**Metro Tri Club**

**April 2, 2018 Meeting Minutes**

**Members Present:**

Mike Wever, Jay Hunt, Phil Coatney, Tim Holland, Deb Ritter, James Ritter, Jim Clark, Jeanna Clark, Liz Stryker, Gary Highfill, Rick Burgess, Chris Mahnesmith, Sarah Mahnesmith, Rich Luers, Andy Biermann, Donna Etherton

**General:**

The meeting was hosted by club sponsor The Cyclery at the Alton location. NOTE TO MEMBERS: Looks like a BIG sale on some really cool bikes. Might be worth a trip to check them out.

**First Time Attendees and New Members Present:**

None

**Visitors:**

None

**Finance Report:**

Mike Wever passed around a current finance report for review. If you have specific questions about club finances contact Mike or Jim Clark.

NOTE: Club by-laws limit officer terms to 3 years and Mike’s term will be up after this year. Mike will then focus his time and energy doing cool bike rides around the country. We NEED someone to “volunteer” to take this position. It really is not a highly time consuming “job”. Step off the sidelines and get involved! If it proves too much, you can always resign. Don’t make us beg!!!!!

**Membership:**

Membership total is currently at 112. Andrew Hessel joined in March.

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

**Trailer**

The trailer license is due in April. Mike will send a check.

**Insurance:**

We need to finalize our insurance with RRCA. The insurance is based on current club roster. Donna Polinske to get with Mike to get a check mailed for premium payment.

Donna took care of this on Tuesday 4/3 and Mike will send in a check. Total cost of 2018 insurance is $696.80.

**Tent:**

Getting parts for our existing tent and/or ordering a new tent is still pending. Stay tuned for “As the Tent Turns”.

**General Discussions:**

**Member Discount Codes:**

**Discount code for St. Louis Tri is GODZILLA2018**

**Discount code for all Racemaker events is Trizilla15**

**Uniforms:**

The first order for club Wattie kits has been placed. We needed a total of 14 tops and bottoms to meet the minimum order quantity. 52 pieces were ordered. Wattie has committed to shipping these so they arrive before Chattanooga Ironman 70.3 in May. Thanks to Jim Clark for all his hard work.

Jim plans to ask Wattie to open another order window soon. Hoping to add a bike jersey to the options. Stay tuned and watch your emails.

**Special Mention:**

Club sponsor Chris Amick with Phoenix Physical Therapy opened a second location in Edwardsville. The new location is at 4 Cougar Drive inside Our Health Club and Spa. You can reach Chris and his team at 618.258.9093.

**Flatline to Finishline Movie Event:**

Jay Hunt and Mike Wever have started working on this new event. Topics discussed were:

* Event will be at The Wildey Theater in Edwardsville
* Community outreach targeting triathletes, non-triathletes, and family and friends
* Movie about a man with heart trouble going from being almost dead to completing an Ironman.
* Preliminary budget is $3,000
* Wildey is $2,250 weekends/$1,150 on Wednesday/Thursday nights. The thought is to try to schedule Thursday night August 9 or 16 depending on Wildey availability
* St. Lukes has agreed to sponsor at the $1,000 level. Looking for additional sponsors
* Wildey seats about 320. Thinking of a $7.00 ticket price
* There is a fee to obtain the movie rights unless any profits are donated to The Ironheart Foundation. More investigation is needed on this issue.
* Subcommittees:
  + Venue and logistics
  + Sponsors
  + Meet and Greet refreshment
  + Advertising

Mike and Jay have a great start on this event. Any input or volunteer to assist would be greatly appreciated. We think this is a great way to have a public event and inspire/motivate people to live a healthy life style.

Rich Luers reminded everyone about the Broken Spoke bike ride on May 19, 2018. The race starts at 9:00 AM at Recess Brewery in Edwardsville. See the attached copy of promotional material.

**Team Godzilla Triathlon University:**

**Swim Report**:

* Ed Matecki is still posting weekly workouts which can be found on Facebook at **Team Zila Swim Club**. Several members had problems locating this Facebook page. Note the ZILA spelling! Thanks Ed.
* 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 the Facebook page or the regular MTC Facebook page. We have many great swimmers who will share knowledge if asked.

**Bike Report**:

Tuesday evening Animal Rides resumed on 13 March. Rides start at 5:30PM from bike path parking lot on Wanda Road.

Tom Harp from The Cyclery Alton noted they have two biking options for those living in the Alton area.

* Wednesday nights at 6:00 PM starting May 9. This is a 10 mile ride for newer riders.
* Thursday nights at 6:00 PM. This is a 17-20 mile DROP ride which averages 19.5 – 20 mph.

**Run Report:**

**Tempo Runs** (6 miles max but you don’t have to run that far) are on Wednesdays at 6:30PM starting at RunWell Store.

**Owl Runs** are on Thursday at 5:30pm starting at the Korte field as SIUE across from the log cabin.

**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.

RunWell has several other running options including a group for faster runners. For info on any of these email Jen at [runwellcoaching@yahoo.com](mailto:runwellcoaching@yahoo.com)

**Upcoming GOTY Events**:

Route 66 10k is 9 June this year. The club volunteers a water station each year. Donna Polinske “volunteered” to be the lead again this year. For the last several years we have won the award for best station. The 2017 theme was from the movie Deliverance and was an amazing success. However, several club members have required counseling after seeing Brian Barham in short shorts. And thinking back….did Cheri Becker ever figure out who was the father of her latest baby?

For 2018 we need to decide on a theme. M.A.S.H and toga parties were floated. A mankini theme was also mentioned but did not seem to have a lot of support….pun intended. We NEED ideas for something fun, easy, entertaining, and family friendly. NO UPDATE at April meeting but we really need to figure out a theme at the May meeting!

River to River (21 April 2018):

Update – The two teams are set and we have five alternates. If you want to be added to the alternate list, please let Keith know. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

* + ~~Robin Misukonis, Ian Durie, Sarah Mahnesmith, Chris Mahnesmith, Emily Johnson are the current alternates~~

After the meeting we had two runners and 3 alternates drop. This means we currently have two full teams but NO alternates. ANY club member who may be interested in running please contact Keith. We NEED a backup plan in case someone has a last minute injury or conflict. You only have to run three legs of about 3-4 miles each so even a newer runner would enjoy.

Club Swim Event:

The club members responsible for the club swim event both moved out of state. (Note, there are easier and cheaper ways to get out of work) Dianna Tickner, Mike Gonski, and Ed Matecki discussed trying to coordinate this event in 2018. The 2017 event at the new McKendree Recreation Center was great and we would like to keep this event alive. More information to follow. Stay tuned. No update at the April meeting on this event so we are “staying tuned” for next month.

**Recent GOTY Events:**

* New Full Ironman finishers since the February 2018 meeting:
  + Anyone?
* New Half Ironman finishers since the February 2018 meeting:
  + Anyone?
* St. Patrick’s Day – We had 26 Zillas complete this 5-mile race. Those doing the race in the normal, boring way included: Bruce Beachum, Carl Dake, Erica Hunt, Jay Hunt, Tyler Kostich, Rich Luers, Lydia Mikoff, Tariq Quadri, Chris Rankin, James Ritter and Alex Toennies. Those who ran as part of the exciting Zillapede included: Rick Burgess, Jeanna Clark, Jim Clark, Russ Darbon, Donna Etherton, Phyllis Kunz, Sarah Mahnesmith, Ed Matecki, Shannon McWhorter, Robin Misukonis, Deb Ritter, China Rongey, Keith Timmins and Jennifer Todd. In addition, we also had four of Donna Etherton’s awesome friends run with the Zillapede - Lois Gregson, Carla Becherer, Stephanie Duval and Heidi Sanders.
* Alton Half Marathon – We had 8 Zillas complete this wet and cold half marathon: Jan Wrischnik, John Sikes, Deb Ritter, Tariq Quadri, Robin Misukonis, Michal Matras, Sarah Mahnesmith and Donna Etherton. Special congrats to Deb for finishing 3rd in her age group and to Jan and John for finishing 2nd in their respective age groups!
* Litchfield Duathlon – We had 2 Zillas complete this event: Tariq Quadri and Rick Burgess. Tariq took 2nd and Rick 3rd in their respective age groups.

**Upcoming GOTY Events:**

* 8 April – GoSTL! Marathon, Half Marathon, Marathon Relay
* 21 April – River to River Relay
* 22 April – Chain of Rocks Duathlon
* 29 April – Try Tri
* ~~29 April – Get up and Go! Biathlon~~ Rich Luers announced this event has been canceled and not likely to be revived.
* 12 May – Gateway Tri
* 20 May – St. Louis Tri
* 26 May – Highland Bi

**Meeting Suggestions:**

None

**Next Meeting**

Next meeting will switch to Tuesday nights and be on May 1 to coincide with the Tuesday night Animal Ride. Meeting will be held at Mike Kelly’s place on Broadway in Alton.

The Cracker Factory

205 E. Broadway

Alton, IL 62002

The animal ride will start at 5:30 in front of the building and will return in time for the 7:00 meeting. Need some hill miles on your bike….this is the place!!!! See you there.

If anyone has a suggestion on future locations or special topics, please contact Jim Clark at orno11@yahoo.com