**Metro Tri Club**

**December 3, 2018 Meeting Minutes**

**Members Present:**

Tim Holland, Liz Stryker, Phil Coatney, Erica Hunt, Lydia Mikoff, Donna Polinske, Fawn Dintelmann, Gary Payne, Jeanna Clark, Mike Wever, Rick Burgess, Donna Etherton, Dianna Tickner, Keith Timmins, Robin Misukonis, Shane May, John Sikes, Mark Thompson, Cheri Becker, Greg Voudrie, Jen Schaller, Jennifer Todd

**General:**

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

VP Donna Polinske ran the meeting and apparently did a good enough job that she was elected King Zilla and will be running all meetings in 2019.

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

Jana Perry is a runner with lots of great races to her credit. She has been bitten by the tri bug and already has a cool tri bike on order.

Tommy Brown is a scuba diver who doesn’t want to get beat by Jana so he too has a cool tri bike on order. (No one tell him yet that he can’t use the scuba gear at a tri). Tommy said he has made progress and now off the couch.

Mark Thompson has been a member but too lazy to attend any meetings. He “trains” with the Alton group. He has completed a couple Ironman’s and several ultra-marathons so he’s like Farmers Insurance, “he knows a thing or two because he’s seen a thing or two”.

**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:

Dan Henry

Clif Linders

Steve Brummer

Rodney Mitchell

Membership dues for 2019 can be paid at any time now. **Go to RACESONLINE.COM and search Metro Tir Club to register.** Any questions about your membership status contact Dianna at diannatickner@rocketmail.com.

Reminder that after December 31st, you will be paying $20 to renew your membership instead of the inexpensive $15 now.

Reminder #2 – If you paid by cash or check, you still need to go to Racesonline.com and register. Just choose the cash/check option and register normally. You don’t have to pay again but this gets the waivers signed and you information updated.

**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. 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. Temporary mile markers have been ordered.
* Registration is closed and race is sold out at 700.
* 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!
* Pere Marquette practice runs – Keith Timmins coordinated the 4 practice runs, averaging about 25 runners for the first 3 practices and only 5 runners at the last practice (probably because we did not send out a reminder and because the River Road run was the same day).

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

* 2019 River to River Relay (13 April) – Both teams that Metro Tri Club submitted were approved! We registered 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). The following is the list of those club members (18 so far) from which we will draw to fill the two teams.

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

Names were drawn to determine who was “in” and who the alternates were. Shannon McWhorter, Keith Timmins, and Anna Kallal (new member) are the three alternates so far, in that order.

**IMPORTANT CLUB BUSINESS:**

* 2019 GOTY – Keith reviewed both the GOTY race and volunteer lists and votes were taken on each change. The list is complete and will be effective on January 1, 2019. Keith will publish the final lists
* Metro Tri Club Officers – The election for 2019 Club Officers featured one of the most contentious elections in recent memory. The candidates fought hard to “win” the coveted leadership positions. Who knew that “FREE mankinis for all club members” would be favorite campaign slogan? Well, to be honest we were lucky enough to have club members willing to “volunteer” to take these positions. They will do a great job.
  + President – Donna Polinske
  + Vice President – Robin Misukonis
  + Treasure – John Sikes
  + Secretary – Tim Holland

* 2019 Banquet – Please start preparing your 2018 racing/training stories and send them to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) and send your 2018 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 November 2018 meeting:
  + The following members finished IM Arizona: Erica Hunt, Ray Weshinskey, and Ann Knoyle. GREAT JOB ZILLAS!!!!!
* New Half Ironman finishers since the November 2018 meeting:
  + None
* Beaver Dam Dash – We had 8 Zillas complete one of the race distances and 19 Zillas who volunteered at this event:
  + 5K – Jim Clark, Fawn Dintelmann and Shannon McWhorter. Jim was the 2nd OVERALL finisher at this distance.
  + 10K – Renee White, Keith Timmins, Scott Schuyler, Jeanna Clark and Rick Burgess. Renee repeated her 1st OVERALL finish at this distance.
  + Zilla Volunteers – Matt Dunn (race director), Jeanna Clark, Jim Clark, Phil Coatney, Tanya Colbert, Fawn Dintelmann, Donna Etherton, Jeff Germer, Erica Hunt, Jay Hunt, Ed Matecki, Mark McWhorter, Shannon McWhorter, Robin Misukonis, Gary Payne, John Sikes, Keith Timmins, Mike Wever and Renee White. We also had three Zilla spouses who came out on a cold morning to help. Special thanks to Lynanne Coatney, Melanie Dunn and fire master Drew Dintelmann!
* Great River Road – We had 18 Zillas complete this 10-mile road race: Renee White, Jan Wrischnik, John Roth, Alex Roth, James Ritter, Deb Ritter, Tariq Quadri, Bob Patterson, Shannon McWhorter, Emily Johnson, Tim Holland, Donna Etherton, Ian Durie, Fawn Dintelmann, Carl Dake, Jim Clark, Jeanna Clark, Mark Thompson. Special congrats to Renee for placing 1st in the odd age grouping of 40-59!
* Zilla Swim – We had 15 Zillas complete one of the events at this swim challenge. All of these Zillas, plus Dianna Tickner (event director) and China Rongey, also volunteered during the challenge. Special thanks to Joe Thiems and Rich Scharf for also volunteering:
  + 1 mile – Jeanna Clark, Jim Clark, Russ Darbon, Donna Etherton, Mike Gonski, Ed Matecki, Tariq Quadri, Melissa Thiems, Jim Taylor and Greg Voudrie
  + 2.4 mile – John Sikes, Robin Misukonis, Lydia Mikoff, Rick Mann and Jeff Germer

Upcoming GOTY Events:

5 January – Last Man Standing – Registration opened 12/5

23 February – Castlewood Cup

**Next Meeting:**

Next meeting date and location TBD. Stay tuned!