

Metro Tri Club

May 1, 2018 Meeting Minutes

Members Present:

Mike Wever, Jay Hunt, Erica Hunt, Tim Holland, Deb Ritter, James Ritter, Jim Clark, Jeanna Clark, Rick Burgess, Sarah Mahnesmith, Donna Etherton, Jeff Germer, Mike Gonski, Donna Polinske, Dianna Tickner, Greg Voudrie, Scott Schuyler, Jerry Wunderlich, Keith Timmins, Mike Kelly

General:

The meeting was hosted by club member Mike Kelly at his beautiful loft building in Alton. The building is an old cracker factory with LOTS of history and has an incredible view of the river. Mike rents the building for events. For pictures and rental information see www.altoncrackerfactory.com. Thanks Mike!

First Time Attendees and New Members Present:

Scott Schuyler – The secretary thinks Scott might have been to a previous meeting but just in case.....Scott is well known in the speed skating world and is getting involved in triathlons. He has completed a marathon on in-line skates and his speed skating legs make him an excellent climber on both the bike and run. The secretary has not witnessed him swim uphill yet but based on his other climbing abilities, has no doubt he's fast in the water too!

Visitors:

Jacob Roth – Jacob is a 15 year old student at Marquette High School. He's a competitive swimmer and Try Tri was his first triathlon experience. Think he might be hooked!

Jacob was the only person driven to the meeting by a personal chauffer. Jennifer Roth is Jacob's Mom and personal chauffer. We also learned she is a very accomplished swim coach. We were nice to her hoping for free swimming tips.

Becca Hostettler – Becca is also a local student who competed her first triathlon at Try Tri. She was also excited by her first race and looking to meet other triathletes.

It was exciting to see a couple young athletes getting involved in

triathlons. WELCOME!

Finance Report:

Club finances are reviewed quarterly. If you have specific questions about club finances contact Mike Wever or Jim Clark.

Membership:

Membership total is currently at 114. Jackson Nolen joined in April.

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

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. The kits are scheduled to arrive before we leave for Chattanooga. Fingers crossed!

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.

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
- **The club will book The Wildey for August 2, 2018 based on a voice vote. This is a Thursday night.**
- 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. This is a community outreach event so it was decided purchasing the rights was more appropriate than raising money for the foundation.

- 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.

Club Swim Event:

Dianna Tickner sent out a survey regarding dates for the 2018 swim event. Based on input from the survey, we tentatively are looking at October/November dates. Dianna is in contact with the McKendree Recreation Center regarding the logistics. Stay tuned!

Club Website:

There was discussion about how out of date the current website has become. We have tried to find a volunteer to update the website and keep it current. But this is a task that requires skills, knowledge, and free time which is asking a lot of any club member. We tentatively decided to investigate web companies and see what it would take and how much it would cost to use a professional. This website is one of our most important portals to new and current members and needs to be current to be an effective tool. To be continued.....

2018 Bike for Heroes:

The club is again sponsoring this ride which will be on July 21, 2018. It is a great event which raises money for fallen or wounded military heroes. Club member Mike Kelly is heavily involved in this event.

Last year we had one group do the 80 mile option in a pace line averaging about 20 mph. They will be there again this year. Jump in and take your turn pulling this train!!!!

We will also have a number of club members doing the shorter mile options at more leisurely paces. This group won't go as fast but are guaranteeing a fun ride.

Join us in supporting those that served us!!! A copy of the race flyer is attached.

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 have resumed. Rides start at 5:30PM from bike path parking lot on Wanda Road.

UPDATE: For newer members, the Animal Ride is a weekly ride on the bike trails in Edwardsville AND on the roads around the SIUE campus. There are usually a couple groups (fast and not-as-fast) that go out. First time riders will not be dropped. The rides are a good way to meet club members and enjoy a group ride. If you have specific questions, post them on the Team Godzilla Facebook page or email Tim Holland at twh@kaybeeelectric.com.

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.

Alfon 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. 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

Recent GOTY Events:

- New Full Ironman finishers since the April 2018 meeting:
 - Angelia Ham completed IM Texas on April 28 in a time of 12:46. Race reports indicate the Texas heat reared its ugly head but Angelia was not intimidated and crushed the course. WELL DONE!
- New Half Ironman finishers since the April 2018 meeting:
 - None that we are aware of

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 water station and are looking to defend our title. After much thought and spirited debate, the club voted on a Jamaican theme for 2018. So start growing your dreadlocks and finding your best Jamaican outfit. Also, please start practicing saying "NO PROBLEM MAN" in your best Jamaican voice.

We need as many volunteers as possible. The time commitment is about 2 hours and involves more laughing and supporting the runners than actually working. Check your schedule and join us. Logistics for race morning to follow. Friends, family, kids are all welcome!

Current volunteers: Donna Polinske, Deb Ritter, James Ritter, Jim Clark, Jeanna Clark, Sarah Mahnesmith, Donna Etherton, Jeff Germer, Tim Holland, Keith Timmins, Kyle McLaughlin, Jennifer Todd, Rick Burgess, Robin Misukonis, John Sikes, Liz Stryker, Ed Matecki, Megan Matecki, Tonya Colbert and Phil Coatney. Are YOU cool enough to hang with these local legends?

Go St. Louis – Sorry, Jeff Schleicher was unable to use his computer program with club members against this database and it was too

massive to try and do it by hand. Those that we know completed are listed below. If we missed you, please let us know so we can acknowledge.

- Marathon – Deb Ritter, Jan Wrishnik, Erica Hunt, James Ritter (Deb and Erica both ran Boston qualifying times!!!!)
- Half Marathon – Tariq Quadri, Rick Burgess, Mike Gonski, Donna Etherton
- Marathon Relay – Liz Stryker

River to River – We had 21 Zillas who ran in this 80-mile relay:

- The Metro Tri Club had two teams: MTC – Alton Contingency, made up of Jeanna Clark, Jim Clark, Tim Holland, Vern Hurley, Tariq Quadri, Deb Ritter, James Ritter and Mark Thompson (alias Cunningham); and Team Godzilla, made up of Renee White, Keith Timmins, Sarah Mahnesmith, Jeff Germer, Donna Etherton, Ian Durie and Phil Coatney (Renee ran two legs). The two teams started at the same time and came in ten minutes apart, with the MTC – Alton Contingency crossing the line first!
- 6 other Zillas ran on other teams: Jay Hunt, Erica Hunt, Josh Newman (Metro Milers); Jen Schaller (RunWell or some kind of Alien team); Phyllis Kunz (Wells Fargo); Michele Meckfessel (Honey Badgers – who placed fourth in the Mixed division).

Chain of Rocks – 3 Zillas completed this duathlon: Gary Payne, Lydia Mikoff and Rick Burgess. Special congrats to Lydia for winning her age group!

Try Tri – 29 Zillas participated in one of the two events at this race:

- Super Sprint – 8 Zillas completed this distance (150 yd swim, 10-mile bike and 2-mile run): Jon Klingensmith, Sarah Mahnesmith, Lydia Mikoff, Jackson Nolen, Donna Polinske, Hannah Polinske, Tariq Quadri and Holly Romann. Hannah was the 2nd OVERALL female! Lydia, Donna and Tariq were 1st in their age groups; and Jackson was 3rd in his age group!

- Long Sprint – 21 Zillas completed this distance (300 yd swim, 20-mile bike and 4-mile run): Renee White, Ryan Warren, Greg Voudrie, Jennifer Todd, Keith Timmins, China Rongey, Chris Rankin, Gary Payne, Cindy Oates, Katie Mondy-Hughes, Shannon McWhorter, Charles McFarlin, Ed Matecki, Ann Knoyle, Jay Hunt, Erica Hunt, Donna Etherton, Tanya Colbert, Jim Clark, Jeanna Clark and Andy Biermann. Tanya was the 1st OVERALL female, Ryan was the 2nd OVERALL male and Renee was the 3rd OVERALL female! Jeanna, China and Jay were 1st in their age groups; Greg was 2nd in his age group; while Ann and Cindy were 3rd in their age groups.

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Get up and Go! Biathlon – This race was cancelled due to low registration (duh – everyone was at the Try Tri!)

Upcoming GOTY Events:

12 May – Gateway Tri - CANCELLED

20 May – St. Louis Tri

26 May – Highland Bi – NOTE MOVED TO SATURDAY THIS YEAR

9 June – Rt 66 10K

16 June – Carlinville Bi

17 June – St. Peters Rec Plex Tri

Meeting Suggestions:

None

Next Meeting

Next meeting will be Tuesday night June 5 at Mike Wever's house. Mike lives just minutes from the Wanda bike path parking lot so you can do the Animal Ride, then make the meeting.

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

2018 BIKE FOR HEROES

THE JOSHUA CHAMBERLAIN SOCIETY
Aiding Fallen and Wounded Military Heroes



SATURDAY JULY 21 2018

Race day **registration & check-in** begins at **6:00am**.
Prizes awarded to top Individual & Team Fundraiser!
Fundraising optional. Registration fee is \$40 for Adults
\$10 for Children 12yrs and under.

Start and Finish at:
Faith Luthern Church
Route 3, Columbia, IL
(In Front of Schnucks & McDonalds)

Come **support** some of our
most **severely wounded**
Soldiers and Marines in
the St. Louis Bi-state area.

Register **TODAY** at www.CHAMBERLAINSOOCIETY.org

10 MI

25 MI

50 MI

80 MI

