**Metro Tri Club**

**May 1, 2017 Meeting Minutes**

**Present:**

Jim Clark, Deb Ritter, Keith Timmins, Mike Wever, Bill Peterson, Donna Etherton, Jeff Schleicher, Tim Holland, James Ritter, Vern Hurley, Donna Polinske, Jim Donahue, Cheri Becker, Jay Hunt, Erica Hunt, Rick Burgess, Shane May, Matt Dunn, Russ Darbon, Chris Amick, Ryan Warren, Mike Kelly, Cindy Lukowski, Charles McFarlin, Phil Coatney, Jen Schaller

**First Time Attendees:**

None

**New Members:**

None

**Visitors:**

None

**Finance Report:**

Mike Wever provided an update on club finances. Finances are in good shape. If you have a specific question regarding our finances contact Mike Wever….or attend the next meeting.

Highlights:

Expenses – Little Woods Ultra, Banquet, Tracks-N-Treads, River 2 River = $4655 plus a little outstanding gas costs.

Income - $7,800 from sponsors plus miscellaneous income from dues

**Administration**:

2017 sponsors have been finalized and include:

The Cyclery (paid a 3 year sponsorship)

Integrity Joint and Spine (paid a 3 year sponsorship)

RunWell (paid a 1 year sponsorship)

Sandberg Phoenix Von Gontard Law (paid a 3 year sponsorship)

Simmons Hanly Conroy Law (paid a 3 year sponsorship)

Dog Watch (paid a 1 year sponsorship)

Phoenix Physical Therapy (paid a 1 year sponsorship)

Special thanks to Shannon McWhorter for a great job securing sponsorships.

**Sponsors:**

The support of our sponsors is important to the club. Please consider them when making buying decisions for products or services provided by these companies. And while you’re there don’t forget to say thank you!

**Membership:**

Dianna Tickner sent official notification that membership for 2017 was at 123. Andy McKeller from Troy IL is our latest member.

It was noted that several people have not rejoined or paid the yearly dues but are still involved in club events. We are confident this is an oversight. If you’re not sure you paid, contact Dianna to confirm your membership is current. diannatickner@rocketmail.com

**General Discussions:**

Mike had literature on TOSOC bike tour in northern Illinois. The literature was available for anyone interested. Questions, email tosoc@villageofprogress.org

There was discussion about our club Trailnet membership. If you are a club member, in good standing, you should have received a packet from Trailnet with their yearly riding schedules. The packet also included a member number which you can use to register for Trailnet events as a member. This will save you a few dollars and is just one of the many benefits of being a MTC member. IMPORTANT: If you did not receive a Trailnet packet please let Mike Wever know. He will compile a list and notify Trailnet to get you a member number. wevermike@gmail.com

Dr. Langston from Integrity Joint and Spine has graciously provided numerous free race entries to MTC members at many of our races. If you win an entry and are unable to attend (we know, life happens), please make every effort to get the entry transferred to another MTC member. This is an amazing opportunity that we don’t want to abuse. And if you do win, please make sure to thank Dr. Langston.

**Uniforms:**

Now that club sponsors are complete, club uniforms are in final design. Details regarding ordering uniforms should be available very shortly. Thanks to Robin Misukonis for her efforts.

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Mateckiis posting weekly workouts.
* The workout can be found on Facebook at Team Zilla Swim Club.
* Anyone with swim questions, please post a note on this page or the regular MTC Facebook page. We have many great swimmers who will share knowledge if asked.
* We are working on getting access to the Wood River pool in anticipation of training for the Wood River Triathlon. This swim will be free to members but non-members will have to pay. Another great reason to join the club.

**Bike Report**:

The Animal Ride has restarted and meets at 5:30PM on Tuesdays. For details, check the team Facebook page.

**Run Report:**

Club sponsor RunWell has added a core class at 6:00PM with speed work at 6:30PM on Monday nights. Contact Jen for details.

**Tempo Runs** (6 miles max but you don’t have to run that far) are on Wednesdays at 6:30PM starting at RunWell Store.

**Esic YMCA runs** are on Tuesdays and Thursdays at 5:00am, long runs are on Saturday at 8:00am starting at RunWell.

**Trail Runs** are on Saturday at 9:00am starting in the pay lot by the Student Success center at SIUE.

**Owl Runs** are on Thursday at 5:30pm starting at the Korte field as SIUE across from the log cabin.

**Alton runs** are on Tuesday at West Elementary and Thursdays and Saturday at Nautilus (all at 5:00am). Any questions about these runs call Tim Holland at 314.724.2154 or email [twh@kaybeeelectric.com](mailto:twh@kaybeeelectric.com). New runners are always welcome.

**Goshen Gang Pace Series runs**. These are every Saturday morning at 8:00am from RunWell. Runners can sign in with a pace leader who will hold a consistent pace throughout the run. We have pace leaders from 6:00min/mile to 14:30min/mile. We will be building up mileage each week. This would be great training for anyone working on a fall half or full iron distance. Some folks meet early to tack on extra miles too.

For info on any of these you can email Jen at [runwellcoaching@yahoo.com](mailto:runwellcoaching@yahoo.com)

**Special Event Mentions**:

Rt. 66 water stop (10 Jun) – Donna Polinske will lead this event and coordinate the theme, what is needed, etc. Volunteers so far include: Keith Timmins, Vern Hurley, Brian Barham, Bill Peterson, Ed Matecki, Megan Matecki, Dianna Tickner, James Ritter, Deb Ritter, Brandon Winklemann, Matt Dunn, Zach Dunn, Tim Holland, Shane may, Chris Amick, Cheri Becker, Jim Clark (maybe) and Jennifer Todd (maybe). We can always use as many as possible for this fun event. The theme will be from the movie Deliverance. Dress accordingly.

Recent GOTY Events:

New Full Ironman finishers since the April 2017 meeting:

* + None

New Half Ironman finishers since the April 2017 meeting:

* + Michael Matras completed Ironman 70.3 in Galveston, Texas.

Go! St.Louis – A total of 12 Zillas ran a race at this event:

* + 7 Zillas completed the half marathon distance: Eanista Bailey, Michael Bryant, Donna Etherton, Tina Klein, Sarah Mahnesmith, Tariq Quadri and Brigitte Stotter.
  + 3 Zillas completed the full marathon distance: Jan Wrischnik, Deb Ritter and Vern Hurley.
  + 2 Zillas were members of women’s corporate team Namaste Behind Me and completed the marathon relay. Erica Hunt and Shannon McWhorter with two Metro Milers won 1St place in the women’s corporate division. Well done!

River to River – A total of 23 Zillas ran on 8 different teams during this 80 mile relay:

* + Team Godzilla Mixed (aka, “the young Zilla team”): Matt Dunn, Russ Darbon, Sarah Mahnesmith, Phil Coatney, Carolan Cross, Doug Bristow, Donna Polinske and Carl Dake.
  + Team Godzilla Mixed Masters (aka, “the old Zilla team”): Ian Durie, Robin Misukonis, Jeff Germer, Krystal Giltner, John Sikes, Keith Timmins, Shannon McWhorter and Jeff Schleicher.
    - NOTE: The two Zilla teams started at the same time and finished at the same time! The teams were obviously very evenly matched.
    - Jeff Schleicher presented a 4-5 minute video featuring the MTC teams at R2R. It was very cool and appeared a good time was had by all.
  + Metro Milers: Erica Hunt and Jay Hunt – It should be noted that in the spirit of friendly competition, the Metro Miler team beat the MTC teams.
  + Wells Fargo: Phyllis Kunz and Brian Azeltine
  + Belleville Running Club: Doug Havlin
  + Team “80 RU Crazy”: Jen Schaller
  + Team “Cradle Robbers”: Dave Slayden
  + Team “Iron Roosters”: Charles McFarlin

Try Tri – We had 21 Zillas at this event:

* + 5 Zillas completed the “Super Sprint” triathlon event: Rene Butler, Nancy Migliozzi, Eric Nielsen, Tariq Quadri and Holly Romann. Those who placed in their age group were: Holly Romann (2nd); Rene Butler (1st); Eric Nielsen (1st); and Tariq Quadri (1st)!
  + 16 Zillas complete the “Long Sprint” triathlon event: Mark Zahm, Renee White, Brigitte Stotter, James Ritter, Deb Ritter, Hanna Polinske, Donna Polinske, Shannon McWhorter, Tim Holland, Donna Etherton, Jody Dwiggins, Kris Clawson, Jim Clark,Jeanna Clark, Tracy Butler and Brian Barham. 6 Zillas placed in their age group: Congrats to Kris Clawson (3rd); Donna Etherton (1st); Tim Holland (1st); Hannah Polinske (1st); Deb Ritter (1st); and James Ritter (1st)! In addition, 2 Zillas took OVERALL awards – Special Congrats to Renee White (2nd OVERALL) and Brigitte Stotter (1st OVERALL) – with only 30 seconds between their times! Of special note - Donna Polinske and Shannon McWhorter did a “Hovatter Double” by competing in two races the same weekend. Shannon and Donna ran the same leg on different Zilla teams at the River to River Relay the day before Try Tri.

Chain of Rocks – We are not aware of any Zillas who completed this duathlon.

Rookies and Rockstars Triathlon (previously known as St. Peters’ Rec Plex)–This event was cancelled due to weather and rescheduled for 18 June.

**Upcoming GOTY Events:**

* 6 May - Club swim event – The club event is scheduled for 3:00 PM at the new McKendree Metro Rec Plex. See the Facebook page for details or to ask questions. This event is open to both members and non-members. Members are free and non-members will pay a $5 fee to help defer costs. Participation is still possible so you have time to be involved!
* 13 May – Schoolhouse Rockin’ Half Marathon – Cheri Becker still needs volunteers and runners. Consider this race if at all possible.
* 13 May – Gateway Triathlon
* 13 May – Capital City Triathlon
* 21 May – Conquer Castlewood – Due to flooding, this race is likely cancelled. If it’s on your schedule, check with the organizers.
* 21 May – St. Louis Triathlon
* 29 May – Highland Biathlon

**Meeting Suggestions:**

None

**Next Meeting**

June meeting will move back to Tuesday nights after the Animal ride. Next meeting will be June 6 around 7:00 PM mostly likely at Mike Wever’s house. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com