**Metro Tri Club**

**February 4, 2019 Meeting Minutes**

**Members Present:**

Tim Holland, Liz Stryker, Erica Hunt, Lydia Mikoff, Fawn Dintelmann, Jeanna Clark, Mike Wever, Donna Etherton, Dianna Tickner, Donna Polinske, Robin Misukonis, John Sikes, Jim Clark, Deb Ritter, James Ritter, Jeff Germer, Jim Donahue, Greg Voudrie, Chris Amick, Jennifer Todd, Ed Matecki, Jay Hunt, Rhonda Grammer, Tommy Brown, Janna Perry, Amber Koester, Brandon Shultz, Lisa Brandt, Cid Bauer

**General:**

The meeting was held at Recess Brewery in Edwardsville.

Outgoing President Jim Clark ran the meeting. It was, sadly, his last meeting as President. Next meeting, he will be sitting next to Jeff Germer voting NO on everything….or maybe he will be a more positive influence on Mr. Germer.

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

Amber Koester – She has a marathon background and a full IM will be her first triathlon. Way to start at the top Amber!!!!

Brandon Shultz – Brandon is from Edwardsville and has completed IM Texas.

Lisa Brandt – Recently relocated from the O’Fallon area and has a lot of sprint triathlons and running events on her resume.

Cid Bauer – Also recently relocated from O’Fallon and like Lisa is an athlete with lots of races to her credit.

**Visitors:**

Megan Matecki and Abby the dog were present and keeping a close eye on Ed making sure he did not get wild and dance on the tables. He behaved.

**Finance Report:**

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

**Membership:**

Membership total is currently at 102.

New members for 2019:

Amber Koester

Brandon Shultz

Becca Hostettler

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:**

* RRCA Paperwork – Our 2019 RRCA paperwork is due. Donna Polinske will take care of this week. Post meeting note – RRCA paperwork complete and has been paid.
* The club voted to make the following donations:
  + Trailnet $500 – This gets all MTC members a discount on all Trailnet events
  + Beaver Dam Dash $500 – This is the event Matt Dunn does each year to raise money for the MCDD.
  + Joshua Chamberlain Society $500 – This is the bike ride event Mike Kelly is involved with which raises money to assist wounded veterans.
  + Pere Marquette Trail Fund $700 – The club’s largest fund raiser is the PMETR held in December. We make a donation each year to the park trail fund to assist with trail maintenance.
* Swim Bike Run has invited MTC to be part of a 2-day event on April 19/20. The event will include a number of local clubs. The cost is spread out to the participating clubs to simply cover expenses. The MTC portion would be $321 if we decide to participate. It was decided we would participate if we had about 25 members interested. Jim Clark will send out an email.
  + April 19 – Expo – Where members can buy/sell/trade things related to swim/bike/run.
  + April 20 – 1/5/10 mile fun run. This is just a fun run so our members can meet and network with other local clubs
* MSE Open Water Swim Series – The club will again volunteer at one of the Simpson Lake open water swim practices. At this practice, club members set up our tent and network with triathletes from the STL region and promote the club. Since we are there volunteering, MSE lets us swim for free. So you can get a GOTY point and free OWS practice. That’s a deal!!! Date TBD

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

* Tentative Teams:
  + Mixed Masters: Lydia Mikoff, Chris Rankin, Shanna Rankin, John Sikes, Scott Schuyler, Jim Donahue, Robin Misukonis and Mark Thompson.
  + Open: Anna Kallal, Jim Clark, Jeanna Clark, Ian Durie, Donna Etherton, Fawn Dintelmann, Keith Timmins, Emily Johnson
  + Alternates – Jeff Schleicher had surgery on 28 January for a torn tendon in his knee, so we had to use our last alternate (Jim Donahue). Liz Stryker was added 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. Register at Racesonlime.com
* **Zillapede at St. Pat’s Run** – We currently have 11 “IN” and 2 “MAYBE.” We would like to have at least 5 more! 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)
* **USMS Swim Clinic – The USMS swim clinic will be February 23 at the Rec Plex at McKendree College. The event is free to MTC members but you either have to be a USMS member or buy a 1-day membership. Contact \_\_\_\_\_\_\_\_\_\_**

**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.

* Animal Ride – The time changes on 10 March, so the first Animal Ride of 2019 will be on Tuesday, 12 March. Leave from Watershed trailhead on Wanda Road at 5:00 PM sharp.

**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 Donahue 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 January 2019 meeting:

* + Anyone?

New Half Ironman finishers since the January 2019 meeting:

* + Anyone?

New “USAT Nationals” finishers since the January 2019 meeting:

* + Anyone?

Upcoming GOTY Events:

23 February – Castlewood Cup

23 February – USMS Swim Clinic at McKendree College

3 March – Quivering Quads

16 March – St. Patrick’s Day

23 March – Alton Half Marathon

7 April – GoStl! Marathon/Half Marathon

13 April – River to River

28 April – Try Tri

Litchfield Duathlon date???