**Metro Tri Club**

**July 11, 2017 Meeting Minutes**

**Present:**

Jim Clark, Keith Timmins, Donna Etherton, Jeff Schleicher, Tim Holland, Jay Hunt, Erica Hunt, Mike Kelly, Ed Matecki, Jeff Germer, Jeanna Clark, Gary Payne, Donna Polinske, Jan Wrischnik, Deb Ritter, Vern Hurley, Dianna Tickner, Russ Darbon, Michele Meckfessel

**General:**

The meeting was hosted by Tom Harp at The Cyclery in Alton. If you haven’t already, check out the new store. It is an impressive facility with large inventory and skilled mechanics.

**First Time Attendees:**

Michele Meckfessel – Michele is an accounting professor at USML and originally a runner but injuries have forced her to the bike more. She has attended several Animal Rides and has quickly established herself as an elite rider. Welcome Michele!

**New Members:**

New members are Michele Meckfessel, Dan Pettas, Chuck Toennies, Alex Toennies, Jade Rongey, China Rongey and Brandon Zehr

**Visitors:**

None

**Finance Report:**

Finance reports are presented quarterly. If anyone has a question regarding finances, contact Jim Clark or Mike Wever.

**Administration**:

A motion was made to donate $500 to the Joshua Chamberlain Society. See details below about the event. Vote was unanimous to make the donation.

A motion was also made to donate $500 to the Beaver Dam Race directed by Matt Dunn. Vote was unanimous to make the donation.

**Membership:**

Dianna Tickner noted membership for 2017 was at 133.

Any questions about your membership status contact Dianna at diannatickner@rocketmail.com

**General Discussions:**

Mike Kelly provided information about a bike ride benefiting The Joshua Chamberlain Society aiding fallen and wounded military heroes. Important to note that 96% of the money raised goes directly to the heroes. As noted below, MTC donated $500 to this event.

**Banners:**

The club has ordered several banners with our emblem and those of our sponsors. We would like to have a banner at any race a member is present. If you are racing, borrow a banner and hang it during the event. It’s great publicity for our sponsors and the club.

**Uniforms:**

At last, club uniforms have been ordered. We are hopeful they will arrive before the Wood River tri. Jim Clark is staying on top of delivery.

**Wood River Tri:**

MTC members should sign up on-line in the normal manner. About 2 weeks before the race, we will receive a list and MTC members will be seeded. If you wait until after the seeding is complete to register, you will not get to start early. You have been warned so no whining if you miss the early start times.

Tim Holland has the tent and will get it set up. Need to make sure someone has one of our new banners to display.

Team picture will be taken around 6:30 in front of the Roundhouse steps. Be present so there is proof you raced. Also wear MTC gear if possible.

**Pere Marquette Endurance Trail Run:**

Tim Holland and Tina Klein met before the regular meeting to discuss planning for the 29th annual race. Under the watchful eye of Mike Wever, Tim and Tina are working hard to not screw up a great event. Planning is going well. Concerning swag, 3 options are being considered:

1. Slip over hoodie
2. Hoodie with front zipper
3. Long sleeve tech shirt

There were “lots of opinions” discussed about swag. It was decided to ask Mike Gonski to do a quick survey asking input from members. The survey will be very simple. If you receive an invite, please give your input.

2018 will be the 30th anniversary of the race. We are already looking ahead for both cool swag and possibly some special finisher medals commemorating the special anniversary. Stay tuned!!!!

**Miles for Meso Race:**

The Meso 5K is September 30 in Alton. Will need a good many volunteers for this race. Those already volunteering are: Donna Polinske, Hannah Polinske, Deb Ritter, James Ritter, Jan Wrischnik, Erica Hunt, Jay Hunt, Dianna Tickner, Tim Holland, Ed Matecki, Keith Timmins, Donna Etherton, Jeff Germer. This is a GOTY event so get those GOTY volunteer points!

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Matecki is 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 now have access to the Wood River pool for Wood River Triathlon training. The pool is open from 6 to 7PM. MTC typically swims on Monday and Wednesday evenings but word is the pool is open on the other days during the week. The swim should be free to MTC members.
* We also now have access to the pool at Chuck Fruit.

**Bike Report**:

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

The Alton group typically rides Monday and Wednesday mornings at 5:00 AM and most Sundays in the morning. Any questions about these rides call Tim Holland at 314.724.2154 or email [twh@kaybeeelectric.com](mailto:twh@kaybeeelectric.com).

**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. On hold during summer months.

**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)

**Recent GOTY Events**:

New Full Ironman finishers since the June 2017 meeting:

* + Anyone??

New Half Ironman finishers since the June 2017 meeting:

* + Renee White completed the Innsbrook 70.3 and was the first OVERALL woman finisher!!
  + We had an incredible 18 Zillas complete the Muncie 70.3:  Shane May, Matt Dunn, Mike Gonski, Donna Etherton, Jay Hunt, Erica Hunt, Robin Misukonis, John Sikes, Russ Darbon, Jeff Germer, Chris Rankin, Shanna Rankin, Ray Weshinskey, Bill Peterson, Mark Zahm, Greg Voudria, Phil Coatney and Carl Dake.
  + At Muncie 70.3 Chris Rankin qualified for the Ironman 70.3 World Championship with an amazing 4:33:16 time. Great job Chris!!!!

Rt 66:

* + Great news! MTC won the best water stop at this race. The “Deliverance” theme was a big hit. Now looking for ideas for next year!
  + We had 12 Zillas complete this 10K: Rick Burgess, Tom Donaldson, Ian Durie, Erica Hunt, Jay Hunt, Nancy Migliozzi, Josh Newman, Gary Payne, Chris Rankin, Holly Romann, John Roth and Caleb Schoeber. Special congrats to John Roth for winning his age group, Tom Donaldson and Caleb Schoeber for placing 2nd in their age group, and Erica Hunt for placing 3rd in her age group.
  + We had 25 Zillas and/or family members who volunteered at the famous Metro Tri Club Water Stop at mile 4: Donna Polinske (director), Odin Winklemann, Lauren Winklemann, Kai Winklemann, Brandon Winklemann, Keith Timmins, John Sikes, James Ritter, Deb Ritter, Bill Peterson, Robin Misukonis, Shane May, Megan Matecki, Ed Matecki, Vern Hurley, Tim Holland, Donna Etherton, Zach Dunn, Matt Dunn, Jim Donahue, Phil Coatney, Cheri Becker, Brian Barham and Chris Amick.

Carlinville – We had 4 Zillas complete this biathlon and all four placed in the top 10 OVERALL at the race: Phil Coatney, Tanya Colbert, Matt Dunn and Phil Lading.

Hillsboro – We had 7 Zillas complete this biathlon: John Roth, James Ritter, Deb Ritter, Tariq Quadri, Gary Payne, Emily Johnson and Vern Hurley. Special congrats to Emily Johnson, James Ritter and John Roth who all won their age group, and to Deb Ritter for placing 3rd OVERALL women finisher!!!

Tour De Donut – We had 14 Zillas complete this 36.5 mile bike race: Robert Bart, Bruce Beachum, Mike Cleary, Karen Hatch, Tim Holland, Rich Luers, Gary Payne, Tariq Quadri, Deb Ritter, James Ritter, Steve Shaffer, Keith Timmins, Renee White and Jan Wrischnik. In addition, Mike Kelly completed the new 13 mile “Donut Hole” course. In awards for unadjusted times, Karen Hatch was 2nd OVERALL female and also 2nd in her age group; Keith was 2nd in his age group; Robert Bart was 3rd in his age group (after coming in 4th OVERALL!); and James Ritter was 3rd in his age group. In awards for adjusted times, Benjy Bomkamp was not only 1st in his age group, he was 1st OVERALL male! Benjy consumed a personal record of 37 donuts, resulting in a time of negative 13:57. Although they did not eat any donuts, Karen was 2nd in her age group in adjusted time and Keith was 3rd in his age group.

New Town Tri – Ed Matecki was 2nd in his age group. Well done Ed!

Upcoming GOTY Events:

16 July – Ballwin Tri

23 July – Tour de Kirkwood Tri

29 July – Springfield Tri’s (Iron Abe and Stoneman)

12 August – Wood River Triathlon

13 August – Conquer Castlewood Adventure Race

27 August – Godfrey Triathlon

27 August – Sunset Hills Triathlon

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will be on August 1. Location TBD. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com