**Metro Tri Club**

**April 2, 2019 Meeting Minutes**

**Members Present:**

Tim Holland, Lydia Mikoff, Fawn Dintelmann, Donna Polinske, Greg Voudrie, Ed Matecki, Keith Timmins, Phil Coatney, Jim Taylor, Amber Koester, Jeff Germer, Sarah Mahnesmith, Chris Mahnesmith, Kyle McLaughlin, Rick Burgess, Rebecca Hostettler, Erica Hunt, Jay Hunt, Jennifer Todd, Mike Wever, Liz Stryker, Jackson Nolen, and Donna Etherton

**General:**

The meeting was held at Recess Brewing in Edwardsville.

New President Donna Polinske ran the meeting and managed to prevent any major problems. Officer Nolen was present, in uniform, which may have deterred any hoodlums from starting a brawl. In an unusual turn of events, Jeff Germer did not vote NO on all motions. Maybe the club needs to have “security” at all meetings.

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

Rebecca Hostettler attended her first club meeting. Rebecca is signed up to complete Ironman 70.3 in Traverse City this year. Welcome!!!

**Visitors:**

Megan Matecki and Abby the dog were present.

Jeff Germer brought Coco the dog too.

All visitors were well behaved and welcome anytime.

**Finance Report:**

The club would normally have completed the quarterly club finance review but Treasurer John Sikes was in the hospital. There were several rumors as to his condition/problem.

One unreliable source noted the possibility of open heart surgery. But since he completed both an Ironman and ran a BQ qualifying time in 2018, that rumor seemed inaccurate.

A more reliable source circulated the theory that he was having some type “enhancement” surgery. VERY reliable sources noted this almost had to be true based on “historical” data.

Stay tuned until next month when we will report either the true story or something else if it’s funnier.

Club finances will be reviewed when John returns. If you have any questions or comments please contact Donna Polinske or Treasurer John Sikes.

**Membership:**

Membership total is currently at 109.

New member for March is Joshua Dake from Glen Carbon. Rumor has it that he may be related to the amazing Carl Dake.

Membership dues for 2019 can be paid at any time now. **Go to RACESONLINE.COM and search Metro Tri 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. Code is GODZILLA2019**

**IMPORTANT CLUB BUSINESS:**

**Ride for Reading**

* Ride for Reading will be on May 3rd this year. Shannon McWhorter coordinates this event. Club members will meet at a TBD location and fill a backpack with children books. Then we will cycle to Eastwood Elementary in East Alton to deliver the books to all the students. The books will be provided. All you need is a backpack and your bike. It’s usually just a short slow ride and the kids are outside and REALLY excited. It’s a fun time and a great cause.
* Jay Hunt provided information on a company called “the driven” which provides integrated club and event software. It sounded pretty interesting. A copy of the information will be passed to our web page experts.

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

* Final Team Rosters:
  + Mixed Masters: Lydia Mikoff, Jim Taylor, Scott Schuyler, Ian Durie, Liz Stryker, Jim Clark, Jeanna Clark and Mark Thompson.
  + Open: Anna Kallal, Sarah Mahnesmith, Eric Nielsen, Chris Mahnesmith, Donna Etherton, Fawn Dintelmann, Keith Timmins, Emily Johnson
* **St. Patrick’s Day** – We had 22 Zillas complete this 5-mile race in downtown St. Louis on a beautiful, cool morning:
  + We had 13 people in the famed Zillapede, with 11 of them being Zillas. The Zillapede covered 6.4 miles in the 5-mile course and remained undefeated in the Zillapede division: Jeanna Clark, Jim Clark, Reilley Clark, Donna Etherton, Tim Holland, Ed Matecki, Shane May, Robin Misukonis, Liz Stryker, Keith Timmins and Jan Wrischnik.
  + We had 11 Zillas who ran the 5-mile course in the boring, straight line fashion: Foti Sakadiris, James Ritter, Tariq Quadri, Gary Payne, Kyle McLaughlin, Rich Luers, Jay Hunt, Erica Hunt, Rebecca Hostettler, Bill Coyne and Bruce Beachum. Special congrats to Bill for finishing 1st in his age group!
* **Route 66 10K** – MTC does a water stop each year at this race and the Metro Milers return the favor by doing a water stop at Pere Marquette. Donna Polinske “volunteered” to be water stop captain again this year.
  + The race is on June 8.
  + After a little discussion, it was decided this year’s theme will be Gilligan’s Island. So start planning your outfit now. Details to follow.
  + This event only takes a couple hours of volunteering and because so many club members are present, it is a blast.
  + Volunteers so far: Donna Polinske, Tim Holland, Sarah Mahnesmith, Jennifer Todd, Liz Stryker, Phil Coatney, Kyle McLaughlin, Jeff Germer, Greg Voudrie, James Ritter, Keith Timmins, Robin Misukonis, and John Sikes. Need as many volunteers as possible.
* **Club Gear** – Jim Clark is working on placing another order for bike jersey’s and tri kits. If you are interested, please contact Jim ASAP. [Orno11@yahoo.com](mailto:Orno11@yahoo.com).
  + **UPDATE** – Wattie has lowered the minimum order quantities. PLEASE let Jim know if you’re interested.
* **Tracks and Treads** – The TnT trail biathlon was cancelled this year due to lack of a Race Director. GREAT NEWS! Jim Taylor and Liz Stryker have agreed to step up and revive this fun event. More news to follow but the race should be in April 2020. Thanks Jim and Liz!
* **Pere Marquette Award** – A plaque and gift cards are in-work for the Lamere family. This family prepared and served refreshments at the finish line at our Pere Marquette race for an incredible 17 years!
* **YMCA Half Marathon** – Date is May 11. Club member Cheri Becker is race director and needs more volunteers! This is a GOTY event and volunteer points are available. Get in touch with Cheri via Facebook if interested. It always a fun and well organized event. NOTE: There are volunteer positions where you can help and still race.

**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**:

* Animal Ride – Tuesday evening Animal Ride is BACK!!!! The ride is every Tuesday starting at 5:30 PM. Leave from Watershed trailhead on Wanda Road at 5:30 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 March 2019 meeting:
  + Anyone?
* New Half Ironman finishers since the March 2019 meeting:
  + Anyone?
* New “USAT Nationals” finishers since the March 2019 meeting:
  + See below
* **Quivering Quads** – We had 7 Zillas complete one of the two distances at this muddy, rain-soaked trail race:
  + Half Marathon (shortened to approximately 10 miles) – Tim Holland, Anna Kallal, Jackson Nolen, Tariq Quadri, Deb Ritter and James Ritter. Special congrats to Anna and James who took 3rd in their age groups and to Deb who took 2nd in her age group!
  + 50K (shortened one mile to 30 miles) – Shannon McWhorter was the only Zilla participant. Special congrats to Shannon for placing 3rd OVERALL in the female master division!
* **Alton** – We had 9 Zillas complete this half marathon road race: Phil Coatney, Ian Durie, Donna Etherton, Anna Kallal, Michal Matras, Gary Payne, Tariq Quadri, Deb Ritter, Mark Thompson and Jan Wrischnik. Special congrats to Phil for placing 3rd in his age group; to Anna, Deb and Jan for finishing 2nd in their age groups; and to Mark Thompson for finishing 1st in his age group!
* **USMS** – We had 9 Zillas compete in 43 events in the USMS meet held at the Chuck Fruit pool at Edwardsville High School on 30/31 March. The following are the events for each Zilla. I am sure there were more “placing” but the events included multiple age group/gender participants and as of today, the results are still not available:
  + Russ Darbon – 50 breaststroke (1st place); 200 freestyle (2nd place); 1000 freestyle (3rd place); 200 relay (1st place); and 400 relay (1st place)
  + Donna Etherton – 50 backstroke (3rd place); 100 freestyle (2nd place); 100 breaststroke (2nd place); and 100 IM (3rd place)
  + Jeff Germer – 50 butterfly (1st place); 50 breaststroke (1st place); 200 freestyle (1st place); 200 IM (1st place); 200 relay (1st place); and 400 relay (1st place)
  + Angelia Ham – 500 freestyle; and 1000 freestyle (1st place)
  + Ed Matecki – 50 backstroke (2nd place); 50 butterfly (3rd place), 100 freestyle (3rd place), 100 IM (2nd place), 100 backstroke (1st place), 200 freestyle (2nd place); 200 IM (2nd place); 500 freestyle (3rd place); 1000 freestyle (3rd place); 200 relay (1st place); and 400 relay (1st place)
  + Lydia Mikoff – 50 freestyle (1st place); 100 breaststroke (1st place); 100 IM (1st place); 500 freestyle (2nd place); 200 mixed relay (2nd place); and 200 mixed medley (2nd place)
  + Tariq Quadri – 50 freestyle 2nd place); 100 freestyle (2nd place); 500 freestyle (2nd place); and 1000 freestyle (1st place)
  + Dianna Tickner – 100 freestyle (1st place); and 500 freestyle (1st place)
  + Greg Voudrie - 50 breaststroke (2nd place); 200 freestyle (1st place); 1000 freestyle (1st place); 200 relay (1st place); and 400 relay (1st place)

Upcoming GOTY Events:

* 7 April – GoStl! Marathon/Half Marathon
* 13 April – River to River
* 20 April – Litchfield Duathlon
* 28 April – Try Tri
* 28 April – Chain of Rocks Duathlon
* 11 May - YMCA Half
* 18 May - Broken Spokes
* 19 May - St. Louis (Creve Coeur Lake) Triathlon
* 25 May - Highland Biathlon

Next Meeting:

The next meeting will be Tuesday May 7th at 7:00 PM. Location TBD.