**Metro Tri Club**

**February 1, 2021 Meeting Minutes**

**Members Present:**

Donna Polinske, China Rongey, Keith Timmins, Cid Bauer, Lisa Brandt, Lydia Mikoff, Tim Holland, Ed Matecki, John Sikes, Robin Misukonis, Justin Kovarik, Donna Etherton, Russ Darbon, Joshua Dake, Becca Hostettler, Greg Voudrie, Karie Ashmann, Doug Bristow, Andy Moll, Phil Coatney, Kraig Weinberg, Fawn Dintelmann

**General:**

The meeting was run by President Donna Polinske and was held via Zoom.

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

Lisa Hemings – Lisa is from Edwardsville and has been participating in sprint triathlons for 10 years. Club sponsor, Jen Schaller from RunWell, suggested Lisa consider joining this fun loving club.

**Visitors:**

**Finance Report:**

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

**Membership:**

Shannon reports that the current number of members who renewed for 2021 is 89. She also arranged with Runwell for new members to pick up their MTC t-shirts at the store, since the club is not currently having meetings in person. Shannon emailed all members who joined the club since Jan 2020 to let them know.

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

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 Shannon McWhorter at 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:**

**Discount code for all Racemaker events is trizilla15**

**We also have a discount code for MSE Racing events. Code is GODZILLA2020**

**IMPORTANT CLUB BUSINESS:**

**Karla Plage**

* **2021 Ohio IM 70.3** – Karla was signed up to do this race. Mike Gonski suggested that we consider using this race as a fund raiser since a number of club members are signed up to do it. Mike wasn’t present for the meeting, so this is tabled until next month.

**MTC Sponsors** – The subcommittee reports that the following businesses are confirmed to continue as a sponsor for the next 3 years:

* Shannon- Runwell; and Integrity Spine and Joint
* Robin- DogWatch; Simmons
* Donna P-

**2020 Race Data and Stories** – One more reminder to send a list of all your 2020 races- both GOTY and non-GOTY races- and training/racing related stories to keithtimmins@gmail.com as soon as possible. Thanks to the dozen of you who have responded! Needed is the name of each race and distance of the event(s) and any stories related to your training or racing in 2020. Because of COVID, your race list will be short and will not take much of your time to prepare! Keith would love to hear any stories about things you did to adjust your training because of COVID.

**Metro Tri Club Fight for Air Climb** – Donna Etherton is captain for an MTC team for this event. The event is scheduled to start at 7:00am on Saturday, 19 June 21 at Busch Stadium – moved here to make it easier to comply with COVID rules, if needed. The teams will be given an exact start time closer to the day of the event. Additional event details will be provided later. To join our team:

* Go to <https://action.lung.org/site/TR?pg=informational&sid=9151&fr_id=20906>
* \*Click “Register as a Team Member” and enter Metro Tri Club as the team name.
* Registration fee is only $35 per Stadium climber, Firefighter and First Responder climbers.
* You can register as a virtual climber, “Climb Your Way,” and there is no registration fee.
* All Climbers are required to raise $100 in order to participate in the Fight for Air Climb.
* Please email Donna if you have questions or are interested in joining our team: etherton@cusd187.org

**2021 Banquet**:

* **Business part of the event (15 Feb)** - This will be a Zoom meeting and will count as a GOTY meeting event. To be covered at this meeting will be: Officer Elections, 2020 Financial Report, etc.
* **Fun part of the event** –The club will determine a summer date and location at the meeting or form a committee to work on this. Possibly an outside gathering of club members and significant others. This event will not count as a GOTY meeting. To be covered at this meeting: Lots of eating, any awards, possibly the 2020 “Did Ya Know” (assuming more club members provide their 2020 race data and training/race related stories to Keith), etc.

**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 will start back up on 16 March, the Tuesday after the time change.

**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 5:00pm starting at the Korte field as SIUE across from the log cabin. 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 January 2021 meeting:

* + None

New Half Ironman finishers since the January 2021 meeting:

* + None

New “USAT Nationals” finishers since the January 2021 meeting:

* + None

New Ultramarathon finishers since the January 2021 meeting:

* + None

**Ballwin Upside Down Triathlon** – We had 3 Zillas complete this unusual tri, where the events are run in reverse- run, bike, swim. Participants ran for 15 minutes on a treadmill; then did 15 minutes on a stationary bike; followed by a 10-minute swim. The distance a participant covered in the tri was recorded. The following are the participating Zillas and how they placed: Tim Holland – 3rd in his age group; Donna Etherton – 1st in her age group; and Tariq Quadri – 3rd OVERALL male!! Congrats!

**Upcoming GOTY Events:**

* \_ February – Tracks n’ Treads – Cancelled?
* 6 February – Castlewood Cup – Moved to Klondike Park in Augusta, MO.
* 7 March – Quivering Quads trail half marathon and 15K
* 13 March – St. Patrick’s Day 5-mile race – They are now offering an in-person 5K run in Forest Park or you can do a 5-mile virtual run. (Either option will count for GOTY!)
* Alton Half Marathon – the race organizers are looking at still doing this race later in the Spring
* \_ April – Fight for Air Challenge – they are planning to hold this event at Busch Stadium
* 10/11 April – Go!St. Louis Marathon/Half and Marathon Relay
* 17 April – River to River Relay – Cancelled. Everything that was in place for the race in 2020 will be moved to the race in April 2022
* \_ April – Chain of Rocks Bridge Duathlon
* 23 April Try Tri
* \_ May – Broken Spokes
* \_ May – Gateway Tri
* 23 May 370 Lakeside Triathlon (St. Peters)
* 29 May – Highland Biathlon
* \_ May St. Louis (Creve Couer Lake) Triathlon
* 16 May – Millstadt Biathlon

\*If you complete a virtual race that qualifies for GOTY, please let Keith Timmins know!

**Next Meeting:**

The next meeting will be February 15th at 7:00PM via Zoom. March’s meeting will be held March 8th at 7:00PM via Zoom.