**Metro Tri Club**

**November 6, 2017 Meeting Minutes**

**Members Present:**

Tim Holland, , Mike Wever, Robin Misukonis, John Sikes, Keith Timmins, Mike Gonski, Jay Hunt, Erica Hunt, Jeff Schleicher, Chris Amick, Carl Dake, Emily Johnson, Deb Ritter, James Ritter, Rick Burgess, Holly Romann, Shannon McWhorter, Russ Darbon, Jim Donahue, Cheri Becker, Jeff Germer, Donna Etherton, Jimmy Lymberopoulos, Bill Coyne

**General:**

The meeting was hosted by RunWell in Edwardsville. Remember, when shopping for running gear, support those that support the club. RunWell owner, and club member, Jen Schaller completed her second 100 mile trail run on Sunday. Congrats to Jen and her support team on another amazing accomplishment.

**First Time Attendees:**

Holly Romann – Holly has been a member and finally decided to attend a meeting.

Jimmy Lymberopoulos was conned into joining by Bill Peterson. He has done a number of triathlons and ran his first half marathon last weekend.

**New Members Present:**

Jimmy Lymberopoulos as noted

**Visitors:**

No visitors were present

**Finance Report:**

Mike Wever presented a current balance sheet. We have received payment from Racesonline.com for PMTR. SWAG, awards, race timing, and other expenses are still accumulating. If anyone has a question regarding finances, contact Jim Clark or Mike Wever.

**Administration**:

MTC By-Laws – Keith Timmins reviewed the current by-laws and offered suggested changes for consideration. A copy of the current by-laws with changes was forwarded to all members via email on 11/7 and is attached to these minutes. Vote on the proposed changes will occur next meeting.

2018 GOTY Events - Keith Timmins reviewed the current list of GOTY events and offered suggested changes for consideration. A copy of the current GOTY list with changes was forwarded to all members via email on 11/7 and is attached to these minutes. Vote on the proposed changes will occur next meeting.

**Insurance:**

The club has used Road Runners Club of America (RRCA) as our insurance provider for years. There was some discussion about comparing the RRCA coverage to coverage available from USA Triathlon. We know USAT may be more expensive but it also covers swimming and biking. Thoughts are the coverage is only liability and the events that we “host” are mostly running related the RRCA may be adequate. Donna Polinske will investigate but we need the new insurance in place by the end of the year and before Last Man Standing. Donna will advise Mike of her recommendation so payment can be made.

**Membership:**

New members for October, Lisa Fowler (East Alton), James Lymberopoulos (Maryville), Albert Middeke (Edwardsville), Micah Turner (O’Fallon) We currently have a total of 147 members. New member shirts on order should be ready this week.

**REMINDER - $15 dues renewal through December 31st goes up to $20 after that.**

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

**General Discussions:**

**Race Tracking:**

It was noted that a number of people really enjoyed following the full and half IM tracking on social media. Russ Darbon does a great job posting the names of racers and updates throughout the day. Keith Timmins asked him to please continue this practice. IMPORTANT – If you are doing a race and want the club to track your progress and cheer you from home, please post your bib number on social media or let a club member know. We can’t track and cheer if we don’t know.

**IM Club Points:**

Mike Gonski provided a quick update on how Ironman awards and tracks club points. Our club gets points automatically, IF, you have Metro Tri Club listed in your IM profile. Please take a minute to update your profile.

**2018 Banquet:**

Jay Hunt has started working on the budget and preliminary planning for the 2018 banquet. Jay needs volunteers to assist planning the event. This is a very fun night and plans are to use the Wildey Theater venue again. If you enjoy throwing a party where someone else pays the bills, let Jay know. His email is <jay@complete-fit.com>

**Beaver Dam Dash:**

The BDD 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. **November 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 - Jeff Schleicher and Keith successfully registered two teams. We will know by December 3rd if either or both teams officially get in.

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, Donna Etherton, Ann Knoyle, Jimmy Lymberopoulos
* 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.

**Pere Marquette Endurance Trail Run:**

Tim Holland and Tina Klein continue their efforts planning the 29th annual race. Planning is going well.

1. The event is again an official sellout with 700 registered
2. We have a waitlist and as runners drop out we are pulling people off the waitlist on a “first come first served basis” and facilitating transfers.
3. Timing contract has been signed
4. Permit with the park is complete
5. Insurance issues have been addressed
6. SWAG and graphics have been selected and will be purchased through Runwell.
7. The awards will be the same as last year.
8. WE CURRENY NEED THREE MORE VOLUNTEERS TO HELP WITH REGISTRATION AND A COUPLE OF ALTERNATES TO FILL IN IF SOMEONE HAS TO PULL OUT AT THE LAST MINUTE. Deb Ritter, Amy Ogden (volunteered by Cheri), Shannon McWhorter, and Robin Misukonis offered to help. 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 –

* The first practice run was help Saturday 4 November. Keith reports approximately 25 runners with about half first timers. GREAT job Keith!
* Team Alton Chapter ran an unofficial practice run on Sunday 5 November with 7 runners. The trails are amazing!
* 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!!!!

Mike Wever suggested the 30th anniversary race be ran backwards. This idea has real possibilities.

**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.

**Bike Report**:

Tuesday evening Animal Ride is suspended until spring 2018

**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 Monday, 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)

**Tortured Soles Trail Running Series**

**Starts Sunday November 12th For additional information go to RunWell web site or contact Jen at email above.**

**Owl Run has started back since the time change. Meet by Korte Soccer Stadium on the SIUE campus. Runners leave at 5:30 PM. New runners are always welcome.**

**Recent GOTY Events**:

**New Full Ironman Finishers**

* + Doug Havlin completed IM Florida
  + Briggita Stotter completed IM Florida
  + Shane May completed IM Florida
  + Bill Peterson completed IM Florida
  + Greg Voudrie completed IM Florida

**New Half Ironman Finishers**

* + Erica Hunt completed IM NC 70.3
  + Shannon McWhorter completed IM NC 70.3
  + Ann Knoyle completed Ironman NC 70.3
  + Deb Ritter completed Ironman Austin 70.3
  + Donna Etherton completed Ironman Austin 70.3
  + Emily Johnson completed Ironman Austin 70.3
  + Meg Miller completed Ironman Austin 70.3
  + Tariq Quadri completed Ironman Austin 70.3
  + James Ritter completed Ironman Austin 70.3
  + Tim Holland completed Ironman Austin 70.3
* Report from NC – Erica and Shannon offered their thoughts. The swim is salt water and timed with the incoming tide resulting in great swim times. The bike course has rolling hills but plenty of flat riding. The run is billed as being a shady course but the racers declared there was a LOT of sun and very little shade. They utilized a condo near the event and noted lodging was plentiful. Overall, their review was very positive of both the course and race experience. Great job ladies!
* Report from Austin – The race venue is about 20-25 minutes outside town and nearest hotels are at least 15 minutes from course. Traffic in Austin is an adventure. Race day started with a 1:15 wait to get in the water standing in 37 degrees wet grass. The 69 degree water felt warm. Bike course was 56 miles of hills on ROUGH roads. Run was a 3 loop course with MORE hills. Course had two transition areas which was a logistical challenge. Consensus of the Zillas was this would not be a recommended destination race. But we learned after the race it was moving to Waco next year.

**Up a Creek**

* We had 16 participants in the 6th annual running of this race. The 12 Zillas who ran the race were: Tanya Colbert, Russ Darbon, Vern Hurley, Phil Lading, Ed Matecki, Michele Meckfessel, Emily Reed, Deb Ritter, James Ritter, Jeff Schleicher, Keith Timmins and Steve Woods. The OVERALL female winners were Tanya, Michele and Emily. The OVERALL male winners were James Ritter, Vern Hurley and Jeff Schleicher. Non-Zilla participants were: Hunter Lading, Megan Matecki, Marta Garcia and Michael Toolen Jr.

**Rock & Roll**

* We had at least one Zilla complete this half marathon: Michele Meckfessel

**Route 66 Half Marathon**

* We had at least three Zillas complete this half marathon in Litchfield: Deb Ritter, James Ritter, and Gary Payne. Deb was 3rd OVERALL female and James was 2nd in his age group.

**Monroe County (Valmeyer)**

* We had 3 Zillas complete this 10K trail run and all of them won their AG. Bill Coyne, Michele Meckfessel and Keith Timmins.

**Skippo**

* We had a total of 8 Zillas participate in one of these trail race events:
* \* 10K - Shannon McWhorter, Mark McWhorter, Cindy Lukowski, Tyler Kostich and Ann Knoyle completed this distance. Cindy placed 3rd in her AG.
* \* 20K - Krystal Giltner completed this distance and placed 1st in her AG.
* \* 30K - Renee White and Jeff Schleicher completed this distance. Renee was the 1st OVERALL female and Jeff placed 3rd in his AG.

**Ozark USMS Swim Meet at Chuck Fruit**

* We had 4 Zillas compete in this swim meet in a number of events. Swimmers included Ed Matecki, Lydia Mikoff, Emily Johnson, and Tariq Quadri.

Upcoming GOTY Events:

* 11 November – Beaver Dam Dash
* 18 November – ZillaCross
* 25 November – Great River Road
* 2 December – Castlewood 8-hour Adventure Race
* 9 December – Pere Marquette Endurance Trail Run

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will be on December 4. Location TBD. If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com