**Metro Tri Club**

**February 3, 2020 Meeting Minutes**

**Members Present:**

Fawn Dintelmann, Donna Polinske, Jim Taylor, Jay Hunt, Karie Ashmann, Karla Plage, Cid Bauer, Lisa Brandt, Dianna Tickner, Lydia Mikoff, Robin Misukonis, John Sikes, Sue Edith, Keith Timmins, Donna Etherton, James Ritter, Deb Ritter, Jeanna Clark, Colin Fries, Greg Voudrie, Bill Coyne, Phil Coatney, Bobby Reidelberger, Tommy Brown, Kraig Weinberg, Russ Darbon, Andrea Darbon, Cheri Becker, Mark Thompson

**General:**

The meeting was held at Recess Brewing in Edwardsville.

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

None

**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 about 99. New members since January meeting are Kathy Edington, Susie Kautzer, and Judy Slosar.

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

Membership dues for 2020 can be paid at any time

Go to Metro Tri Club at: [**https://thedriven.net/cs/metrotriclub/page.detail?page\_id=**](https://thedriven.net/cs/metrotriclub/page.detail?page_id=)  toregister.  
 Any questions about your membership status contact the new membership coordinator Shannon McWhorter at [mcwhosx6@gmail.com](mailto:mcwhosx6@gmail.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. Jim Clark verified the code with Lee on 2/5/20.**

**We also have a discount code for MSE Racing events. Code is GODZILLA2020. Tim Holland verified the code on 2/10/20.**

**IMPORTANT CLUB BUSINESS:**

**Next Swim Challenge**

February – Swim Challenge will be February 15 from 2-5 PM. Registration is open.

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.

**2020 River to River (18 April 20):**

Team – We have one team.

Those currently in are:

Jim Clark, Russ Darbon, Ian Durie, Donna Etherton, Shane May, Darrell Meek, Jim Taylor, Keith Timmins,

The current alternates are:

#1 Kraig Weinberg, #2 Lydia Mikoff, #3 Doug Bristow, #4 Shannon McWhorter, #5 James Ritter, #6 Fawn Dintelmann.

Anyone wishing to be added to the alternate list should contact Keith. You will be added in the order they are received.

**St. Patrick’s Day (14 March)** – The following club members have signed up: Keith Timmins, Jim Clark, Cid Bauer, Tim Holland, Robin Misukonis, Colin Fries, Donna Etherton, Lisa Brandt, Sue Edith, Karla Plage, Phyllis Kunz, Kraig Weinberg, Karie Ashmann, Jeanna Clark and Zilla friends: Heidi Sanders, Gitta Brink, Tami Spellman and Sandy Louis. Remember, this is an event that your family and/or friends are welcome to participate with us. Let Keith if you or someone else you know of is interested in being part of the Zillapede. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**2020 Track & Treads** – Race Director Jim Taylor is bringing back TNT. Race date of April 4, 2020 is set. 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 at a cost of $450. Jim noted the need for volunteers and will send out an email requesting help. Donna Etherton, Keith Timmins, Robin Misukonis, and Phil Coatney already on the volunteer list.

**2020 Fight for Air Challenge Team** – Donna Etherton is coordinating the MTC team for this new GOTY event. If you are interested, talk to Donna. She can be reached at [etherton@cusd187.org](mailto:etherton@cusd187.org)

* We currently have 5 members on the MTC team but would love to have lots more.
* Each team member will cover their own registration.
* Club members can donate now on the MTC webpage
* Each team member must raise $100 which goes to the American Lung Association
* Donna is hoping to hold a fund raiser event at a local restaurant. She is investigating options now and will advise. Stay tuned!

**2020 Annual Banquet** – Banquet will be on February 8 at the Wildey Theater in Edwardsville. Food will be by the amazing Andrea Darbon.

Menu:

Pork Tenderloin

Fried chicken

Mashed potatoes

Roasted veggies

Vegan salad

Anti pasta salad

Dollar rolls

Vegan Charcuterie

Gluten-free charcuterie

Everything goes charcuterie

Chocolate and fruit charcuterie

3 tier desserts x2

Water & tea

Cash bar

Other - 4 more volunteers were needed to help set up. John Sikes and Robin Misukonis volunteered.

**USMS Meet (21 and 22 March)** – This GOTY event is at Marquette High School in Chesterfield MO. The club would like to put together some relay teams. You must be a current USMS member to sign up for relays (but you can swim other events with a One-Event USMS registration fee of $20). If interested in swimming on a relay team please let Donna Etherton know. Donna can be reached at [etherton@CUSD187.org](mailto:etherton@CUSD187.org).

Saturday events start at 2 PM with warmups at 1PM

Sunday eventsstarts at 9 AM with warmups at 8 AM

**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 – Since time changes on Sunday March 8, the first Animal Ride will be Tuesday March 10 starting at 5:00 PM from the Wanda trailhead. The official start time of 5:30 PM will start in April since we will have more daylight.

**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 January 2020 meeting:

* + Anyone?

New Half Ironman finishers since the January 2020 meeting:

* + Anyone?

New “USAT Nationals” finishers since the January 2020 meeting:

* + Anyone?

New Ultramarathon finishers since the January 2020 meeting:

* + Anyone?
* Ballwin Indoor Tri – Donna Etherton competed in this “upside down tri” (run, bike, then swim) and won her age group!

**Upcoming GOTY Events:**

15 February – MTC Swim Challenge at Chuck Fruit Pool

22 February – GORC Workday at SIUE (sign-up at [www.gorctrails.com](http://www.gorctrails.com))

29 February – Castlewood Cup

8 March - Quivering Quads

14 March - St. Patrick’s Day

21 March – Alton Half Marathon

21/22 March – USMS Swim Meet in Chesterfield MO

Mizzou Tri – it looks like this event has been cancelled

16 May – GORC Workday at SIUE (sign-up at [www.gorctrails.com](http://www.gorctrails.com))

Note: On GORC workdays, you can just show up, but signing up on-line will ensure they bring a lunch for you. These are GOTY volunteer events, so if you go, let Keith know.

Next Meeting:

The next meeting will be Monday March 2 at 7:00PM. Location TBD. If you have a great idea for a meeting, please let us know.