**Metro Tri Club**

**December 4, 2017 Meeting Minutes**

**Members Present:**

Tim Holland, , Mike Wever, Keith Timmins, Mike Gonski, Jeff Schleicher, Chris Amick, Deb Ritter, James Ritter, Shannon McWhorter, Jeff Germer, Donna Etherton, Tina Klein, Shane May, Donna Polinske, Dianna Tickner, Jennifer Todd, Gary Payne, Ed Matecki

**General:**

The meeting was held at Los Tres in Edwardsville and chaired by Donna Polinske

**First Time Attendees:**

None

**New Members Present:**

None

**Visitors:**

Ed Matecki’s oldest daughter and an exchange student living with Ed this year were present.

**Finance Report:**

Mike Wever presented a current balance sheet. We have received payment from Racesonline.com for PMTR. SWAG, awards, race timing, and other expenses are being paid as they are received. If anyone has a question regarding finances, contact Jim Clark or Mike Wever.

Mike Wever noted he made the $500 donation to the Beaver Dam Dash race as previously approved.

**Administration**:

MTC By-Laws – Keith Timmins reviewed the current by-laws. No change recommendations were received from club members to the current By-Laws.  At the banquet in February 2018, it should be noted the annual review of the MTC By-Laws was conducted with no recommended changes.

2018 GOTY Events - Keith Timmins reviewed the current list of GOTY events and changes proposed at the November meeting. Those changes, in addition to the Cowbell half and full marathon were added to the list. After discussion, the revised GOTY 2018 list was approved by voice vote.

**Insurance:**

The club has used Road Runners Club of America (RRCA) as our insurance provider for years. There was some discussion about comparing the RRCA coverage to coverage available from USA Triathlon.

USA Triathlon Coverage is $15 Administration fee plus $6.20 per member. Based on last year’s membership, cost will be about $920.

Mike Wever will compare cost with what we have been paying to RRCA.

A decision needs to be made by the end of the year.

**Officers:**

No additional nominations were made for club President, Vice President, Treasurer or Secretary; however, the current officers all agreed to serve another year. There is a three year term limit on officers but none of the officers are in their third year. Some of the officers will term limit out after 2018 so opportunities to serve will be open next year.

**Membership:**

New members for November were Mark Thompson, Ray Weshinskey, Joni Foor.

**REMINDER - $15 dues renewal for 2018 through December 31st goes up to $20 after that.**

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

**General Discussions:**

**2018 Banquet:**

Jay Hunt was not present but the 2018 banquet will probably be February 10, 2018 at the Wildey Theater in Edwardsville. Jay will certainly need volunteers to assist planning the event. This is a very fun night at a fun venue. If you are willing to help, let Jay know. His email is [jay@complete-fit.com](file:///\\fs2\public\Tim\Metro%20Tri%20Club\jay@complete-fit.com) Otherwise, save the date for a fun night with friends.

**River to River Relay:**

MTC was lucky enough to get two teams in the 2018 River to River Relay. We drew names for the two teams and the results are listed below.  Please note that there is a VERY good chance that everyone on the alternate lists will make it in, so if you are an alternate, please keep the dates open.

**Team Godzilla - Alton Contingency**:

   - "IN" - Deb Ritter, Jeanna Clark, Mark Thompson, Jim Clark, James Ritter, Tariq Quadri, Tim Holland, Vern Hurley

   - Alternate - Emily Johnson (definitely need more alternates!!).

**Team Godzilla - Other**:

   - "IN" - Ann Knoyle, Keith Timmins, Matt Dunn, Jimmy Lymberopoulos, Donna Etherton, Phil Coatney, John Sikes, Jeff Germer

   - Alternates (in order) - Renee White, Robin Misukonis, Shannon McWhorter, Ian Durie

**Little Woods Ultra:**

The exciting “Last Man Standing” event is scheduled for January 6, 2018. Jeff Schleicher is the Race Director. Race registration opens on December 5. Registration is free but you need to register in advance. The club approved spending $100 on a portable toilet and $100 on gift cards.

**Pere Marquette Endurance Trail Run:**

Tim Holland and Tina Klein continue their efforts planning the 29th annual race. Planning is going well.

1. The event is again an official sellout with 700 registered
2. We have a waitlist and as runners drop out we are pulling people off the waitlist on a “first come first served basis” and facilitating transfers.
3. Timing contract has been signed
4. Permit with the park is complete
5. Insurance issues have been addressed
6. SWAG and graphics have been selected and received. Thanks to club sponsor RunWell for their help getting some really cool SWAG.
7. The awards will be the same as last year.
8. Deb Ritter, Amy Ogden (volunteered by Cheri), Shannon McWhorter and Robin Misukonis agreed to fill some new volunteer position needs!

Practice Runs –

* The second practice run was held Sunday 12 November. Keith reports 15 runners with about 5 first timers.
* The third practice run was held Saturday 2 December. Keith reports 40 runners with about 5 first timers.
* GREAT job Keith leading the practice runs!

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!!!!

Mike Wever suggested the 30th anniversary race be ran backwards. This idea has real possibilities.

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Matecki is still posting weekly workouts which can be found on Facebook at Team Zilla Swim Club.
* Esic YMCA has open lanes from 7:30 to 9:00 PM Monday, Wednesday, and Friday.
* 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.

**Bike Report**:

Tuesday evening Animal Ride is suspended until spring 2018

**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.

**Alton runs** are on Tuesday at West Elementary and Monday, 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)

**Tortured Soles Trail Running Series**

Started November 12th For additional information go to RunWell web site or contact Jen at email above.

Owl Run has started back since the time change. Meet by Korte Soccer Stadium on the SIUE campus. Runners leave at 5:30 PM. New runners are always welcome.

**Recent GOTY Events**:

**New Full Ironman Finishers**

* + Eric Neilsen completed IM Arizona
  + Samatha Stadler completed IM Arizona

**Beaver Dam Dash**

* The 4 Zillas who ran the race were: Renee White, Vern Hurley, Keith Timmins and Donna Etherton. The OVERALL WINNER of the race was Renee White. Vern Hurley was the 2nd OVERALL male. Congrats on a great race.
* The club had an outstanding show of support with 15 volunteers including Race Director Matt Dunn, James Ritter, Jim Clark, Donna Polinske, Tim Holland, Robin Misukonis, John Sikes, Keith Timmins, Shannon McWhorter, Mark McWhorter, Russ Darbon, Jim Donahue, Jeff Germer, Donna Etherton, and Shane May,

**River Road Run**

* Great River Road – We had 23 Zillas complete this 10-mile road race: Jan Wrischnik, Reuben Willis, John Sikes, Caleb Schoeber, Bob Sanders, James Ritter, Deb Ritter, Rhonda Nemsky, Robin Misukonis, Shannon McWhorter, Ed Matecki, Cindy Lukowski, Stacey Kotzamanis, Vern Hurley, Erica Hunt, Tim Holland, Rhonda Grammer, Mike Gonski, Jeff Germer, Donna Etherton, Ian Durie, Carl Dake and Carolan Cross. The fastest time of our club members was Caleb with a 1:05:41 and the highest ranking was Caleb’s uncle Carl, who was 6th in the 60 to 99 age grouping.

**ZillaCross**

ZillaCross was cancelled this year.

**Castlewood 8-hour Adventure Race**

* Castlewood 8-hour – A total of 6 Zillas were on two different teams for this adventure race. A 4-person Zilla team included Jeff Germer, Robin Misukonis, John Sikes and Ray Weshinskey; a 2-person Zilla team included Vern Hurley and Brandon Zehr.

Upcoming GOTY Events:

* 9 December – Pere Marquette Endurance Trail Run
* 6 January – Little Woods Ultra at SIUE

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will be on January 8. Location TBD. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com