**Metro Tri Club**

**March 5, 2018 Meeting Minutes**

**Members Present:**

Mike Wever, Keith Timmins, Jay Hunt, Erica Hunt, Greg Voudrie, Phil Coatney, Jeff Germer, Robin Misukonis, China Rongey, John Sikes, Donna Polinske, Tim Holland, Chris Rife, Deb Ritter, James Ritter, Tonya Colbert, Russell Darbon, Ed Matecki, Chris Amick, Dianna Tickner, Andy McKellar, Sean Binger, Mike Kelly, Mike Hovatter, Andy Biermann, Lydia Mikoff, Jennifer Todd, Jim Donahue, Mike Gonski

**General:**

The meeting was hosted by club sponsor The Cyclery in Edwardsville.

**First Time Attendees and New Members Present:**

Andy McKellar, Sean Binger, and Chris Rife

**Visitors:**

Megan Matecki, but she attends more meetings than some members so she’s not really a visitor.

**Finance Report:**

Club finances are reviewed quarterly but Mike says we are not broke. If you have specific questions about club finances contact Mike or Jim Clark.

**Banquet:**

Jay and Erica Hunt and all the volunteers did an outstanding job on the banquet. Special thanks to Andrea Darbon and her team for the food. Amazing!!!! And finally, great job Keith Timmins, Jeff Schleicher, Donna Polinske, and Jim Clark with the program.

**Administration**:

**IRS Paperwork:**

Mike Hovatter brought a copy of our IRS 990-N submission for 2017. Apparently this document impacts national security so thankfully Mike took care of it. More importantly, it protects our status as a tax exempt organization. A copy is on file for those interested.

**Membership:**

Membership total is currently at 111.

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

**Trailer**

The trailer license should be due in April.

**Insurance:**

We need to finalize our insurance with RRCA. The insurance is based on current club roster. Donna Polinske to get with Mike to get a check mailed for premium payment.

**Tent:**

Getting parts for our existing tent and/or ordering a new tent is still pending. Stay tuned for “As the Tent Turns”.

**General Discussions:**

**Member Discount Codes:**

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

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

**Uniforms:**

We only had (3) people express an interest in ordering either a tri kit or bike jersey from Sugoi. This was not enough to meet the required minimum so we will not be placing an order at this time. If you have any questions, please contact Donna Polinske at [ds\_polinske@yahoo.com](mailto:ds_polinske@yahoo.com).

The $1,000 deposit was sent to Wattie Ink and they sent Jim Clark the first design rendition. Jim was not at all happy with the effort and has Wattie working on try #2. Hopefully, we will have a design to send out to everyone in the next week or so. Wattie is aware we need the kits in hand for Chattanooga in May.

**Microphone/PA:**

Mike Wever purchased the new combo microphone/PA system and it was used at the banquet.

**Special Mention:**

Club sponsor Chris Amick from Phoenix Physical Therapy was present and announced a new location opening in Edwardsville. A number of club members are clients and this new location should be an added convenience for club members in the Glen Carbon and Edwardsville areas. Thanks to Chris for his support of the club and congrats on a growing business.

Mike Kelly made a short presentation on the 2018 Bike for Heroes ride to be held on Saturday July 12. A copy of the flier is attached. Last year we had a club pace line ride the 80 mile option at about 20-21 mph. This year we would like to have the same pace line plus add another group averaging about 15 to 17 mph based on level of interest.

This is a great cause and was a well-run event. The club previously voted to donate $500 to this race. Just to be sure, we voted again and it was approved. Thanks Mike for your work serving the needs of our wounded heroes.

Jay Hunt made a short presentation regarding a possible community outreach event. Jay suggested renting The Wildey Theater and showing the movie Flat Line to Finish Line about a man with heart trouble going from basically being dead to completing an Ironman. Jay thinks we can rent the The Wildey for $1,500 to $2,000. The program would be both motivational and promote the club to the community. Jay will continue to investigate and report back. Overall, members seemed to be enthusiastic about the concept.

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Matecki is still posting weekly workouts which can be found on Facebook at **Team Zila Swim Club**. Several members had problems locating this Facebook page. Note the ZILA spelling! Thanks Ed.
* 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 will resume on 13 March after time changes. Mark your calendars! Rides start at 5:30PM from bike path parking lot on Wanda Road.

**Run Report:**

**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.

RunWell has several other running options including a group for faster runners. For info on any of these email Jen at [runwellcoaching@yahoo.com](mailto:runwellcoaching@yahoo.com)

**Upcoming GOTY Events**:

Route 66 10k is 9 June this year. The club volunteers a water station each year. Donna Polinske “volunteered” to be the lead again this year. For the last several years we have won the award for best station. The 2017 theme was from the movie Deliverance and was an amazing success. However, several club members have required counseling after seeing Brian Barham in short shorts. And thinking back….did Cheri Becker ever figure out who was the father of her latest baby?

For 2018 we need to decide on a theme. M.A.S.H and toga parties were floated. A mankini theme was also mentioned but did not seem to have a lot of support….pun intended. We NEED ideas for something fun, easy, entertaining, and family friendly.

Zillapede – The St. Louis St. Patrick’s Day race is on 17 March 2018 and 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)

We currently have (15) Zilla members and (5) Zilla friends planning to run. Any other prospective “Pede” sections who want to join us are welcome!!! Training will be provided on race morning.

Keith has a very limited quantity of small and medium shirts for this event. We reuse the same ones each year. Keith requested authorization to purchase (5) smalls and (10) medium 50/50 blend shirts for around $10 per shirt. Vote was taken and passed.

River to River (21 April 2018):

Update – The two teams are set and we have five alternates. If you want to be added to the alternate list, please let Keith know. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

* + Robin Misukonis, Ian Durie, Sarah Mahnesmith, Chris Mahnesmith, Emily Johnson are the current alternates

Club Swim Event:

The club members responsible for the club swim event both moved out of state. (Note, there are easier and cheaper ways to get out of work) Dianna Tickner, Mike Gonski, and Ed Matecki discussed trying to coordinate this event in 2018. The 2017 event at the new McKendree Recreation Center was great and we would like to keep this event alive. More information to follow. Stay tuned.

Tracks and Treads:

We currently do not have a leader for Tracks and Treads. Because of the time it takes to get the event approved by SIUE, the decision was made to shelve it for this year. We REALLY need a person willing to take over this event. Getting volunteers has never been a problem. Just need someone willing to lead those volunteers.

**Recent GOTY Events:**

* New Full Ironman finishers since the February 2018 meeting:
  + Anyone?
* New Half Ironman finishers since the February 2018 meeting:
  + Anyone?
* Castlewood Cup - 6 Zillas completed this mud-shortened trail race (approximately 8 miles vs. 9.3): Donna Etherton, Krystal Giltner, Tim Holland, Jeff Schleicher, Keith Timmins and Renee White. Krystal won her age group and Renee was the 2nd OVERALL female (just days after her 2nd major jaw surgery)!
* Quivering Quads - 7 Zillas completed this trail half marathon: Renee White, Keith Timmins, Jeff Schleicher, Michele Meckfessel, Shannon McWhorter, Tim Holland and Krystal Giltner. Shannon and Michele took 3rd in their age group; Krystal and Jeff took 2nd in their age group; Keith took 1st in his age group (one second ahead of Jeff!); and Renee was the 1st OVERALL female finisher!! Tim took the coveted 13th place in his age group but sadly his efforts were not worthy of one of the really cool awards!

**Upcoming GOTY Events:**

* 17 March – St. Patrick’s Day 5-mile race
* 24 March – Alton Half Marathon
* 31 March – Litchfield Duathlon
* 8 April – GoSTL! Marathon, Half Marathon, Marathon Relay
* 21 April – River to River Relay
* 22 April – Chain of Rocks Duathlon
* 29 April – Try Tri
* 29 April – Get up and Go! Biathlon

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will be on April 2. Location to be determine. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com