**Metro Tri Club**

**March 2, 2020 Meeting Minutes**

**Members Present:**

Robin Misukonis, China Rongey, John Sikes, Fawn Dintelmann, Jim Taylor, Erica Hunt, Jay Hunt, Ed Matecki, Larry McCracken, Kathy Wever, Renee White, Kris Clawson, Carl Dake, Greg Voudrie, Phil Coatney, Kraig Weinberg, Jeffrey Germer, Russ Darbon, Andrea Darbon, Mark Thompson, Karie Ashmann, Karla Plage, Cid Bauer, Lisa Brandt, Dianna Tickner, Lydia Mikoff, Melissa Thiems, Keith Timmins, Donna Etherton, Doug Bristow, James Ritter, Chris Amick, Colin Fries, Mike Gonski

**General:**

The meeting was run by Vice President Robin Misukonis in the absence of President Donna Polinske and was held at Ravanelli’s in Collinsville. Ravanelli’s donated 25% of Dine-In proceeds to Metro Tri Team Fight for Air Climb after showing team flyer. The team made $208 from dinner proceeds. There was a MTC gift raffle as well, which brought in $180.

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

Larry McCracken….Larry blamed his joining the club and getting involved with our crazy group on Erica and Jay Hunt!

**Visitors:**

Several family members dined with us to help increase the donations. Renee White’s daughter Summer, Mike Gonski’s son Andrew, Keith Timmins’ wife Laura, Donna Etherton’s husband Mike, Jeff Germer’s wife Pam and daughter Jordan and Doug Bristow’s wife Chrissy and kids Evie, Nora and Able. Many of them endured the meeting with no reports of severe illness!

**Finance Report:**

The budget is reviewed quarterly. If you have any questions or comments please contact Donna Polinske or Treasurer John Sikes. John is currently looking into a club Paypal account. This will require the club’s approval before moving forward.

**Membership:**

Membership total is currently at about 106.

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 Dianna at [diannatickner@rocketmail.com](mailto:diannatickner@rocketmail.com) or 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:**

**Wattie Kit/Swimsuit Orders** –Jay Hunt sent out a custom team Godzilla apparel order survey. This survey is available now until 3/20. Access to the survey requires that you log into the Metro Tri Club Website. This can also be accessed by going to your Metro Tri Club Account page and selecting surveys. A reminder that Wattie kit orders need a minimum of 5 pieces each. We will be contacting Jim Clark for a Wattie fit kit. Also, if you would like a Team Godzilla swim parka, please send Doug Bristow a message. Doug’s email is doug.bristow@gmail.com

**MTC Swim Challenge** –This event was such a success that we are looking to do a fall swim challenge. A tentative date of Nov. 21/22 was discussed.

**Open Water Swim Challenge/Series** –Karie Ashmann would like to organize an open water swim challenge or 3-4 day swim series at Carlyle Lake. Please let Karie know if you are interested and be on the lookout for a club survey on this topic. You can contact Karie at karietoo16@aol.com

**Member Discount Codes:**

**Discount code for all Racemaker events is trizilla15**

**We also have a discount code for MSE Racing events. Code is GODZILLA2020**

**IMPORTANT CLUB BUSINESS:**

**St. Patrick’s Day (14 March)** – The following club members have signed up to be part of the famed Zillapede: Keith Timmins, Tim Holland, Ed Matecki, Colin Fries, Donna Etherton, Lisa Brandt, Sue Edith, Karla Plage, Phyllis Kunz, Kraig Weinberg, Karie Ashmann, Jim Clark, Jeanna Clark, Cid Bauer and Zilla friends: Heidi Sanders, Sandy Louis, Gitta Brink and Tami Spellman. Last call for anyone who wants to join us!

**Fight for Air Challenge (4 April)** – 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)

* Each team member must raise $100 which goes to the American Lung Association
* Each team member will cover their own registration
* Club members can donate now on the MTC webpage
* Keith Timmins is the newest member to join the team

**Tracks n’ Treads (4 April)** – This event was approved by the club to be moved to the fall. Currently looking at November 2020.

**Route 66 10K (13 June)** – Donna Polinske has once again agreed to lead us!

**Calhoun County Spring Hill Ride (April 24 – 26)** -Kathy Wever reported on this weekend event. Per Kathy: It’s time to shake those legs out on some hills and enjoy camaraderie and great food. Join us for this all-inclusive ride. Housing, food, good company and excellent courses will be included. This is the inaugural event and we want your opinion to help make the event better. Therefore, the cost is only $150 for the whole weekend. There are only 15 spots total with only 11 spots currently available. Zilla Renee White will be hosting us in a rustic, no-frills hunting lodge in the town of Michael located in picturesque Calhoun County. Everyone will have their own twin bed in a gender specific bunkroom. Check-in is after 4pm on the 24th. Friday dinner will be a casual soup, salad and sandwich bar starting at 6pm. We will ride on Saturday and Sunday 50 - 65 miles each day. A biker’s breakfast of oatmeal, granola, yogurt and bagels will be available both mornings. Make yourself a sandwich to take on the ride and grab some snacks. We will have stops at gas stations if you need to fuel up along the route. A hearty dinner on Saturday and fun and games and good company will complete our evening, BYOB. For Sunday lunch, we will have a sit-down dinner at Wittmond’s where we can discuss the ride and provide feedback.

If you are interested, provide a $75 deposit to the Wever’s. The $75 balance will be due by April 10.

**\*If interested, please contact Mike Wever at (314)712-6629**

**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** – 5:00PM from the Wanda trailhead every Tuesday in March and then on 7 April, the official start will move to 5:30 as the days get longer.

**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 2020 meeting:

* + None

New Half Ironman finishers since the February 2020 meeting:

* + None

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

* + None

New Ultramarathon finishers since the February 2020 meeting:

* + None

**MTC Banquet** – We had 14 Zilla volunteers who ensured this annual event was successful and fun! Jay Hunt (event director), Greg Voudrie, John Sikes, Jeff Schleicher, Robin Misukonis, Jay Hunt, Erica Hunt, Becca Hostettler, Jeff Germer, Donna Etherton, Jim Donahue, Russ Darbon, Andrea Darbon, Phil Coatney, Donna Polinske and Karie Ashmann.

**MTC Swim Challenge** - 28 Zillas swam one of the distances offered and 28 Zillas volunteered at the event:

* + 1 mile – 20 Zillas swam this distance: Karie Ashmann, Tommy Brown, Jeanna Clark, Phil Coatney, Fawn Dintelmann, Rhonda Grammer, Becca Hostettler, Ed Matecki, Robin Misukonis, Donna Polinske, Tariq Quadri, Deb Ritter, James Ritter, China Rongey, John Sikes, Nancy Stonesifer, Jim Taylor, Melissa Thiems, Greg Voudrie and Karyn Weber.
  + 2.4 miles – 8 Zillas swam this distance: Erica Hunt, Jay Hunt, Ann Knoyle, Rick Mann, Darrell Meek, Lydia Mikoff, Janna Perry and Scott Schuyler.
  + Volunteers - Karie Ashmann, Cid Bauer, Lisa Brandt, Tommy Brown, Jeanna Clark, Phil Coatney, Fawn Dintelmann, Rhonda Grammer, Becca Hostettler, Erica Hunt, Jay Hunt, Rick Mann, Ed Matecki, Larry McCracken, Shannon McWhorter, Darrell Meek, Lydia Mikoff, Robin Misukonis, Tariq Quadri, Deb Ritter, James Ritter, China Rongey, John Sikes, Jim Taylor, Melissa Thiems, Dianna Tickner, Jen Todd and Greg Voudrie.

**GORC Workday** – Jim Taylor was the lone Zilla we are aware of who volunteered at this workday at the SIUE trails and received a GOTY point!

**Castlewood Cup** - 13 Zillas completed this trail race, shortened from the regular 9.3 miles to 7.0 miles: Renee White, Kraig Weinberg, Karyn Weber, Keith Timmins, Jim Taylor, Jeff Schleicher, James Ritter, Shannon McWhorter, Ann Knoyle, Tim Holland, Krystal Giltner, Josh Farmer and Donna Etherton. Special congrats to Jeff for placing 3rd in his age group; and to Renee, Keith and Krystal for placing 2nd in their age group. Special note that Renee and a half-dozen other runners took a wrong turn, causing them to run an extra mile!

**Effingham** – Josh Fulk and Greg Voudrie completed this indoor tri. Special congrats to Greg for finishing 3rd OVERALL and to Josh for finishing 2nd OVERALL!!

**Korte Rec Center** – Karla Plage completed this indoor tri. Within the 30-days given participants, Karla did a full IM distance!

**Upcoming GOTY Events:**

8 March - Quivering Quads

14 March - St. Patrick’s Day

21 March – Alton Half Marathon

21 and 22 March – USMS Meet

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

17 May – Millstadt Biathlon (changed from the normal date in September)

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 Timmins know.

**Next Meeting:**

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