**Metro Tri Club**

**October 2, 2017 Meeting Minutes**

**Members Present:**

Jim Clark, Tim Holland, Deb Ritter, James Ritter, Phil Coatney, Mike Wever, Robin Misukonis, John Sikes, Matt Dunn, Keith Timmins, Mike Gonski, Jay Hunt, Erica Hunt, Jeff Schleicher, Gary Payne, Jan Wrischnik, Chris Amick

**General:**

The meeting was hosted by club member Chris Amick at Phoenix Physical Therapy in East Alton. Phoenix is also one of our club sponsors. Their facility was very impressive.

**First Time Attendees:**

No first time attendees

**New Members:**

No new members were present

**Visitors:**

No visitors were present

**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. If you have specific questions regarding club finances, contact Mike at [wevermike@gmail.com](mailto:wevermike@gmail.com).

1. We received several payments from Racesonline.com for Pere Marquette Trail Race (PMTR)
2. We made a 50% down payment to Runwell for the PMTR swag.

**Administration**:

MTC By-Laws – Each year we review the By-Laws for potential changes. Keith Timmins will send out a copy of the By-Laws to all club members and ask for any recommended changes to be returned to him by the end of October. The recommended changes will be reviewed at the November meeting. Those changes that the club agrees on will be presented at the 2018 club banquet for formal approval.

Also at the November meeting we will start discussing GOTY events for 2018. This will be your opportunity to add or subtract races to the GOTY calendar. We need some criteria to be considered a GOTY event but currently simply having a number of club member interested in the LOCAL race is adequate. This will also be a topic of discussion.

**Insurance:**

The club has used Road Runners Club of America (RRCA) as our insurance provider for years. There was some discussion about comparing our coverage to coverage available from USA Triathlon. We know USAT may be more expensive but it also covers swimming and biking. Considering we have 143 members, odds are, we have at least one person knowledgeable in insurance related issues. If this is you, please contact Tim Holland at [twh@kaybeeelectric.com](mailto:twh@kaybeeelectric.com) or 314.724.2154.

**Membership:**

Dianna Tickner reported membership for 2017 is at 143 and did not change since last meeting. There was some discussion why people trying to join via Racesonline.com were currently not able. This issue was resolved on 10/5.

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

**General Discussions:**

**2018 Banquet:**

It is time to start planning the 2018 banquet. We need a few volunteers for a committee to assist in planning this exciting event. There was some discussions on the event budget. Based on last year we think its $2,500-$3,000. Stay tuned……

**Special Event:**

Phil Coatney has graciously agreed to host a swap meet on Saturday October 7 at his house. Address is 317 Cambridge Dr. Glen Carbon. This event is a chance for MTC members to swap/sell/buy equipment. Hours will be 9AM to Noon. If you have equipment and are unable to attend you can drop it off Thursday or Friday evening. Everything must be tagged with name and suggested price along with an envelope with your name and contact information. EVERYTHING must be picked up on Sunday afternoon.

**Up-a-Creek:**

This event is scheduled for Saturday 10/7. We currently have 14 signed up. Last chance – anyone else want in before the price goes up? (OK, it would still be FREE!) Reminder, this is a GOTY event! Feel free to just show up Saturday morning. No registration is required.

**Beaver Dam Dash:**

Matt Dunn provided an update on the BDD. 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. **October Update: Matt still needs about 6 volunteers. Club members are encouraged to help if possible. This is both a great cause and is also good for a GOTY point!**

**River to River Relay:**

Event will be on April 21, 2018

Registration - We will need 2 to 3 volunteers to register a team when registration opens sometime in October. Keith will walk you through it – obviously a simple process if Keith can do it. Tim Holland and Jim Clark volunteered.

Anyone else who wants to throw their name in the hat? We need at least 6 more runners because there are always last minute drop outs. Club members who have expressed an interest in being on a Metro Tri Club team include the following:

* Shannon McWhorter, Phil Coatney, Renee White, Jeff Germer, Russ Darbon, Robin Misukonis, Ian Durie, John Sikes, Matt Dunn, Keith Timmins
* Possible “Alton” Chapter team: Tim Holland, Deb Ritter, James Ritter, Vern Hurley, Jim Clark, Jeanna Clark, Tariq Quadri, Emily Johnson

**Little Woods Ultra:**

This exciting “Last Man Standing” event is scheduled for January 6, 2018. Detail to follow but save the date.

**Ironman Team Points:**

MTC gets points for every member that races an Ironman branded event. If we get enough points, we get special team perks at Ironman races. For example, at Muncie, team members were able to rack their bikes together instead of being spread out. Cool, you say. Well, this year we are lagging behind so we need YOUR help. Relax, it’s painless. Simply go to your Ironman profile (or create one) and list Metro Tri Club in the club affiliation block. That’s all you have to do and we get the points added automatically. If you REALLY want to help finish the race REALLY fast because the faster you are the more points we get.

**Uniforms:**

There are still a few members needing to pay for their club tri kits. Please send in the money ASAP. **If you have not paid, please do so ASAP so we can get the second order started.**

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 698 as of 10/5. 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. SWAG and graphics have been selected and will be purchased through Runwell. As noted above, a 50% down payment to Runwell has been made.
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. Keith usually puts out water at mile 3 and 5.5 but it’s always a good idea to bring your own just in case. 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!!!!

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Matecki is still posting weekly workouts which can be found on Facebook at Team Zilla Swim Club.
* Esic YMCA has open lanes from 7:30 to 9:00 PM Monday, Wednesday, and Friday.
* 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.
* Mike Gonski discussed several swim related items:
  + USMS members can represent themselves at events, as well as, associate themselves with Team Zilla.
  + The Ozark USMS event is scheduled for November 4
  + The Potosi OWS will not be held in 2018 but will be replaced by an OWS event at Little Grassy on June 9.
  + Doug Bristow has been the coordinator for the Swim Challenge in the spring. With Doug moving to the west coast, we need someone to step up and take this race. Since it is already established, most of the framework is in place. Please consider this “challenge” as your opportunity to get involved. The pay is low but the admiration of your fellow club members is high.

**Bike Report**:

Tuesday night Animal Ride will continue until the time changes. **Start time is now 5:00.**

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.

**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 October 2017 meeting:
  + Robin Misukonis completed IM Chattanooga
  + John Sikes completed IM Chattanooga
  + Jeff Germer completed IM Chattanooga
  + Charles McFarlin completed IM Chattanooga
  + Renee White completed IM Chattanooga

Robin and John gave a recap of their races and both recommend this race. The swim was FAST! The bike was pretty! The run was brutally hilly and hot. Both brought home a PR.

Renee White complete the race in 11:07:32 and missed a Kona spot by less than a minute. Amazing effort on a tough hot day.

* New Half Ironman finishers since the October 2017 meeting:
  + Mike Campbell completed IM Augusta 70.3. Great job Mike!!!
* Cyclocross – There were 3 local Cyclocross events in the past month. Jody Dwiggins did a race in all 3 events and Michele Meckfessel did a race in 2 of the 3 events.
* Millstadt – 4 Zillas completed this biathlon: Vern Hurley, James Ritter, John Roth and Keith Timmins. John was 1st in his age group, Keith was 2nd in his age group and James was 3rd in his age group.
* Meso – 5 Zillas completed this 5K road race: Chrissy Bristow, Vern Hurley, Bob Patterson, China Rongey and Reuben Willis. Bob and Rueben were 1st in their age groups and Vern was 2nd in his age group. We also had around 20 Zilla volunteers at this event, including the race director, Robin Misukonis!

Upcoming GOTY Events:

* 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
* 4 November – Skippo 10K
* 5 November – Skippo 20K and 30K
* 11 November – Beaver Dam Dash
* 18 November – ZillaCross
* 25 November – Great River Road

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will be on November 6. Location TBD. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com