**Metro Tri Club**

**September 3, 2019 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Greg Voudrie, Keith Timmins, Jim Taylor, Erica Hunt, Jay Hunt, Donna Etherton, Tim Holland, Cheri Becker, Jeanna Clark, Jim Clark, Becca Hostettler, Karie Ashmann, Gary Payne, John Sikes, Robin Misukonis, Russ Darbon, Deb Ritter, James Ritter, Tariq Quadri, Anna Kallal, Jan Wrischnik, Dianna Tickner, Jackson Nolen, Jeff Germer, Steve Brummer, Liz Stryker, Doug Bristow,

**General:**

The meeting was held at Old Bakery in Alton. Great food and drink but a little loud. The club secretary was fitted with his new hearing aids which were purchased in lieu of a new bike. Hearing was still a challenge and are certainly the blame for any and all mistakes in these minutes.

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

Steve Brummer – Steve is a long time swimmer and has been doing multi-sports for the last few years. He has completed a number of races including Ironman 70.3 at Steelhead with the club in June. Steve seems to be acquainted with Jeff Germer……that flaw to be judged by each member.

**Visitors:**

Former member Gary Wilson was in the area and stopped by for a visit. Always great to see friends.

**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 121.

We have officially switched to The Driven as our membership portal.

Membership dues for 2020 can be paid at any time. **Go to Thedriven.net and search Metro Tri Club to register.** Any questions about your membership status contact Dianna atdiannatickner@rocketmail.com.

You can either pay on-line at The Driven or pay the club direct. BUT, either way, you have to go to The Driven and register.

**General Discussions:**

**Member Discount Codes:**

**Discount code for all Racemaker events is trizilla15 or trizilla 20. If one don’t work, try the other.**

**We also have a discount code for MSE Racing events. Code is GODZILLA2019**

**IMPORTANT CLUB BUSINESS:**

**Website Update**

* The Driven website went live on September 3 at 6:30 AM. This is the culmination of a LOT of work by Donna Etherton and Jeff Schleicher. Each club member has a profile on the club webpage. Donna and Jeff entered as much data as possible for each member. You should have received an email with your username and temporary password. PLEASE visit the website and update your profile. There are also places on the website to upload pictures and other useful or interesting information.
* The new website is very user friendly. Try it out and let us know what you think. Suggestions on content are also welcome.

**Club Tents**

* Donna Etherton has worked hard on the club tents. The company offers both aluminum and steel frames. After much discussion, the decision was made to buy one of each
* The graphics were passed around for review
* Because the club website may change it was decided to put Team Godzilla on two flaps and Metro Tri Club on the other two and not take the chance of having new tents with the wrong website

**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.
* September Update – This should be nailed down in the next couple weeks.
  + **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, Allie Mikoff, Donna Polinske, Dianna Tickner, Keith Timmins, Greg Voudrie, John Sikes, Ed Matecki, Carl Dake, Kris Clawson, Stephen Brummer, Eli Clark, Jeanna Clark, Jim Clark, Tim Holland, Becca Hostettler, Amber Koester, James Ritter, Deb Ritter, Karie Ashmann, Kyle McLaughlin, Gary Payne, Kraig Weinberg
  + **Up-a-Creek** (12 October):
* Volunteers so far: Jeff Germer (Timing); Becca Hostettler (Photographer/Waivers); Mike Hovatter (Timing); Robin Misukonis (Photographer); Fawn Dintelmann (Photographer/Water Stop); Shannon McWhorter (Course Marking); Lydia Mikoff (Photographer/Water Stop); Keith Timmins (Course Marking) Jeff Schleicher (Videographer)
* Runners so far: Tanya Colbert, Chase Lading, Hunter Lading, Phil Lading, Ed Matecki, Megan Matecki, Jim Taylor, Keith Timmins, Brandon Winklemann, Jim Clark, Jeanna Clark, Donna Etherton, Vern Hurley, Shannon McWhorter, Mike Toolen II
* **Pere Marquette** 
  + Registration setup through The Driven is finally complete and operational
  + Open registration started 9/1
  + As of 9/3 we were at 477 registered
  + Contract with Park Service is complete
  + Block of rooms is booked
  + Ham operators have been notified
  + Matt Taul music is booked
  + Fleet Feet contract is signed
  + More details to follow
* The following are the coordinated practice dates/times:
  + Saturday, 19 October at 9:00 a.m.
  + Sunday, 17 November at 1:30 p.m.
  + Saturday, 30 November at 8:00 a.m. (same day as River Road)
* **2020 Club Ironman 70.3 Race** – It is time to pick a club race for 2020. A number of races was discussed. Possible locations Chattanooga, Ohio, Traverse City, and Boulder. Donna Polinske will get with Mike Gonski and have a survey sent out.

**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 August 2019 meeting:

* + Anyone?

New Half Ironman finishers since the August 2019 meeting:

* + Traverse City – We had 2 Zillas complete this 70.3: Becca Hostettler and Erica Hunt!

Age Group National Championship

* + Cleveland, OH – Erica Hunt completed the sprint triathlon and Jay Hunt completed the Olympic distance. That Hunt family is AWESOME. Way to represent the team!!!!

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

* + Anyone?

All Ultramarathons completed in 2019 (catching up since Keith did not list any of these this year):

* + Cheri Becker: The Kettle Moraine 50K; and the “Get Your Butt Kicked on Route 66” – a 6-hour race where she ran 29+ miles, placing her first in her age group!
  + Jim Donahue: The David’s Endurance Trail Run 50K; the Beulah 6-hour race where he ran 26.7 miles; the Endurance 12-hour where he ran 62.5 miles; the Double Chubb 50K; and the Strolling Jim where he ran 41.2 miles.
  + Shannon McWhorter: The Double Chubb 50 K; and the Quivering Quads 50K.
  + Jim Taylor: The Dawn to Dark where he ran 26.8 miles; and the Shawnee Hills 50K.

MSE Open Water Swim – We had 10 Zillas volunteer at this event held at Lake Simpson: Karie Ashmann, Jeanna Clark, Fawn Dintelmann, Donna Etherton, Josh Farmer, Janna Perry, Deb Ritter, James Ritter, Jim Taylor and Jen Todd.

Conquer Castlewood – Keith Timmins was the lone Zilla who completed this sprint adventure race.

Sage City – 4 Zillas completed this sprint tri: Greg Voudrie, Rodney Mitchell, Dan Henry and Joni Foor. Special congrats to Dan and Joni for placing 2nd in their age groups; and to Greg for placing 1st in the Clydesdale division!

Edwardsville Criterium – Judy Slosar was the lone Zilla who competed in this bike race in the Women’s Cat 4/5 category!

O’Town Hustle – 11 Zillas completed this super sprint tri in O’Fallon, IL: Jeanna Clark, Tanya Colbert, Matt Dunn, Donna Etherton, Tim Holland, Ed Matecki, Lydia Mikoff, Robin Misukonis, Gary Payne, China Rongey and Kraig Weinberg. Special congrats to: China and Tim for placing 3rd in their age groups; Matt, Donna and Lydia for placing 2nd in their age group; Jeanna, Ed and Robin for placing 1st in their age group; and Tanya for coming in as the 1st OVERALL female!!

Lake St. Louis – There were no results posted on Fleet Feet’s website for these triathlons, so it is assumed they were cancelled.

Bike for Heroes - 10 Zillas completed one of the following distances in this event:

* + 25 Miles – Kathy Wever and Mike Wever . . . well, technically the Wever’s were 25 miles into the 50-mile route when Mike took Kathy out, resulting in a 4-hour ER visit and 5 stitches for her. However, since the event did offer a 25-mile route, they both received GOTY points!
  + 50 Miles – Kyle McLaughlin, Jim Clark, Jeanna Clark and Rick Burgess.
  + 80 Miles – Tanya Colbert, Colin Fries, Keith Timmins and Renee White. This group was part of an 8-person pace-line that averaged 20.5 miles per hour.

Springfield – 2 Zillas completed the Dan Adair MD Memorial Sprint Tri: Greg Voudrie and Joni Foor. Special congrats to Greg for placing 2nd in the Clydesdale division and to Joni for placing 2nd in her age group!

Sunset Hills – 7 Zillas completed this sprint triathlon: Stephen Brummer, Donna Etherton, Jeff Germer, Robin Misukonis, Gary Payne, China Rongey and John Sikes. Special congrats to: Donna for placing 3rd in her age group; Robin for placing 2nd in her age group; and Stephen and China for placing 1st in their age groups!

Sparta – This sprint tri was cancelled due to low registration.

Upcoming GOTY Events:

7 September – Litchfield Triathlons

15 September – Millstadt Biathlon

15 September – Capex Triathlons (Carlyle, IL)

28 September – Meso 5K

28 September – Belleville Marathon

29 September – Fall Rec Plex Tri

29 September – Chattanooga 140.6

6 October - MO Cow Bell Full/Half Marathon

12 October – Up-a-Creek run

26 October – Valmeyer bluff run