**Metro Tri Club**

**August 14, 2018 Meeting Minutes**

**Members Present:**

Mike Wever, Tim Holland, Jim Clark, Jeanna Clark, Jeff Germer, Dianna Tickner, Keith Timmins, Liz Stryker, Phil Coatney, Tanya Colbert, Donna Etherton, Gary Highfill, Mike Hovatter, Erica Hunt, Jay Hunt, Shannon McWhorter, Lydia Mikoff, Donna Polinske, Fawn Dintelmann, Russ Darbon, Ed Matecki, Jackson Nolen

**General:**

Because of weather concerns, the meeting was moved from Mike Wever’s house to Recess Brewery.

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

Fawn Dintelmann is both a new member and was a first time attendee. Jackson Nolen has been a member for a while and was attending his first meeting.

**Visitors:**

Meagan Matecki attended another meeting and this time she brought a guest. (Can a visitor bring a visitor?)

1. Yes, when the visitor is Meagan because she attends more meeting than most members.
2. Yes, when her guest is the family dog Abby who made lots of new friends.

**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 121.

New members: Fawn Dintelmann of Edwardsville and Laurie Greco of Granite City.

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~~

**August UPDATE – We have enough interest in tri tops, tri shorts, and bike jerseys to place an order. IF you will order, please let Jim know at email above ASAP.**

**MTC Shirts:**

We need to place an order for MTC shirts that can be bought by members and worn to races. Mike Wever to check and advise.

Cotton tee – new member freebie

Tech sleeveless

Tec short sleeve

Tech long sleeve

**Club Website:**

Donna Etherton is taking the lead on this issue and will work at keeping the website current. Donna is trying to meet with Jeff Schleicher and get a lesson on how to modify the website.

**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 “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.

MTC hosted the event on 8/4. We set up the tent and provided loaner swim buoys and swim goggles for the athletes to try. The loaners were furnished by MSE Racing but gave MTC a change to interact with swimmers and discuss our club. The event was very well organized and a lot of fun. Plus we got a free OWS as an added bonus. Members volunteering were: Ed Matecki, Lydia Mikoff, Tim Holland, and Jeanna Clark.

OWS date remaining is:

9/1 (On Pace Racing)

**Up-A-Creek:**

The event is scheduled for September 29. Details to follow.

Keith sent out an email inviting members to sign-up. The race is held in a creek with a staggered start and is approximately 3.2 total miles long. You will race over or through rocks, sand, mud and water and around/over/under fallen trees. The cost is free and all participants (up to 20) will receive an award for completing it. It is also a GOTY event!

Those “in” so far include: Vern Hurley, Josh Newman, Chris Rankin, Jeff Schleicher, Phil Lading, Hunter Lading, Chase Lading, Keith Timmins, Tim Holland, Tanya Colbert, Jeanna Clark, Russ Darbon, Donna Polinske. Jackson Nolen, Brandon Winklemann, and others?

Volunteers so far include: Timing - Mike Hovatter and Jeff Germer; Photographer - Robin Misukonis; Photographers/Water stop - Lydia Mikoff and Fawn Dintelmann.

If you plan on racing email Keith ASAP at [Keithtimmins@gmail.com](mailto:Keithtimmins@gmail.com)

**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)

Current Meso Volunteers:

* Executive Support: Robin Misukonis
* Course Marshals – Donna Polinske, Liz Stryker, Mike Hovatter, John Sikes, James Ritter, Bill Peterson, Jim Clark, Jeanna Clark, Keith Timmins, Bill Coyne, Ed Matecki, Kyle McLaughlin, Rhonda Grammer, Ray Weshinskey, Jeff Germer, Sarah Mahnesmith, Tim Holland, Tanya Colbert, Jan Wrischnik, Eli Clark, Reiley Clark, Dianna Tickner (maybe).

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!

**Pere Marquette Trail Run:**

Tim Holland gave an update on race planning for the 30th anniversary of this exciting race.

* Timing contract signed with Fleet Feet
* All contracts and permits in place at Pere Marquette
* Room block booked and filling up at the lodge
* Band has been booked
* Swag – Lot of discussion about SWAG. Tim had a “first pass” drawing of the shirt for 2018. It was REALLY cool but at $23/shirt was out of our price range. Working to get the price down close to what we spent last year ($17/shirt).
* Medals – Because this is the 30th anniversary, we decided we WERE doing finisher medals. A rough budget of $5/medal was established with the goal of finding cool medals more in the $4 range.
* Pricing – Lot of discussion about race pricing. Final vote was to raise the price from $40 to $45 to cover the added cost of finisher medals.
* Race direction – The idea of running the course backwards as part of our 30th anniversary celebration was also discussed. Consensus is “Let’s do it”. Tim to work with Keith Timmins on some of the logistics such as water stop locations and mile markers.
* Registration will open on August 15 for those booking a room at the lodge.
* Registration will open on August 19 for those who donated $20 or more to the trail fund in 2017.
* Registration for club members will open on August 19. Club members are encouraged to register early because once open registration is active it will be first come first served. YOU have been warned.
* Open registration will open on September 1.

**MTC Team Race 2019:**

Earlier the club voted for IM Steelhead 70.3 to be our club race for 2019. Since the vote, IM added Traverse City 70.3 and moved Steelhead 70.3 to the summer. The decision was made to reopen the voting to address the changes.

Mike Gonski will send out a final survey to determine the majority preferences. PLEASE take 1 minute to vote if you plan to do the club race next year.

**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 July 2018 meeting:

* + Anyone?

New Half Ironman finishers since the July 2018 meeting:

* + 70.3 Springfield Half Distance Triathlon – Shane May and Renee White. Renee was the 1st OVERALL woman!!
  + IM 70.3 Ohio – Jay Hunt
  + IM 70.3 Steelhead – Cindy Oates

Age Group Triathlon Nationals:

Olympic Distance – Jeanna Clark, Phil Coatney, and Jay Hunt competed in this distance. The swim was OWS in Lake Erie.

Sprint Distance – China Rongey, Robin Misukonis, Brigitte Stotter, John Sikes, and Erica Hunt completed this distance. Because of unsafe swim conditions, the race was changed to a Run/Bike/Run.

Tour De Donut – 21 Zillas completed this bike race: Bruce Beachum, Rick Burgess, Tanya Colbert, Tim Holland, Jon Klingensmith, Phil Lading, Sarah Mahnesmith, Ed Matecki, Kyle McLaughlin, Michele Meckfessel, Lydia Mikoff, Bob Patterson, Gary Payne, Tariq Quadri, Deb Ritter, James Ritter, Keith Timmins, Kathy Wever, Mike Wever, Renee White and Jan Wrischnik. The Zilla women continue to kick butt in races, coming back from this one with the following awards:

* + Tanya Colbert – Tanya was 1st OVERALL female unadjusted time and 1st OVERALL female adjusted time. She also took 1st place in her age group for both the unadjusted and adjusted time.
  + Michele Meckfessel – Michele was 2nd OVERALL female unadjusted time and 2nd OVERALL female adjusted time. She also took 1st place in her age group for both the unadjusted and adjusted time.
  + Renee White – Renee took 2nd in her age group for unadjusted time and 3rd in her age group for adjusted time.

Ballwin – 5 Zillas completed one of these triathlon events:

* + Double triathlon: Sean Binger was the only Zilla in this event.
  + Sprint triathlon: Cindy Oates, Gary Payne, Ed Matecki and Bill Coyne. Cindy took 1st place in her age group and Ed took 3rd in his age group. Of special note is that Gary and Ed did a “Hovatter Double” – completing the Tour de Donut and Ballwin Sprint Tri on back to back days!

Bike for Heroes – 13 Zillas participated in the following distances at this event:

* + 5 Zillas did the 50-mile ride – Dianna Tickner, Steve Shaffer, Shane May, Rick Burgess and Bruce Beachum.
  + 8 Zillas did the 80-mile ride – Donna Etherton, Tim Holland, Rick Mann, Michele Meckfessel, Jeff Schleicher, Liz Stryker, Keith Timmins and Renee White. Rick, Michele, Jeff, Renee and Keith did it as a “pace line” that averaged 20 mph for the 80 miles.

Tour De Kirkwood – Gary Payne was the lone Zilla representative at this triathlon!

Mud Mountain – 2 Zillas, Gary Payne and club sponsor Chris Amick, completed this trail 5K. Chris took 2nd in his age group!

Springfield – 2 Zillas, Robin Misukonis and her daughter China Rongey, completed the sprint triathlon event. Robin took 2nd in her age group while China took 1st in her age group! Bill Peterson was part of a relay team that completed this event.

Wood River – This duathlon was cancelled due to low registration. The triathlon was cancelled because the pool is being demolished.

Conquer Castlewood – Keith Timmins was the lone Zilla at this adventure race.

Godfrey – This triathlon was cancelled due to low registration. (date conflicted with several other races)

Upcoming GOTY Events:

18 August – Lake St. Louis Tri

18 August – Edwardsville Crit

26 August – Sunset Hills Tri

9 September – Litchfield Tri

16 September – Millstadt Biathlon

29 September – Up-A-Creek

**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 September 4 at a location TBD. (Note, the date may change too based on holiday. Stay tuned!)

**Social Meetings:**

Watch your email and social media for a special “meeting” coming up soon. This 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