**Metro Tri Club**

**July 10, 2018 Meeting Minutes**

**Members Present:**

Mike Wever, Kathy Wever, Tim Holland, Jim Clark, Jeanna Clark, Jeff Germer, Dianna Tickner, Keith Timmins, Liz Stryker, Ray Weshinskey, Phil Coatney, Gary Payne, Krystal Giltner, Jeff Schleicher, Tanya Colbert, Donna Etherton, John Sikes, Scott Schuyler, Rhonda Grammer, Gary Highfill, Mike Hovatter, Erica Hunt, Jay Hunt, Mike Kelly, Kyle McLaughlin, Mark McWhorter, Shannon McWhorter, Lydia Mikoff, Robin Misukonis, and Donna Polinske

**General:**

The meeting was hosted by Mike and Kathy Wever. For the second meeting in a row, Ray Weshinskey has thrilled the crowd with grilled salmon. Now ask yourself how many clubs with a $20 membership fee provide grilled salmon at the meetings?

Disclaimer from our legal department – Menu items served at previous meetings may not always be provided…..you have to show up to know.

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

None

**Visitors:**

Janet Keffer attended with Mike Kelly. We didn’t get to learn all about Janet but rumor has it she is a GREAT yoga teacher. Maybe she’ll attend another meeting and we can learn more.

**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.

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:**

Jim plans to ask Wattie to open another order window soon. To place an order, we need 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

**JULY UPDATE – There seems to be interest in bike jerseys and pants. We HAVE to know we can meet the minimum order quantity for Jim to open an order window. IF you will order, please let Jim know at email above ASAP.**

**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.~~ Due to summer racing schedules, it was decided to push this event back to the fall. Jay is working with the Wildey to determine possible dates.**
* 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.

**Club Website:**

Donna Etherton is taking the lead on this issue (What’s this? A willing volunteer??). She has talked to the company that does SBR website which is really cool. She received order of magnitude pricing just before the meeting and the consensus was it was way more than our budget.

Back to the drawing board……Donna is going to try to get with Jeff and at least learn how to make changes so important updates can be made to the site until we figure out how to address long term.

**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. 10, 25, 50, and 80 mile options available. Club member Mike Kelly is heavily involved in this event.

Registration at [www.chamberlainsociety.org](http://www.chamberlainsociety.org)

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!!!! Keith Timmins is coordinating the 80 mile fast group. If you are interested, please let Keith know. His email is <keithtimmins@gmail.com>

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!!!

**Gateway East Trails:**

The club made the $500 donation discussed at last month’s meeting. We received a very nice thank you note from the Director for our donation. Hopefully, sometime soon, our donation will help add approximately 8 miles to the bike trails.

**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:

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

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

**8/4 (Metro Tri Club)**

**Up-A-Creek:**

A date of 29 September or 13 October was proposed. General consensus was 29 September. Mark your calendar and watch for updates as the date gets closer. Key points for those who have never “raced” this event:

1. Free (so start saving your money now)
2. You might get an award just for finishing (some would say the award is for being stupid enough to even start).
3. You might get wet….ok, that’s a lie! You WILL get wet….see name of the event.
4. You might have fun….ok that’s a lie too! You WILL have fun or we guarantee your race fee back (see #1 above)

**Miles for Meso 5K:**

We are once again responsible for race volunteers for this race. Keith Timmins is coordinating volunteers. The race is on September 22 in Alton and we need 18 to 20 volunteers. If you can help, please let Keith know at [Keithtimmins@gmail.com](mailto:Keithtimmins@gmail.com)

Key points:

1. It’s a 5k so only takes about 1.5 hours.
2. It’s a beautiful course in Alton with some great views for you history buffs.
3. The Alton group runs at 5AM on Saturday, so you can come up early and run with them, shower at their very exclusive health club, then volunteer. Contact Tim Holland at 314.724.2154 for logistics.
4. The race is sponsored by Simmons Law and is the only race locally that not only has beer but mixed drinks. Club members, please be reminded we are guests and as such it is not appropriate to bring an empty cooler to fill with free beer to take home….unless you are sure you won’t get caught and promise to bring to next club meeting….then go for it.
5. To access many of the volunteer stations, you pass right by Duke’s Bakery. While eating fresh baked donuts is not recommended by the clean eating faction of the club, the secretary HIGHLY recommends a quick stop for a snack. Then again, if you look closely at the race results later in these minutes you will NOT find his name winning any awards. Life is full of choices….to win or eat donuts is one we each must make. See you at Dukes!

**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 June 2018 meeting:

* + Renee White completed a full IM in Australia.

New Half Ironman finishers since the June 2018 meeting:

* + Anyone?
  + We found out that at Chattanooga IM70.3 in May Renee White, Tanya Colbert, and Donna Etherton all qualified for the IM70.3 World Championship to be held in South Africa. Congrats!!!!!

**Route 66 10K:**

We had 14 Zillas who completed this 10K run put on by our sister-club, the Metro Milers and 20 Zillas who helped as volunteers:

Runners: Foti Sakadaris, John Roth, Alex Roth, Emily Reed, Gary Payne, Jackson Nolan, Nancy Migliozzi, Shannon McWhorter, Michal Matras, Ann Knoyle, Jay Hunt, Erica Hunt, Angelia Ham and Ian Durie. Age group placers included: 1st – Ann; 2nd – Emily; and 3rd – Erica! (Note that Erica probably would have placed higher in her age group but she had to carry an excessive amount of silly string to the finish!)

Water Stop Volunteers: Donna Polinske (team captain – ya mon!), Rick Burgess, Jeanna Clark, Jim Clark, Russ Darbon, Donna Etherton, Jeff Germer, Rhonda Grammer, Tim Holland, Mike Hovatter, Sarah Mahnesmith, Ed Matecki, Kyle McLaughlin, Robin Misukonis, Cindy Oates, James Ritter, China Rongey, John Sikes, Liz Stryker and Keith Timmins. We also had 3 future Zillas who did an awesome job helping us with external hydration of the runners with water guns: Eva Mahnesmith, William Lukowski and Megan Matecki! We were informed later that, once again, our water stop was voted as #1 by the runners!!

**Carlinville Biathlon:**

We had two Zillas complete this biathlon. Phil Coatney won his age group and James Ritter was 2nd in that same age group!! (They came in 4th and 5th OVERALL.)

**St. Peters Rec Plex Triathlon:**

We had two Zillas complete this triathlon – Tariq Quadri and James Ritter. Both took 2nd in their respective age group!!

**Hillsboro Biathlon:**

We had five Zillas compete in an event:

Individual Biathlon – James Ritter, Tariq Quadri, Gary Payne and Rick Burgess. James placed 3rd OVERALL; Tariq and Rick were 1st in their age group; and Gary was 2nd in his age group!!

Team Biathlon – The Mikoff’s – Lydia and Mike – placed 1st in the Mixed Team division (they were also 3rd place among ALL divisions!)

**New Town Triathlon:**

We had 11 Zillas complete one of the events at this triathlon:

Sprint – Emily Johnson and Lydia Mikoff; both who took 2nd in their age group!!

Long – Mark Thompson, James Ritter, Cindy Oates, Shannon McWhorter, Ed Matecki, Tim Holland, Angelia Ham, Donna Etherton and Carl Dake. Donna took 2nd in her age group and Carl and James took 3rd in their age group!!

**Upcoming GOTY Events:**

14 July - Tour De Donut

15 July – Ballwin Tri

21 July – Bike for Heroes

22 July – Tour De Kirkwood Tri

28 July – Mud Mountain 5K at SIUE

28 July – Springfield Tri’s

11 August – Wood River Duathlon

12 August – Godfrey Tri

12 August – Conquer Castlewood

18 August – Lake St. Louis Tri

18 August – Edwardsville Crit

26 August – Sunset Hills Tri

**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 August 7 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.

**Social Meetings:**

Watch your email and social media for a special “meeting” or two coming up soon. These will most likely be on a Friday night and include NO official club business. The thought is to have a speaker or two talk for just a few minutes on some interesting topic then have a social evening to eat, drink, and talk.

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