**Metro Tri Club**

**September 13, 2021 Meeting Minutes**

**Members Present:**

Keith Timmins, Tim Holland, Justin Kovarik, Greg Voudrie, Andrew Moll, Fawn Dintelmann, Erica Hunt, Jay Hunt, Lydia Mikoff, Bobby Reidelberger, Dianna Tickner, Donna Etherton, Donna Polinske, Russ Darbon, Karie Ashmann, China Rongey, Robin Misukonis, Cheri Becker, Ed Matecki, Chris Amick, Allie Mikoff.

Our friend and teammate Karie Ashmann is leaving us for the sunshine state of Florida. But we’ll be keeping an eye on her in a couple weeks as she completes Ironman Chattanooga. Then despite living in Florida, she’ll keep an eye on us by still leading the Holiday Swim Challenge. Safe travels and good luck to Karie!

**General:**

The meeting was held at Lydia Mikoff’s pool. Thanks for your hospitality, Lydia.

President Donna Polinske ran the meeting and as usual had complete control of the crowd most of the time.

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

Allie was in attendance but too busy keeping her mom out of trouble to tell us about herself. Next meeting Allie!

**Visitors:**

No official visitors but there were a lot of neighborhood kids hanging around the pool area. They sure looked like they were having fun.

**Finance Report:**

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

**Membership:**

Membership Shannon McWhorter reports that membership is now at 106. New member is Allie Mikoff. Allie has been to lots of meetings, so we’re glad she finally joined. Welcome Allie!

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.

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.**

**Administration Issues:**

None this month

**Zillawear Update** –Fawn gave an update on Zillawear. If you have something ordered or want to order, contact Fawn and she’ll put you in touch with Base.

**Miles for Meso (25 September)** –

This race was changed to virtual, so no volunteers will be needed. Please keep that in mind if you are vying for the 2021 Godzilla of the Year (GOTY) award. If you run, please let Keith Timmins know so you get your GOTY point.

**Pere Marquette Endurance Trail Run Update:**

The race is scheduled for Saturday December 11. The permit application has been submitted to park management.

As of 9/13 registration is at 460. A little behind where we should be. Tell a friend.

SWAG has been ordered and artwork approved.

Awards are in process of being ordered.

Volunteers – There are over 80 volunteer positions that we fill every year to make our race a success! Club members and several friends/family members have already stepped up to fill most of the positions. The following are positions that still need to be filled:

* Water Stop – Need 1
* Post-Race Refreshments – Need 2
* Trail Sweep for runners – Need 1

Practice Runs – The club voted to approve practice runs on the dates listed below. Tim and Jeff will notify all runners registered prior to the practice runs.

Saturday, 30 October at 9:00

Sunday, 14 November at 1:30

Saturday, 27 November at 8:00

**Beaver Dam Dash:**

We received work that Matt Dunn was not going to be able to host the Beaver Dam Dash this year. He hopes to bring it back in 2022. Stay tuned.

This was a GOTY race. If you were planning on a GOTY point racing or volunteering, please plan accordingly finding another event. The club previously voted to donate $1,000 to sponsor the event. We discussed and agreed to still make the donation. The MCDD is a great organization and will put the money to great use.

**2021 Up-a-Creek:**

9 October 2021 at 9:00 a.m.) – The following have signed up for the event or to volunteer. Note that both the run and volunteer positions qualify for GOTY:

Runners – Russ Darbon, Jeff Schleicher, Jim Taylor, Keith Timmins, Mike Toolen Jr., Karyn Weber, Kraig Weinberg, Donna Polinske, and Renee White (Tanya Colbert and Phil Lading are still figuring out how many of their 5 boys will running this year – 4 of them ran last year). Any other brave (or crazy) runners out there?

Volunteers – Donna Etherton, Ed Matecki, Dave McNaughton, Lydia Mikoff, Robin Misukonis, China Rongey, and Monique Weinberg. Any other volunteers?

**MTC Holiday Cookie Run:**

The Holiday Cookie Run will be held on Saturday November 13th. Details to follow.

**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.

**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. 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 August 2021 meeting:

* Brittany Newman completed Ironman Wisconsin on 9/12 in 12:25.

New Half Ironman finishers since the August 2021 meeting:

* Litchfield – Congrats to 2 Zillas who completed this 70.3: Tommy Brown, who was 2nd in his age group; and Janna Perry, who was the 2nd OVERALL female!!

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

Milwaukee – 6 Zillas completed one of these age group triathlons:

* Sprint – Becca Hostettler, Erica Hunt and Kata Mahtani. Kata had the fastest time (1:21) and also had the highest age group placement (27th)!!
* Olympic – Janna Perry, Jay Hunt and Tommy Brown. Janna had the fastest time (2:41) and Tommy had the highest age group placement (18th)!!

New Ultramarathon finishers since the August 2021 meeting:

* Woodstock 50-mile run – Jim Taylor and Karyn Weber completed this trail run ultra and both won their age group!!

O’Town Hustle – We had 6 Zillas complete this sprint tri: Tommy Brown, Sue Edith, Becca Hostettler, Ed Matecki, Robin Misukonis and Janna Perry. Special congrats to Robin for placing 3rd in her age group, Ed and Tommy for placing 2nd in their age groups and to Becca and Janna for winning their age groups!!

Hero’s Ride – We had 8 Zillas complete one of the following distances at this event:

25 Miles – Jim Clark and Donna Etherton (completed this distance virtually)

50 Miles – Jeanna Clark and Tim Holland

80 Miles – Anna Kallal, Rick Mann, Shane May, and Scott Schuyler

Edwardsville Criterium – Colin Fries was the lone Zilla to compete in the bike race portion of this event. Nice work Colin.

Russ Darbon competed in the foot race portion of the event - without his mankini?! Word has it that he was slowed down by an unnamed club president offering “beverages” from the sidelines.

Lake St. Louis – We are not aware of any Zillas completing this sprint tri.

Sunset Hills – We had 2 Zillas complete this sprint tri: Sue Edith and Steve Brummer. Special congrats to Steve for placing 3rd in his age group.

Bentonville , Arkansas – We had 5 Zillas complete one or more races at this event. Metro Tri Club came in 9th of 14 clubs, most of whom had many more participants!

* 5K – Robin Rongey
* Youth tri – Allie Mikoff
* Sprint tri – Tim Holland, Lydia Mikoff, Robin Misukonis and China Rongey. Special congrats to Lydia and Robin for placing 3rd in their age groups!!
* Super Sprint tri – This tri was cancelled due to a storm, but overachiever Robin Misukonis was able to finish the race before the story began. Even though they didn’t officially count this race because of the storm, since Robin finished, a GOTY point was awarded!!
* Olympic tri – China Rongey, Robin Misukonis and Lydia Mikoff. Special congrats to Robin for placing 2nd in her age group and Lydia for winning her age group!!

St. Louis Triathlon (Creve Couer Lake) – We had 7 Zillas complete this Olympic tri and one Zilla volunteer at the event:

* Racers - Tommy Brown, Steve Brummer, Jeff Germer, Ed Matecki, Janna Perry, Bobby Reidelberger and Renee White. Special congrats to Janna and Bobby for placing 3rd in their age group and to Steve for winning his age group!!
* Volunteer - Bill Coyne (this is an MSE event).

Litchfield – We had 10 Zillas complete one of the other triathlon distances:

* Sprint – Ed Matecki, Jennifer Loethen, Tim Holland, Sue Edith, Russ Darbon and Jeanna Clark. Special congrats to Tim, Sue and Jeanna for placing 3rd in their age groups and to Ed for placing 2nd in his age group!!
	+ Rumors on the street indicate Ed Matecki put a good old-fashioned butt kicking on Tim Holland in the race of 60-somethings. Tim has vowed revenge and was last seen Googling how to flatten a bike tire without getting caught.
	+ Russ Darbon proved that he is in fact a very good “stripper”. Wait, what? He spotted Tim Holland struggling to get his wetsuit off and quickly jumped in to “strip” Tim. Proof that a Zilla will sacrifice precious transition time to help a teammate.
* Olympic – Rhonda Grammer, Jennifer Miller, Emily Nielsen and Eric Nielsen. Special congrats to Rhonda for placing 3rd in her age group and to Jennifer for placing 2nd in her age group!!

Prestige Cyclocross – Colin Fries is the only Zilla we are aware of who competed in this first cyclocross event!

**Upcoming GOTY Events**:

19, 25 and 26 September – Prestige Cyclocross events

19 September - Millstadt Biathlon (moved from May)

19 September – Carlyle Lake Triathlon

25 September – Tour de Charleston

25 September – Miles for Meso (virtual run only)

2 October – Memphis 70.3

3 October - MO Cow Bell Full/Half Marathon

9 October - Up-a-Creek

9-11 October - Lake Arrowhead 12-hour or 24-hour Adventure Challenge

~~16 October – Alton Half Marathon~~ – Cancelled until spring 2022

24 October - Halloween Go! St Louis

30 November - Innsbrook Half Marathon

~~30 October - YMCA Bluff Run~~ – Cancelled for 2021

~~6 November – Beaver Dam Dash~~ – Cancelled until 2022

7 November - Conquer Castlewood (previously held in August)

7 November - St. Louis Half Marathon

13 November - MTC Holiday Cookie Run

13 November - Maryville Turkey Trot

13-14 November - Tunnel Hill

13-14 November - Skippo Races

21 November - St. Louis Track Club Relay

27 November - River Road 10 Miler

\_\_ November – Zillacross

\_\_ November to \_\_ December - MTC Holiday Swim Challenge

4 December - Castlewood 8-hour Adventure Race

11 December – Pere Marquette Trail Run

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

**Next Meeting:**

The next meeting will be October 4th at 7:00PM at the Edwardsville American Legion. If you have an idea for a meeting location, please let one of the officers know. It’s always fun to visit different locations.