**Metro Tri Club**

**September 11, 2017 Meeting Minutes**

**Members Present:**

Jim Clark, Donna Etherton, Tim Holland, Ed Matecki, Megan Matecki, Jeff Germer, Donna Polinske, Hannah Polinske, Deb Ritter, James Ritter, Bill Peterson, Phil Coatney, Mike Wever, Robin Misukonis, China Rongey, John Sikes, Doug Bristow, Cheri Becker, Matt Dunn, Shane May, Vern Hurley, Bruce Eldridge, Ross Eldridge, Keith Timmins, Russ Darbon, Mike Gonski, Eric Nielsen

**General:**

The meeting was held at Los Tres Amigos in Edwardsville.

**First Time Attendees:**

Ross Eldridge – Ross is the 17 year old son of member Bruce Eldridge and the grandson of racing legend Terry Eldridge. He has competed in the Wood River Tri and is a great athlete. He was also at the meeting to discuss his Eagle Scout project.

**New Members:**

No new members were present.

**Visitors:**

Megan Matecki has attended enough meetings that she is considered an honorary member. Plus she keeps Ed from getting crazy.

Vern Hurley brought his lovely wife Candy out for dinner. He probably didn’t tell her she had to sit through a club meeting while eating.

Eric Nielsen brought a guest but the secretary failed to get her name. The secretary should be fired or have his pay reduced.

**Finance Report:**

Mike Wever presented a finance report and passed it around for review. There were no questions and the club is in good financial shape.

**Administration**:

No new administrative issues.

**Membership:**

Dianna Tickner reported membership for 2017 is at 143.

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

New members since last meeting are Stacey Kotzamanis, Scott Schuyler, Ruth Cooper, Theresa Middeke, and Albert Middeke.

**General Discussions:**

**Eagle Scout Project:**

Ross Eldridge is a member pursuing his Eagle Scout. For his project, he is trying to coordinate a trail maintenance workday on the SIUE Little Woods trails. He was looking for information regarding needs, contacts, and volunteers. He has already talked to SIUE who supports his project. The club works each year on trail maintenance. Gateway Off-Road Cyclists (GORC) is the local organization that works to maintain the trails. The club recommend Ross contact Tom Harp at The Cyclery in Alton. Tom is the local GORC contact. The club seemed willing to volunteer with Ross provided he coordinate the work with GORC since they know all the SIUE rules and regulations.

**Beaver Dam Dash:**

Matt Dunn provided an update on his race. The date is 11/11/17 starting at 10:00 AM. Detailed information and registration is available at racesonline.com. Search Beaver Dam Dash. Matt can be contacted at [mmdunn5@yahoo.com](mailto:mmdunn5@yahoo.com). Matt needs both racers, volunteers, and sponsors. The club has signed on as a sponsor.

**Muddin for Haley:**

Jim passed around a sigh up form for this event. A copy is attached for review. Looks like a good cause and fun event.

**Tent:**

There was some discussion about replacing the tent which has some broken parts. Someone (secretary was drinking margaritas) volunteered to investigate getting parts for the old tent instead of buying a new one.

**Banners:**

The banners were finally on display at the Litchfield Tri. They look great! 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:**

There are still a few members needing to pay for their club tri kits. Please send in the money ASAP.

Jim will make another order once the first order is closed out. If you missed the deadline and want to dress like the cool kids, let Jim know.

**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. Registration was at 677 as of 9/11. The event normally sells out very fast. We are aware of some issues with Racesonline.com sending out early notifications and are working to correct in the future.
2. Timing contract has been signed
3. Permit with the park is complete
4. Insurance issues have been addressed
5. Registration planning is almost complete
6. The swag consensus was hoodie with front zipper. Runwell has submitted a quote for a nice tri-blend lightweight hoodie. We are currently reviewing graphic options.
7. The awards will be the same as last year.
8. 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.

Practice Runs – 4 Nov at 9:00; 12 Nov at 1:00; and 2 Dec at 9:00. Will also do an unofficial practice run on 25 Nov at 8:00 if anyone from the club wants to run PM vs. the Great River Road race. All practice runs are unsupported so bring any water or nourishment you may need. Runs start in front of the Visitor’s Center.

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. Robin Misukonis is coordinating volunteers. Currently, we have enough volunteers but If you want fill if someone drops let Robin know. This is a GOTY event.

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Matecki is still posting weekly workouts which 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**:

Tuesday night Animal Ride will continue until the time changes. Start time is 5:30 but may move to earlier as the days get shorter.

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).

**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:

* + Eric Nielsen completed IM Wisconsin
  + Jay Hunt completed IM Wisconsin
  + Emily Reed completed IM Wisconsin
  + Josh Newman completed IM Wisconsin
* WELL DONE!!!!! You are all IRONMEN

New Half Ironman finishers since the July 2017 meeting:

* + Chris Rankin completed the IM 70.3 World Championship at Chattanooga
  + Jon Klingensmith completed the IM 70.3 World Championship at Chattanooga
  + (13) Zillas completed the half distance at Litchfield. See below for names and all the hardware they carted home.
  + WELL DONE!!!!!
* Up-A-Creek (7 October) – Here are those who have signed up so far: Vern Hurley, Marta Garcia, Russ Darbon, Emily Reed, Renee White, Donna Polinske, Michele Meckfessel, Ed Matecki, Deb Ritter, James Ritter, Phil Lading, Brigitte Stotter, Jeff Schleicher, Tanya Colbert, Steve Woods and Keith Timmins. Send Keith an email if you want to join us for this race or if you have any questions. Please include a realistic 5K road race time for seeding purposes! This is the best “race” value of the year….free!
* **ZillaCross – Jim Clark is going to host this event again this year on November 18th. Details to follow.**
* New Town – Doug Bristow completed the sprint triathlon, while Emily Johnson and Ed Matecki completed the Olympic distance triathlon. Special congrats to Ed for taking 2nd in his age group and Emily for taking 3rd in hers!
* Ballwin – 4 Zillas completed this sprint triathlon: Brigitte Stotter, Ed Matecki, Cindy Lukowski and Bill Coyne. Special congrats to Cindy for taking 3rd in her age group!
* Kirkwood - Gary Payne was the only Zilla who completed this sprint triathlon. Special congrats to Gary for finishing 3rd in his age group.
* Springfield – Katie Hughes was the only Zilla who completed Stoneman – an Olympic distance triathlon.
* Mud Mountain – Hannah Polinske and Gary Payne completed this race. Special congrats to Gary for taking 3rd in his age group. If any other club members also did Mud Mountain, please let Keith know.
* Lake St. Louis – Ed Matecki was the only Zilla who completed the Olympic distance triathlon. Special congrats to Ed for winning his age group!
* Wood River - 41 Zillas completed this sprint triathlon: Michael Bryant, Rene Butler, Tracy Butler, James Clark, Jeanna Clark, Kris Clawson, Carl Dake, Russ Darbon, Matt Dunn, Judy Durr, Donna Etherton, Rhonda Grammer, Tim Holland, Erica Hunt, Jay Hunt, Vern Hurley, Ann Knoyle, Ed Matecki, Charles McFarlin, Shannon McWhorter, Lydia Mikoff, Meg Miller, Josh Newman, Bob Patterson, Gary Payne, Dan Pettus, Tariq Quadri, Deb Ritter, James Ritter, China Rongey, Alex Roth, John Roth, Caleb Schoeber, Keith Timmins, Jennifer Todd, Alexander Toennies, Lauren Voelker, Renee White, Brandon Winklemann, Jan Wrischnik and Brandon Zehr. Over half of the Zilla participants came home with hardware and five others were only one place out of the awards!
  + Racing Phenom Renee White cut two minutes off of her 2016 time while repeating as the first OVERALL female finisher. John Roth was the 2nd OVERALL male finisher but since they only awarded the top finisher, he was given first place in his age group. Other Zillas who won their age group included: Alexander Toennies, James Ritter, Deb Ritter, Bob Patterson, Lydia Mikoff, Ann Knoyle, Carl Dake and Jeanna Clark.
  + Zillas who took 2nd in their age group included: Jan Wrischnik, Brandon Winklemann, Lauren Voelker, Keith Timmins, Alex Roth, China Rongey, Josh Newman, Vern Hurley, Rhonda Grammer and Jim Clark.
  + Zillas who took 3rd in their age group included: Gary Payne, Charles McFarlin, Jay Hunt, Tim Holland and Judy Durr.
* 2017 Age Group National Championship – Emily Johnson and Hannah Polinske represented the club in Omaha. Congrats on both qualifying and completing the event!
* Conquer Castlewood – Keith Timmins was the only Zilla who participated in this adventure race. Keith teamed with Allan Cochran, former manager of The Cyclery.
* Edwardsville – We were not able to find the results of this criterion but we know at least 4 Zillas competed in one of the races: Michele Meckfessel, Karen Hatch, Russ Darbon and Scott Shaw.
* Godfrey - 15 Zillas completed this open-water sprint triathlon: Renee White, Lauren Voelker, China Rongey, James Ritter, Deb Ritter, Tariq Quadri, Hannah Polinske, Daniel Pettus, Gary Payne, Bob Patterson, Tim Holland, Donna Etherton, Russ Darbon, Jim Clark and Jeanna Clark. Most of the Zilla participants came home with hardware:
  + Renee White was the 1st OVERALL female finisher and James Ritter was the 3rd OVERALL male finisher. It is noted that Lauren Voelker had the fastest swim time of all participants, Jim Clark had the 2nd fastest swim time and Renee White had the 2nd fastest run time!
  + Zillas who won their age group included: Jim Clark, Donna Etherton, Bob Patterson, Hannah Polinske, Deb Ritter and Lauren Voelker.
  + Zillas who took 2nd in their age group included: China Rongey, Tariq Quadri and Tim Holland.
  + Zillas who took 3rd in their age group included: Jeanna Clark, Russ Darbon and Daniel Pettus.
* Sunset Hills – We are not aware of any Zillas who completed this triathlon (probably because it fell on the same day as the Godfrey Tri!)
* Litchfield – We had a total of 28 Zillas compete in one of the “Triathlou” events:
  + Half IM – 13 Zillas completed this event: Doug Bristow, Tracy Butler, Phil Coatney, Tanya Colbert, Rhonda Grammer, Tina Klein, Leigh Lewis, Charles McFarlin, Chris Noeth, Donna Polinske, Hannah Polinske, Ryan Warren and Renee White. Ryan was the 1st OVERALL male, Tanya was the 1st OVERALL female and Renee was the 2nd OVERALL female – WOW! Taking 1st place in their age groups were Hannah and Phil; Donna was 2nd in her age group; and coming in 3rd place in their age group were Rhonda, Tracy and Doug!
  + Olympic Triathlon – 12 Zillas completed this event: Brigitte Stotter, James Ritter, Deb Ritter, Tariq Quadri, Shannon McWhorter, Ed Matecki, Ann Knoyle, Emily Johnson, Tim Holland, Donna Etherton, Jim Clark and Jeanna Clark. Taking 1st place in their age group were Brigitte, Ann and James Ritter; and taking 2nd place in their age group were Emily, Deb, Donna, Jim Clark and Ed!
  + Sprint Triathlon – 3 Zillas completed this event: Rene Butler, Cindy Lukowski and China Rongey. Cindy took 1st place in her age group and China was 2nd in her age group!

Upcoming GOTY Events:

* 17 September – Millstadt Biathlon
* 30 September – Miles for Meso
* 7 October – Up a Creek
* 15 October – Rock & Roll half marathon
* 22 October – Rt. 66 half marathon in Litchfield
* 28 October – Monroe County (Valmeyer) 10K trail run

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will be on October 2. Location TBD. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com