**Metro Tri Club**

**March 4, 2019 Meeting Minutes**

**Members Present:**

Lydia Mikoff, Fawn Dintelmann, Jeanna Clark, Dianna Tickner, Donna Polinske, Greg Voudrie, Ed Matecki, Brandon Shultz, Keith Timmins, Phil Coatney, Russ Darbon, Andrea Darbon, Jim Taylor, Shannon McWhorter

**General:**

The meeting was held at Old Bakery Brewery in Alton.

New President Donna Polinske ran the meeting and managed to prevent any major problems.

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

Jim Taylor was at this year’s banquet but this was his first official meeting.

**Visitors:**

None

**Finance Report:**

Club finances are reviewed quarterly. If you have any questions or comments please contact Donna Polinske or Treasure John Sikes.

**Membership:**

Membership total is currently at 105.

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. Need to get the code…..**

**IMPORTANT CLUB BUSINESS:**

* The club voted to make the following donation:
  + Heart and Sole $500 – This is the middle school version of Girls on the Run. This donation goes to the Alton Middle School group. They currently have 25 girls in the program who have all paid to participate. The donation will be used to buy things the girls don’t have but need to be successful such as sports bras.

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

* Tentative Teams:
  + Mixed Masters: Lydia Mikoff, John Sikes, Scott Schuyler, Ian Durie, Jim Donahue, Liz Stryker, Robin Misukonis and Mark Thompson.
  + Open: Anna Kallal, Jim Clark, Jeanna Clark, Chris Mahnesmith, Donna Etherton, Fawn Dintelmann, Keith Timmins, Emily Johnson
  + Alternates – China Rongey and Sarah Mahnesmith. Is there anyone else who would consider being on the alternate list? If so, contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)
* **Zillapede at St. Pat’s Run** – We currently have 15 “IN”. IT’S NOT TOO LATE TO JOIN THE FUN. EMAIL KEITH TODAY AND LET HIM KNOW YOU’RE COMING AND WHAT SHIRT SIZE YOU NEED. 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)
* **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.

ACTION ITEM – We need to come up with a cool theme. We have won the best water stop the last few years and need to keep our streak going.

* **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)
* **Another Swim Challenge** – The last club swim challenge was so successful, another one appears to be a great idea. Dianna Tickner is working on the project. Stay tuned!
* **Facebook page** – The club calendar on the Facebook page is not current. Discussions about how to keep it more current are needed.
* USMS National Convention is in St. Louis this year at the Hyatt Regency. The dates are September 11-15. They are looking for hospitality volunteers.
* **Pere Marquette Trail Run Refreshment Table** – The club needs a volunteer to assume responsibility for the post-race refreshment table. Al Lamere has coordinated the refreshment table for as long as anyone can remember and has finally “retired”. Fawn Dintelmann volunteered to help with this job. THANKS FAWN!
  + We need to honor and thank Al at the 2019 race.
* **Tracks and Treads** – The TnT trail biathlon was cancelled last year due to lack of a Race Director. ACTION ITEM – We need someone to step up and “volunteer” to lead this event. Robin Misukonis was the RD for a long time and will be a great resource for information. Club members were always willing to help when asked and needed. Have you been thinking about getting involved? Here’s a great opportunity.

**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 5:00 PM. 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 February 2019 meeting:

* + Anyone?

New Half Ironman finishers since the February 2019 meeting:

* + Anyone?

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

* + Anyone?

o Castlewood Cup – 8 Zillas completed this muddy (and shortened by about 2 miles) trail race: Donna Etherton, Tim Holland, Anna Kallal, Deb Ritter, James Ritter, Scott Schuyler, Keith Timmins and Renee White. Special congrats to Anna, Deb and Renee, who each took 3rd in their age group!

o Quivering Quads – Postponed one week due to weather.

Upcoming GOTY Events:

16 March – St. Patrick’s Day

23 March – Alton Half Marathon

7 April – GoStl! Marathon/Half Marathon

13 April – River to River

20 April – Litchfield Duathlon

28 April – Try Tri

Next Meeting – Date and location TBD