**Metro Tri Club**

**March 6, 2017 Meeting Minutes**

**Present:**

Jim Clark, Jeanna Clark, Deb Ritter, Mike Hovatter, Russ Darbon, Keith Timmins, Mike Wever, Jay Hunt, Phil Lading, Erica Hunt, Mike Kelly, Jeff Germer, Bill Peterson, Rick Burgess, Donna Etherton, Robin Misukonis, Jeff Schleicher, Doug Bristow, Dianna Tickner

**First Time Attendees:**

None

**New Members:**

Lydia Mikoff – Lydia is looking to get involved in triathlons. Her first tri will be Try Tri with Wood River to follow. She works with Amy Ogden. Despite her poor judgement of work friends, we agreed to accept her as our newest Zilla.

**Visitors:**

None

**Finance Report:**

Club finances will be discussed on a quarterly basis. The budget will be ready for review at the April meeting. Finalizing sponsors has been a hold up.

**Administration**:

The trailer license is due for renewal in April.

By-Laws:

Minor changes to the By-Laws were discussed and approved by vote. A copy of the amended By-Laws are attached.

**Membership:**

Dianna Tickner reviewed current membership for 2017. At 115 as of today.

**Banquet:**

The banquet was Feb 18 at the Wildey Theatre in Edwardsville. The banquet committee did an amazing job with special thanks to Andrea Darbon for the food. We received a lot of positive feedback.

**Special Mention:**

Rich Adams sent an email to remind us of our tri club discount code for the St. Louis Tri (holding the price at $90) and to inform us we can us that code on 2 other events they are hosting. These events are STL open water swim (valid for 10% off) and the Equinox Half marathon (valid for 15% off). **The code is TEAMGODZILLA2017**

**Uniforms:**

As soon as we have sponsors finalized we will work on getting the new kits completed. We are aware tri season is fast approaching. Mike Wever spoke to a representative from Sugoi and Jim Clark is working on communicating with Wattie Ink. Details to be available at April meeting.

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Matecki is posting weekly workouts.
* The workout can be found on Facebook at Team Zilla Swim Club.
* Anyone with swim questions, please post a note on this 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 restart on March 14. This date coincides with daylight savings time. Rides start at 5:30PM

**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. We need 12 to 20 for it to look right and this is a GOTY race event. **The Zillapede runs a 12 to 13 minute mile and the event is open to MTC members, family, and friends.** Any questions or any others who want to run, contact Keith Timmins at [keithtimmins@gmail.com](file:///\\fs2\public\Tim\Metro%20Tri%20Club\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.

**ANOTHER NOTE – We still need a few more runners. DO NOT whine about missing out on the fun. Contact Keith now and tell him to count you in.**

**Tracks n Treads**

The race is scheduled for April 1 starting at 9:00 AM. ALL volunteer positions are filled? Now, we need racers. Spread the word on this event.

* Transition Set-Up (Friday March 31) – Donna Polinske (lead), Cheri Becker, Tim Holland
* Transition Tear-Down (Saturday after the race) - Mark Clark (lead). Kyle McLaughlin
* Timing – Matt Dunn (lead), Mike Hovatter, Kyle McLaughlin
* Registration and Shirt Distribution – Kathy Wever (lead), Mike Hovatter, Donna Etherton
* Water Stops – Rotary Club
* Post-Race Refreshments - Andrea Darbon (lead), Lisa Siever
* Bike course marking (Friday March 31) - Robin Misukonis (lead), John Sikes, Doug Bristow, Mike Wever
* Bike course marshals - Jim Clark (lead), Gary Payne, Vern Hurley, Erica Hunt, Terry Eldridge, Cindy Lukowski, John Sikes, Jay Hunt
* Run course marking (Friday March 31) – Jeff Germer (lead), Keith Timmins
* Run course marshals – Jeff Schleicher (lead), Jeff Germer Bill Peterson, Jeff Germer
* Bike course sweep - Keith Timmins (lead), Mark Siever
* Run course sweep – Keith Timmins (lead) Mark Siever

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

**Route 66 10K Water Stop** – We need to select a leader to coordinate volunteers. The race provides tables, cups, water and sports drinks. All we have to do is show up with enough volunteers to staff the water stop. Rumor has it this year’s theme might be related to the movie Deliverance. I can almost hear the banjos now. **If you have not taken a leadership position, this would be a great opportunity. The club has done this event numerous times so planning is minimal. And since it is a 10K the race is over fairly early leaving time from a bike ride or breakfast.**

**NOTE: After the meeting Keith Timmins talked to Donna Polinske who agreed to lead this effort again this year. Donna will be out of town the day of the event but will lead the up-front planning. Keith Timmins agreed to coordinate getting the volunteers.**

**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.

**Castlewood Cup 15K** – Eight Zillas completed this 15K trail race: Andy Biermann, Kris Clawson, Michelle Fitzgerald, Krystal Giltner, Tim Holland, Jeff Schleicher, Renee White, and Jim Woodson. Special congrats to

Those who brought home hardware: Renee White – 3rd OVERALL female; Jeff Schleicher – 1st in his age group; and Krystal Giltner – 2nd in her age group.

**Quivering Quads** - Twelve Zillas completed this trail half marathon: Andy Biermann, Matt Dunn, Jeff Germer, Krystal Giltner, Rhonda Grammer, Gretchen Henderson, Robin Misukonis, Rhonda Nemsky, Jeff Schleicher, John Sikes, Ray Weshinskey and Renee White. Special congrats to those who brought home hardware: Renee White – 1st OVERALL female; Krystal Giltner – 1st in her age group; and Jeff Schleicher – 2nd in his age group.

**Upcoming GOTY Events:**

* XX Mar or XX Apr - Club swim event – The McKendree Rec Plex may be an option for the swim challenge. It is also a possibility for an indoor tri. Doug Bristow is gathering information.
* 11 Mar – St. Patrick’s Day run
* 25 Mar – Alton Half Marathon
* 1 Apr – Tracks n’ Treads
* 9 Apr – Go! St. Louis half and full marathon
* 22 Apr- River to River Relay - Planning for R2R continues. Any questions contact Keith Timmins at [keithtimmins@gmail.com](file:///\\fs2\public\Tim\Metro%20Tri%20Club\keithtimmins@gmail.com)
* 23 Apr – Try Tri Triathlon
* 23 Apr – Chain of Rocks Duathlon
* 30 Apr – Rookies and Rockstars Triathlon (previously known as St. Peters’ Rec Plex)

**Meeting Suggestions:**

It was suggested we have a 15 minute topic at each meeting to discuss. Less business and more knowledge

Also discussed having one meeting each quarter that is a social gathering. Use the meeting to celebrate races completed during the quarter and have 1 or 2 members share a story or lesson learned either during training or at a race.

**Next Meeting**

April meeting will be April 3rd at Elijah P’s in Alton at 7:00 PM