**Metro Tri Club**

**July 2, 2019 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Greg Voudrie, Keith Timmins, Jim Taylor, Jeff Germer, Erica Hunt, Jay Hunt, Donna Etherton, Tim Holland, Tommy Brown, Janna Perry, Jen Todd, Lisa Brandt, Cid Bauer, Bill Coyne, Chris Amick, Colin Fries, James Ritter, Dianna Tickner, Lydia Mikoff, Phil Coatney, Mike Gonski, Karla Plage, Kraig Weinberg.

**General:**

The meeting was held at Phoenix Physical Therapy’s Glen Carbon location. Chris Amick was our host. Phoenix has been a club sponsor for several years and offers a full spectrum of physical therapy services at this location. A number of club members have used Chris and Phoenix and spoke very highly of the services offered and positive results.

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

None

**Visitors:**

None

**Finance Report:**

The budget was reviewed last month. 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 114.

Colin Fries attended last month’s meeting and joined.

Matthew Thompson from Maryville also joined since last meeting.

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:**

**Club Sponsorships or New Equipment**

The club currently has funds available and there was some “informal” discussions about good causes and/or possible equipment purchases. Some of the ideas discussed:

* Support of a local high school tri program
* Support for an MTC Peddle the Cause team
* Local support for a Masters swim program since our club is very light on organized swim help for new swimmers. This idea seemed to have traction
* Purchase a set of compression sleeves for use by club members

KEY POINTS

* If you have a worthy cause or an idea of something that will be beneficial to the team bring the request to a meeting. You simply have to present your idea and make a motion for a vote.
* Since we are a non-profit, worthy causes need to be organizations or groups and not helping your brother-in-law make a down payment on a used car.
* If you have a great idea for new club equipment, bring the information to the meeting and present your idea and make a motion for a vote. (Warning: Jeff Germer votes NO on everything but most other members are fairly agreeable if it’s a good idea.)
* Any new club equipment has to be something available to all club members and not for use just by a single club member. So while buying your brother-in-law a new tri bike might be a good idea, it won’t fit out club guidelines.

**New Club Tents**

At previous meeting, purchase of (2) new club tents was approved. Mike Gonski has been working on the purchase. We want to use the same graphics as the Wattie gear we bought. Mike FINALLY received the files from Wattie but the format is wrong. Mike sent to files to Donna. Donna will forward to Jeff Schleicher who hopefully can convert to the correct format. Stay tuned! HELP!!!! If any club members has any tech skills with this sort of issue, please take one step forward and raise your hand. The pay really sucks and the benefits are even worse….but you might just win the admiration of all your fellow MTC teammates.

**New Zilla Doll Update**

Godzilla Blow-up Dolls – The replacement Zilla mascots were received! They are similar to the previous ones – maybe a little more fit and trim and meaner looking! How perfect is that!

**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.

7/2 Update – Jeff wasn’t at meeting but Donna reported they are still working on reviewing and impressions are favorable. More info to follow.

**Next Swim Challenge**

* Need to set a firm date for the next Swim Challenge. Dianna Tickner is working on setting a date. Current discussions seem to indicate late October or early November.
* **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.)
* 7/2 Update - We currently have 6 people who are planning to do the 80-mile distance in a pace line. If you are interested in riding with us or if you have questions about how this works, please contact Keith (keithtimmins@gmail.com).

* + Miles for Meso (28 September) – If you are not running this event, we are looking for 20 course marshals to volunteer. This is a GOTY event, both for running it and for volunteering.
		- Executive Support – Robin Misukonis
		- Course Marshals so far -Phil Coatney, Bill Coyne, Russ Darbon, Fawn Dintelmann, Jeff Fromme, Jeff Germer, Amber Koester, Shannon McWhorter, Lydia Mikoff, Donna Polinske, Dianna Tickner, Keith Timmins and Greg Voudrie

**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 – 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 June 2019 meeting:
	+ None
* New Half Ironman finishers since the June 2019 meeting:

Steelhead – We had 16 Zillas complete this Half Ironman race: Steve Brummer, Phil Coatney, Carl Dake, Russ Darbon, Fawn Dintelmann, Jeff Germer, Mike Gonski, Jay Hunt, Cliff Linders, Kyle McLaughlin, Shannon McWhorter, Lydia Mikoff, Jackson Nolen, Donna Polinske, Emily Reed, and Greg Voudrie. Phil had the fastest time in the club with a 5:31!! 4 additional non-members raced under the Metro Tri Club banner:  Jamie Dake, Rebecca Dake, Jennifer Miller and Josh Newman.

* + Coeur d’Alene – Carolan Cross was the lone Zilla who completed this Half Ironman race.
* New “USAT Nationals” finishers since the June 2019 meeting:
	+ None
* 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!
* Rt 66 – We had 8 Zillas complete this 10K and 19 Zillas who volunteered at the event:
	+ Zilla runners: Chris Amick, Lisa Brandt, Bill Coyne, Ian Durie, Becca Hostettler, Rich Luers, Janna Perry and Jim Taylor. Special congrats to: Chris and Becca for taking 3rd in their age group; Bill for taking 2nd in his age group; Lisa and Rich for taking 1st in their age group; and Janna for taking 1st OVERALL female Masters!!
	+ Zilla volunteers - many of whom dressed up at the water stop for the “Gilligan’s Island” theme:
		- Gilligan – Shannon McWhorter and Jeff Germer (some runners also thought Jeff favored “Popeye”)!
		- Skipper – Greg Voudrie
		- Thurston Howell – Gary Payne
		- Lovie Howell – Jen Todd
		- Ginger – Angie Ham
		- The Professor – Phil Coatney, Keith Timmins and Tim Holland
		- Mary Ann – Donna Polinske (also Water stop director) and Liz Stryker
		- Island Cast “Extras” – Jeanna Clark, Donna Etherton, Deb Ritter, James Ritter and John Sikes. We also had 4 family members join in the shooting of the movie: Kyla Ham, Eli Ham, Gavin McWhorter and Eli Clark
		- Water Stop photographer – Robin Misukonis
		- Rt 66 Race Director – Erica Hunt
		- Rt 66 Course Lead – Jay Hunt
		- Rt 66 Course Bike Sweep – Cid Bauer
* Lyle Park – 3 Zillas completed this sprint triathlon: Greg Voudrie, China Rongey and Robin Misukonis. Special congrats to: Greg, who took 1st in the Clydesdale division; and to China and Robin who both placed 1st in their age groups!
* Copper Dock – 4 Zillas completed this biathlon: Tina Klein, Karla Plage, James Ritter and Liz Stryker. Special congrats to: Tina for taking 3rd in her age group; and to Karla, James and Liz who all placed 1st in their age groups!
* Covered Bridge – 10 Zillas completed one of the distances in this event put on by Runwell, one of our sponsors:
	+ 5K – 4 Zillas completed this distance: Greg Voudrie, Gary Payne, Tommy Brown and Bruce Beachum. Special congrats to: Greg and Gary for taking 3rd in their age groups; and to Bruce for taking 1st in his age group!
	+ 5 mile – 6 Zillas completed this distance: Ian Durie, Becca Hostettler, Amanda Koester, Shannon McWhorter, Janna Perry and Jim Taylor. Special congrats to: Becca and Shannon for taking 3rd in their age groups; and to Janna for placing 1st in her age group!
* Innsbrook – Angelia Ham completed the Quarter Max distance at this event! Congrats on a 3rd place AG finish.
* Eiffel Tower – 2 Zillas completed this Olympic distance tri in Paris….Illinois!!! Michele VonBehrens and Greg Voudrie.
* St. Peter’s Rec Plex – We understand this event, initially scheduled for 23 June, was rescheduled to a later date.

Upcoming GOTY Events:

* 4 July – Hillsboro Biathlon
* 13 July – Tour de Donut
* 14 July – New Town Triathlon
* 20 July – Heroes Ride
* 27 July – Springfield Triathlons
* 27 July – Mud Mountain 5K
* 11 August – Conquer Castlewood
* 17 August – O’Town (O’Fallon, IL) Super Sprint Tri

Next Meeting:

The next meeting will be 7:00 PM Tuesday August 6th at Mike Wever’s house after the Animal ride.