**Metro Tri Club**

**January 8, 2018 Meeting Minutes**

**Members Present:**

Tim Holland, , Mike Wever, Keith Timmins, Chris Amick, Deb Ritter, James Ritter, Donna Etherton, Dianna Tickner, Jim Clark, Jeanna Clark, Jay Hunt, Erica Hunt, Jim Donahue, Gary Highfill, Rick Burgess, Jerry Wunderlich, Greg Voudrie, Phil Coatney, Russ Darbon, Andrea Darbon, Sarah Mahnesmith, Chris Manhesmith, Vern Hurley, Phyllis Kunz

**General:**

The meeting was hosted by club member Chris Amick at Phoenix Physical Therapy in East Alton. Phoenix is also one of our club sponsors. Their facility is very impressive. Club member and ultra-event athlete Jim Donahue uses Phoenix and provided a very positive recommendation of the facility and its staff.

**First Time Attendees:**

Jerry Wunderlich and Chris Mahnesmith

**New Members Present:**

Jerry Wunderlich recently joined the club. Jerry is primarily a cyclist and can be found on area roads and bike paths year round. His selection of equipment makes other cyclist jealous!

Chris Mahnesmith is the husband of club member Sarah Mahnesmith. He is a runner being dragged into triathlons by his wife. Chris trains in the Alton area.

**Visitors:**

None

**Finance Report:**

Mike Wever presented a snap shot of our finances and passed around a copy of the current information. If you have specific questions contact Mike or Jim Clark.

Overall, PMTR netted the club about $10,900 after all expenses and donations to the park trail fund.

**Administration**:

**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. After more research, we determined that if we use USA Triathlon coverage events such as Pere Marquette, would require each entry to either have a USAT membership or purchase the one day pass. This was deemed a deal breaker.

The decision to remain with RRCA was made by voice vote.

**Membership:**

New members for December were Chris Mahnesmith, Jerry Wunderlich, Todd Kozak, and Angelia Ham

Membership renewal is now active as detailed below. We are currently at 92 members for 2018. This indicates about 50 2017 members have not yet renewed.

**All 2017 members must renew their membership. The $15 cheap rate expired December 31. Renewals and new members are $20. This is a two-step process:**

1. **Register at racesonline.com**
2. **Pay via credit card at racesonline.com or send check/cash to Metro Tri Club at PO Box 904 Edwardsville, IL 62025. If you mail payment you MUST still register at racesonline.com (see step 1) for your membership to be active.**

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

**Philanthropy:**

Mike Wever passed around a nice thank you note from Matt Dunn thanking the club for both the donation and great volunteer support at the 2017 Beaver Dam Dash.

The club discussed donations for 2018. Motions were made and voice votes taken to donate the following:

$500 to Trailnet. **Note this gets MTC members a discount at Trailnet events.**

$500 to Joshua Chamberlain Society for wounded veterans

$500 to Beaver Dam Dash

**WOW Category:**

Club members Erica Hunt, Jay Hunt, Jeff Germer, Renee White, and Chris Rankin were recently recognized as IRONMAN ALL WORLD ATHLETES. To earn this honor each athlete has to be in the top 10% of their age group WORLD WIDE!!!! That’s an impressive and amazing accomplishment. Congratulations to all.

**General Discussions:**

**2018 Banquet:**

The 2018 banquet is set for February 10, 2018 at the Wildey Theater in Edwardsville. Jay needs volunteers to assist in the cleanup afterwards. This is a very fun night at a great venue. If you are willing to help in any way, 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 night with friends.

Keith loves stories (they can even be true) from races or events you completed in 2017.

There were discussions about making sure all club members were aware of the event. We are going to try to do a post card mailing to current and recent club members. If that proves difficult, we are going to do another mass email.

**2017 Race Data: PLEASE!!!!**

Keith Timmins is compiling data from races club members completed in 2017. He develops total running, biking, and swimming miles. PLEASE send Keith a quick email ASAP so he can present the totals at the banquet. Send to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**Member Discount Codes:**

**Discount code for St. Louis Tri is GODZILLA2018**

**Discount code for all Racemaker events is Trizilla15**

**Wood River Triathlon:**

* By voice vote, it was decided to pay the $500 fee to rent Wood River pool time in the weeks leading up to Wood River triathlon.

**Uniforms:**

Jim Clark is getting pricing on new tri kits for 2018. We are trying to get a price from Wattie Ink for those wanting to spend a few more $$ for top of the line race gear.

**Bike Expo:**

The Mississippi Valley Bike + Outdoor Expo is Sunday January 14 at the Gateway Center in Collinsville. Hours are 10AM – 4PM.

**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 the Facebook 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. Until spring, may your bike trainer be your best friend.

**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.

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

**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 full or half marathon or triathlon. 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**:

2017 Pere Marquette Questions/Improvement Recommendations from Volunteers:

* + During the race, traffic was going up the road past the Visitor’s Center, tearing down the caution tape. In the past, wasn’t the gate and road closed so no traffic could go through? If traffic is NOT prevented from using that road, we need volunteers at that road crossing to protect the runners, control the caution tape and ensure the later runners know where to go.
    - The park only closes the gates if roads are unsafe. The best option is to add a volunteer at this location to make sure runners know which way to go.
  + In the past there was candy at water stop #3 (M&M’s and orange slices). Runners were asking for them.
    - Tim to add this to the list for next year.
  + Walkers and slow runners need to be started at least an hour before the first wave (1.5 hours even better). This year they started 30 minutes early, keeping the volunteers out in the cold way too long
    - Decided to start the early wave 1 hour early next year
  + Would it be possible to have small, portable fire pits at the water stops on cold days? (Any park regulations against it?)
    - Will have to talk to the park rangers but discussed buying a few small propane heaters.
  + Was the “cutoff time” for crossing the road behind the Visitor’s Center advertised to runners prior to the race?
    - Set the cutoff time at 11:30. This may not be an issue in 2018 when we run the course backwards but will apply in 2019.

General Race Comments:

* The club greatly appreciates club member John Roth providing a UTV to use during the race. This REALLY COOL machine is a great help getting water and volunteers to their locations. Thanks John!!!
* Thanks to club sponsors Runwell, Integrity Joint and Spine, and Phoenix Physical Therapy for taking the time to set up booths and stations at the race. We appreciate our sponsors and hope they made good contacts with potential customers or clients.

Zillapede – The St. Louis St. Patrick’s Day race is on 17 March 2018 and it is a GOTY event. Each year, the club puts together a “Zillapede” to run the race. The Zillapede is composed of 12 or more club members tethered together with pennant lines. The Zillapede runs in a zig-zag pattern – compiling about 6.5 miles during the 5-mile race, averaging 11 to 12-minute miles. It is great crowd pleaser and is one of the most fun things we do as a club all year. If you are interested in running with us, please give Keith your name and shirt size. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

River to River (21 April 2018):

* + Update – We have two teams “IN.” The official drawing at the December meeting resulted in the following:
    - Team Godzilla:
      * Renee White, Keith Timmins, Matt Dunn, Jimmy Lymberopoulos, Donna Etherton, Phil Coatney, John Sikes, Jeff Germer
      * Alternates in order: Robin Misukonis, Ian Durie, Sarah Mahnesmith, Chris Mahnesmith
    - Metro Tri Club - “Alton” Chapter:
      * Deb Ritter, Jeanna Clark, Mark Thompson, Jim Clark, James Ritter, Tariq Quadri, Tim Holland, Vern Hurley
      * Alternate: Emily Johnson
  + More Alternates needed – If you want to be added to the alternate list, please let Keith know.

2017 Godzilla of the Year (GOTY) Award – Based on the data, there are 13 club members who met all of the requirements. They will be announced at the banquet!

Recent GOTY Events:

Pere Marquette - We had 35 Zillas who completed this 7.8 mile premier trail race put on by the Metro Tri Club: Chris Amick, Cheri Becker, Andy Biermann, Doug Bristow, Michael Bryant, Tanya Colbert, Bill Coyne, Russ Darbon, Jim Donahue, Donna Etherton, Krystal Giltner, Vern Hurley, Emily Johnson, Phil Lading, Rich Luers, Shane May, Albert Middeke, Nancy Migliozzi, Rhonda Nemsky, Jacob Newman, Josh Newman, Eric Nielsen, Dan Pettus, Donna Polinske, Tariq Quadri, Emily Reed, Deb Ritter, John Roth, Jeff Schleicher, John Schuyler, Brigitte Stotter, Keith Timmins, Renee White, Reuben Willis and Jan Wrischnik. Renee was the 1st OVERALL Female Master’s finisher – coming in only FIVE SECONDS behind the OVERALL Female winner; Jeff Schleicher was 1st in his age group; Josh Newman placed 2nd in the Clydesdale division; Bill Coyne was 2nd in his age group; and both Tanya Colbert and Krystal Giltner were 3rd in their respective age groups. Special notes: Rich Luers had the fastest Zilla time with a 1:03:08; and our adopted Zilla exchange student Marta Garcia was 3rd in her age group.

Last Man Standing – 21 Zillas competed in this “Ultra” trail run, completing the number of miles as shown: 45.1 – Renee White (2nd OVERALL female); 36.9 – Rich Luers; 24.6 – Josh Newman and Jeff Schleicher; 20.5 – Jim Donahue, Rhonda Nemsky and Ryan Warren; 16.4 – Donna Etherton, Tim Holland, Jen Schaller, John Sikes and Keith Timmins; 12.3 – Ed Matecki and Jake Newman; 8.2 – Matt Dunn and Jeff Germer; 4.1 – Kris Clawson, Russ Darbon, Dianna Tickner, Jennifer Todd and Greg Voudrie.

Upcoming GOTY Events:

27 February – Castlewood Cup 15K

4 March – Quivering Quads half marathon

17 March – St. Patrick’s Day 5-mile race

24 March – Alton Half Marathon

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will be on February 5. Location RUNWELL in Edwardsville. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com