      | \$0       | \$48,995  | \$0       |
| Total net assets                                   | \$22,751 | \$59,550 | \$78,060  | \$117,559 | \$71,833  |

## Key Data Checks

| Material Data Errors | 2017 | 2018 | 2020 | 2021 | 2022 |
|----------------------|------|------|------|------|------|
|                      | No   | No   | No   | No   | No   |

Note: This issue is relevant to a small number of organizations: The nonprofit subject(s) of this report may have affiliates. The Form 990 data may not include information about any or all potential affiliates. If an organization does have affiliates and these affiliates have substantial financial activity, the financial data in this report may not present a comprehensive picture of the nonprofit's financial condition.Please consult the 990s of any potentially related affiliates for additional information.

- ☒ [Formulas for key metrics](#)
- ☒ ['Key Revenue & Expense Data from Form 990'](#)
- ☒ ['Key Balance Sheet Data from Form 990'](#)

# Operations

Source: Self-Reported by Organization, January 2023

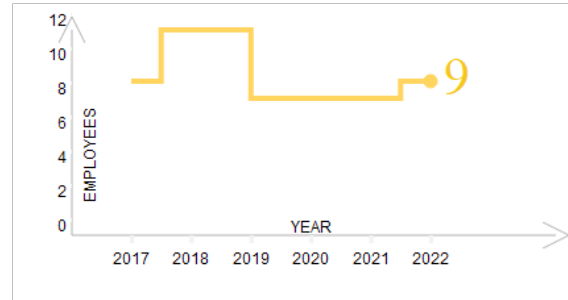
## FOUNDER/EXECUTIVE DIRECTOR

Ms Theresa Roden

[LinkedIn profile](#)

## NUMBER OF EMPLOYEES

Source: IRS Form 990



## BOARD CHAIR

Linda Frankenbach

## BOARD MEMBERS

- Anne Starobin
- Adeline Neubert
- Sarah Piampiano
- David Powers
- Laurie Gordon
- Terri Rauch
- William Conway
- Jackie Corso
- Cindy Lenkiewicz
- Bobby McLain
- Johanna Salazar
- Judi Caron



## OFFICERS, DIRECTORS, TRUSTEES, AND KEY EMPLOYEES

FISCAL YEAR 2022

| Name                   | Title           | Compensation | Other | Related |
|------------------------|-----------------|--------------|-------|---------|
| Theresa Roden          | Executive Direc | \$100,000    | \$0   | \$0     |
| Laurie Gordon          | Director        | \$0          | \$0   | \$0     |
| David Powers           | Director        | \$0          | \$0   | \$0     |
| Judi Caron             | Director        | \$0          | \$0   | \$0     |
| Anne Starobin          | Secretary       | \$0          | \$0   | \$0     |
| Joanna Salazar         | Director        | \$0          | \$0   | \$0     |
| Sarah Piampiano        | Director        | \$0          | \$0   | \$0     |
| Terri Rauch            | Director        | \$0          | \$0   | \$0     |
| Bill Conway            | Director        | \$0          | \$0   | \$0     |
| Jackie Corso           | Director        | \$0          | \$0   | \$0     |
| Adeline Horner Neubert | Director        | \$0          | \$0   | \$0     |
| Cindi Lenkiewicz       | Director        | \$0          | \$0   | \$0     |
| Bobby McClain          | Treasurer       | \$0          | \$0   | \$0     |
| Linda Frankenbach      | Chairman        | \$0          | \$0   | \$0     |

OFFICERS, DIRECTORS, TRUSTEES, AND KEY EMPLOYEES

FISCAL YEAR 2021

| Name              | Title           | Compensation | Other | Related |
|-------------------|-----------------|--------------|-------|---------|
| Theresa Roden     | EXECUTIVE DIREC | \$100,002    | \$0   | \$0     |
| Adeline Neubert   | DIRECTOR        | \$0          | \$0   | \$0     |
| Lauri Gordon      | DIRECTOR        | \$0          | \$0   | \$0     |
| Matthew Fisher    | DIRECTOR        | \$0          | \$0   | \$0     |
| David Powers      | DIRECTOR        | \$0          | \$0   | \$0     |
| Sarah Piampiano   | DIRECTOR        | \$0          | \$0   | \$0     |
| Terri Rauch       | DIRECTOR        | \$0          | \$0   | \$0     |
| Kathleen King     | DIRECTOR        | \$0          | \$0   | \$0     |
| Johanna Salazar   | DIRECTOR        | \$0          | \$0   | \$0     |
| Cindy Lenkiewicz  | DIRECTOR        | \$0          | \$0   | \$0     |
| Bill Conway       | DIRECTOR        | \$0          | \$0   | \$0     |
| Linda Frankenbach | CO-CHAIRMAN     | \$0          | \$0   | \$0     |
| Anne Starobin     | SECRETARY       | \$0          | \$0   | \$0     |
| Judi Caron        | CO-CHAIRMAN     | \$0          | \$0   | \$0     |
| Bobby McClain     | TREASURER       | \$0          | \$0   | \$0     |

## OFFICERS, DIRECTORS, TRUSTEES, AND KEY EMPLOYEES

FISCAL YEAR 2020

| Name              | Title           | Compensation | Other | Related |
|-------------------|-----------------|--------------|-------|---------|
| Theresa Roden     | Executive Direc | \$81,253     | \$0   | \$0     |
| Lauri Gordon      | Director        | \$0          | \$0   | \$0     |
| Natalia Petrzela  | Director        | \$0          | \$0   | \$0     |
| Lisa Valentine    | Director        | \$0          | \$0   | \$0     |
| Tisha Williams    | Director        | \$0          | \$0   | \$0     |
| David Powers      | Director        | \$0          | \$0   | \$0     |
| Sarah Piampiano   | Director        | \$0          | \$0   | \$0     |
| Terri Rauch       | Director        | \$0          | \$0   | \$0     |
| Kathleen King     | Director        | \$0          | \$0   | \$0     |
| Johanna Salazar   | Director        | \$0          | \$0   | \$0     |
| Elizabeth Vail    | Director        | \$0          | \$0   | \$0     |
| Bill Conway       | Director        | \$0          | \$0   | \$0     |
| Adeline Neubert   | Treasurer       | \$0          | \$0   | \$0     |
| Linda Frankenbach | Co-Chairman     | \$0          | \$0   | \$0     |
| Judi Caron        | CO-CHAIRMAN     | \$0          | \$0   | \$0     |
| Anne Starobin     | Secretary       | \$0          | \$0   | \$0     |

Officers Directors, Trustees, Key Employees

FISCAL YEAR 2019

| Name              | Title           | Compensation | Benefits/Deferred Compensation | Expense Account, Other |
|-------------------|-----------------|--------------|--------------------------------|------------------------|
| Theresa Roden     | Executive Direc | \$0          | \$0                            | \$0                    |
| Adeline Neubert   | Treasurer       | \$0          | \$0                            | \$0                    |
| Lauri Gordon      | Secretary       | \$0          | \$0                            | \$0                    |
| Natalia Petrzela  | Director        | \$0          | \$0                            | \$0                    |
| Linda Frankenbach | Co-Chairman     | \$0          | \$0                            | \$0                    |
| Lisa Valentine    | Director        | \$0          | \$0                            | \$0                    |
| Judi Caron        | CO-CHAIRMAN     | \$0          | \$0                            | \$0                    |
| Anne Starhobin    | Director        | \$0          | \$0                            | \$0                    |
| Tisha Dixon       | Director        | \$0          | \$0                            | \$0                    |
| David Powers      | Director        | \$0          | \$0                            | \$0                    |
| Sarah Piampiano   | Director        | \$0          | \$0                            | \$0                    |
| Terri Rauch       | Director        | \$0          | \$0                            | \$0                    |

OFFICERS, DIRECTORS, TRUSTEES, AND KEY EMPLOYEES

FISCAL YEAR 2018

| Name              | Title           | Compensation | Other | Related |
|-------------------|-----------------|--------------|-------|---------|
| Theresa Roden     | Executive Direc | \$78,787     | \$0   | \$0     |
| Natalia Petrzela  | Director        | \$0          | \$0   | \$0     |
| Lisa Valentine    | Director        | \$0          | \$0   | \$0     |
| Anne Starobin     | Secretary       | \$0          | \$0   | \$0     |
| Tisha Dixon       | Director        | \$0          | \$0   | \$0     |
| David Powers      | Director        | \$0          | \$0   | \$0     |
| Sarah Piampiano   | Director        | \$0          | \$0   | \$0     |
| Terri Rauch       | Director        | \$0          | \$0   | \$0     |
| Adeline Neubert   | Treasurer       | \$0          | \$0   | \$0     |
| Laurie Gordon     | Director        | \$0          | \$0   | \$0     |
| Linda Frankenbach | Co-Chairman     | \$0          | \$0   | \$0     |
| Judi Caron        | CO-CHAIRMAN     | \$0          | \$0   | \$0     |

**Paid Preparers**  
FISCAL YEAR 2022

| Firm Name               | Firm EIN   | Firm Address                              | Firm Phone   |
|-------------------------|------------|---|--------------|
| SABEL & OPLINGER CPA PC | 11-2883699 | 106 Prospect St, Southampton NY 11968 USA | 631-283-2370 |

**Paid Preparers**  
FISCAL YEAR 2021

| Firm Name                 | Firm EIN   | Firm Address                              | Firm Phone   |
|---------------------------|------------|---|--------------|
| SABEL & OPLINGER, CPA, PC | 11-2883699 | 106 PROSPECT ST, SOUTHAMPTON NY 11968 USA | 631-283-2370 |

**Paid Preparers**  
FISCAL YEAR 2020

| Firm Name               | Firm EIN   | Firm Address                              | Firm Phone   |
|-------------------------|------------|---|--------------|
| SABEL & OPLINGER CPA PC | 11-2883699 | 106 Prospect St, Southampton NY 11968 USA | 631-283-2370 |

## Organizational Demographics

Who works and leads organizations that serve our diverse communities? This organization has voluntarily shared information to answer this important question and to support sector-wide learning. GuideStar partnered on this section with CHANGE Philanthropy and Equity in the Center.

### Leadership

The organization's leader identifies as:

|                    |                          |
|--------------------|--------------------------|
| Race & Ethnicity   | White/Caucasian/European |
| Gender Identity    | Female                   |
| Sexual Orientation | Decline to state         |
| Disability Status  | Decline to state         |

### Race & Ethnicity

No data

### Gender Identity

### Transgender Identity

No data

### Sexual Orientation

No data

### Disability

No data.

# Appendix

Key Documents

|                              |  |
|------------------------------|--|
| IRS Forms 990                | <a href="#">2022 990</a>                                       |
|                              | <a href="#">2021 990</a>                                       |
|                              | <a href="#">2020 990</a>                                       |
|                              | <a href="#">2019 990</a>                                       |
|                              | <a href="#">2018 990</a>                                       |
| IRS Forms 990T               | Not Available  |
| Audited Financial Statements | <a href="#">2021 Audited Financial Statement</a>               |
|                              | <a href="#">2020 Audited Financial Statement</a>               |
|                              | <a href="#">2019 Audited Financial Statement</a>               |
| Key Organization Documents   | <a href="#">Letter of Determination</a>                        |
|                              | <a href="#">'Key Revenue &amp; Expense Data from Form 990'</a> |
|                              | <a href="#">'Key Balance Sheet Data from Form 990'</a>         |



Inspirational Triathlon Racing International Corp

Aka i-tri

PO Box 567  
East Hampton, NY 11937

- ✓ Foundation Status Code: PC\*
- ✓ Public charity described in section 509(a)(1) or (2)

IRS Publication 78 Details



|                                |  |   |
|--------------------------------|--|---|
| Organization name              | Location   | Most recent IRS Publication 78                      |
| Inspirational Triathlon Racing | East Hampton, NY                                 | March 2024  |
| EIN                            | <a href="#">Deductibility status description</a> | Verified with most recent Internal Revenue Bulletin |
| 90-0635108                     | A public charity (50% deductibility limitation). | March 25, 2024                                      |

IRS Business Master File Details



|   |   |   |
|---|---|---|
| Organization name   | Most recent IRS BMF   | Reason for Non-Private Foundation Status                                  |
| INSPIRATIONAL TRIATHLON RACING  | March 12 2024   | Section 509(a)(1) organization as referred to in Section 170(b)(1)(A)(vi) |
| EIN   | IRS subsection  | Ruling date   |
| 90-0635108  | This organization is a <a href="#">501(c)(3) Public Charity</a> | 11/2012   |
| This organization was not included in the Office of Foreign Assets Control Specially Designated Nationals (SDN) list. |   |   |

On September 8, 2011, the IRS issued [regulations](#) which eliminated the advance ruling process for a section 501(c)(3) organization. [Learn more](#)

\* The Foundation Status Code is the code that foundations are required to provide for each grantee annually on part XV of Form 990PF. Note that this code cannot be derived in some cases (e.g., supporting organizations for which 'type' can't be determined).

[IRS Revenue Procedure 2011-33](#) allows grantors to rely on third-party resources, such as GuideStar Charity Check, to obtain required Business Master File (BMF) data concerning a potential grantee's public charity classification under section 509 (a) (1), (2) or (3).

GuideStar Charity Check Data Sources

- GuideStar acquires all IRS data directly from the Internal Revenue Service.
- The [IRS Automatic Revocation of Exemption List](#) contains organizations that have had their federal tax-exempt status automatically revoked for failing to file an annual return or notice with the IRS for three consecutive years.
- [IRS Publication 78 \(Cumulative List of Organizations\)](#) lists organizations that have been recognized by the Internal Revenue Service as eligible to receive tax-deductible contributions.
- The Foundation Status Code is a value derived by mapping the codes found on the [990PF filing instructions](#) to the corresponding codes in the IRS BMF. Note that not all codes are able to be mapped due to insufficient data.
- The [IRS Internal Revenue Bulletin](#) (IRB) lists changes in charitable status since the last Publication 78 release. Between the release of IRS Publication 78 and the subsequent IRS Internal Revenue Bulletin, the IRB date will reflect the most recent release date of IRS Publication 78.
- The Office of Foreign Assets Control (OFAC) [Specially Designated Nationals \(SDN\) list](#) organizations that are owned or controlled by targeted individuals, groups, and entities, such as terrorists or narcotics traffickers. Their assets are blocked and U.S. persons are generally prohibited from dealing with them.
- The [IRS Business Master File](#) lists approximately 1.7 million nonprofits registered with the IRS as tax-exempt organizations.