**Metro Tri Club**

**January 7, 2018 Meeting Minutes**

**Members Present:**

Tim Holland, Liz Stryker, Erica Hunt, Lydia Mikoff, Fawn Dintelmann, Gary Payne, Jeanna Clark, Mike Wever, Donna Etherton, Dianna Tickner, Keith Timmins, Robin Misukonis, John Sikes, Mark Thompson, Jim Clark, Deb Ritter, James Ritter, Jeff Germer, Scott Schuyler, Anna Kallal, Jim Donahue, Greg Voudrie, Phyllis Kunz, Jeff Schleicher, Chris Amick

**General:**

The meeting was held at Pump House in Wood River.

President Jim Clark ran the meeting after an extended absence due to work obligations. VP Donna Polinske was missed. Jim thanked Donna for filling in.

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

Anna Kallal is a new member. She has been training with Team Alton but they can’t take any credit for her superior athletic abilities since she completed a number of big races prior to training with them. Anna’s credits include a half Ironman distance tri and lots of running events.

**Visitors:**

None

**Finance Report:**

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

Mike is trying to figure out how to get the Treasurer duties switched over to John Sikes. Biggest issue is dealing with the bank to get John on the account.

All Pere Marquette expenses are in except drinking water, a few additional race shirts in larger sizes, and cost of getting the plaque at Pere Marquette updated to include this year’s winners. A final accounting of profit to follow once these expenses are finalized. Rough total looks to be about $10,000 profit.

**Membership:**

Membership total is currently at 90. **This number is low because many of you have not renewed your membership for 2019!** GET BUSY!

New members for 2019:

Anna Kallal - Godfrey

Lisa Brandt - Edwardsville

Cid Bauer - Edwardsville

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 – 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 your information and email address 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…..**

**IMPORTANT CLUB BUSINESS:**

* MTC By-Laws – Keith reviewed a few By-Law changes. The changes were minor and were modified to better reflect current operating procedures.
* RRCA Paperwork – Our 2019 RRCA paperwork is due. Donna Polinske was absent but will be contacted since she typically handles.

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

* Tentative Teams:
  + Mixed Masters: Lydia Mikoff, Chris Rankin, Shanna Rankin, John Sikes, Scott Schuyler, Jeff Schleicher, Robin Misukonis and Mark Thompson.
  + Open: Anna Kallal, Jim Clark, Jeanna Clark, Ian Durie, Donna Etherton, Fawn Dintelmann, Keith Timmins, Emily Johnson
  + Alternates – Jim Donahue was added to the alternate list. Is there anyone else who would consider being on the alternate list? If so, contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)
* **2019 Banquet –** 
  + The 2019 MTC Banquet will be held on Saturday Feb 16 at GC Cuisine in the Crystal Garden room. The banquet will be from 5:30 to 8:30. The cost will be $15/person and there will be a cash bar. Reservation information to follow.
  + Please IMMEDIATELY send your 2018 racing/training stories to Keith at [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)
  + 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.
  + Please send your race stats to Keith as soon as possible. Include ALL races, not just GOTY ones. Include the name of the race, the distance of each event in the race, and anything impressive or interesting about individual races or the races as a group!
  + Zilla babies born in 2018 to Ryan and Jamie Warren and Lauren and Matt Voelker. Is anyone aware of other Zilla babies born in 2018 or of any club members or their spouses who are currently pregnant??
* 2018 GOTY – As of now, we have confirmed that 14 club members met all the requirements of the GOTY. At the end of the year we had 148 members. If you think you met the requirements of GOTY and have not contacted Keith, please do so immediately!
* Zillapede at St. Pat’s Run – First call for “Pede” section volunteers/runners. The Zillapede is one of the most fun things we do as a club. The race is on 16 March. If interested in running with the group, drop Keith an email at [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**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 December 2018 meeting:

* + Anyone?

New Half Ironman finishers since the December 2018 meeting:

* + Doug Bistrow completed a half distance tri in the great State of California.

Pere Marquette – We had 31 Zillas complete the “Toughest Trail Race in the Midwest” and an incredible 53 Zillas who volunteered at this event:

* + Finishers – Jan Wrischnik, Renee White, Keith Timmins, Mark Thompson, Liz Stryker, Scott Schuyler, Jeff Schleicher, Foti Sakadaris, John Roth, Alex Roth, James Ritter, Deb Ritter, Tariq Quadri, Donna Polinske, Shane May, Josh Newman, Kyle McLaughlin, Rich Luers, Emily Johnson, Krystal Giltner, Kate Geisen, Donna Etherton, Jim Donahue, Russ Darbon, Bill Coyne, Tanya Colbert, Rick Burgess, Sean Binger, Cheri Becker, Chris Amick and William Acker. Special congrats to: Renee, the OVERALL female winner; Tanya and Bill Coyne, who won their age group; Krystal, who was 2nd in her age group; Alex and Jeff, who were 3rd in their age group; and Josh, who was 3rd in the Clydesdale division!
  + Zilla Volunteers – Chris Amick, Brian Barham, Bruce Beachum, Rick Burgess, Jeanna Clark, Jim Clark, Kris Clawson, Phil Coatney, Tanya Colbert, Bill Coyne, Carl Dake, Fawn Dintelmann, Jim Donahue, Matt Dunn, Terry Eldridge, Donna Etherton, Mike Fricke, Jeff Germer, Mike Gonski, Tim Holland, Mike Hovatter, Erica Hunt, Jay Hunt, Vern Hurley, Emily Johnson, Mike Kelly, Al Lamere, Jimmy Lymberopoulos, Ed Matecki, Shane May, Kyle McLaughlin, Michele Meckfessel, Lydia Mikoff, Robin Misukonis, Eric Nielsen, Jackson Nolen, Gary Payne, Donna Polinske, Tim Rister, Deb Ritter, James Ritter, John Roth, Jeff Schleicher, Steve Shaffer, John Sikes, Liz Stryker, Dianna Tickner, Keith Timmins, Jennifer Todd, Greg Voudrie, Ray Weshinskey, Jan Wrischnik and Jerry Wunderlich.

Skippo – We had 10 Zillas complete in one or more of the distances at this trail race:

* + 10K – Donna Etherton and Fawn Dintelmann
  + 20K – Donna Etherton (yep – Donna did both races on different days), Tariq Quadri, James Ritter, Scott Schuyler and Keith Timmins. Keith was 1st in his age group.
  + 30K – Jan Wrischnik, Renee White and Tim Holland. Renee kept her weekend rolling, finishing as the OVERALL female winner in back-to-back races!!

Last Man Standing – We had 22 Zillas complete this trail race and 8 Zillas who volunteered at this event. Renee White was the OVERALL female finisher:

* + Distance Run/Club members - 57.4 miles – Renee White; 36.9 miles – Jim Donahue and Jen Schaller; 24.6 miles – Anna Kallal; 20.5 miles – Donna Etherton, Scott Schuyler, Keith Timmins; 16.4 miles – Chris Amick, Cid Bauer, Phil Coatney, Krystal Giltner, Tim Holland, Ed Matecki, Josh Newman, Jackson Nolen and Jeff Schleicher; 12.3 – Cheri Becker, Kate Geisen, Ann Knoyle and Shannon McWhorter; 8.2 – Jeff Germer and Robin Misukonis
  + Club Volunteers – Jeff Schleicher (race director), Greg Voudrie, Robin Misukonis, Jay Hunt, Erica Hunt, Krystal Giltner, Donna Etherton and Cheri Becker

Upcoming GOTY Events:

16 February – Club banquet

23 February – Castlewood Cup

3 March – Quivering Quads

17 March – St. Patrick’s Day