**Metro Tri Club**

**May 7, 2019 Meeting Minutes**

**Members Present:**

Lydia Mikoff, Fawn Dintelmann, Donna Polinske, Greg Voudrie, Keith Timmins, Phil Coatney, Jim Taylor, Jeff Germer, Rebecca Hostettler, Erica Hunt, Jay Hunt, Liz Stryker, Donna Etherton, James Ritter, Deb Ritter, Tanya Colbert, Shannon McWhorter, Jim Donahue, John Sikes, Robin, Misukonis, Russ Darbon, and Jeanna Clark

**General:**

The meeting was held at RunWell in Edwardsville. Runwell is a club sponsor. Please remember to support the sponsors that so graciously support the club.

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

Kraig Weinberg from Trenton IL is a new member. Welcome.

**Visitors:**

Amanda Couch

Kane and Kai Colbert

Allie and Alex Mikoff

Zilla Donahue the dog.

**Finance Report:**

Treasurer John Sikes was back and provided an update on club finances. We are in good shape and not going broke.

If you have any questions or comments please contact Donna Polinske or Treasurer John Sikes.

**Membership:**

Karla Plage from Pocahontas is our latest new member

Membership total is currently at 113.

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:**

**Family Day**

* Jeff Germer suggested the club hold a Family Day sometime this summer. The motion passed. Thinking about maybe Glik Park or SIUE.
* Family Day would be an opportunity for families to meet each other, hang out, have fun and would not involve swimming, biking or running (unless, of course, it's at the SIUE pool, then fun swimming would be involved!).
* After the meeting, research indicates Glik Park is the best option.
* **Date set for Saturday August 3. Mark your calendars.**

**Heart Issues and Triathletes**

* It was suggested we do a club round table discussion concerning issues related to heart disease. A date sometimes in December was discussed.
* This issue is important because we have had three club members experience problems in the last several years.

**Next Swim Challenge**

* Need to set a firm date for the next Swim Challenge. Dianna Tickner was traveling so not at the meeting.

**Up-a-Creek**

* Keith made a motion to hold Up-a-Creek on October 12th this year. This new date will reduce conflict with MO Cowbell. The motion passed and the date is set.
* **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.
  + The race is June 8.
  + Leader – Donna Polinske
  + Theme – Gilligan’s Island
  + 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, John Sikes, and Jackson Nolen.
  + Need 5 more – Remember, family and friends are welcome to join the fun.
* **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.
  + **UPDATE to the UPDATE** – The sample kits have been returned to Wattie. Jim Clark will repost on how to order.

**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 April 2019 meeting:
  + Anyone?
* New Half Ironman finishers since the April 2019 meeting:
  + Anyone?
* New “USAT Nationals” finishers since the April 2019 meeting:
  + Anyone?
* **GoStl!** – We had 14 Zillas complete one of the races in this event:
  + Half Marathon – Fawn Dintelmann, Emily Johnson, Shane May, Shannon McWhorter, Eric Nielsen, Gary Payne, Tariq Quadri, Emily Reed, Mark Thompson and Donna Etherton.
  + Marathon Relay – Erica Hunt
  + Full Marathon – Jan Wrischnik, James Ritter, Deb Ritter and Anna Kallal.
* **River to River** – We had 20 Zillas who participated in this event, representing 6 different teams:
  + Metro Tri Club teams - 16 Zillas ran on an MTC team in the following divisions:
    - Open – Fawn Dintelmann, Donna Etherton, Emily Johnson, Anna Kallal, Chris Mahnesmith, Sarah Mahnesmith, Eric Nielsen and Keith Timmins
    - Mixed Masters – Jeanna Clark, Jim Clark, Ian Durie, Lydia Mikoff, Scott Schuyler, Liz Stryker, Jim Taylor and Mark Thompson. This is the FIRST Zilla team to ever bring back hardware from a major division - placing 3rd OVERALL in the Mixed Master’s division!
  + Zillas on other Teams:
    - Jen Schaller ran on the “Runwell” team
    - Phyllis Kunz ran on the “Wells Fargo” team
    - Michele Meckfessel ran on the “Honey Badger” team
    - Darrell Meek ran on the “Easy to Pass; Hard to Lap” team
* **Litchfield** – We had 8 Zillas complete this duathlon: Jan Wrischnik, James Ritter, Deb Ritter, Tariq Quadri, Gary Payne, Lydia Mikoff, Anna Kallal and Tim Holland. Special congrats to: Tariq for placing 3rd in his age group; James and Tim for placing 2nd in their age groups; Jan, Deb and Lydia for placing 1st in their age groups; and Anna for being the 3rd OVERALL female!!
* **Try Tri** – We had 28 Zillas complete one of the triathlon distances at this event:
  + 8 Zillas completed the short sprint tri: Cid Bauer, Bill Coyne, Russ Darbon, Donna Polinske, Hannah Polinske, China Rongey, Dianna Tickner, Karla Plage, Kraig Wienberg and Dannette Watt. Special congrats to: China for placing 3rd in her age group; Karla and Kraig for placing 2nd in their AG; Donna, Russ and Bill for placing 1st in their age group; and Hannah for being the 1st OVERALL female!
  + 20 Zillas completed the long sprint tri: Greg Voudrie, Melissa Thiems, Liz Stryker, Scott Schuyler, Janna Perry, Gary Payne, Cindy Oates, Eric Nielsen, Lydia Mikoff, Ed Matecki, Emily Johnson, Amber Koester, Anna Kallal, Jay Hunt, Rebecca Hostettler, Angelia Ham, Fawn Dintelmann, Tanya Colbert, Jean Clark, Jim Taylor and James Clark. Special congrats to: Ed, Jay, and Jim for placing 3rd in their age groups; Scott, Janna, Eric and Angelia for placing 2nd in their age groups; Liz, Lydia and Anna for placing 1st in their age group; and Tanya for being the 1st OVERALL female!

* **Chain of Rocks** – We had 3 Zillas who completed this duathlon: Tariq Quadri, James Ritter and Keith Timmins. Special congrats to: Tariq for placing 3rd in his age group; Keith for placing 2nd in his age group; and James for placing 1st in his age group!
* **Tour de Stooges** – We had 2 Zillas who completed this bike ride: Rick Burgess and Bruce Beachum.
* **Pioneer Sprint and Abe Mini** – We had 5 Zillas who completed one or BOTH of these trialthlons: China Rongey, Robin Misukonis, Tanya Colbert Greg Voudrie and Karla Plage.

Mini – China Rongey 1st AG, Robin Misukonis 2nd AG, Tanya Colbert 1st AG, and Greg Voudrie 1st AG.

Sprint - China Rongey 1st AG, Robin Misukonis 1st AG, Karla Plage 1st AG, and Tanya Colbert 1st Overall Female.

* **Effingham May Madness Sprint Tri** – We had 1 Zilla who completed this triathlon: Greg Voudrie who finished 2nd AG after having raced in Springfield the day before.
* **Ride for Reading Book Delivery** – This event was held on May 4 and the following Zillas were there helping: Liz Stryker, Lydia Mikoff, Shannon McWhorter, Ann Knoyle. Nice job ladies!

Upcoming GOTY Events:

* 11 May - YMCA Half
* 18 May - Broken Spokes
* 19 May - St. Louis (Creve Couer Lake) Triathlon
* 25 May - Highland Biathlon
* 1 June – Tour de Charleston
* 8 June – Rt 66 10K
* 15 June - Covered Bridge run
* 16 June – Half Max Tri Innsbrook
* 23 June – St. Peter’s Rec Plex
* Date? – Carlinville Biathlon
* Date? – Breese Biathlon

Next Meeting:

The next meeting will be Tuesday June 7th at 7:15 PM at Mike Wever’s house.