**Metro Tri Club**

**October 1, 2018 Meeting Minutes**

**Members Present:**

Tim Holland, Liz Stryker, Phil Coatney, Tanya Colbert, Donna Etherton, Erica Hunt, Jay Hunt, Lydia Mikoff, Donna Polinske, Fawn Dintelmann, Robin Misukonis, John Sikes, Chris Amick, Phil Lading, Mike Gonski, Mike Hovatter, Gary Payne, Jeanna Clark, Mike Wever, Bill Peterson, Matt Dunn, Deb Ritter, James Ritter, Brandon Winklemann

**General:**

The meeting was held at Wang Gang. Well, we started at Los Tres Amigos but discovered they booked the room we usually “borrow”. As a side note, Wang Gang put us in a room and did a great job taking care of a big group with no notice.

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

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

None

**Visitors:**

Eli Clark was with his mom and managed to entertain James Ritter the entire meeting. James has never behaved so well at a meeting.

**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.

Money from Pere Marquette registration has been coming in making our balance look larger than normal. Expenses from the race will start drawing the balance down before the next meeting.

**Membership:**

Membership total is currently at 122.

New member for September was Jeff Frome. Jeff is a past member rejoining the club.

Membership dues for 2019 can be paid at any time now. See Dianna’s email below.

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**

**We also have a discount code for MSE Racing events. Need to get the code…..**

**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 – The shirts have been selected and graphic design is in final stages. Shirt costs will come in under the $15/shirt budget set at last meeting.
* Medals – Medals have been selected and are also in final design. They will come in a little under the $4/medal budget.
* 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 10/1 was at 646. 700 is the cut-off. The numbers are just a little lower than last year.
* Pere Marquette Volunteers – Thanks to all of the club members who have already responded to our call for volunteers at the 2018 race. Of the 84 positions, we have filled all but four!! Many of you have volunteered for more than one position! The following are the positions that still need to be filled:
* Water Stop – 3
* Photographer – 1
* Pere Marquette Volunteers who have jobs during the race who want to run early – Robin Misukonis, Bill Langton and Jim Clark (maybe). Since this group will not be running with the main race, it was decided they would be eligible for finisher medals but not age group awards. The early option is ONLY for those volunteering during the race.

**2018 ZillaCross Triathlon (27 Oct 18):**

The ZillaCross Triathlon will be on October 27th at 3:00pm (4 mile cross/mountain bike, paintball target shoot (guns and paint provided and 2 mile run). First place trophies for male and female. FREE entry for Tri members. This is a GOTY event. Bonfire and social after the race.

This event is being hosted by Jim and Jeanna Clark at Wildcat Paintball in Staunton. Jim needs a headcount to plan. Please drop him a quick email at [orno11@yahoo.com](mailto:orno11@yahoo.com)

Wildcat Paintball

390 3rd St

Staunton IL 62008

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

To date, those who have expressed an interest in being on a Metro Tri Club 8-person team are: Jeanna Clark, Jim Clark, Donna Etherton, Tim Holland, Shannon McWhorter, Lydia Mikoff, Chris Rankin, Shanna Rankin, Scott Schuyler, Liz Stryker, Keith Timmins, Renee White, Brandon Winklemann, Robin Misukonis, John Sikes, and Fawn Dintelmann.

**MCDD Beaver Dash (10 Nov 19):**

Matt Dunn made a presentation about the upcoming Beaver Dam Dash. He still needs a few volunteers and can always use more runners. A copy of the race flyer is attached.

**2018 MTC Swim Challenge (1 Dec 19):**

The Swim Challenge will take place at 4:00 PM December 1 at the McKendree College pool. There will be 1 and 2.4 mile options. Details to follow.

**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 been suspended until spring when time changes.

**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)

**IMPORTANT CLUB BUSINESS:**

Metro Tri Club Officers – Per the club by-laws, our officers serve three-year terms. Effective at the banquet in February 2019, three of our officers will have completed their 3rd year. Normally our officers come from this group – those who regularly attend the monthly club meetings. Please consider becoming a club officer. Look around the room and think of others who are normally here who would be a good officer. No one is groomed for an officer position in this club. Everyone who jumps into the fire gets help from those who previously held the position, then basically forms the position around their skills and personality. The three positions that we will be looking to fill are as follows, with the job description from our club by-laws:

President: (1) provides leadership to the club by proposing policies and practices; (2) normally presides at board and membership meetings; (3) oversees all of the club purposes; (4) oversees the activities of subcommittees for items such as club-sponsored races and events; (5) oversees the public relations of the club; (6) recommends to the club the creation and disbanding of temporary committees; and (7) performs all other duties that pertain to the office or that may be specified in these bylaws.

Vice President. In the absence of the president or in the event of the president's disability or refusal to act, the vice president performs the duties of the president, and when so acting, he or she has all the powers of and is subject to all restrictions of the president. In the absence of the President at a monthly membership meeting or the annual business meeting, the vice president will assume the duties of the president. The vice president also discharges other duties as may from time to time be required by the president or by the board.

Treasurer: (1) ensures that MTC finances are managed and that funds are appropriately secured, deposited, spent and reported; (2) is responsible for timely filing of tax returns and all annual reports; (3) may recommend that any or all of the above duties be delegated to MTC club members or independent professionals as the board may choose, provided the treasurer is responsible for oversight of such tasks; and (4) is responsible for making all club financial records available for internal or external auditors.

Recent GOTY Events:

* New Full Ironman finishers since the September 2018 meeting:
  + Renee White completed Chattanooga despite having recently undergone major oral surgery.
* New Half Ironman finishers since the September 2018 meeting:
  + See below for the Litchfield half distance results.
* Jackson Nolen completed IM 70.3 in Muncie. Based on Facebook race reports, he had a great experience. Well done Jackson!!!!

Litchfield – 18 Zillas completed one of the following triathlon events:

* + Sprint – China Rongey, Donna Polinske, Brandon Winklemann, and Andrew McKellar. China, Donna and Andrew each took 2nd in their age group!
  + Olympic – Carl Dake, Emily Johnson, Ann Knoyle, Ed Matecki, Shannon McWhorter, Tariq Quadri, Emily Reed and James Ritter. Ann, Ed and James all took 1st in their age group; and Carl took 3rd in his age group.
  + Half Distance – Josh Newman, Charles McFarlin, Shane May, Jon Klingensmith, Jay Hunt, Erica Hunt and Fawn Dintelmann. Jon was the 3rd OVERALL Male; Josh was 1st in the Clydesdale division; while Jay and Erica kept it in the family, each taking 2nd in their age group.
* Fall St. Charles Rec Plex – Bill Coyne was the lone Zilla who completed this sprint triathlon. Bill was 1st in his age group!
* Millstadt – 4 Zillas completed this biathlon – Jeff Fromme, Bob Patterson, Keith Timmins, Brandon Winklemann.
* Meso – There were 4 Zilla runners at this 5K. 23 Zilla volunteers supported the race:
  + Runners – John Sikes, Bob Patterson, Gary Payne and Vern Hurley. Vern was 2nd in his age group! Of special note – “Future” Zilla River Wrischnik (try saying his name five times real fast :-) won his age group with a 6:40 pace!
  + Volunteers – Jeanna Clark, Jim Clark, Tanya Colbert, Fawn Dintelmann, Terry Eldridge, Jeff Germer, Rhonda Grammer, Tim Holland, Mike Hovatter, Sarah Mahnesmith, Ed Matecki, Robin Misukonis, Bill Peterson, China Rongey, Dianna Tickner, Donna Polinske, Liz Stryker, John Sikes, Keith Timmins, Jen Todd, Ray Weshinskey and Jan Wrischnik. “Future” Zilla volunteers included Eli Clark, Reiley Clark, Joshua Todd and Eva Mahnesmith.
* Up-a-Creek – There were 15 participants who completed this 3.2 mile natural obstacle course. 8 Zilla volunteers supported this event:
  + Zilla participants – Tanya Colbert, Jeanna Clark, Vern Hurley, Phil Lading, Ed Matecki, Jeff Schleicher, Keith Timmins, Steve Woods, and Brandon Winklemann. Congrats to Tanya (1st OVERALL female); Jeanna (2nd OVERALL female); Vern (2nd OVERALL male); and Jeff (3rd OVERALL male)! Tanya set a new female course record, beating the time run by Renee White in 2016 by over two minutes!!
  + Other participants – Future Zillas - Chase Lading and Megan Matecki; and Allison Cooper, Megan’s friend
  + Volunteers – Mike Hovatter, Jeff Germer, Robin Misukonis, Liz Stryker, Fawn Dintelmann, Lydia Mikoff, John Sikes and Keith Timmins.
* Montrose Tri – Bill Coyne completed this tri in Colorado.

Upcoming GOTY Events:

* 7 October – MO Cowbell Marathon/Half Marathon
* 27 October – Valmeyer Bluff Trail run
* 27 October – Zilla Cross
* 3 November - Skippo 10K
* 4 November - Skippo 20K and 30K
* 10 November - Beaver Dam Dash
* 24 November – Great River Road run

**Next Meeting:**

Next meeting date and location TBD. Stay tuned!