**Metro Tri Club**

**May 11, 2021 Meeting Minutes**

**Members Present:**

Donna Polinske, Keith Timmins, Tim Holland, Robin Misukonis, Justin Kovarik, Greg Voudrie, Doug Bristow, Jeff Germer, Ed Matecki, Andrew Moll, Phil Coatney, Fawn Dintelmann, Becca Hostettler, Lydia Mikoff, Tonya Colbert, Rhonda Grammer, China Rongey

**General:**

The meeting was run by President Donna Polinske and held at Recess Brewing in Edwardsville.

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

None

**Visitors:**

Tanya Kovarik

Kane and Kai Colbert

**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 101.

New members are now able to pick up their MTC t-shirts at Runwell in Edwardsville.

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](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:**

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

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

**IMPORTANT CLUB BUSINESS:**

**SPONSOR NOTE:**

**If you get a chance please use our sponsors and thank them for supporting our club. All are great businesses and important both to our club but more important to our communities.**

**Metro Tri Club Fight for Air Climb** –

There is still time to join the MTC team! Contact Donna at [etherton@cusd187.org](mailto:etherton@cusd187.org) if interested. This IS a GOTY event.

NEW MAY MEETING INFO:

Fund Raising: Donna Etherton will be hosting a fund raiser on June 16th at Joe Boccardi’s Ristorante in Columbia. A portion of the proceeds from the restaurant will be donated to the Fight for Air event. Address is 117 S. Main.

**2021 Banquet**: -

* The date is set for 12 June.
* Most likely at the Glik Park pavilion in Edwradsville
* 4- 8 PM
* This will be in the afternoon after the Route 66 10K event

**Ride for Reading** – Shannon McWhorter reported that this GOTY event that was originally planned for 7 May has been postponed to sometime in the fall because of COVID. Once a date is selected, Shannon will provide more information and recruit a bunch of us to help deliver the books to the school via our bicycles!

**Ohio 70.3** – Shannon is responding to a request to have club t-shirts made for this half-IM. Please email Shannon at mcwhosx6@gmail.com with your shirt size if you would like to order one. A portion of the sales will go to charity!

Doug or Phil will get the tent(s) to bring to Ohio.

**I Tri for St. Jude Virtual Triathlon** - After polling the club's fb page and getting very positive feedback, Shannon will once again be hosting this event. Here are the details:

Participants can register to virtually complete an Olympic, Half, or Full distance triathlon over a 1-week period, June 24-30.

All proceeds go to St Jude Children's Research Hospital in Memphis, Tennessee.

The first person to complete the distance for which they signed-up will each receive a $25 Runwell gift card.

All participants will receive a quality I TRI 2021 t-shirt.

Registration is open and is $50 per person. Register at: <https://timetoswim.regfox.com/i-tri-for-st-jude>

Registration includes unlimited open water swimming in June at Dunlap Lake off the McWhorter dock. Registrants will receive an email at the end of May with instructions on how to schedule your swim times.  A second email will be sent out on June 20 with details for recording your "race" times for the competition, June 24-30.

**Rt. 66 10K:** – June 12

Volunteers – Doug Bristow (team leader), Tim Holland, Donna Polinske, Keith Timmins, Ed Matecki, Donne Etherton, John Sikes, Jeff Germer, Russ Darbon, Greg Voudrie, Becca Hostettler, Phil Coatney, and Robin Misukonis.

Theme suggestions – Harry Potter, others?

**Team Kit Discussion** – Fawn presented information on team kits and other items made by Base. Everyone seemed interested and the terms of sale/pricing was reasonable. Fawn will work on getting some samples and possibly a fit kit for next meeting.

**370 Lakeside Triathlon in St. Peters** – They are looking for volunteers for the tri’s being held here on 21 and 22 May. If interested, please contact Tonya McMillen at tmcmillen@mesracing.com:

**Expo - Packet Pick-up:** Assist racers with picking up race packets and answering any questions.

**Expo - Set-up Crew:** Assist with set-up of tables and supplies for packet pick-up. Requires heavy lifting.

**Expo - Clean-up Crew:** Assist with clean-up after expo. Taking down tables and packing up supplies. Requires heavy lifting.

**Transition Crew:**Assist in transition area at entrance & exits. More details at race provided.

**Course Marshal:** Positioned along the course and direct participants, warn of any hazards along course, and provide any assistance should any minor incidents occur.

**Water Station:** Great for kids paired with an Adult. Ensure water is supplied for athletes at water stations. Volunteers will need to fill cups that will be placed on table for participants to grab. Ensure cups are picked up off ground during race.

**Finish Line – Medals:** Great for kids paired with an Adult. After a participant crosses the finish line each will receive a medal.

**Finish Line – Food/Water/Beer** (must be 21 years old): Assist participants with handing out food and beverages.

**Race Clean-up Crew:** Assist with clean-up after race. Taking down tables, transition area, tents, equipment, etc. Requires heavy lifting.

**Administration:**

**Club Meeting Night Discussion**: The “official” club meeting night is Monday but during the summer meetings were moved to Tuesday night to coincide with the Animal Ride. There was discussion about changing all meetings back to Monday night. The vote was (2) to leave as is and (4) to change to all Mondays. The rest did not have preference.

**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** – Although the official start time was supposed to be 5:30 p.m. on Tuesdays from the Wanda parking lot, most of the riders have continued to start at 5:00 p.m. this year.

**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.

**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. If you want to do this run, let Keith Timmins know and he’ll show you the important details. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

**Alton runs** are on Tuesday at West Elementary and

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 April 2021 meeting:

New Half Ironman finishers since the April 2021 meeting:

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

New Ultramarathon finishers since the April 2021 meeting:

* Renee White complete the 100K at Zion National Park in Utah. Despite taking a wrong turn and running an extra 9 miles, Renee still finished 4th in her age group.

Go!St. Louis – 8 Zillas completed the following events:

Half Marathon – Gary Payne, Janna Perry and Tariq Quadri ran the 13.1-mile course and Donna Etherton completed the requirements for this distance virtually.

Full Marathon – Jennifer Loethen, James Ritter and Jan Wrischnik ran the 26.2-mile course. Jan and Deb finished 2nd and 3rd in the same age group. It is unclear how they determined their order . . . the times recorded for them are identical!!

Marathon Relay – Since Big River does not list the individual names on the relay teams, please contact Keith if you ran as part of one.

River to River Relay – This event was cancelled for 2021. Everything that was in place for the race when it was cancelled in April 2020 will be moved to the race in April 2022.

Rookies and Rock Stars - 7 Zillas completed this sprint triathlon in St. Peters: Tariq Quadri, Ed Matecki, Donna Etherton, Kathie Edrington, Sue Edith and Bill Coyne. Special congrats to Kathie for taking 3rd in her age group and to Bill for taking 1st in his age group!!

Litchfield Duathlon – Tariq Quadri was the lone Zilla to complete this event and won 1st place in his age group.

Chain of Rocks Duathlon – 2 Zillas competed in this event: Tanya Colbert and Keith Timmins. Tanya was part of the 1st place OVERALL co-ed team (only 26 seconds behind the 1st place all-male team). Most of you probably assume that Tanya did the bike portion, since that is her strength in the triathlon events, but she did one of the run legs. Hard to believe they had someone faster on the bike than Tanya! Keith was 2nd in his age group.

Abe’s Mini – 2 Zillas completed this tri and both came home with hardware. Special congrats to Kraig Weinberg for a 1st place finish in his age group and to Renee White who was the 1st OVERALL female finisher!

Pioneer Sprint – 2 Zillas completed this tri: Renee White and Kraig Weinberg. Special congrats to Renee who was the 2nd OVERALL female finisher!

**Upcoming GOTY Events:**

Mile for Meso – The event will occur this year if the State relaxes COVID restrictions. Stay tuned.

Alton Half Marathon – The race organizers are looking at holding this race in October this year. Stay tuned.

Try Tri - will happen at SIUE, but not in April. Stay tuned.

23 May - 370 Lakeside Triathlon St Peters

29 May - Highland Biathlon

19 June - Fight for Air Challenge – they are holding this event at Busch Stadium.

19 June – Fenton First Try Triathlon

4 July – Hillsboro Biathlon

10 July - Tour De Donut

10 and 11 July - New Town Triathlon (approved)

18 July – Ballwin Triathlon (contingent on road work project schedule)

25 July – Kirkwood Triathlon

31 July – Springfield Triathlons

\_\_ July - South County Triathlon

\_\_ July - Mud Mountain 5K

\_\_ July – Fenton Triathlon

22 August - Sunset Hills Triathlon

5 September - St. Louis Triathlon (Creve Couer Lake) - sprint only

19 September - Millstadt Biathlon (moved from May)

7 November - Conquer Castlewood (previously held in August)

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

**Next Meeting:**

The next meeting will be June 7th at 7:00PM. Location TBD. If you have an idea for a meeting location, please let one of the officers know.