**Metro Tri Club**

**November 5, 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, Gary Payne, Jeanna Clark, Mike Wever, Jeff Germer, Ed Matecki, Rick Burgess, Dianna Tickner, Sarah Mahnesmith, Shannon McWhorter, Keith Timmins

**General:**

The meeting was held at RunWell and hosted by Club Sponsor Jen Schaller.

VP Donna Polinske ran the meeting and for the most part did not allow things to get out of hand. Even Jeff Germer couldn’t find something to complain about….except for the lack of free dark beer.

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

None

**Visitors:**

None

**Finance Report:**

Mike Wever provided a snap shot of Club finances and passed around a copy for public review and questions.

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

**Membership:**

Membership total is currently at 122.

New members for 2019:

Phil Ecker from Highland

Jim Taylor from St. Jacob

Melissa Thiems from New Douglas

14 current members paid for 2019

Membership dues for 2019 can be paid at any time now. 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 purchased and graphics finalized. Shirts being made now. Shirt costs will come in under the $15/shirt budget.
* Medals – Medals have been selected and ordered. They will come in a little under the $4/medal budget.
* Race direction – Based on vote taken, 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. Temporary mile marker signs are ordered.
* Registration is open and as of 11/5 was at 696. 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. Many of you have volunteered for more than one position! **The following are the positions that still need to be filled: HELP!!!!!**
  + **Medal Distributors – 2**
  + **Photographer – 1**
  + **Registration – 1**
  + **Refreshments - 4**
* 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.

**River to River (13 Apr 19):**

* 2019 River to River Relay (13 April) – We submitted registration for two teams from the club. Tentatively we put in for one team in the “Open” division and one team in the “Mixed Master’s” division (must have at least three women and three men and all runners must be over age 40). Once we learn if one or both teams made the cut, we will draw names from those who have let us know they are interested. Please let Keith know if you want to be added to the following list:

Lydia Mikoff, Renee White, Jim Clark, Jeanna Clark, Shannon McWhorter, Chris Rankin, Shanna Rankin, Donna Etherton, Tim Holland, Scott Schuyler, Brandon Winklemann, Fawn Dintelmann, Robin Misukonis, John Sikes, Jeff Schleicher, Keith Timmins, Mark Thompson, Emily Johnson.

POST MEETING NEWS on R2R:

Both MTC teams got in so we will be drawing names for the teams at the December meeting. This is your last chance to get your name in for this initial drawing. The cost will be $65 registration; approximately $50 for a shared hotel room; and one meal.

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

Reminded everyone about Matt Dunn’s race on Saturday. A number of Club members are volunteering and/or running. Hoping for a successful event.

**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.

Dianna noted the number of people registered is down from what we expected. We need club members to swim. Non-club members are also invited for a small fee of around $5. Pass the word. The Club paid for the lanes and we need to make good use of them.

**IMPORTANT CLUB BUSINESS:**

* 2019 GOTY – Keith reviewed both the GOTY race and volunteer lists and took suggested changes. The changes will be reviewed, finalized and approved at the December club meeting. IF you have changes to the race or volunteer lists PLEASE contact Keith so he can have your suggestions ready for a vote next meeting. If not, you have to live with the list as approved for another year.
* Metro Tri Club Officers – Reminder that at the December meeting we will be taking nominations for three officer positions: President, Vice President and Treasurer. Please consider nominating yourself. The officers going out (and previous officers in those positions) will help you get started and ready for the position (the terms begin after the annual banquet in February).
* 2019 Banquet – Please start preparing your 2018 racing/training stories and send them to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) and send your2018 racing/training pictures and/or videos to [jas1956y@yahoo.com](mailto:jas1956y@yahoo.com). We can’t laugh at/with you if you aren’t brave enough to send in the pictures and stories.

**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. They have been starting around 5:00 this year. If you want to run, get in touch with Donna Polinske or Jim Donohue so they will know you are coming. Best way to communicate with this group is via the Facebook page.

**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 October 2018 meeting:
  + The following members all finished Louisville: Jeff Germer, Robin Misukonis, John Sikes, Jon Klingensmith, Josh Newman, Tanya Colbert, Liz Stryker, Donna Etherton, Phil Coatney, Mike Gonski, Jake Newman, Sean Binger, Darryl Meeks, Andrew Hessel.
* New Half Ironman finishers since the September 2018 meeting:
  + None

MO Cowbell – 12 Zillas completed one of these races:

* + Half marathon – Fawn Dintelmann, Donna Etherton, Vern Hurley, Shane May, James Ritter Mark Thompson, and Gary Payne.
  + Full marathon – Jan Wrischnik, Deb Ritter, Tariq Quadri, Sarah Mahnesmith, Rich Luers and Tim Holland.

Valmeyer – 5 Zillas completed this trail race up the bluffs: Bill Coyne, Fawn Dintelmann, Donna Etherton, Jeff Schleicher and Keith Timmins. Bill and Jeff won their age group and Keith was 2nd in his age group.

Zilla Cross – This event was cancelled due to low enrollment.

Skippo – All three races (10K, 20K and 30K) were all postponed due to the rain-soaked course. Rescheduled for 12/8 and 12/9.

Upcoming GOTY Events:

10 November - Beaver Dam Dash

17 November – Rt. 66 half marathon

24 November – Great River Road run

**Next Meeting:**

Next meeting date and location TBD. Stay tuned!