**Metro Tri Club**

**August 1, 2017 Meeting Minutes**

**Present:**

Jim Clark, Donna Etherton, Tim Holland, Tina Klein, Jay Hunt, Erica Hunt, Ed Matecki, Megan Matecki, Jeff Germer, Jeanna Clark, Donna Polinske, Jan Wrischnik, Deb Ritter, James Ritter, Dianna Tickner, Bill Peterson, Phil Coatney, Shannon McWhorter, Greg Voudrie, Rick Burgess, Gary Highfill, Kyle McLaughlin, Mike Wever, Robin Misukonis, John Sikes, Arthur Langston, Jennifer Todd, Doug Bristow, Emily Johnson, Charles McFarlin, Cheri Becker

**General:**

The meeting was held at Recess Brewing in Edwardsville. This location is perfect for carb loading after the animal ride or a hard day at work.

**First Time Attendees:**

Greg Voudrie – Greg traveled from Mattoon IL to attend the meeting! This easily won him the coveted longest drive award. If he rides his bike to the next meeting, we will really be impressed. Greg did IM NC last year and is slated for IM FL this year.

**New Members:**

New members are Ann Knoyle, Jade Rongey, China Rongey, Brandon Zehr, and Eric Nielsen.

**Visitors:**

None

**Finance Report:**

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

**Administration**:

Mike paid $336 ($28/mo) annual website hosting charge to Host Monster. There was some discussions about looking for cheaper options since Monster really provides no special services.

**Membership:**

Dianna Tickner noted membership for 2017 was at 138.

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

**General Discussions:**

As noted

**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.

**We need to make sure the banners are brought to the Wood River and Godfrey tri events and the Edwardsville Crit.**

**Uniforms:**

Club uniforms have been ordered. We are hopeful they will arrive before the Wood River tri. Jim Clark is staying on top of delivery. Jim will make another order soon. If you missed the deadline and want to dress like the cool kids, let Jim know.

**Wood River Tri:**

By now, you better have registered for the race. Race seeding for MTC members should be complete. If you waited until late to register, you will be seeded by the race organizers. You were warned so no whining if you missed the early start times.

Tim Holland has the tent and will get it set up. Need to make sure someone has one of our new banners to display.

**Team picture will be taken around 6:40 in front of the Roundhouse steps. Be present so there is proof you raced. Wear MTC gear if possible**.

**Hero’s Ride**

Although this was not a GOTY event (this year ☺), the club donated $500 in support of wounded veterans and 10 Zillas participated: Doug Bristow, Donna Etherton, Tim Holland, Rick Mann, Shane May, Michele Meckfessel, Eric Nielsen, Keith Timmins and Renee White. The event was not a race but a group of Zilla participants did the 80-mile route as a “pace line” and averaged over 20 mph.

**Pere Marquette Endurance Trail Run:**

Tim Holland and Tina Klein continue their efforts planning the 29th annual race. Under the watchful eye of Mike Wever, Tim and Tina are working hard to not screw up a great event. Planning is going well.

1. Timing contract has been signed
2. Permit with the park is complete
3. Insurance issues have been addressed
4. Registration planning is almost complete
5. The swag consensus was hoodie with front zipper
6. Final decision on awards is close
7. Keith Timmins is coordinating race volunteers. We know everyone wants to run but this is our big race and we need lots of volunteers. So please be considerate and say YES when Keith asks!!! Better yet don’t wait to be asked. If you want to volunteer let Keith know or text Tim Holland at (314) 724-2154 and he will pass information to him.
8. Early registration for those renting a room at the lodge will open about 8/15. A letter will be going out with instruction on how to access the special registration code. We need 45 rooms in order to get the lodge Great Room for free.
9. MTC members will be able to register starting about 8/24. A special code will be issued for members only. Please note, non-club members registering using the member code will be booted! So do not share the code with friends trying to beat the system.
10. Finally, on 9/1 at midnight open registration begins. In past years the race has sold out by the time the sun rises so tell your friends to not procrastinate.

2018 will be the 30th anniversary of the race. We are already looking ahead for both cool swag and possibly some special finisher medals commemorating the special anniversary. Stay tuned!!!!

**Miles for Meso Race:**

The Meso 5K is September 30 in Alton. Still need more volunteers for this race. Robin Misukonis is coordinating. If you want to volunteer let Robin know or text Tim Holland at (314) 724-2154 and he will pass information to her. This is a GOTY event so get those GOTY volunteer points while they’re on sale!!!!!

**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.

**Bike Report**:

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

The Alton group typically rides Monday and Wednesday mornings at 5:00 AM and most Sundays in the morning. Any questions about these rides call Tim Holland at 314.724.2154 or email [twh@kaybeeelectric.com](mailto:twh@kaybeeelectric.com).

The Edwardsville Criterion is August 19. If possible, we would like to have tent and/or banners on display. Doug Bristow is a maybe. Anyone available to help Doug or make sure the club is represented? **A number of our sponsors are Edwardsville based businesses. It is important both the club name and those of our sponsors are on display.**

**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)

**Recent GOTY Events**:

New Full Ironman finishers since the July 2017 meeting:

* + Anyone??

New Half Ironman finishers since the July 2017 meeting:

* + Renee White completed Springfield 70.3 and was the second OVERALL woman finisher!!
  + Josh Newman completed Racine 70.3.

Iron Abe Olympic - Katie Hughes completed this race.

Ballwin Tri – Ed Matecki, Bill Coyne, and Cindi Oats Lukowski completed this race. Cindi was 2nd in her age group.

Tour de Kirkwood Tri – Gary Payne completed this race and was 3rd age group winner! Well done Gary!!

Mud Mountain – Hanna Polinske completed this race.

Upcoming GOTY Events:

12 August – Wood River Triathlon

13 August – Conquer Castlewood Adventure Race

27 August – Godfrey Triathlon

27 August – Sunset Hills Triathlon

10 September – Litchfield Triathlon

**Meeting Suggestions:**

None

**Next Meeting**

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