**Metro Tri Club**

**June 5, 2018 Meeting Minutes**

**Members Present:**

Mike Wever, Kathy Wever, Tim Holland, James Ritter, Jim Clark, Jeanna Clark, Jeff Germer, Donna Polinske, Dianna Tickner, Keith Timmins, Liz Stryker, Phyllis Kunz, Ray Weshinskey, Steve Shaffer, Rick Burgess, Bruce Beachum, Kyle McLaughlin, Phil Coatney, Gary Payne, Krystal Giltner, Jeff Schleicher, Ed Matecki, Bill Peterson, Mike Hovatter

**General:**

The meeting was hosted by Mike and Kathy Wever.

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

None

**Visitors:**

Megan Metecki – Megan attends most of our meetings with her Dad Ed. The club is considering starting a pool where you buy a chance of picking the exact date Megan beats her Dad in a GOTY race. Don’t look behind you Ed, she’s gaining!!!!!

**Finance Report:**

Club finances are reviewed quarterly. If you have specific questions about club finances contact Mike Wever or Jim Clark. We are in good shape financially.

**Membership:**

Membership total is currently at 116. Teresa Alverez and Steven Hayes joined in May. Now Teresa and Steven need to attend a meeting so we can learn all about them.

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

**General Discussions:**

**Member Discount Codes:**

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

**Uniforms:**

Reviews and comments from the new Wattie kits were very positive. They were VERY comfortable and looked awesome. Several members had people recognize we were from STL by seeing the arch on the kit. Sadly, the kit made the club secretary look great but didn’t help his speed.

Jim plans to ask Wattie to open another order window soon. To place an order, we need some minimum quantities of the different pieces. If you would like to order, please take a minute to drop Jim Clark an email or comment on the club Facebook page. Jim is [orno11@yahoo.com](mailto:orno11@yahoo.com).

Possible items available if we can meet the minimums:

Tri tops

Tri shorts

Bike jersey

Bike pants

**Flatline to Finishline Movie Event:**

Jay Hunt and Mike Wever are working on this new event.

* 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. Luke’s 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.

**NOTE: The comments above are from the May meeting.** Donna Polinske asked about reserving Recess Brewery for a Q&A after the event.

Jay was not at meeting so we didn’t get an update on main event. 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……

…..Donna Polinske talked to Acropolis Technology and they do not do website development. Donna Etherton agreed to take a look at the website and see if we can’t determine what we want. Donna Etherton and Jeff Schleicher will be talking during June. Stand by for updates…..

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!!!

Route 66 10k Waterstop:

Don’t forget- Route 66 10k is Saturday June 9!!  Reggae theme. Ya mon!!  Always a great time and only 2 hour time commitment. Plus a GOTY volunteer point!

Current water stop volunteers are:

James Ritter, Jim Clark, Jeanna Clark, Sarah Mahnesmith, Donna Etherton, Jeff Germer, Tim Holland, Keith Timmons, Phil Coatney, Kyle McLaughlin, Jennifer Todd, Robin Misukonis, John Sikes, Liz Stryker, Ed Matecki, Megan Matecki, Tonya Colbert, Rick Burgess, Russ Darbon

WE NEED MORE VOLUNTEERS!!!! If you’re not on the list and want to be- let us know or just show up Saturday morning! KIDS ARE WELCOME TO COME HELP AND CHEER!!!!

Meeting time is 7:30AM at Esic and 157

Gateway East Trails:

The club had voted earlier in the year to donate $500 to this organization working to expand the bike trails in St. Clair County. Mike Hovatter provided the mailing information and Mike Wever will mail a check this week.

Compression Recovery Boots:

Phil Coatney mentioned the idea of the club purchasing a set of the compression boots. At the larger races, the manufacturer typically has a demonstration booth. This is an interesting idea that needs more discussion and input from members. Thoughts????

Open Water Swim Opportunities:

Rich Adams with MSE Racing and St. Louis Tri Club is putting together OWS opportunities this summer at Simpson Lake in Valley Park. Local tri clubs will “host” the swims. The host club will have the swag, swim caps, water, chips, granola, etc. for the swim. The supplies are furnished by MSE Racing and our club will simply have the opportunity to set up our tent and do a meet and greet with swimmers.

The swims are 7:00am to 10:00am and the only thing we need to do is set up and tear down the tent.

Need a few members willing to go over on our weeks. Should be able to take turns so we get the chance to meet and greet and swim too.

Dates are:

6/30 (Metro Tri Club) 8/4 (Metro Tri Club)

7/14 (St. Louis Tri Club) 8/11 (St. Louis Tri Club)

7/21 (Swim Bike Run) 8/18 (Swim Bike Run)

7/28 (On Pace Racing) 9/1 (On Pace Racing)

Carlinville Route 66 5K and Biathlon:

This event will be held on June 16 at the Carlinville Area Hospital to raise money to extend the bike trail to Beaver Dam. Preregistration numbers are low so this might be a great opportunity to help a great cause AND win some hardware for your trophy case. Several club members will be racing and highly recommend the event.

Meeting Minutes

Last month a club member actually contacted the secretary requesting a copy of the meeting minutes because she did not receive. Could this be considered proof that at least one person actually reads these minutes or was she simply bored at work?

**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](mailto: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.

**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)

Recent GOTY Events:

New Full Ironman finishers since the May 2018 meeting:

* + Anyone?
  + We know Renee White is in Australia to compete in a full IM. Stay tuned for results.

New Half Ironman finishers since the May 2018 meeting:

* + Chattanooga – We had 26 Zillas participate in this race: Andy Biermann, Jeanna Clark, Jim Clark, Phil Coatney, Tanya Colbert, Donna Etherton, Jeff Germer, Rhonda Grammer, Mike Gonski, Tim Holland, Mike Hovatter, Erica Hunt, Jay Hunt, Todd (Toddzilla) Kozak, Charles McFarlin, Kyle McLaughlin, Darrel Meek, Robin Misukonis, Cindy Oates, Bill Peterson, China Rongey, John Sikes, Liz Stryker, Keith Timmins, Greg Voudrie and Renee White. Also racing under the Team Godzilla name were former members Kelly and Tyler Kostich. Tanya Colbert turned in our fastest time with an impressive 5:07, followed closely by Renee White with a 5:12! Based on all of their finishes, the Metro Tri Club place FIRST in Division 4!!
  + Based on their performances, Renee White and Donna Etherton each earned invitations to the 2019 IM70.3 World Championships in South Africa. Now that’s a road trip!
  + Others?

Gateway – According to the website, this triathlon were cancelled due to low registration.

Collinsville/Maryville YMCA – We had 6 Zillas complete this half marathon and 20 Zillas who received GOTY points for volunteering (Note - there were several former Zillas who raced or volunteered who are not included in these lists):

* + Half Marathon – Rick Burgess, Tom Donaldson, Ian Durie, Lisa Fowler, Shannon McWhorter and Holly Romann. Tom won his age group (he was 5th OVERALL at age 43 – the four in front of him were in their 20s) and Rick was 2nd in his age group.
  + Zilla Volunteers – Jennifer Todd, Diana Tickner, John Sikes, China Rongey, Donna Polinske, Bill Peterson, Gary Payne, Robin Misukonis, Shannon McWhorter, Andy McKellar, Ed Matecki, Jay Hunt, Erica Hunt, Mike Gonski, Donna Etherton, Russ Darbon, Andrea Darbon, Bill Coyne, Rick Burgess and Cheri Becker (Race Director!). As a side note, Ed Matecki also played the National Anthem on his trumpet to start the race. The diversity of talent in our club continues to be amazing. WELL done Ed!

St. Louis – We had 11 Zillas complete one of the following tri’s:

* + Sprint – Chris Rife and Mark “Cunningham” Thompson.
  + Olympic – Ryan Warren, Jennifer Todd, James Ritter, Tariq Quadri, Josh Newman, Shannon McWhorter, Jon Klingensmith, Emily Johnson and Sean Binger. Ryan recorded the fastest time, placing him 3rd in his age group; and Josh won the Clydesdale division.

Highland – We had 12 Zillas participate in this event:

* + Team – Lydia Mikoff teamed up with hubby Mike Mikoff and placed 6th among all teams (I think they were 3rd in the mixed division but the results were confusing).
  + Biathlon – We had 10 Zillas complete the biathlon (5 mile run and 20+ mile bike): Keith Timmins, Scott Schuyler, John Roth, Alex Roth, James Ritter, Emily Reed, Tariq Quadri, Gary Payne, Emily Johnson, Tim Holland and Rick Burgess. John Roth was 6th OVERALL with in the fastest Zilla time. What sucked was that 3 of the 5 guys in front of John were in his 45-49 age group! New member Scott Schuyler was 7th overall and 1st in his age group! Congrats to others placing in the age group: 1st – Emily Johnson; 2nd – Alex and Keith; 3rd – James, Tim and Rick!

Upcoming GOTY Events:

9 June – Rt 66 10K

16 June – Carlinville Bi

17 June – St. Peters Rec Plex Tri

4 July – Hillsboro Bi

8 July – New Town Tri

14 July - Tour De Donut

15 July – Ballwin Tri

21 July – Bike for Heroes

22 July – Tour De Kirkwood Tri

28 July – Springfield Tri’s

**Meeting Suggestions:**

Hey members, the club NEEDS different places to have our meetings. If you’re interested in having 20-30 smelly people at your house for 90 minutes, please let us know. The club will provide and pay for snacks and drinks. We just need a tree to sit under, a deck to crowd, or a basement to stink up.

**Next Meeting**

Next meeting will be Tuesday night July 10 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