**Metro Tri Club**

**December 6, Meeting Minutes**

**Members Present:**

Tim Holland, Greg Voudrie, Andrew Moll, Fawn Dintelmann, Lydia Mikoff, Russ Darbon, Robin Misukonis, John Sikes, China Rongey, Jeff Germer, Bill Carril, Jeanna Clark, Byron Barker, Justin Kovarik, Dianna Tickner, Jerry Wunderlich, Keith Timmins, Bobby Reidelberger, Stephen Brummer, Chris Amick, Erica Hunt, Jay Hunt.

Andrew Moll and Arieal Lewis easily won the most festive best dressed award. On a scale of 1-10 their outfits were a 13! Well, played!

**General:**

The meeting was held at the American Legion Hall.

Vice President Robin Misukonis ran the meeting because it was President Donna Polinske’s wedding anniversary and apparently her priorities did not put the club ahead of marital bliss. Regardless Robin did a great job corralling the monkeys.

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

None

**Visitors:**

Arieal Lewis, Tanya Kovarik, and Kiris Kovarik all joined us again. It’s always a pleasure when these ladies join us.

**Finance Report:**

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

**Membership:**

Director Shannon McWhorter reports we had no new members join since the last meeting. Our current membership is 112. Renewal email reminders will go out on Friday 12/10 and Friday 12/24. We would like to have all renewals completed by 12/31.  One final membership reminder will go out on Tuesday 1/4. After that, no more reminders will be sent.  Members are considered inactive if they do not renew by 12/31.

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.

**Administration Issues:**

**RRCA insurance renewal** (list events, our races, training, etc.) – Donna Polinske submitted the paperwork for 2022 to the RRCA and is waiting to hear back from them. Membership in RRCA provides us with the insurance we need at club sponsored events. Tues night/Sat morning/Sun morning training, PMETR, etc. **After meeting question/comment for Donna Polinske: If you must list club events for them to be covered by RRCA, please add The Holiday Cookie Run to the list.**

**Annual Report for Non for Profits organizations:** John Sikes completed the required forms and submitted them to the Illinois Secretary of State.

**2022 USMS Membership:** Ed Matecki paid our dues for 2022 and is the club contact for all things USMS.

**Venmo Account:** Treasurer John Sikes would like to make a motion that he set up this account for the club. John explained his reasoning and the motion passed. John will get the account set up before he turns the treasure’s job to Greg in February.

**Officer Nominations:**

Our current President, Vice President, and Treasurer are all in their 3rd year of serving in that position. Per the MTC Bylaws, they must leave that position for at least a year. The current Secretary has served in that position for one year. Based on that, the Secretary can be nominated for another year and/or nominations can be received for a new Secretary. Those nominated tonight or at the December meeting will be presented at the annual business meeting at the annual club banquet for election. If you are interested in serving in one of these positions, it’s not too late. Notify President Polinske at [ds\_polinske@yahoo.com](mailto:ds_polinske@yahoo.com). Nominations as of 11/2

December Meeting – Per the MTC Bylaws, nominations for club officers was opened again. Election will be held at the club banquet on 26 February 2022. The final election slate is:

President – Mark Thompson and Robin Misukonis

Vice-President – Lydia Mikoff and Mark Thompson and Donna Polinske

Treasurer – Gary Voudrie

Secretary – Tim Holland

**Bylaws:**

Keith led a discussion on suggested changes to the club by-laws. A couple small changes were suggested and passed. A copy of the amended by-laws will be sent out.

**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.**

**Pere Marquette Endurance Trail Run Update:**

The race is scheduled for Saturday December 11.

Updates –

We are at 643 entries as of 12/6.

SWAG has been picked up.

Awards will be picked up on Tuesday 12/7.

Seeding is complete and bib timing chips will be picked up this week from Final Lap Racing.

Water has been picked up.

Generator has been cleaned and tested.

Trailer has new tires.

Jeff and I picked up the trailer and worked on the lights. We then took it and gave it a good bath. It’s ready to go but needs some TLC after the holidays.

We talked to PM last week and they know we are coming. They have done little to nothing getting the trails ready due to low staff and Covid. We assured them we are trail runners and love rough and rugged trails.

Volunteers – We need one photographer. Please let Keith know if you can fill this position on race day, taking pictures at a designated spot of the runners. An email was sent to all of the volunteers, letting them know where and when they need to meet for their position(s).

Practice Runs:

14 November – We had over 20 runners show up for the practice, with 4 Zillas among that group.

27 November – We had 23 runners show up for this practice, with 4 Zillas among that group. 10 of the runners were first timers for our race!

News Media – Donna Polinske left messages with the Alton Telegraph and the Edwardsville Intelligencer about the Pere Marquette race and is waiting to hear back from them. Tim contacted Racemaker Productions in Indiana, SLUGS, and STL Trail Runners Association about the event. Because we did not sell out and competition is greater, next year we need someone to lead the “get out the word” committee.

**MTC Holiday Cookie Run:**

China Rongey reported that the 3rd annual running of this race had a wonderful turn out, raising $1,900 - our best year yet! We had 48 participants (the list of volunteers, runners/results are provided in a different section). With the donations collected, we will be able to bless two local families. We will be purchasing clothes, toys, and books. Any extra money will go towards a household items basket for each family and a grocery gift card:

The first family is a mom and 3 girls. These girls are awesome kids with huge hearts. Their mom works tirelessly, but with only an elementary education, there is no way she can keep up. The mom works 2 jobs and does everything she can to provide for her girls. They are very deserving of this Blessing. In addition to the above, we will be providing swim lessons for all three girls! How cool is that!!

The second family is a mom, dad, and a daughter. Once again, a great family who tries hard to provide and loves their daughter endlessly. Money is extremely tight for them, and they are very thankful for any help to make this Christmas one to remember!

**Annual Thanksgiving Day Trail Run:**

We had 20 people (14 Zillas and 6 family members) and 5 dogs show up to run or walk the Big Woods trail at SIU-Edwardsville.

**Last Man Standing:**

Scheduled date is January 8th.Jeff Schleicher reported that this race should be a “go” if the club can get the insurance coverage needed. Donna P. has submitted the information to RRCA for what we need.

**2022 River to River:**

We have had a team paid and ready to run since April 2020. If the race does go this year, that same team, if they are available and willing, will field our team. We are still waiting for an official announcement that this race is going to happen (it was cancelled in 2020 and 2021).

**2022 Banquet:**

Donna Polinske and Andrea Darbon are co-leading this event.

Date/Time: 26 February 2022/6:30 to 9:30

Place: Wildey Theatre in Edwardsville

Please write up stories about 2021 training and racing “incident or stories” and send them to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) – also include any supporting pictures! Thanks to those who have already contributed! Keith will also be asking for your 2021 race data near the end of December, so please start compiling that (all races, not just GOTY events).

**2022 GOTY:**

We reviewed the 2021 GOTY rules and events and opened it up for suggested changes, additions, deletions, etc. The changes and final listing of events was voted on and approved. A copy of the 2022 GOTY rules and events will be sent out.

**Officer Tyler Timmins:**

As many of you have heard, Police Officer Tyler Timmins was tragically killed in the line of duty. Tyler was the nephew of long time Zilla Keith Timmins. The club has been taking donations since the November meeting. All donations will go directly to Tyler’s wife Lindsey and daughter Chloe. The club voted to match all donations received with a $500 minimum donation and a $1,500 maximum donation. Donations may be given to any club officer or mailed to the address below. Make checks payable to Metro Tri Club.

Metro Tri Club

PO Box 904

Edwardsville, IL. 62025

If you want to give via credit card, there is a link on club website to The Driven. They will process the credit card and forward the donation to the club. They do charge a 4.5% fee.

December notes – The club has collected about $1,200 dollars from members. A motion was made for the club to donate the max $1,500 approved at November meeting. Treasurer John Sikes will write a check to Officer Timmins’ family on behalf of the club.

Keith Timmins expressed gratitude for the generosity the club exhibited.

**Holiday Swim Challenge:**

Our Florida club member, Karie Ashmann, provided an update. It is obvious that she has put a LOT of thought and effort into this incredible event: There are 31 participants in the 2021 challenge: 21 Advanced and 10 Novice.  As of 3 December, 8 participants swam every day!

There will be 3 bonus challenges this year:

1. Giving back to our community - 50 points are given to those who donate their time, talent, or treasure.  Many of our athletes donated to food pantries or volunteered their time.  One participant shared her talent live, singing live on Facebook for us.  The club is very generous and Karie is super proud of them for always giving back.
2. Keeping the momentum going - Karie offered 20 bonus points for every 100 yards swam over their longest week 1 workout.  She is expecting some participants to put up some big numbers.
3. Complete the bonus challenge and get a chance to spin the wheel to swap yards (First time being announced) - Example:  Karie completes the assigned challenge and is given the option of keeping her yards swam or spinning the electronic wheel (live on Facebook) for a chance to win a higher point value.  The wheel will be loaded with yards ranging from 0 to 5000 and there will be additional challenges to double your yards.

A funny moment already in the contest was when Jeff Germer tried to slow Lydia Mikoff down by putting all the pool toys in the lane while she was doing her workout.  Thankfully, China Rongey and Robin Misukonis took pictures to verify the interference.

Pressure is a real thing with the participants.  Donna Polinske and Russ Darbon were challenged to beat the other in number of workouts completed.  As of 3 December, Donna swam 3 times and Russ 4 times.  Russ proved he is serious about this swim challenge because while on vacation at a resort in Tampa, he "borrowed" swim goggles from a child to do an ocean swim.  Fortunately, Russ didn’t have to call Donna for legal advice for this petty theft misdemeanor!  Lydia even captured photos of Russ completing workouts with his swim shorts inside out!

Finally, Lydia, Allie and China decided to spice their swim times up with a cannonball challenge!

Any issues or questions contact Karie at [karietoo16@aol.com](mailto:karietoo16@aol.com) or (618) 830-5832.

**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 resume in the Spring 2022 the Tuesday after daylight savings time change. Come on 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.

**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 November 2021 meeting:**

IM Florida – We had 4 Zillas complete this 140.6 race: Tommy Brown (15:08), Erica Hunt (15:08), Jay Hunt (14:51) and Janna Perry (13:06 – 11th in her age group!!)

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

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

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

**GOTY Events:**

**Zillacross** – 6 Zillas completed this “triathlon” (off-road bike, off-road run, and shooting targets with a paintball gun) at Jim and Jeanna Clark’s “Wildcat” paintball park: Colin Fries, Rick Mann, Scott Schuyler, Jim Taylor, Keith Timmins, and Karyn Weber. Special congrats Karyn as the 1st OVERALL women’s winner; Jim as the 3rd OVERALL male winner; Rick as the 2nd OVERALL male winner; and Colin as the 1st OVERALL male winner (40-seconds faster than Rick). Jim and Jeanna were co-directors and received GOTY volunteer points.

**Tunnel Hill** – Anna Kallal was the lone Zilla who completed this 10-mile trail race. Special congrats to Anna for placing 3rd in her age group!!

**Conquer Castlewood** – This adventure race was cancelled for 2021.

**St. Louis** – We are not aware of any Zillas who completed this half marathon.

**MTC Holiday Cookie Run** – We had 45 runners (19 were Zillas) complete this race and 10 volunteers (8 were Zillas) at the 3rd annual running of the event. The adults ran 3-miles, and the kids ran 1-mile, with cookie stops at both ends of the quarter-mile stretch:

Zilla Runners – Doug Bristow, Russ Darbon, Fawn Dintelmann, Sue Edith, Jeff Fromme, Tim Holland, Becca Hostettler, Anna Kallal, Justin Kovarik, Jeff Kuhn, Ed Matecki, Shane May, Alex Mikoff, Allie Mikoff, Andy Moll, Janna Perry, Tami Spellman, Jim Taylor, and Missy Thiems. Special Congrats to: Allie, who was the 1st OVERALL female kid (ate 7 cookies); and Doug, who was the 1st OVERALL male adult (ate a whopping 40 cookies!!). Fortunately for Doug, Russ was on a diet and stuck to it.

Family/Friend Runners – Coty Toney, Zac Thompson, Savannah Newman, Josh Newman, Jake Newman, Harper Newman, Charlotte Newman, Caroline Newman, Caleb Newman, Sarah Lutz, Amanda Hessel, Andrew Hessel, Masecey Hessel, Jonathan Hessel, Mason Gullege, Kennedy Gullege, Emma Crews, Anna Crews, Cole Bush, Nora Bristow, Evie Bristow, Chrissy Bristow, Abel Bristow, Carla Becherer, and Chase Baumgartner. Special congrats to Abel, who was the 1st OVERALL male kid; and to Sarah, who was the 1st OVERALL female adult!

Zilla Volunteers – China Rongey (race director), Bill Carril, Fawn Dintelmann, Donna Etherton, Robin Misukonis, John Sikes, Dianna Tickner, and Greg Voudrie.

Family/Friend Volunteers – Carl Plage, Aeriel Lewis, Jade Hinnen, and Emerson Armstrong.

**Maryville Turkey Trot** – We are not aware of any Zillas who did this race. Club member Mike Gonski di the race timing.

**Skippo** – We had 5 Zilla finishers in the 3 trail race distance options at Castlewood State Park, offered on 13 and 14 November:

10K – Kyle McLaughlin and Renee White. Special congrats to Renee for coming in as the 1st OVERALL FEMALE!!

Half Marathon – Tim Holland.

30K – Jim Taylor and Renee White. Special congrats to Jim for winning his age group, and to Renee coming in as the 1st OVERALL FEMALE . . . again!!

**St. Louis Track Club Relay** – We are aware of 3 Zillas who competed on a team in this event: Jay Hunt, Erica Hunt, and Colin Fries.

**River Road** – We had 12 Zillas complete one of the road race distances offered:

5K – Jeff Kuhn and Bob Patterson. Special congrats to Jeff for placing 3rd in his age group and to Bob for winning his age group!! Special note that 17-year-old Alyssa Mann, daughter of Rick, was the OVERALL female winner!

10-mile: Lisa Brandt, Fawn Dintelmann, Ian Durie, Tim Holland, Emily Nielsen, Eric Nielsen, Janna Perry, Tariq Quadri, Deb Ritter and Tami Spellman. Special congrats to Janna for placing 3rd in her age group!! Special note that Justice Eldridge, grandson of Terry, was 8th overall!

26 November to 24 December - MTC Holiday Swim Challenge

**Castlewood 8-hour** – Please notify Keith if you participated on a team at this Adventure Race

**GORC Trail (SIUE)** – Please notify Keith if you participated in the workday to ensure you get your GOTY volunteer point!

**Upcoming GOTY Events**:

* 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 January 3rd or 10th at 7:00PM. Location TBD, 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.