**Metro Tri Club**

**November 4, 2019 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Greg Voudrie, Keith Timmins, Jim Taylor, Erica Hunt, Donna Etherton, Karie Ashmann, James Ritter, Jeff Germer, Karla Plage, Cid Bauer, Lisa Brandt, Kraig Weinberg, China Rongey, Phil Coatney, Shannon McWhorter, Brandon Shultz, Jim Donahue, Ed Matecki, Mark Thompson, Jeff Schleicher, Dianna Tickner, Lydia Mikoff, Bobby Reidelberger

**General:**

The meeting was held at Chava’s Mexican in Edwardsville.

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

Bobby Reidelberger – sent by Rich Adams from MSE so he must be a good guy.

**Visitors:**

Sue Edith – attended the meeting to check out the crazies and intends to join.

Megan Matecki, Alex and Allie Mikoff were all present and responsible for keeping their respective parents under control.

**Finance Report:**

The budget is reviewed quarterly. The treasurer was enjoying a much needed vacation in Italy but can answer questions when he returns.

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

**Membership:**

Membership total is currently at 132.

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: (The below codes are likely to change for 2020. We need to get with Racemaker and MSE before race season)**

**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:**

**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.~~
* ~~October Update – This should be nailed down in the next couple weeks.~~
* November Update – Tentative date is December 7 from 3-6 PM. Dianna has worked hard on trying to get this together but is having trouble communicating with the McKendree pool folks. Stay tuned.
* **Pere Marquette** 
  + Registration setup through The Driven is finally complete and operational
  + Open registration started 9/1
  + As of 11/4 we were at 665 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:
* Sunday, 17 November at 1:30 p.m.
* Saturday, 30 November at 8:00 a.m. (same day as River Road)

**Pere Marquette Volunteers**

All volunteer positions are filled except the following:

Finish Line setup (prior to race) – need two

Photographer (during race) – need one

Alternates (one during race and one prior to race) – need two

**2020 River to River (18 April)**

Zillas who have expressed an interest on being on a team: Jim Clark, Russ Darbon, Ian Durie, Donna Etherton, Shane May, Darrell Meek, Lydia Mikoff, Karla Plage, Jim Taylor, Keith Timmins, Kraig Weinberg, Renee White

Registration – Based on the number of Zillas expressing interest in running on an MTC team (12 as of 15 October when registration was opened), we submitted registration for one team. Once it is confirmed that an MTC team is “IN,” we will draw names at the next club meeting to determine who will run. The team registration cost is $560, so the individual registration cost for the runners is $70 each. If other Zillas are interested, we will add your name as an alternate. We note that in the past several years we have gone way deep into the alternate list!

**Zillacross 2019** – The Zillacross race will be held on November 16, 2019 at Wildcat Paintball Park in Staunton. There is still room in this unique twist to a “triathlon” if you are interested!! The race is free, and you are welcome to invite family/friends to participate. The course starts with a two-loop cyclocross-style ride (total approximately three-miles). During those loops you will stop once to shoot targets at a designated spot on the course. Any missed targets will result in a time penalty. Skipping the shooting all together is a big-time penalty. Then you dismount and run one more loop to finish the tri.  A bonfire will follow the race – please byob! Please contact Jim Clark at [orno11@yahoo.com](mailto:orno11@yahoo.com) to get added to the list.

**2019 Christmas Cookie Fundraiser** – This new event will be December 5 at 6:00PM starting at the Trailhead by Market Basket. It will involve running a short distance, eating cookies, then running again, eating cookies, running again…..you get the jest. China Rongey is the lead of this event with all proceeds going toward Christmas gifts for underprivileged kids. It is open to members, friends, enemies, or anyone with a few extra $$$ who likes cookies.

**2020 Annual Banquet** – Jay Hunt volunteered to lead the banquet again this year. I am sure this really means Erica will be “helping” (doing a lot of the work).

**2020 Club Officers**:

Current officers - Keith made a motion that if they are willing to serve, we keep the following officers in place for 2020 since each of them was elected in 2019: President – Donna Polinske; Vice President – Robin Misukonis; and Treasurer – John Sikes. Donna Polinske verified she had spoken with Robin and John, and all three agreed they were willing to serve.  The motion was seconded and unanimously approved (and yes, Jeff Germer was present!) These three will be presented at the annual business meeting for approval.

Secretary – Tim Holland is finishing his 3rd year of excellent service as the club Secretary (Keith wrote the Secretary does excellent work part but I really have to agree! He’s humble too). According to the MTC Bylaws, 3-years is the maximum an officer can serve in a row. We will take nominations for the Secretary position at the December club meeting. The vote for that position will be at the annual business meeting and their term will start immediately after completion of that meeting.

Membership Coordinator – Dianna Tickner will be stepping down from this position. Now that we have The Driven website up and running, joining and renewing membership is fairly easy. The membership coordinator has to make sure new members get a club shirt and take care of any other membership issues. We need a member to fill Dianna’s big shoes.

**2020 GOTY Rules and Events** – Keith led a discussion regarding any changes from the 2019 GOTY Rules and Events to establish the 2020 GOTY Rules and Events. This discussion only involved proposed changes. Keith will send all club members a copy of the GOTY Rules and Events showing all of the changes proposed at the November meeting.  If you have an event you want considered that was not suggested at the November meeting, please bring it to the December club meeting or have someone who will be attending bring it up for you. After the changes are voted on, it will be locked in for 2020, so don't miss this chance.

**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 Animal Ride is suspended until spring.

**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 October meeting:

* + Louisville – A major bummer because the swim was cancelled due to “elevated algal bloom present in the Ohio River.” 5 Zillas completed the 112-mile bike and the marathon distance run: Karie Ashmann, Shane May, Darrell Meek, Amber Shine Koester, and Renee White. Special congrats to Renee for placing 1st in her age group and procuring a coveted slot to the 2020 Kona 140.6 triathlon!! Special congrats to Karie and Amber for completing their first Ironman.
  + Florida – Cliff Linders completed this IM 140.6!!

New Half Ironman finishers since the October 2019 meeting:

* + North Carolina – We had two Zillas, both club officers, complete this 70.3 triathlon: Club Treasurer John Sikes and Vice President Robin Misukonis!
  + Waco – Kris Clawson completed her first 70.3! She ended up swimming an extra quarter mile against a headwind so did not make the cutoff. They did not pull her from the race, so like a true Zilla, Kris mounted her bike and took off. She finished the bike 3-4 minutes before the cutoff and made it out of the transition before it closed. With encouragement from Carl, she pushed through the run to the finish. This was an incredible accomplishment for Kris after beating cancer!

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

* + None

New Ultramarathon finishers since the October 2019 meeting:

* + Brookline, NH - Jim Donahue completed his 7th ultramarathon of the year when he ran 75 miles at the Ghost Train Trail Run.

Mattoon sprint tri – We had 7 Zillas complete this “YMCA Last Chance Tri”: Greg Voudrie, Michele Von Behrens, John Sikes, China Rongey, Robin Misukonis, Lydia Mikoff and new member Josh Fulk. Special congrats to: China and Michele for placing 3rd in their age groups; Josh for placing 3rd in Clydesdale; Robin for placing 1st in her age group; Greg for placing 1st in Clydesdale; and Lydia for coming in as the 1st OVERALL woman!!

Up-a-Creek – We had 5 Zillas complete this off-road 3.2-mile race and 8 Zillas volunteered at the event:

* + Runners: Vern Hurley, Ed Matecki, Karla Plage, Jim Taylor and Keith Timmins. Special congrats to Vern for placing 3rd OVERALL male; Jim for placing 2nd OVERALL male; and Karla for placing 2nd OVERALL female!! We also had four Zilla friends/family run with us: Allan Cochran; Elaine Lickenbrock; Michael Toolen II; and Brandon Winklemann.
  + Volunteers: Keith Timmins (race director); John Sikes; Jeff Schleicher; Robin Misukonis; Lydia Mikoff; Mike Hovatter; Becca Hostettler; and Fawn Dintelmann. Two future Zillas came along to help us out: Allie and Alex Mikoff!

Valmeyer – We had 3 Zillas who completed this cold and rainy trail 10K bluff run: Karla Plage, Keith Timmins and Kraig Weinberg. Special congrats to Keith for winning his age group!

USMS – We had 3 Zillas compete in several events at this swim meet at the Chuck Fruits complex:

* + Tariq Quadri – He swam the 50 free, 100 free, 200 free and the 400 free. Tariq won his age group in each race!
  + Lydia Mikoff – She swam the 50 breast, 100 breast, 50 fly, 100 IM and the 200 free relay. Lydia won her age group in the 1st 4 races and her team won the relay!
  + Ed Matecki – He swam the 100 free, 200 free, 800 free, 100 IM and the 50 back. Ed won each of these races except the 100 free (he initially tied Tariq in the 100 free, then lost to Tariq in a swim-off). Also impressive is that in-between two of his races, Ed left to watch his daughter’s volleyball game!

Skippo – We had 6 Zillas complete one of the distances at this trail run at Castlewood State Park:

* + 10K – Brigitte Stotter came all the way from Colorado to run this race!
  + Half-Marathon – 3 Zillas completed this distance: Brigitte Stotter (yep, she ran the 10K on Saturday and the half on Sunday), Jim Taylor and Keith Timmins. Special congrats to Jim for placing 2nd in his age group and to Brigitte for winning her age group. It is noted that everyone in this event had a PR . . . since they changed the distance from 20K to a half marathon!
  + 30K – 2 Zillas completed this distance: James Ritter and Deb Ritter. Keeping it in the family, both James and Deb won their age groups!!

Clayton – Ian Durie was the lone Zilla completing this half-marathon!

In-door triathlon – Tariq Quadri completed another sprint tri at the St. Peters Rec Plex!

Eureka Harvest Moon Run – This is not a GOTY event, but we couldn’t help but brag on one of the club’s senior citizens! Bill Coyne won the 70+ age group in this 5K - running sub-10s (29:43). Bill - we want to be like you some day – getting faster as we age!!

Upcoming GOTY Events:

9 November – Beaver Dam Dash

10 November – Miami USAT Nationals

16 November – Zillacross

24 November – IM 140.6 Arizona

30 November – Great River Road

5 December – Christmas Cookie Run

7 December – Swim Challenge (tentative)

7 December – Castlewood 8-hour

14 December – Pere Marquette Trail Race

4 January – Last Man Standing