**Metro Tri Club**

**September 4, 2018 Meeting Minutes**

**Members Present:**

Tim Holland, Jeff Germer, Keith Timmins, Liz Stryker, Phil Coatney, Tanya Colbert, Donna Etherton, Erica Hunt, Jay Hunt, Lydia Mikoff, Donna Polinske, Fawn Dintelmann, Ed Matecki, Jackson Nolen, China Rongey, Robin Misukonis, John Sikes, Jeff Schleicher, Chris Amick, Cheri Becker, Bill Coyne, Rick Burgess, Phil Lading

**General:**

The meeting was held at Recess Brewery where Jeff Germer could drink nasty dark beer.

VP Donna Polinske ran the meeting and did an awesome job.

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

None

**Visitors:**

Megan Matecki attended another meeting and brought Abby again.

**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 122.

New members are Bill Acker from Shiloh IL and Emily Reed. Emily is a long time member who “forgot” to rejoin last year. Since she had money, we agreed to forgive and allow her back in the exclusive club.

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:**

The Wattie order window has been opened and will close on 9/7.

To place an order, we need minimum quantities of the different pieces. At the meeting Jim sent word that we were still a little short on a couple items. Jim is [orno11@yahoo.com](mailto:orno11@yahoo.com).

Possible items available if we can meet the minimums:

Tri tops

Tri shorts

Bike jersey

**MTC Shirts: ACTION ITEM**

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

September Update – Mike was not present so no update was available.

**Club Website:**

Donna Etherton volunteered to help Jeff Schleicher keep the website current. Prior to the meeting Donna and Jeff met and worked on the website. PROGRESS is being made.

**Up-A-Creek:**

The event is scheduled for September 29. Keith is sending out super-secret information to those signed up.

The event is held in a local creek with a staggered start and is approximately 3.2 total miles long. You will run 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 finishing. It is also a GOTY event!

**Please note – You do NOT have to be a MTC member to “participate”. Feel free to bring a friend.**

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, Ed Matecki, Megan Matecki, and Steve Woods. Anyone else ready to take the plunge with us???? The price is right!

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

**September Update**

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 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 – Tim brought another sample shirt that is in the $15/shirt range. It had a really cool color combination. A couple people suggested seeing if the shirt was available in a greenish color. Tim is checking and working on getting the price down a bit more. But the consensus was NOT to sacrifice quality. A motion was made and passed to not exceed $15/shirt. This price keeps us in the budget range we need.
* Medals – Tim is working on medals but after more research thinks $4/medal is more realistic than the $5 discussed last month.
* Race direction – Based on vote taken last month, the race will be run backwards. Tim and Keith will work on logistics. We will need a few “temporary” mile marker signs made so racers know where they are on the course.
* Registration is open and as of 9/4 was at 599. 700 is the cut-off. The numbers are 4% lower than last year so tracking fairly close to 2017.
* PMTR Volunteers - Keith sent an email to the volunteers from the 2017 race asking about their interest in volunteering for the 2018 race. Once that group has responded, he will send an email to the club to try and fill any open positions.
* Pere Marquette Volunteers who have jobs during the race who want to run early – Robin Misukonis, Bill Langton and Jim Clark (maybe)

**River to River (20 Apr 19):**

In the next week Keith will send out an email to club members seeking those who are interested in running on club team at this relay race. The number of those interested will determine how many teams we will try to register in October 2018. Historically, we try for (2) 8-person teams. If you have not done this event before, take to a club member who has. It is a BLAST!

**MTC Team Race 2019:**

Because of several Ironman 70.3 date and location changes, the decision was made to redo the club survey. This should happen in the next week or so.

**Bentonville TriFest for MS**

Donna Polinske gave an update on Hannah’ first race as a college athlete in Bentonville AK. The race has some very different “twists” to it that made it very interesting. There was some discussion about a road trip in 2019 to this race which is also open to the public (as long as you pay your money). Bentonville AK is home to world famous Walmart. Who wouldn’t be interested in a possible visit to the Walmart “mothership”?

**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).

**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 August 2018 meeting:

* + Anyone?

New Half Ironman finishers since the August 2018 meeting:

* + Renee White competed at the Ironman 70.3 World Championship in South Africa. GREAT JOB Renee!!!!!

**Edwardsville** – 2 Zillas, Scott Shaw and Judy Slosar, raced in the 2018 Criterium. Judy’s son, Jacob Slosar, easily won the men’s Junior division. As a side note, Judy’s “senior” women’s race ran at the same time as the Junior division race. We don’t think Judy was upset at all when Jacob lapped her!

**Lake St. Louis** – No Zillas participated in the sprint triathlon and Ed Matecki was the lone Zilla completing the Olympic distance. Congrats to Ed who placed 2nd in his age group!

**Sunset Hills** – Bill Coyne was the lone Zilla completing this triathlon.

**Sparta** – 4 Zillas completed this sprint triathlon: Robin Misukonis, Gary Payne, China Rongey and John Sikes. Congrats go to ALL of them - Gary place 2nd in his age group while Robin, China and John all placed 1st in their respective age groups!

Upcoming GOTY Events:

9 September – Litchfield Tri

16 September – Millstadt Biathlon

29 September – Up-A-Creek

7 October – MO Cowbell Marathon/Half Marathon

27 October – Valmeyer Bluff Trail Run

**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 date and location TBD. Stay tuned!