**Metro Tri Club**

**June 4, 2019 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Greg Voudrie, Keith Timmins, Jim Taylor, Jeff Germer, Erica Hunt, Jay Hunt, Donna Etherton, John Sikes, Robin, Misukonis, Russ Darbon, Jeanna Clark, Tim Holland, Tommy Brown, Ruth Ann Cooper, Phyllis Kunz, Shane May, Kyle McLaughlin, Gary Payne, Janna Perry, Bill Peterson, Jeff Schleicher, Jen Todd, Kathy Wever, Jerry Wunderlich, Lisa Brandt, and Cid Bauer.

**General:**

The meeting was held at Mike and Kathy Wever’s house after the Animal Ride. Mike was out of town riding bikes but Kathy graciously opened her house to all the members and provided yummy snacks and grilled salmon.

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

Ruth Ann Cooper – Ruth Ann is a retired Colonel and has completed many different events. She recently won 1st overall female at the 50 mile distance at Tour de Charleston bike race so we know she’s fast!

**Visitors:**

Colin Fries – Colin has ridden with many club members at Animal Rides, Trail Net rides, etc. and is a strong rider to draft off of.  He has been considering joining the club!

Proud Grandma Robin Misukonis had her granddaughter Emerysn with her.

**Finance Report:**

Treasurer John Sikes provided an update on club finances. We are in good shape and not going broke.

If you have any questions or comments please contact Donna Polinske or Treasurer John Sikes.

**Membership:**

Membership total is currently at 113.

Membership dues for 2019 can be paid at any time now. **Go to RACESONLINE.COM and search Metro Tri Club to register.** Any questions about your membership status contact Dianna at diannatickner@rocketmail.com.

Reminder – If you paid by cash or check, you still need to go to Racesonline.com and register. Just choose the cash/check option and register normally. You don’t have to pay again but this gets the waivers signed and your information and email address updated.

**General Discussions:**

**Member Discount Codes:**

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

**We also have a discount code for MSE Racing events. Code is GODZILLA2019**

**IMPORTANT CLUB BUSINESS:**

**Family Fun Event**

* Date set for Saturday August 10. Mark your calendars.
* Location is at SIUE pool from 6pm to 8pm.
* This will be a family fun evening with NO COMPETITION but possibly some trash talking.

**Website Update** – Donna Etherton and Jeff Schleicher are investigating a new website called The Driven. No cost to use the product. The program offers race registration and annual club membership registration. More information to follow next month.

If YOU have anything special you’d like to see on a new club website, please let us know.

**Next Swim Challenge**

* Need to set a firm date for the next Swim Challenge. Dianna Tickner was traveling so not at the meeting.
* **Route 66 10K** – MTC does a water stop each year at this race and the Metro Milers return the favor by doing a water stop at Pere Marquette.
	+ The race is June 8.
	+ Leader – Donna Polinske
	+ Theme – Gilligan’s Island
	+ This event only takes a couple hours of volunteering and because so many club members are present, it is a blast.
	+ Volunteers so far: Donna Polinske, Jeanna Clark, Tim Holland, Sarah Mahnesmith, Jennifer Todd, Liz Stryker, Phil Coatney, Kyle McLaughlin, Jeff Germer, Greg Voudrie, James Ritter, Keith Timmins, Robin Misukonis, John Sikes, and Jackson Nolen.
* **Club Gear** – Jim Clark is working on placing another order for bike jersey’s and tri kits. If you are interested, please contact Jim ASAP. Orno11@yahoo.com.
	+ **UPDATE** – Wattie has lowered the minimum order quantities. PLEASE let Jim know if you’re interested.
	+ **UPDATE to the UPDATE** – The sample kits have been returned to Wattie. Jim Clark will repost on how to order.
	+ **UPDATE to the UPDATE to the UPDATE** – The kits and shirts were ordered and are being sent to RunWell. It was cheaper to send them all to one place than pay Wattie shipping costs to each person.
* **Blow Up Godzilla Dolls –** Sadly, we lost the second to last Godzilla doll to a horrible collision with the hotel overhang at River 2 River. Witness interviews on national TV indicate it died quickly with minimal suffering. At least it went out preparing to race and not alone in Keith’s garage. Each member is asked to have a private moment of silence for Zilla 2 at your convenience.
	+ Keith found new dolls (the originals can never be replaced) online. Motion was made and passed to purchase (6) new mascots for about $16/each.
* **Bike for Heroes** – This event is on 20 July. We are looking for anyone who would like to do the 80-mile distance in a pace-line, trying to average around 20 mph. We won’t limit this to only Zillas since it is for a great cause, so if you are interested or know of others who might like to do this, please let Keith know.
	+ There will also be Zillas doing the 25/50/80 mile options at a slower pace (faster than “stop and smell the roses” but slower than 20 mph.)

**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**:

* Animal Ride – Tuesday evening Animal Ride is BACK!!!! The ride is every Tuesday starting at 5:30 PM. Leave from Watershed trailhead on Wanda Road at 5:30 PM sharp. A few people meet and leave at 5:00. If interested in leaving early, be there and ready to ride at 5:00 or email keithtimmins@gmail.com with questions.

**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. They have been starting around 5:00 this year. If you want to run, get in touch with Donna Polinske or Jim Donahue so they will know you are coming. Best way to communicate with this group is via the Facebook page.

**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. 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

Recent GOTY Events:

* New Full Ironman finishers since the May 2019 meeting:
	+ Anyone?
* New Half Ironman finishers since the May 2019 meeting: Chattanooga – We had 10 Zillas complete this race. The swim was shortened to 0.8 miles due to the strong current: Emily Johnson, Anna Kallal, Shane May, Tariq Quadri, Deb Ritter, James Ritter, Keith Timmins, Phil Ecker, Dan Henry and Renee White. Renee had the fastest time with a 4:55:12 and Keith redeemed himself by staying on the course this year!
* New “USAT Nationals” finishers since the May 2019 meeting:
	+ Anyone?
* Note: If you do a biathlon or triathlon in Illinois or Missouri that is not specifically listed on the list of GOTY events, please send an email to Keith so he can give you GOTY points for it!
* **Pioneer Sprint and Abe Mini** – In last month’s meeting minutes, the secretary failed to mention that Tanya Colbert was 1st OVERALL Female in BOTH of these triathlon distances. Congrats Tanya on a great day racing!!!

 YMCA Half Marathon – We had 10 Zillas who completed this half marathon and 25 Zillas who volunteered at this event:

* + Runners – Ian Durie, Donna Etherton, Tim Holland, Janna Perry, Donna Polinske, Emily Reed, Jim Taylor, Cid Bauer, Lisa Brandt and Jan Wrischnik. It was noted that Donna Polinske beat Tim Holland in a photo-finish thriller. Ok, maybe more like a few minutes than photo-finish but thrilling nonetheless.
	+ Volunteers – Race Director Cheri Becker, Greg Voudrie, Jen Todd, Dianna Tickner, John Sikes, Donna Polinske, Gary Payne, Jackson Nolen, Robin Misukonis, Shannon McWhorter, Andy McKellar, Ed Matecki, Amber Koester, Jay Hunt, Erica Hunt, Becca Hostettler, Jeff Germer, Donna Etherton, Jim Donahue, Fawn Dintelmann, Andrea Darbon, Bill Coyne, Ruth Ann Cooper, Tanya Colbert and Rick Burgess

Broken Spokes – We had a total of 14 Zillas who completed one of the distances in this bike ride:

* + 14 miles – Greg Voudrie
	+ 28 miles – Kris Clawson, Carl Dake, Ian Durie, Shannon McWhorter, Donna Polinske and Emily Reed
	+ 53 miles – Bruce Beachum, Rick Burgess, Phil Coatney, Jeff “Rick” Germer, Kyle McLaughlin, Kathy Wever and Mike Wever

St. Louis (Creve Couer Lake) – We had 13 Zillas complete one of these triathlons:

* + Sprint – Tommy Brown, Donna Etherton and Erica Hunt. Special congrats to Donna for taking 3rd in her age group!
	+ Olympic – Stephen Brummer, Greg Voudrie, Bill Coyne, Fawn Dintelmann, Becca Hostettler, Jay Hunt, Josh Newman, Jackson Nolen, Janna Perry and Jim Taylor. Special congrats to Josh for taking 2nd in the Clydesdale division!

Highland Biathlon – We had 11 Zillas complete this 5-mile run and 20.5 mile bike ride:

* + Russ Darbon, Matt Dunn, Ian Durie, Tim Holland, Gary Payne, Donna Polinske, Tariq Quadri, Emily Reed, James Ritter, John Roth and Keith Timmins. Special congrats to Matt and Tim for placing 3rd in their age group; Donna and John for placing 2nd in their age group; and Tariq and Emily for placing 1st in their age group!

Tour de Charleston – We had 6 Zillas complete one of the distances in this bike ride:

* 12.5 miles – Greg Voudrie (1st overall)
* 25 miles – Joni Foor, Rodney Mitchell, and Michele Von Behrens
* 50 miles - Ruth Cooper (1st overall female), Jay Hunt (2nd AG),

Tri-Shark Tri – We had 2 Zillas complete this tri in Bloomington: Robin Misukonis and China Rongey. Special congrats to China for placing 2nd in her age group!

Upcoming GOTY Events:

* 8 June – Rt 66 10K
* 15 June - Covered Bridge run
* 16 June – Half Max Tri Innsbrook
* 23 June – St. Peter’s Rec Plex
* Date? – Carlinville Biathlon
* Date? – Breese Biathlon

Next Meeting:

The next meeting will be Tuesday July 2nd at 7:00 PM at Phoenix Physical Therapy in Swansea. The meeting will be hosted by club member Chris Amick.

Phoenix Physical Therapy

7 Emerald Terrace

Swansea, IL 62226