**Metro Tri Club**

**June 2, 2020 Meeting Minutes**

**Members Present:**

By the number of club members present, it was obvious we are anxious to get back to a normal schedule!!

Donna Polinske, Hannah Polinske, Stephen Brummer, Robin Misukonis, China Rongey, Fawn Dintelmann, Jim Taylor, Karyn Weber, Erica Hunt, Jay Hunt, Greg Voudrie, Phil Coatney, Kraig Weinberg, Jeffrey Germer, Russ Darbon, Karie Ashmann, Karla Plage, Cid Bauer, Lisa Brandt, Lydia Mikoff, Melissa Thiems, Keith Timmins, Doug Bristow, Tim Holland, Jeanna Clark, Colin Fries, Becca Hostettler, Cheri Becker, Bobby Reidelberger, Tommy Brown, Janna Perry, Jeff Fromme

**General:**

The meeting was run by President Donna Polinske and was held in Donna’s backyard with snacks and refreshments provided. Thank you Donna! We celebrated the fact that the meeting date was Greg Voudrie’s 50- something birthday! Greg smiled as we sang the birthday song but was probably thinking, “That is the worst singing I have ever heard,” or “What? No cake!?”

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

None

**Visitors:**

Allie and Alex Mikoff

China’s pups Kona and Luna

**Finance Report:**

The budget is reviewed quarterly. If you have any questions or comments please contact Donna Polinske or Treasurer John Sikes. Since our last meeting in March, there has been no money spent.

**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 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:**

**Unofficial COVID 2020 Sprint Tri** – A special congratulations to Bobby Reidelberger who completed his first tri and received first place overall! He was presented a one of a kind race shirt at the meeting. This unofficial race took place under race director Russ Darbon.

**GOTY** – Because of COVID and all the cancelled events, it may be nearly impossible to get GOTY for 2020. Jeff Germer suggested that we donate GOTY award money to the Glen-Ed Food Pantry. Although highly unusual, we liked Jeff’s suggestion! We will relook at this later once we see how all the cancellations play out.

**I TRI for St. Jude** –Shannon McWhorter is heading this virtual triathlon benefiting St. Jude Children’s Research Hospital. Participants register to complete an Olympic, Half or Full distance triathlon over a 2 week period, June 14-27. Shannon is offering registered Zillas unlimited OWS (by appointment) from her house the month of June. To sign up, go to: <https://www.raceentry.com/races/i-tri-for-st-jude/2020/register>

**Trifest for MS** – Tim Holland mentioned this fun “Trifest” that he participated in last year with James Ritter. This event takes place in Bentonville, AR on September 4-6. There is a 5k on Friday, sprint and super sprint on Saturday and Olympic on Sunday. A few Zillas are already registered, come join us! To sign up, go to: [www.researchms.org/registration/](http://www.researchms.org/registration/)

**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:**

**Tracks n’ Treads** – Jim Taylor presented on this event with fancy weather graphs and charts. Jim proved via his charts that February historically has the least amount of precipitation in our area, and much of that is usually snow. We agreed with Jim and encouraged him to go forward with finding and locking in a date in February 2021 for the next Tracks n’ Treads race. Watch out Meteorologists Scott Connell and Steve Templeton – make room for Jim Taylor!

**Pere Marquette** – Tim Holland gave us a very sad story, claiming he had to suffer with a trip to Hawaii in December that was going to conflict with our Pere Marquette race, where Tim serves as our race director. Tim was certain the race can take place without him physically being there on race day, noting that many club members have been doing certain jobs for years. Tim will do all the background work and count on many club members to take the race to the finish line! Jeff Germer was on a roll and at first volunteered to take Tim’s place in Hawaii, but then volunteered to be the substitute race director for the 2020 Pere Marquete trail race!

**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.

**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 May 2020 meeting:

* + None

New Half Ironman finishers since the May 2020 meeting:

* + None

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

* + None

New Ultramarathon finishers since the May 2020 meeting:

* + None

**St. Louis Triathlon (Creve Couer Lake)** – There were 3 Zillas who virtually completed one of the tri distances: Donna Etherton completed the sprint distance; Janna Perry and Tommy Brown completed the Olympic distance.

**Tour de Stooges** – Cancelled

**GORC Workday at SIUE** – Cancelled

**Broken Spokes** – Cancelled

**Gateway Tri** – Cancelled?

**Millstadt Biathlon** – Postponed – date TBD

**Highland Biathlon** – Melissa Thiems and Karla Plage completed the race virtually and Bobby Reidelberger virtually completed the bike portion of the race.

**Upcoming GOTY Events:** Note- this list is changing daily. Below is what we knew at the time of the meeting.

4 June – Breese Biathlon (Kicks-N-Spokes)

13 June – Litchfield Duathlon (Old Settlers) – Cancelled (Can be done virtually)

13 June – Route 66 10k – Changed to a virtual race

20 June – Covered Bridge Run – Cancelled

June – Carlinville Biathlon

4 July – Hillsboro Biathlon

12 July – New Town Tri

19 July – Ballwin Tri

July – Mud Mountain 5K trail run

25 July – Springfield Tri’s

26 July – Kirkwood Tri

August – Fenton Tri

August – Edwardsville Crit – Cancelled

9 August – Alligator Creek Tri

9 August – Conquer Castlewood

August – Lake St. Louis Tris – Cancelled

22 August – Bike for Heroes

23 August – Sunset Hills Tri – Cancelled

29 August – (rescheduled date) Tour de Donut – Cancelled

6 September – (rescheduled date) St. Louis Tri (Creve Couer

Lake)

12 September – Litchfield Tri’s

26 September – (rescheduled date) St. Pat’s Day 5-mile run –

changed to virtual

26 September – (rescheduled date) Tour de Charleston

26 September – Miles for Meso 5K – Changed to virtual

27 September – (rescheduled date) Rec Plex (Rookies and Rock Stars)

September – Belleville Marathon – Cancelled

September – Tour De Stooges - Cancelled

4 October – MO Cowbell half and full marathon

10 October – Up-a-Creek

11 October to 6 December – Super Prestige Cyclocross

October – Halloween Go!St. Louis Runs

31 October – Valmeyer 10K Bluff Run

1 November – St. Louis half marathon

November – Skippo 10K trail run

November – Skippo half-marathon and 30K trail runs

14 November – Tunnel Hill run

November – Beaver Dam Dash, 5K and 10K trail runs

November – Zillacross

25 November – River Road

5 December – Castlewood 8-hour adventure race

12 December – Pere Marquette trail run

**Next Meeting:**

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