**Metro Tri Club**

**October 4, Meeting Minutes**

**Members Present:**

Keith Timmins, Tim Holland, Greg Voudrie, Andrew Moll, Fawn Dintelmann, Erica Hunt, Jay Hunt, Lydia Mikoff, Donna Polinske, Russ Darbon, China Rongey, Robin Misukonis, John Sikes, Steve Brummer, Jeff Germer, Maddie Dietz, Bill Carril, Jeanna Clark, Byron Barker, Bill Coyne, Becca Hostettler, Darrell Meek, Phil Coatney, Mike Gonski, Doug Bristow, Kata Mahtani, Jim Taylor, Sue Edith, Rhonda Grammer.

**General:**

The meeting was held at the Edwardsville American Legion.

President Donna Polinske ran the meeting and did a great job managing crowd control….except for the club secretary who interrupted her a lot. He should be fired.

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

Maddie Dietz and Bill Carril are new members and attended the meeting. Both have been active running and doing triathlon locally and finally were convinced we were worth the $20 membership fee. Welcome to both.

**Visitors:**

Tami Spellman and Jeff Kuhn attended the meeting checking out the level of crazy. Tami as been doing triathlons for a while and Jeff started this year. Both volunteered at last weekends Ironman Memphis 70.3. Glad you two came to meet the group.

Arieal Lewis joined us again. She has attended more meetings this year than most members. And she ALWAYS brings her smile.

**Finance Report:**

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

**Membership:**

Membership Director Shannon McWhorter reports that membership is now at 108. – Shannon reports we had two new members join since the last meeting: Maddie Dietz and Bill Carril!!

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.**

**Administration Issues:**

None this month

**Zillawear Update:**

Fawn reported we were one tri top from meeting all the minimums we needed to get the discounts from Base. Several members jumped in and were going to order so we should be good. The Base store will close, and orders submitted to be made. THANKS Fawn! This was a thankless task and much like herding cats but you pushed it across the finish line….pun intended.

**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 10/4 registration is at 502. We have had some email communication issues we are trying to resolve with The Driven. We should be sold out by now so need to get the word out.

SWAG has been ordered and artwork approved.

Awards are in process of being ordered.

Volunteers – ~~There are only a few more positions that need to be filled. Let Keith know if you can help in these areas:~~ All volunteer positions are now filled.

Post-Race Refreshments – ~~Need 2 (outside job serving runners after the race with hot chocolate, coffee and lots a cookies!)~~ These positions were filled.

Trail Sweep for runners – ~~Need 1 (after running the race, start the course backwards behind the Visitor’s Center – running with Keith - until we find the last participant, then follow them in~~). This position was also filled.

Practice Runs – Schedule for practice runs:

Saturday, 30 October at 9:00

Sunday, 14 November at 1:30

Saturday, 27 November at 8:00

**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. There is STILL time to sign up!

Runners – Kai Colbert, Kane Colbert, Tanya Colbert, Russ Darbon, Anna Kallal, Chase Lading, Hunter Lading, Parker Lading, Phil Lading, Jeff Schleicher, Jim Taylor, Keith Timmins, Coty Toney, Mike Toolen Jr., Karyn Weber, Kraig Weinberg, Renee White, Bill Carril, and Jack Zickus.

Volunteers – Fawn Dintelmann, Donna Etherton, Becca Hostettler, Ed Matecki, Dave McNaughton, Lydia Mikoff, China Rongey, and Monique Weinberg.

**MTC Holiday Cookie Run:**

The Holiday Cookie Run will be held at 9:00 A.M. on Saturday November 13th. Location was changed to near the cabin on Bluff Road. Parking will be across the street at the SIUE soccer field parking lot. We will need cookie bakers so start practicing now.

**Zillacross**

Zillacross (6 November) – Sign-up is open for this unusual triathlon held at the Jim and Jeanna Clark’s Wildcat Paintball Park! The short course loops through the paintball park with lots of twists and turns – mostly on grass. Participants will do two loops on a bike (mountain bike or cyclocross bike) and one loop running. During one of the bike loops, participants stop at a designated spot where they shoot five times at targets with a paintball gun (provided). A one-minute time penalty is added to the total time for any target missed. If a participant opts to not stop and shoot at targets, a ten-minute penalty is added to their time. And the cost – FREE! Afterwards, we sit around the firepit and eat!! Those who are already signed up include: Karyn Weber, Keith Timmins, Jim Taylor, Scott Schuyler, Robin Misukonis, Colin Fries and Russ Darbon. Who else would like to sign up?

**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 September 2021 meeting:**

Chattanooga – We had 2 Zillas complete this race (reportedly 144.6 total miles): Karie Ashmann (14:18) and Matt Dunn (14:20)!!

Muncie – We had 4 Zillas complete this 140.6 race: Scott Schuyler (12:32), Rodney Mitchell (15:36), Anna Kallal (12:54) and Fawn Dintelmann (12:32)!!

**New Half Ironman finishers since the September 2021 meeting:**

Carlyle Lake – Renee White came in with a 5:00:55 in this 70.3! This was good for 1st place OVERALL female!! Renee was actually 2nd OVERALL for the race, with only former Zilla Chris Rankin crossing the line before her!!

St. George Utah – Kata Mahtani completed this 70.3 World Championship in Utah, finishing in 6:36!!

Memphis Tenn – We had 8 Zillas compete in this 70.3 race: Robin Misukonis (8:05), Jennifer Miller (7:11), Shane May (2 flats on the bike led to a DNF), Kata Mahtani (5:52), Emily (7:07), Eric Nielsen (6:25), Rhonda Grammer (6:51), and Doug Bristow (6:12)!! Race reports indicate a steady rain during the swim and bike with the sun coming out on que during the run making for less-than-ideal racing conditions. Minimal analysis was required to blame the bad weather on Robin given her track record for bringing bad weather to more than a few events.

**New “USAT Nationals” finishers since the September 2021 meeting:**

**New Ultramarathon finishers since the September 2021 meeting:**

Hennepin 100 – While not an official finisher, Donna Etherton ran 32.59 miles through the night as a pacer with her friend. That club members is a real friend! Nice job Donna.

Prestige Cyclocross – Colin Fries was the lone Zilla participating in the cyclocross races on 19, 25 and 26 September!!

Millstadt – We had 3 Zillas complete this biathlon: Alex Roth, John Roth and Keith Timmins. Special congrats to John and Keith for taking 3rd in their age groups (John was 5th overall – tough age group); and Alex for winning his age group!!

Carlyle Lake – We had 2 Zillas complete the Olympic distance Tri and 5 Zillas who volunteered at the event:

Racers – Jeff Germer and Steve Brummer. Special congrats to Steve for winning his age group!!

Volunteers – Donna Etherton, Becca Hostettler, Erica Hunt, Ed Matecki, and Janna Perry.

Tour de Charleston – Greg Voudrie is back! He was the OVERALL winner of the 12.5 distance!!

Belleville – Donna Etherton completed this marathon, winning her age group with a qualifying time for Boston!! Also, since the Belleville marathon is a designated as a “State Championship Race” by the RRCA, Donna is the current STATE CHAMPION in the female Grand masters division (50-59 years old)!!

Meso – 6 Zillas completed the requirement for this virtual race and 1 Zilla got volunteer points:

Racers – Tariq Quadri, Jan Wrischnik, Deb Ritter, Robin Misukonis, Tim Holland, Donna Etherton, and Jeanna Clark. Tim reportedly finished 1st OVERALL for the Wednesday 5:00 a.m. run; or if you want to be Debbie Downer, he also finished last in that group!

Volunteer – Robin Misukonis has been the race director for Meso for years and although it was virtual, she was again heavily involved this year.

MO Cow Bell – We had 4 Zillas complete one of the distances at this race:

Half Marathon – Chris Amick

Full Marathon – Tariq Quadri, Deb Ritter, and Jan Wrischnik.

Last Chance Tri – We had 6 Zillas complete this sprint tri in Mattoon, IL: Greg Voudrie, Keith Timmins, Rob Reckert, Lydia Mikoff, Josh Fulk and Maddie Dietz. Special congrats to: Greg for placing 3rd in the Clydesdale division; Keith for placing 3rd in his age group, Maddie and Rob for placing 2nd in their age groups, and Lydia for being the 2nd OVERALL female!!

**Upcoming GOTY Events**:

* 9 October - Up-a-Creek
* 9-11 October - Lake Arrowhead 12-hour or 24-hour Adventure Challenge
* 24 October - Halloween Go!St Louis
* 30 October – Valmeyer 10K Bluff Run (it is back on)
* 30 October - Innsbrook Half Marathon
* 6 November – Zillacross
* 7 November - Conquer Castlewood (previously held in August)
* 7 November - St. Louis Half Marathon
* 13 November - Maryville Turkey Trot
* 13 November - MTC Holiday Cookie Run
* 13-14 November - Tunnel Hill
* 13-14 November - Skippo Races
* 21 November - St. Louis Track Club Relay
* 27 November - River Road
* \_\_ 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 November 1st at 7:00PM. Tentatively scheduled at Recess Brewery. Stay tuned. If you have an idea for a meeting location, please let one of the officers know. It’s always fun to visit different locations.