**Metro Tri Club**

**6 February 2017 Meeting Minutes**

**Present:**

Jim Clark, Jeanna Clark, Tim Holland, Deb Ritter, Shane May, Mike Hovatter, Cheri Becker, Donna Polinski, Russ Darbon, Keith Timmons, Mike Wever, Jay Hunt, Phil Coatney, Ed Matecki, Erica Hunt

**First Time Attendees:**

Michele Sackett – Michele has completed triathlons and is looking for a club.

Mike Campbell – Mike has not completed a triathlon yet, but has signed up for his first Ironman. Way to start at the top Mike!

**New Members:**

**Visitors:**

Andrea Darbon

Megan Matecki – Megan is not a member but has attended several meetings and rumors have it that she will be competing in her first tri this spring. GO Megan!!!

**Finance Report:**

Mike Wever reported we have a current balance of $31,001.38. We are expecting banquet and River to River expenses soon so the balance will decrease accordingly.

**Administration**:

2017 Club Officers -There were no new nominees for President, Vice President, or Treasurer.

Tim Holland agreed to take over the secretary duties. At the January meeting Tina Klein indicated she would help with meeting notes if Tim was not present.

Mike Wever indicated he would like to start turning over the Treasurer duties. Now is the time for someone wanting to get involved with club administration to step-up.

**Membership:**

Currently membership for 2017 is 108 members paid with 1 additional pending receipt of payment. Membership is down but normally increases once racing season starts.

**Banquet:**

The banquet is Feb 18 at the Wildey Theatre in Edwardsville. Cocktails start at 6:00 PM. Current ticket sales are at 34. The budget assumes about 100 so we need more people to sign up. Need to finalize numbers by Feb 13. Drop dead deadline is Feb 15.

An events page on Facebook was suggested. Subsequent to the meeting, the page was added and is very helpful in getting the word out.

If you are a 2016 GOTY winner, Keith needs race pictures for the awards presentation.

**Team Godzilla Triathlon University:**

**Swim Report**:

We are working on getting a volunteer to be the new swim coach.

* In the interim, Ed Matecki will post suggested swim workouts.
* Jim Clark is also going to talk to Darrell Meek about ideas.
* Jay Hunt noted the importance of people being aware of USMS events.
* The biggest problem seems to be so many members swim at different venues at different times.
* While we are working on getting a coach, any member who has swim issues or questions is encouraged to post something on the Metro Tri Club Facebook. There are many good swimmers who are very willing to help on an as-needed basis.

**Bike Report**:

We are working on getting a volunteer to be the new bike coach. We are also exploring other options. This will get more important as the weather warms and bike season starts.

Animal Ride- The Animal ride will restart on March 14. This date coincides with daylight savings time.

**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.

**Owl Runs** are on Thursday at 5:30pm starting at the Korte field as SIUE across from the log cabin.

**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.

**Goshen Gang Pace Series runs**. These are every Saturday morning at 8:00am from RunWell. Runners can sign in with a pace leader who will hold a consistent pace throughout the run. We have pace leaders from 6:00min/mile to 14:30min/mile. We will be building up mileage each week. This would be great training for anyone working on a fall half or full iron distance. Some folks meet early to tack on extra miles too.

For info on any of these you can email Jen at [runwellcoaching@yahoo.com](mailto:runwellcoaching@yahoo.com)

**Special Event Mentions**:

**Zillapede**

St Patrick’s Day race on March 11. Current people registered are Keith Timmons, Gary Payne, Russ Darbon, Tim Holland, Jeanna Clark, Jim Clark, Jan Wrischnik, River Wrischnik, Deb Ritter, Jamer Ritter, and Michele Sackett. Possible are Tessa Schrader and Phyllis kunz. We need 12 to 20 for it to look right and this is a GOTY race event. Any questions or any others who want to run, contact Keith Timmons at <keithtimmins@gmail.com>

NOTE – Registration to the race is encouraged but is strictly up to each individual. The Team Godzilla Zillapede ALWAYS wins the Zilla division.

This is a very fun event. The Zillapede runs about 6 miles in a 5 mile race at a very casual pace so any runner is welcome.

**Tracks n Treads**

The race is scheduled for April 1 starting at 9:00 AM. We still need more volunteers and this is a race where non-club members can sign up. Reminder, this is a GOTY volunteer event:

* Transition Set-Up (Friday March 31) – Donna Polinski (lead), Cheri Becker, Tim Holland (Filled)
* Transition Tear-Down (Saturday after the race) - Mark Clark (lead). 1 more needed.
* Timing – Matt Dunn (lead), Mike Hovatter. 1 more needed.
* Registration and Shirt Distribution – Kathy Wever (lead) and Mike Hovatter. 1 more needed.
* Water Stops - Leader and 1 more needed (Rotary Club may do this for us) Andrea Darbon has a meeting with the Rotary Club and will ask.
* Post-Race Refreshments - Andrea Darbon (lead). 1 more needed
* Bike course marking (Friday March 31) - Robin Misukonis (lead), John Sikes, Doug Bristow, Mike Wever (Filled)
* Bike course marshals - Jim Clark (lead), Gary Payne, Vern Hurley, Erica Hunt, Terry Eldridge, Cindy Lukowski, John Sikes, Jay Hunt (Filled).
* Run course marking (Friday March 31) – Jeff Germer (lead), Keith Timmins (Filled)
* Run course marshals - Jeff Schleicher (lead), Jeff Germer. 2 more needed
* Bike course sweep - Keith Timmins (lead). 1 more needed.
* Run course sweep - Leader and 1 more needed

To volunteer contact Keith Timmins at [keithtimmins@gmail.com](file:///\\fs2\public\Tim\Metro%20Tri%20Club\keithtimmins@gmail.com)

**River to River (April 21 and 22)** - We have had quite a few drops and are looking for more Zilla’s who would be willing to run. Any questions or others who will add their name to the list? Contact Keith Timmins at [keithtimmins@gmail.com](file:///\\fs2\public\Tim\Metro%20Tri%20Club\keithtimmins@gmail.com)

**Recent GOTY Events:**

**Any new Ironman since last meeting?**

None as far as anyone knew. If so please let the club know.

**Any new Half-Ironman since last meeting?**

None as far as anyone knew. If so please let the club know.

**Danville Masters swim event** - Did we have any Zillas complete in this? If so, please let the club know so you can get GOTY credit.

**Lewis and Clark swim event**

This event was Saturday Feb 4. Zillas competing were Tariq Quadri, Russ Darbon, Jeff Germer, Jay Hunt, Dianne Tickner, and Emily Johnson. Deb Ritter did not race but assisted with timing and represented the club well by not making any mistakes.

**Upcoming GOTY Events:**

* Feb 25 - Castlewood Cup trail run
* March 5 - Quivering Quads half marathon trail run
* March 11 – St. Patrick’s Day run
* May 13 – YMCA Schoolhouse Rockin Half Marathon. Cheri Becker needs volunteers and sponsors.
* Club swim event at Maryville YMCA – The event will occur. Trying to nail down the date. When scheduled, we will need volunteers. This is an event you can both swim and volunteer.
* Potosi USMS open water swim event – Doug Havlin is supposed to check and advise of date and details. Interested members are encouraged to sign up.

**Pere Marquette**

Mike Wever met with the Park ranger and walked the course. They were looking at signage and trail conditions. Because of pending parking lot construction, the starting line may be moved slightly this year.

**Ironman Muncie 70.3**

Currently there are about 24 Zillas competing at Muncie. Jay Hunt would like to get a list of those competing. If you are signed up, please drop a note on the Metro Tri Club Facebook page so Jay can get a complete list.

**Team Survey**

Jim Clark wants to do a survey of team members to see what people really want and expect from the team.

**Next Meeting**

March meeting TBD – Jim will talk to Jen about meeting at RunWell again.