**Metro Tri Club**

**August 6, 2019 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Greg Voudrie, Keith Timmins, Jim Taylor, Erica Hunt, Donna Etherton, Tim Holland, Tommy Brown, Janna Perry, Jen Todd, Bill Coyne, Phil Coatney, Kraig Weinberg, Cheri Becker, Jeanna Clark, Ed Matecki, Kris Clawson, Carl Dake, Kyle McLaughlin, Mike Wever, Kathy Wever, Becca Hostettler, Karie Ashmann, Amanda Couch, Gary Payne, John Sikes, Robin Misukonis, Russ Darbon, Josh Farmer, Shannon McWhorter

**General:**

The meeting was held at Mike and Kathy Wever’s house.

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

Karie Ashmann – Karie is a friend of a number of members and FINALLY succumbed to peer pressure and joined the club. I think she said it was to avoid being water boarded by the Hunts. Karie has completed many events and is currently training for her first full in Louisville.

Josh Farmer – Josh is also training for his first full. He will be completing the new IM Tulsa this fall.

**Visitors:**

None

**Finance Report:**

The budget was reviewed last month. 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:**

Membership total is currently at 120.

Recent new members:

Amanda Couch – Edwardsville

Autumn Cortivo – Florissant

John Twombly - Edwardsville

~~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.~~

**The club is switching over to a new website and membership registration call The Driven. It should be up and running in the next couple weeks. See below for more details on the new website.**

**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 Fun Event**

* Date set for Saturday August 10. Mark your calendars.
* Location is at SIUE pool from 6pm to 8pm.
* This will be a family fun evening with NO COMPETITION but possibly some trash talking.

**Website Update** – Donna Etherton and Jeff Schleicher presented the proposed new website called The Driven.

Key Points:

Race Registration - We can use it to do Pere Marquette race registration. Tim and Donna have been working on getting this part of the website set up and tested and report it seems to work and it easy to set up.

Club Membership – Donna, Jeff, and Dianna have been working on setting up and testing this portion of the website. Discussion points:

* Keep club registration calendar year to year and not rolling 12 month membership
* Will open registration for 2020 on September 1st for new members. Current membership registration will open on Jan 1st.
* Everyone pays $20/year
* Leave the cash/check option for members who want to use that option. You will still have to go on-line and enter all your contact info
* The Driven offers an OPTIONAL auto renew option. Members can select this or not
* The club President will receive official emails from The Driven

Website – Jeff and Donna have been testing copying information from the old website over to The Driven but limited the work until membership voted to fully embrace the new platform

The Driven Vote – After much discussion, membership voted to authorize the move to changing and improving the club website. Donna and Jeff will work with The Driven going forward. Tim and Dianna will work on their perspective parts.

The website is very user friendly and will allow members to upload things like pictures. If you have any interest in helping work on the website please let someone know. Cheap help is ALWAYS welcome.

**Next Swim Challenge**

* Need to set a firm date for the next Swim Challenge. Dianna Tickner is working on setting a date. Current discussions seem to indicate late October or early November.
* August Update – Due to time spent on website, this item was not discussed.
* **Bike for Heroes** – This event is on 24 August. We are looking for anyone who would like to do the 80-mile distance in a pace-line, trying to average around 20 mph. We won’t limit this to only Zillas since it is for a great cause, so if you are interested or know of others who might like to do this, please let Keith know. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)
* There will also be Zillas doing the 25/50/80 mile options at a slower pace (faster than “stop and smell the roses” but slower than 20 mph.) Consider joining one of the groups and support a great cause.

* + **Miles for Meso** (28 September) – This is a GOTY event, both for running it and volunteering.
    - Executive Support – Robin Misukonis
    - Course Marshals so far -Phil Coatney, Bill Coyne, Fawn Dintelmann, Jeff Fromme, Jeff Germer, Amber Koester, Shannon McWhorter, Lydia Mikoff, Donna Polinske, Dianna Tickner, Keith Timmins, Greg Voudrie, John Sikes, Magen Matecki, Carl Dake, Chris Clawson, Stephen Brummer, Eli Clark, Jeanna Clark, Jim Clark, Tim Holland, Becca Hostettler, Amber Koester,
  + **Grand Illinois Bike Tour** – Mike Wever noted this event will be in our area next year. More information to follow.
  + **Godzilla of the Year** – Keith sent out the spreadsheets showing the GOTY racing events, volunteer events and a few Zillas responded with some corrections or additions. Keith’s request for 2019 racing and training stories to be used in the “Did Ya Know” segment at the annual banquet did not get the response from club members he was hoping for but thanks to the few that did provide a story.

**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 – The ride is every Tuesday leaving from the Watershed trailhead at 5:30 PM sharp. A few people meet and leave at 5:00. If interested in leaving early, be there and ready to ride at 5:00 or email [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) with questions.

**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 July 2019 meeting:
  + None
* New Half Ironman finishers since the July 2019 meeting:
* IM Ohio – 2 Zillas completed this 70.3: Tanya Colbert and Cliff Linders!
* IM Boulder – 2 Zillas completed this 70.3: Eric Nielsen and Emily Johnson!
* Route 66 – Anna Kallal was the lone Zilla who completed this 70.3. Special congrats to Anna for placing 1st in her age group!
* Muncie – 3 Zillas completed this 70.3: Phil Coatney, Bill Peterson and Bill Coyne!
* New “USMS finishers since the July 2019 meeting:
* Tariq Quadri was the lone Zilla who competed at the Ed and Ruth Shea Challenge Classic in Carbondale. Tariq entered 4 events and took 1st place in all of them!

Hillsboro – 8 Zillas completed this biathlon: Tim Holland, Gary Payne, Tariq Quadri, Deb Ritter, James Ritter, Keith Timmins, Greg Voudrie and Kraig Weinberg. Special congrats to: Tariq, Gary and Kraig for placing 2nd in their age group; James and Keith for placing 1st in their age group; and to Deb Ritter, who was the 2nd OVERALL female!!

Tour de Donut – 21 Zillas completed this bike race: Jerry Wunderlich, Renee White, Mike Wever, Kathy Wever, Liz Stryker, Judy Slosar, John Sikes, Steve Shaffer, Scott Schuyler, Deb Ritter, Gary Payne, Robin Misukonis, Kyle McLaughlin, Sarah Mahnesmith, Anna Kallal, Jeff Germer, Colin Fries, Phil Ecker, Ruth Cooper, Rick Burgess and Bruce Beachum. Colin had the fastest time in the club, averaging over 20 mph. Special congrats to: Liz for placing 3rd in her age group; Anna for placing 2nd in her age group; and to Ruth for placing 1st in her age group – both for her unadjusted and adjusted times!!

New Town – 10 Zillas completed one of the triathlons:

* + Sprint – 3 Zillas completed this event: Lisa Brandt, Tommy Brown and Lydia Mikoff. Special congrats to: Lisa for placing 3rd in her age group and Lydia for placing 1st in her age group!
  + Long – 7 Zillas completed this event: Matt Thompson, Janna Perry, Shannon McWhorter, Ed Matecki, Angelia Ham and Donna Etherton. Special congrats to Janna and Angelia, who both placed 2nd in their age group!

Lake Zurich – Greg Voudrie was the lone Zilla completing this Olympic tri.

Springfield - 5 Zillas completed one of the following triathlons:

* + Stoneman – 2 Zillas completed this sprint triathlon: Erica Hunt and Robin Misukonis. Special congrats to Robin for placing 2nd in her age group!
  + Abe – 3 Zillas completed this Olympic distance triathlon: Liz Stryker, Karla Plage and Jackson Nolen. Special congrats to Liz for placing 2nd in her age group; and to Karla for placing 1st in her age group!

Mud Mountain - 7 Zillas completed this 5K trail race: Chris Amick, Ann Knoyle, Michele Meckfessel, Gary Payne, Jim Taylor, Keith Timmins and Kraig Weinberg. Special congrats to Chris for placing 3rd in his age group; and to Ann and Jim for placing 1st in their age group!

Lake Simpson - 14 Zillas volunteered at this MSE Open Water Series event on 20 July: Jay Hunt (Zilla lead), Karie Ashmann, Jeanna Clark, Jim Clark, Fawn Dintelmann, Donna Etherton, Joni Foor, Erica Hunt, Lydia Mikoff, Jackson Nolen, Dianna Tickner, Jen Todd, Michele Von Behrens and Greg Voudrie.

Ballwin – Gary Payne and Bill Coyne completed this sprint triathlon!

Tour de Kirkwood – 2 Zillas completed this sprint triathlon: Gary Payne and Donna Etherton. Special congrats to Gary for placing 3rd in his age group and to Donna for placing 2nd in her age group!

Upcoming GOTY Events:

10 August – MSE Open Water Swim event at Lake Simpson

10-11 August -Age Group National Championship Cleveland, OH

11 August – Conquer Castlewood

17 August – Edwardsville Crit

17 August – O’Town (O’Fallon, IL) Super Sprint Tri

17 August – Lake St. Louis Tri

24 August – Heroes Ride

25 August – Sunset Hill Tri

25 August – Sparta Tri

7 September – Litchfield Triathlons

14/15 September – Capex Triathlons

15 September – Millstadt Biathlon

28 September – Meso 5K

28 September – Belleville Marathon

29 September – Chattanooga Ironman

29 September – Fall Rec Plex Tri