**Metro Tri Club**

**June 6, 2017 Meeting Minutes**

**Present:**

Jim Clark, Keith Timmins, Mike Wever, Bill Peterson, Donna Etherton, Jeff Schleicher, Tim Holland, Jay Hunt, Erica Hunt, Rick Burgess, Shane May, Mike Kelly, Cindy Lukowski, Phil Coatney, Krystal Giltner, Gary Highfill, Steve Shaffer, Ed Matecki, Bruce Beachum, Kyle McLaughlin, Phyllis Kunz, John Sikes, Robin Misukonis, Kathy Wever, Jeff Germer, Jeanna Clark, Jennifer Todd, Mike Gonski, Gary Payne

**General:**

The meeting was hosted by Mike and Kathy Wever. Jimmy John’s sandwiches, chips, fruit, snacks, and drinks were served. Per the new format, the meeting part was kept to a minimum to allow for more socializing.

**First Time Attendees:**

None

**New Members:**

None

**Visitors:**

None

**Finance Report:**

Finance reports are presented quarterly. If anyone has a question regarding finances, contact Jim Clark or Mike Wever.

**Administration**:

All quiet on the administration front.

**Membership:**

Dianna Tickner sent official notification that membership for 2017 was at 126.

Any questions about your membership status contact Dianna at diannatickner@rocketmail.com

**General Discussions:**

Mike Kelly provided information about a bike ride benefiting The Joshua Chamberlain Society aiding fallen and wounded military heroes. A copy of the flier is attached. Important to note that 96% of the money raised goes directly to our heroes.

NOTE: On Wednesday 6/7 Keith Timmins put out a call for pace line riders for the 80 mile option. If you are interested in going fast, let Keith know.

**Banners:**

The club has ordered several banners with our emblem and those of our sponsors. We would like to have a banner at any race a member is present. If you are racing, borrow a banner and hang it during the event. It’s great publicity for our sponsors and the club.

**Uniforms:**

Now that club sponsors are complete, club uniforms are in final design. Details regarding ordering uniforms should be available next week. An email providing ordering details will be sent ASAP.

**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.
* We now have access to the Wood River pool for Wood River Triathlon training. The pool is open from 6 to 7PM. MTC typically swims on Monday and Wednesday evenings but word is the pool is open on the other days during the week. The swim should be free to MTC members.
* We also now have some access to the pool at Chuck Fruit. A copy of an email from the facility director is attached with details.
* Swim the Sun 2017 is scheduled for June 18 in Potosi MO. There are 1, 2, 3, 4 mile options. For details see [www.ozarklmsc.org](http://www.ozarklmsc.org) or Google Swim the Sun 2017.

**Bike Report**:

The Animal Ride has restarted and meets at 5:30PM on Tuesdays. For details, check the team Facebook page.

**Run Report:**

Club sponsor RunWell has added a core class at 6:00PM with speed work at 6:30PM on Monday nights. Contact Jen for details.

**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. On hold during summer months.

**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)

**GOTY Events**:

Rt. 66 Waterstop (10 Jun):

* + Donna was able find a banjo group to add to the “Deliverance” theme.
  + Volunteers should meet at the bike trail near Esic and 157 in Edwardsville between 7:00 and 7:30am (the earlier time if you can help with setup). The first runners should come through no earlier than 8:20am.
  + Stuff to bring, if you have them:
    - Dress in a deliverance theme (think of hillbilly – overalls, sleeveless white undershirts (sometimes referred to as “wife beater” undershirts), goofy hats, maybe barefoot, etc. Women (or men for that matter) can dress up like they are pregnant
    - Other props that might add to the Deliverance theme
    - Soaker water guns – If it’s hot the runners love these!
    - Cooler of water (only if bringing a soaker water gun)
    - Rake or broom (to sweep up discarded cups)
    - Silly String
    - Cowbell or other noise makers
    - Godzilla decorations
  + Volunteers – Donna Etherton, Keith Timmins, Vern Hurley, Brian Barham, Bill Peterson, Ed Matecki, Megan Matecki, Dianna Tickner, James Ritter, Deb Ritter, Brandon Winklemann, Matt Dunn, Zach Dunn, Tim Holland, Jim Donahue, Jennifer Todd (maybe), Shane May, Chris Amick and Cheri Becker

Up A Creek – This free “race” will be on October 7. Time and details to follow. If you are new or have not completed this event, ask someone who has for details. It is a definite can’t miss!!!

Key words:

October - weather could be cold….could be hot

Up – that’s up NOT across

Creek – think water….lots of water….some deep water….some cold water

Free-the best price going

FUN – probably the most challenging and FUN 5k you’ll ever complete…..assuming you finish…..

Recent GOTY Events:

New Full Ironman finishers since the May 2017 meeting:

* + None

New Half Ironman finishers since the May 2017 meeting:

* + Congrats to Renee White for completing the Chattanooga 70.3!

Club Swim event – We had a total of 23 Zillas participate in a swim event and 13 Zillas (or family members) volunteered:

* + 17 Zillas completed the mile swim event: Doug Bristow, Jeanna Clark, Russ Darbon, Donna Etherton, Jeff Germer, Mike Hovatter, Leigh Lewis, Ed Matecki, Katie Mondy-Hughes, Bill Peterson, Donna Polinske, Tariq Quadri, Emily Reed, James Reed, Dianna Tickner, Keith Timmins (technically a 2.4 mile dropout) and Ryan Warren. Jeff Germer had the fastest one-mile time of 21:21!
  + 6 Zillas completed the 2.4 mile swim event: Brigitte Stotter, John Sikes, Robin Misukonis, Shane May, Rick Mann and Tom Donaldson. Rick Mann had the fastest 2.4 mile time of 56:22!
  + Zillas and Zilla family members who volunteered at the event included: Doug Bristow, Chrissy Bristow, Doug Havlin, Brigitte Stotter, Bill Peterson, Dianna Tickner, Donna Polinske, Tom Donaldson, Kristen Donaldson, Donna Etherton, Jeff Germer, Jim Donahue and Jeanna Clark!

Schoolhouse Rockin’ Half – Three Zillas completed this half marathon: Doug Bristow, Ian Durie and Brigitte Stotter. The results did not include placing but I am sure they all won their age division ☺! We also had 17 Zillas who volunteered at this GOTY event: Brandon Winklemann, Keith Timmins, Dianna Tickner, Donna Polinske, Gary Payne, Amy Ogden, Daryl Meek, Shannon McWhorter, Ed Matecki, Mike Hovatter, Tim Holland, Mike Gonski, Donna Etherton, Matt Dunn, Jim Donahue, Russ Darbon and Cheri Becker (race director!)

Gateway – This triathlon was cancelled due to flood conditions.

Capital City – We are not aware of any Zillas who participated in this biathlon.

Conquer Castlewood – This race was postponed until 13 August due to the high water level of the Meremac River. Registration for the new date is open and this is a great entry-level off-road race (canoe, bike, run) for any Zilla wanting to get a taste of adventure racing. Canoes are furnished, so borrow a mountain bike and join us!!

St. Louis – 13 Zillas participated in one of the triathlon events:

* + Lauren Voelker was the lone Zilla completing in the Sprint distance triathlon.
  + 12 Zillas completed the Olympic distance triathlon: Brian Barham, Donna Etherton, Jeff Germer, Erica Hunt, Jay Hunt, Emily Johnson, Michal Matras, Tariq Quadri, Deb Ritter, James Ritter and Brigitte Stotter. Special congrats to Brigitte for finishing 3rd in her age group!

Highland – 12 Zillas participated in this biathlon:

* + 11 Zillas completed the biathlon: John Roth, James Ritter, Deb Ritter, Tariq Quadri, Emily Johnson, Vern Hurley, Tim Holland, Mike Gonski, Jeanna Clark, Jim Clark and Brian Barham. Special congrats to those Zillas who placed in their age group: 3rd – Jim Clark and Mike Gonski; 2nd – Tim Holland, Emily Johnson, Deb Ritter, James Ritter and John Roth; 1st – Jeanna Clark!!
  + One Zilla, Lydia Mikoff, teamed with her husband, Mike, to complete the biathlon!

Upcoming GOTY Events:

10 June – Rt 66 10K

17 June – Carlinville Biathlon

8 July – Tour De Donut

9 July – New Town Tri

16 July – Ballwin Tri

23 July – Tour de Kirkwood Tri

29 July – Springfield Tri’s (Iron Abe and Stoneman)

**Meeting Suggestions:**

None

**Next Meeting**

July meeting will be on July 11 due to the holiday. Location TBD. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com