**Metro Tri Club**

**January 6, 2020 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Jim Taylor, Erica Hunt, Jay Hunt, Karie Ashmann, Karla Plage, Cid Bauer, Lisa Brandt, Shannon McWhorter, Dianna Tickner, Lydia Mikoff, Robin Misukonis, John Sikes, Sue Edith, Tim Holland, Melissa Thiems, Jeff Schleicher, Keith Timmins, Donna Etherton, Becca Hostettler, Doug Bristow, Phyllis Kunz, James Ritter, Deb Ritter, Chris Amick, Jim Clark, Mike Wever, Colin Fries

**General:**

The meeting was held at Pump House in East Alton. It was a bit loud in the restaurant so the secretary only heard bits and pieces of the meeting. He has brand new hearing aids but apparently even they can’t fix everything. Maybe he should have used the money more wisely and bought a new bike….(N + 1).

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

None

**Visitors:**

None

**Finance Report:**

The budget is reviewed quarterly. If you have any questions or comments please contact Donna Polinske or Treasurer John Sikes.

**Membership:**

Membership total is currently at about 75. That means about 60 members have not renewed their membership for 2020.

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

Membership dues for 2020 can be paid at any time

Go to Metro Tri Club at: [**https://thedriven.net/cs/metrotriclub/page.detail?page\_id=**](https://thedriven.net/cs/metrotriclub/page.detail?page_id=)  toregister.  
 Any questions about your membership status contact Dianna at [diannatickner@rocketmail.com](mailto:diannatickner@rocketmail.com) or the new membership coordinator Shannon McWhorter at [mcwhosx6@gmail.com](mailto:mcwhosx6@gmail.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: (The below codes are likely to change for 2020. We need to get with Racemaker and MSE before race season)**

**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**

* The event is moving to the Edwardsville 50 meter pool. Cost is $150/hour rental. The pool is already rented for weekend mornings. Looking to do maybe 2 PM to 5 PM with both 1 mile and 2.4 mile options.
  + All swimmers must have a USMS membership or one day pass. To encourage non regular swimmers, the club voted to pick up the one day pass cost for non-USMS members who are current club members. The club will limit this expense to $560 and be handled on a first come first in basis.
* January Update – Swim Challenge will be February 15 from 2-5 PM. Registration will open soon and current members will be notified and info placed on Facebook.

**2019 Pere Marquette Financial Report** – Tim presented a financial recap of the race. A copy is attached to these minutes.

**2019 Pere Marquette Plusses and Minuses** – While the race is fresh on our minds, what things went well and what things do we need to think about for 2020:

Went Well:

* + The park rangers had nothing but praise for the race and how well the Metro Tri Club takes care of the park. They said the place is always cleaner when we leave than when we arrive.

Suggested changes/improvements for the 2020 race:

* + We need to make sure a ham operator is always with Jim Clark (Water Stop Lead) in the UTV in case an injury occurs. Otherwise it would take time to hunt Jim down to go get the injured runner. The UTV is to help with water but #1 priority is safety of runners and removal, if needed.
  + Water stop #1 was not manned when the first “Early Start” runners went through (they started at 8:30 – an hour prior to the normal race start).
  + Early start had a few people who really should not have been starting early. We need to discuss how to limit who goes early.
  + The start/finish banner blew over in the wind before the race was over. We probably need to cut some vent holes in the banner to let the wind pass through and not act like a sail. Special note that Matt Dunn was right on top of it and handled things like a professional.
  + We did not have a photographer at the awards ceremony. Keith can add a new volunteer position to cover this.
  + Consider having a parking area reserved for the volunteers.
  + The bibs did not print out the size the runners requested for their vests, so it caused delays and a shortage in some sizes.

**2020 River to River (18 April 20):**

Team – We have one team. Two people have already dropped from the list, so their names were removed from the hat. Those who remain are: Jim Clark, Russ Darbon, Ian Durie, Donna Etherton, Shane May, Darrell Meek, Lydia Mikoff, Jim Taylor, Keith Timmins, Doug Bristow, Kraig Weinberg, James Ritter, Shannon McWhorter and Fawn Dintelmann.

* + Based on the drawing, those current in are:

Jim Clark, Russ Darbon, Ian Durie, Donna Etherton, Shane May, Darrell Meek, Jim Taylor, Keith Timmins,

* + The current alternates are:

#1 Kraig Weinberg, #2 Lydia Mikoff, #3 Doug Bristow, #4 Shannon McWhorter, #5 James Ritter, #6 Fawn Dintelmann.

* + Anyone wishing to be added to the alternate list should contact Keith. You will be added in the order they are received.

**2019 Godzilla of the Year Award** – Please let Keith know if you think you met all of the requirements for the coveted GOTY award!

**St. Patrick’s Day (14 March)** – Keith is taking names for Zillas and friends who want to be part of the famous Zillapede!! Email Keith at [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com). Zillas at the meeting who plan to run with the Zillapede are: Keith Timmins, Tim Holland, Karie Ashmann, Robin Misukonis, Donna Etherton (and friends), Lisa Brandt, Sue Edith, Karla Plage, and Phyllis Kunz.

**2020 Club Secretary** – Lydia Mikoff “agreed” to be nominated for the esteemed position of MTC Secretary for 2020. The official vote will occur at the banquet. The current secretary claimed he would help her but I’m not sure he can be trusted.

**New Member Director** – Shannon McWhorter “agreed” to take this position. Hooray for Shannon.

Many thanks to Dianna Tickner for doing an amazing job for the last 5 years. Thank You!!!!

Donna Etherton also agreed to help Shannon with using The Driven website as needed.

**2019 Christmas Cookie Fundraiser** – The run took place on Dec 5th, at the trailhead by Market Basket in Edwardsville and was a blast. About 20 people “competed” for the coveted title of “Cookie Run Champion”. Jim Taylor ran fast and finished the distance first. But Russ Darbon used a different strategy stopping and enjoying cookies at every cookie station. Employing the minus 1 minute for each cookie rule, Russ chewed up the competition with about a 14 minute 5k time. 23 cookies were harmed in winning this inaugural event! Lydia Mikoff employed a run fast and just eat a few cookies to win the women’s division. She did not eat 23 cookies and the secretary is not dumb enough to publish the actual number but let’s just say it was <7.

China Rongey was the Race Director of this inaugural event. China did a great job and reported the next day that $1,000 was raised. The money was used to provide Christmas to a needed family. GREAT job China and thanks to everyone who raced, baked, ate cookies, volunteered, or supported the event.

**2020 Track & Treads** – Jim Taylor is working on bringing back TNT, Tentative date is April 4, 2020. We voted to approve the $150 SIUE fee. RRCA will cover insurance for the run portion of the event. We will need to buy separate insurance for the bike portion of the event. This is being investigated. Jim is communicating with SIUE and will have more to report next month.

**2020 Fight for Air Challenge Team** – Since this event was approved as a GOTY race, Donna Etherton is interested in putting together a MTC team. Each team member would cover their own registration. If you are interested, talk to Donna. She can be reached at [etherton@cusd187.org](mailto:etherton@cusd187.org)

Note – Last month Donna’s email address was wrong. It is now correct.

**2020 Annual Banquet** – Banquet will be on February 8 at the Wildey Theater in Edwardsville. Food will be by the amazing Andrea Darbon. Jay will send out a survey on meal verses heavy appetizers. Watch Facebook for more details.

Keith has two requests for all club members for the banquet:

* Race stats - Please send your race stats to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) Please list EVERY race you did in 2019 - not just GOTY races. For each race, list the name and distance of each event (run, bike, swim, etc.) Example: Highland Biathlon – 5-mile run; 15-mile bike.
* Race and training stories – Please write up your race and training stories from 2019. They can be funny, interesting and/or impressive. It can be about you or other club members. If you are not sure if a story or topic is something we would want, please err on the side that **absolutely** we would! For those of you who like to wait until the last minute to send Keith your stories, please have mercy on him and get them written soon!

**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 Animal Ride is suspended until spring.

**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 December 2019 meeting:

* + Anyone?

New Half Ironman finishers since the December 2019 meeting:

* + Anyone?

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

* + Anyone?

New Ultramarathon finishers since the December 2019 meeting:

* + Anyone?

Castlewood 8-hour – We are not aware of any Zillas competing in this adventure race.

Pere Marquette – We had 32 Zillas complete the 31st annual running of the “Toughest Race in the Midwest”: William Acker, Chris Amick, Cheri Becker, Doug Bristow, Tanya Colbert, Bill Coyne, Russ Darbon, Jim Donahue, Donna Etherton, Rhonda Grammar, Vern Hurley, Emily Johnson, Anna Kallal, Rich Luers, Shane May, Kyle McLaughlin, Eric Nielsen, Gary Payne, Karla Plage, Donna Polinske, Tariq Quadri, Deb Ritter, James Ritter, Holly Romann, John Roth, Scott Schuyler, Jim Taylor, Mark Thompson, Keith Timmins, Kraig Weinberg, Renee White and Jan Wrischnik. Special congrats to Bill Coyne, Rich Luers and Jim Taylor for finishing 2nd in their age groups; Renee White for finishing 1st in her age group; and Tanya Colbert for placing as the 2nd OVERALL female!! Rich Luers was the fastest Zilla with a time of 1:03:10 on the rain/snow slickened course!

St. Peters Rec Plex – Kraig Weinberg completed this indoor tri.

Resolution Run – We had 41 Zillas start 2020 by racing this lengthy 5K (closer to 3.5 miles) put on by club sponsor, Runwell: Jan Wrischnik, Kraig Weinberg, Jen Todd, Mark Thompson, Jim Taylor, John Sikes, Scott Schuyler, Jim Ritter, Deb Ritter, Tariq Quadri, Karla Plage, Janna Perry, Gary Payne, Robin Misukonis, Shannon McWhorter, Kyle McLaughlin, Shane May, Ed Matecki, Phyllis Kunz, Vern Hurley, Jay Hunt, Erica Hunt, Becca Hostettler, Tim Holland, Mike Gonski, Jeff Germer, Colin Fries, Donna Etherton, Jim Donahue, Fawn Dintelmann, Russ Darbon, Carl Dake, Phil Coatney, Kris Clawson, Jeanna Clark, Tommy Brown, Lisa Brandt, Cid Bauer, Cheri Becker, Karie Ashmann, Chris Amick.

Last Man Standing – 23 Zillas participated in this trail race at SIUE and 7 Zillas volunteered at the race:

* + Runners in order of distance ran: (4.1 miles) – Kate Geisen, Robin Misukonis, Donna Polinske and John Sikes; (8.2 miles) – Ed Matecki and Shannon McWhorter; (12.3 miles) – Lisa Brandt, Russ Darbon, Donna Etherton, Krystal Giltner, Lydia Mikoff and Chuck Toennies; (14 miles) – Jeff Schleicher; (16.4 miles) – Chris Amick, Doug Bristow, Phil Coatney and Keith Timmins; (20.5 miles) – Mark Thompson; (24.6) – Scott Schuyler; (28.7) – Jim Donahue and Anna Kallal; (41.0 miles) – Jim Taylor!
  + Zilla Volunteers – Jeff Schleicher (race director), Cid Bauer, Krystal Giltner, Erica Hunt, Jay Hunt, Robin Misukonis, Greg Voudrie, and Donna Etherton. Former Zilla Maureen Seltzer also volunteered.
  + Last Man Standing Awards – This year’s awards were created by Colleen Winning and were nothing short of amazing. Thank you Colleen.

**Upcoming GOTY Events:**

8 February – MTC Banquet and Annual Business Meeting

15 February – MTC Swim Challenge at Chuck Fruit Pool

22 February – GORC Workday at SIUE (sign-up at [www.gorctrails.com](http://www.gorctrails.com))

29 February – Castlewood Cup

8 March - Quivering Quads

14 March - St. Patrick’s Day

21 March – Alton Half Marathon

21/22 March – USMS Swim Meet in Chesterfield MO

Mizzou Tri – it looks like this event has been cancelled

16 May – GORC Workday at SIUE (sign-up at [www.gorctrails.com](http://www.gorctrails.com))

Next Meeting:

The next meeting will be Monday February 3 at 7:00PM. Location TBD. If you have a great idea for a meeting, please let us know.