**Metro Tri Club**

**December 2, 2019 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Greg Voudrie, Jim Taylor, Erica Hunt, Jay Hunt, Karie Ashmann, Jeff Germer, Karla Plage, Cid Bauer, Lisa Brandt, Kraig Weinberg, China Rongey, Phil Coatney, Shannon McWhorter, Ed Matecki, Dianna Tickner, Lydia Mikoff, Bobby Reidelberger, Rob Heckert, Robin Misukonis, John Sikes, Jennifer Loethen, Sue Edith, Gary Payne, Josh Faulk, Tim Holland, Russ Darbon, Bill Coyne, Jim Taylor, Melissa Thiems

**General:**

The meeting was held at Recess Brewing in Edwardsville.

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

Josh Fulk – started doing triathlons last year and has lost 100#. Welcome Josh

Rob Heckert – has been doing triathlons 13-14 years and wanted to join a fun group. Couldn’t find one so joined our group anyway.

Jennifer Loethen – has been doing triathlons for several years

Melissa Thiems - Melissa does masters swim and bikes with Emily Reed. So by default she must be fast!

**Visitors:**

None

**Finance Report:**

The budget is reviewed quarterly. 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**

* ~~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.~~
* December Update – The event is moving to the Edwardsville 50 meter pool. Cost is $150/hour rental. The pool is already rented for weekend mornings. Looking to do maybe 2 PM to 5 PM with both 1 mile and 2.4 mile options.
  + Dianna will send out a survey to pick the best date.
  + All swimmers must have a USMS membership or one day pass. To encourage non regular swimmers, the club voted to pick up the one day pass cost for non-USMS members who are current club members. The club will limit this expense to $560 and be handled on a first come first in basis.

**Pere Marquette Volunteers** – All volunteer positions are filled except the following:

* Water Stop #3 (during race) – need one
* Post-race refreshments – need one
* Photographer (during race) – need one
* Alternate (during race) – need one

**Pere Marquette Course Coordinated Runs** - We had over 40 runners show up for the 17 November run and 8 brave runners came for a cold, rainy run on 30 November.

**Pere Marquette Trail Donations** – Tim Holland reports that the Pere Marquette runners have donated $2,970 to the Pere Marquette Trail Fund. In the past, the club has rounded the donation up to the next $100 or in this case $3,000. Given the fact that this is by far our biggest fundraiser and the club’s bank balance is in good shape, Tim recommends we make our donation larger than $70. By vote, the club voted to donate $270 bringing the total donation to $3,200. John Sikes will bring the check to the park on race day.

**2020 River to River (18 April 20)** - Keith received an email on 1 December notifying us that our team is “IN.” Since this came in so late, we will do the drawing at the January meeting. Names of the following Zillas will be put in a hat and the drawing will determine which ones are on the team and the order of those on the alternate list: Jim Clark, Russ Darbon, Ian Durie, Donna Etherton, Shane May, Darrell Meek, Lydia Mikoff, Jim Taylor, Keith Timmins, and Kraig Weinberg. Please notify Keith if you want to be added to the alternate list after the drawing is completed.

**2019 Christmas Cookie Fundraiser** – The run is on Dec 5th, at the trailhead by Market Basket in Edwardsville, starting at the lot next to the bathrooms at 6:00PM. There is a change in the rules, you get 1 minute off your time for every cookie eaten. The cookies must be eaten before you reach the finish line, so you can't run the entire race then eat the cookies. The reason for the change is to make this a running event, not just an eating event. There is no entry fee, but donations for the Christmas gifts for kids are welcome and if you want to donate cookies - even better! Hot chocolate will be served after the race. Also, there are some pretty cool awards for first overall male and female and all runners will get a finisher tree ornament!

**2020 Track & Treads** – Jim Taylor is working on bringing back TNT, Tentative date is April 4, 2020. We voted to approve the $150 SIUE fee. RRCA will cover insurance for the run portion of the event. We will need to buy separate insurance for the bike portion of the event. This is being investigated. Jim is communicating with SIUE and will have more to report next month.

**2020 Fight for Air Challenge Team** – Since this event was approved as a GOTY race, Donna Etherton is interested in putting together a MTC team. Each team member would cover their own registration. If you are interested, talk to Donna. She can be reached at [etherton@cusd187.edu](mailto:etherton@cusd187.edu)

**2020 Annual Banquet** – Tentative date for the banquet is the first or second Saturday in February. Most likely Feb 8.

Keith has two requests for all club members for the banquet:

* Race stats - After you finish your last race of 2019, please send your race stats to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) Please list EVERY race you did in 2019 - not just GOTY races. For each race, list the name and distance of each event (run, bike, swim, etc.) Example: Highland Biathlon – 5-mile run; 15-mile bike.
* Race and training stories – Please write up your race and training stories from 2019. They can be funny, interesting and/or impressive. It can be about you or other club members. If you are not sure if a story or topic is something we would want, please err on the side that **absolutely** we would! For those of you who like to wait until the last minute to send Keith your stories, please have mercy on him and get them written soon!

2020 GOTY Rules and Events – Donna P. went over the recommended changes. They were discussed, voted on and approved as detailed below. Keith will send out the approved 2020 GOTY Rules and Events to all club members in the next couple of weeks.

At the November meeting we went through the 2019 GOTY Rules and Events and changes were suggested for the 2020 GOTY. At the meeting, we reviewed all suggested changes and voted by section to accept or reject them for 2020.

Volunteer Events:

* It was recommended that the Maryville YMCA half marathon be deleted as a volunteer event. Club member Cheri Becker confirmed she is not going to continue as the race director. Cheri is not certain the race will continue, but for now it will remain on the Race Event list. **This recommendation PASSED.**
* It was recommended that 6 events be added to the volunteer list: Tracks n’ Treads, Try Tri, CAPEX, Litchfield Tri, Covered Bridge, Zillacross and the St. Louis Tri. **This recommendation PASSED.**
* In the section where it says “Two volunteer points are awarded to club members who are a “director” of a volunteer event,” it was recommended that the Maryville YMCA half marathon be deleted and that we add Tracks n’ Treads, Covered Bridge and Zillacross since each of these has a Metro Tri Club director. **This recommendation PASSED.**

Race Events:

* In the section where it previously read:

“Complete a minimum of **ten** of the following races, with at least **five** being multi-sport races,”

it was recommended the wording be changed to, “Complete a minimum of **ten** of the following races, with at least **five of the points** being **from completing** multi-sport races” to better reflect the actual process. **This recommendation PASSED.**

* It was recommended that 2 race events be deleted: Wood River biathlon and Rt 66 half marathon. **This recommendation PASSED.**

* It was recommended that 8 race events be added: Runwell Resolution; Mizzou Tri; Tracks n’ Treads; Fight for Air Challenge; O’Town Hustle Tri; Halloween Go!STL Runs; CAPEX and Tunnel Hill Run. **This recommendation PASSED.**

2020 Club Officers:

Current officers – At the November meeting, we unanimously voted to have the following officers continue into a second year in their position and each has agreed to do this: President – Donna Polinske; Vice President – Robin Misukonis; and Treasurer – John Sikes.

Secretary – Tim Holland is finishing his 3rd year of **excellent service** (you can’t say that about yourself, it’s rude) as club Secretary. According to the MTC Bylaws, 3-years is the maximum an officer can serve in a row. Nominations are now open for someone to replace Tim as the club Secretary.

Keith nominated Lydia Mikoff, noting that Keith talked with Lydia about this and she agreed to this nomination. (Lydia would really rather not be Secretary if anyone else would be interested)

This issue will be discussed again at the January meeting. At that meeting we will need to finalize nominations. We REALLY need someone to step up. If you miss a meeting, someone will take notes and send to you. It literally takes an hour or so to type (cut and paste) the monthly meeting minutes. PLUS you get a GOTY point.

New Member Director – Dianna Tickner has done an excellent job in this position for the past 4-years. She would like to give someone else a chance to lead this task. Dianna notes that much of the process is now automated due to the club using “The Driven.” Do we have anyone who would volunteer to let Dianna teach you how to do this job? This issue was batted around for a while with possible replacements for Dianna. But the Secretary can’t remember if anyone actually was nominated and accepted.

**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 November 2019 meeting:

* + Arizona – Greg Voudrie

New Half Ironman finishers since the November 2019 meeting:

* + Anyone?

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

* + Miami – Zilla Greg Voudrie completed two races at the Miami Multisport USAT Nationals:
    - Aquathon (1000-meter swim and 3-mile run) – Special congrats to Greg for placing 3rd in the Masters Clydesdale division!
    - Aquabike (1000-meter swim and 19-mile bike) – Special congrats to Greg for placing 3rd in his age group!!

New Ultramarathon finishers since the November 2019 meeting:

* + Jim Donahue completed the Black Diamond 40-mile trail run!

Beaver Dam Dash – 10 Zillas completed one of the distances at this trail race and 17 Zillas volunteered at the event:

* + 5K – Becca Hostettler, Erica Hunt, Vern Hurley, Shannon McWhorter and Keith Timmins.
  + 10K – Renee White, Kraig Weinberg, Jim Taylor, Donna Polinske and Jeanna Clark. Special Congrats to Jim for finishing as the 1st OVERALL male and Renee for finishing as 1st OVERALL of all runners at this distance. This was Renee’s 3rd year in a row of placing 1st OVERALL in Beaver Dam Dash 10K!
  + Volunteers – Matt Dunn (Race Director), Cheri Becker, Jeanna Clark, Jim Clark, Phil Coatney, Russ Darbon, Jeff Germer, Becca Hostettler, Jay Hunt, Ed Matecki, Kyle McLaughlin, Shannon McWhorter, Karla Plage, James Ritter, Jim Taylor, Keith Timmins and Kraig Weinberg. We also had 3 Zilla spouses volunteer at the event: Lynanne Coatney, Melanie Dunn and Mark McWhorter.

Zillacross – Jeanna and Jim Clark were gracious hosts of this “triathlon” at their Wildcat Paintball Park in Williamson, IL. The triathlon included an off-road bike, an off-road run and shooting targets with a paintball gun! 6 Zillas completed this tri: Russ Darbon, Colin Fries, Robin Misukonis, China Rongey, Scott Schuyler and Keith Timmins. Special congrats to: Scott – 1st OVERALL male; Keith – 2nd OVERALL male; Colin – 3rd OVERALL male; China – 1st OVERALL female; Robin – 2nd OVERALL female; and Russ – yep, 3rd OVERALL female (hey, I just type what they give me)!! Russ and Scott tied for the best marksmanship efforts, each hitting 3 of the 5 targets!

Great River Road - 21 Zillas completed this 10-mile road race: Jan Wrischnik, Renee White, Mark Thompson, Jim Taylor, Scott Schuyler (Sky-ler), James Ritter, Deb Ritter, Janna Perry, Tariq Quadri, Shannon McWhorter, Ann Knoyle, Anna Kallal, Vern Hurley, Erica Hunt, Tim Holland, Ian Durie, Fawn Dintelmann, Russ Darbon, Tanya Colbert, Lisa Brandt and Cid Bauer. Special congrats to: Mark and Janna for placing 3rd in their age groups; and Renee for placing 1st in her age group!

Upcoming GOTY Events:

7 December – Castlewood 8-hour

14 December – Pere Marquette

01 January – Runwell Resolution Run

4 January – Last Man Standing

29 February – Castlewood Cup

Next Meeting:

The next meeting will be Monday January 6 at 7:00PM. Location TBD. If you have a great idea for a meeting, please let us know.