**Metro Tri Club**

**October 7, 2019 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Greg Voudrie, Keith Timmins, Jim Taylor, Erica Hunt, Jay Hunt, Donna Etherton, Cheri Becker, Jim Clark, Becca Hostettler, Karie Ashmann, John Sikes, Robin Misukonis, James Ritter, Jeff Germer, Jennifer Todd, Karla Plage, Cid Bauer, Lisa Brandt, Matt Dunn, Kraig Weinberg, Tommy Brown, Janna Perry, Chris Amick, Darrell Meek, Amber Koester, Chine Rongey, Mike Wever, Shannon McWhorter, Phil Coatney, Mike Gonski, Brandon Shultz, Jim Donahue, Ed Matecki, Autumn Cortivo

**General:**

The meeting was held at Recess Brewing in Edwardsville. Recess is normally closed on Monday, but were nice enough to open specially for the club meeting. If you are in the area and thirsty, stop by and support a great local establishment.

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

We think this was the first meeting for Autumn Cortivo. The meeting leader failed to provide Autumn the opportunity to share her reason for joining our exclusive club. Said leader will correct this oversight at the next meeting.

**Visitors:**

Mike Etherton and Brian Polinske were present and made brave attempts at keeping their respective wives out of trouble. One was successful and one not so much. As to which one was which……you had to be present to know!

**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 132.

We have officially switched to The Driven as our membership portal.

Membership dues for 2020 can be paid at any time. **Go to Thedriven.net and search Metro Tri Club to register.** Any questions about your membership status contact Dianna atdiannatickner@rocketmail.com.

You can either pay on-line at The Driven or pay the club direct. BUT, either way, you have to go to The Driven and register.

**General Discussions:**

**Member Discount Codes:**

**Discount code for all Racemaker events is trizilla15 or trizilla 20. If one don’t work, try the other.**

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

**IMPORTANT CLUB BUSINESS:**

**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.
* October Update – This should be nailed down in the next couple weeks.
  + **Miles for Meso** (28 September) – See the GOTY section of these notes for a listing of the large number of Zillas who ran or volunteered for this race. Robin reported that about $75,000 was raised. It was a good day.
  + **Up-a-Creek** (12 October):
    - We have 12 signed up to run so far.
* **Pere Marquette** 
  + Registration setup through The Driven is finally complete and operational
  + Open registration started 9/1
  + As of 10/7 we were at 607 registered
  + Contract with Park Service is complete
  + Block of rooms is booked
  + Ham operators have been notified
  + Matt Taul music is booked
  + Fleet Feet contract is signed
  + More details to follow
* The following are the coordinated practice dates/times:
* Saturday, 19 October at 9:00 a.m.
* Sunday, 17 November at 1:30 p.m.
* Saturday, 30 November at 8:00 a.m. (same day as River Road)

**Pere Marquette Volunteers (14 Dec 19)** – Keith sent out an email to those who volunteered for the 2018 race and received responses from most of them. The following are positions that need to be filled, noting that they are worth 2 GOTY volunteer points (read the list, then ask if anyone present would like to fill any of them. Keith will send out an email to the club if the positions are not filled at the meeting):

Registration – ~~need one~~ Kathy Wever volunteered

Finish line setup (prior to race) – need two

Water stop during race – need two

Water stop at finish line – need two

SWAG distribution – need one

Refreshments – need one

Photographer (during race) – need one

Alternates (one during race and one prior to race) – need two

**2020 River to River (18 April) –**

The following Zillas have indicated an interest in running River to River; noting that there was a problem with using the new email via The Driven website, so not everyone got the email: Jim Clark, Russ Darbon, Donna Etherton, Shane May, Darrel Meek, Jim Taylor, Keith Timmins, Kraig Weinberg, Ian Durie, Renee White, Lydia Mikoff, and Karla Plage.

Based on the number of Zillas expressing an interest we will try to register one team. Once we receive confirmation that a Zilla team is “IN,” we will then draw names from those interested to see who makes up the team. Are there any others who would like to get on this list?

**2020 Club Ironman 70.3 Race** – After several club wide surveys, we have a winner for the club 2020 race. Drum roll please!!!! The winner is Delaware Ohio on July 26, 2020. Details to follow, but registration is open. Get registered and reserve a room. The last 2 years 20-30 club members have competed at the club race. Don’t miss the fun.

**Zillacross 2019** – The Zillacross race will be held on November 16, 2019 at Wildcat Paintball Park in Staunton. Details to follow.

**Joshua Chamberlain Society Hero Ride** – The club made a $500 donation to this organization and a number of members attended the bike ride. They donated two nice bike jerseys which were given away at the meeting. (See there is a reason to attend the meetings….free stuff!) The winners were Jim Clark and Donna Etherton.

**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 last official ride is 29 October due to the time change the first week in November.

**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](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)

Recent GOTY Events:

New Full Ironman finishers since the September meeting:

* + Chattanooga – 3 Zillas completed this 140.6 (actually 144.6) mile race: Jim Taylor, Darrel Meek and Jay Hunt. All three finished the race under 14 hours!

New Half Ironman finishers since the September 2019 meeting:

* + Litchfield – 5 Zillas completed this 70.3-mile race: Karie Ashmann, Tanya Colbert, Jim Taylor, Greg Voudrie and Renee White. Special congrats to: Karie and Greg for finishing 3rd in their age groups; Jim for finishing 1st in his age group; Tanya as the 2nd OVERALL female finisher (special note that Tanya had the 3rd best time – male or female - for the bike portion of the race with a 21.3 mph average); and Renee as the 1st OVERALL female finisher – (special note that Renee had the 2nd best time – male or female – for the run portion of the race, with a 7:16 average!) Renee had an incredible 4:58 finishing time, followed closely by Tanya with another incredible time of 5:06!
  + Capex – 4 Zillas completed this 70.3- mile race: Greg Voudrie, Jackson Nolen, Fawn Dintelmann and Phil Coatney. Special congrats to: Fawn for finishing 2nd in her age group; Phil for finishing 1st in his age group; and to Greg for finishing 1st in the Clydesdale division! Phil had the club’s fastest time with a 5:37!

New “USAT Nationals” finishers since the September 2019 meeting:

* + None

New Ultramarathon finishers since the September 2019 meeting:

* + Katy Trail – 2 Zillas completed one of the following distances at this event: Special congrats to Donna Etherton for completing the 50K distance and to Jim Donahue for completing the 100K distance!
  + Rock’n Rockwood – Jim Donahue was the lone Zilla completing this 53K trail ultramarathon race!

Litchfield – We had 13 additional Zillas who completed one of the other tris offered at this event (the half IM was already covered):

* + Sprint – 6 Zillas completed this tri: Cid Bauer, Tommy Brown, Amanda Couch, Erica Hunt, Jay Hunt and Shannon McWhorter. Special congrats to: Cid for placing 3rd in her age group; Shannon for placing 2nd in her age group; and to Amanda, Erica and Jay for placing 1st in their age groups! A special note – Jay had the 2nd fastest overall time in the swim!
  + Olympic – 7 Zillas completed this tri: James Ritter, Deb Ritter, Tariq Quadri, Janna Perry, Kyle McLaughlin, Ed Matecki and Anna Kallal. Special congrats to: Deb and Ed for placing 3rd in their age groups; Anna for placing 2nd in her age group; and to James and Janna for placing 1st in their age groups!

Millstadt – 3 Zillas completed this biathlon: Tim Holland, John Roth and Keith Timmins. Special congrats to: Tim for finishing 3rd in his age group; Keith for finishing 2nd in his age group; and John for finishing 2nd OVERALL . . . noting that John turned “50” this summer!

Capex - We had 8 additional Zillas who completed one of the other tris offered at this event (the half IM was already covered):

* + Sprint – 4 Zillas completed this distance: China Rongey, Robin Misukonis, Erica Hunt and Becca Hostettler. Special congrats to China, Robin and Becca for placing 3rd in their age groups; and to Erica for placing 1st in her age group!
  + Olympic - 4 Zillas completed this distance: Stephen Brummer, Amanda Couch, Mike Gonski and James Ritter. Special congrats to Mike for placing 3rd in his age group; and to Stephen and James for placing 2nd in their age groups!

Mile for Meso – We had 4 Zillas complete this 5K road race and 28 Zillas who volunteered at this event:

* + 5K – Jan Wrischnik, China Rongey, Gary Payne and Vern Hurley. Special congrats to Vern for placing 2nd in his age group and Jan for placing 1st in her age group!
  + Volunteers – Robin Misukonis (director), Karie Ashmann, Stephen Brummer, Jeanna Clark, Jim Clark, Phil Coatney, Bill Coyne, Carl Dake, Joshua Dake, Fawn Dintelmann, Terry Eldridge, Jeff Fromme, Jeff Germer, Tim Holland, Becca Hostettler, Ed Matecki, Kyle McLaughlin, Lydia Mikoff, Gary Payne, Donna Polinske, Deb Ritter, James Ritter, Jeff Schleicher, John Sikes, Dianna Tickner, Keith Timmins, Greg Voudrie and Kraig Weinberg. Young Zillas Eli Clark, Allie Mikoff and Alex Mikoff were also part of our incredible volunteer crew!

Belleville – We had 2 Zillas complete this marathon: Janna Perry and Donna Etherton. Special congrats to Donna for placing 2nd in her age group and to Janna for placing 1st in her age group with a Boston-Qualifier time!

Rookies and Rock Stars – We had 5 Zillas complete this sprint triathlon: Bill Coyne, Ed Matecki, James Ritter, Charles Toennies and Kraig Weinberg. Special congrats to: Charles for placing 3rd in his age group; and to Bill, Ed and James for placing 2nd in their age groups!

Cyclocross – Colin Fries was the lone Zilla completing all three

cyclocross events in September at Gordon Moore and Belk Park.

MO Cow Bell – We had 13 Zillas complete one of the following distances at this event:

* + Full Marathon – We had 3 Zillas complete this 26.2-mile road race: Chris Amick, Deb Ritter and Jan Wrischnik.
  + Half Marathon – We had 10 Zillas complete this 13.1-mile road race: Cid Bauer, Lisa Brandt, Vern Hurley, Emily Johnson, Rich Luers, Gary Payne, Donna Polinske, Tariq Quadri, James Ritter and Kraig Weinberg.

**Remaining GOTY Events:**

12 October – Up-a-Creek

13 October – Louisville Ironman 140.6

22 October – Route 66 half marathon

26 October – Valmeyer bluff run

2/3 November – Skippo

3 November - St. Louis half marathon

9 November – Beaver Dam Dash

30 November – Great River Road Run

7 December – Castlewood 8-hour

14 December – Pere Marquette Trail Run