**Metro Tri Club**

**July 7, 2020 Meeting Minutes**

**Members Present:**

John Sikes, Robin Misukonis, China Rongey, Fawn Dintelmann, Erica Hunt, Jay Hunt, Jeffrey Germer, Russ Darbon, Karie Ashmann, Cid Bauer, Lisa Brandt, Lydia Mikoff, Jim Donahue, Keith Timmins, Tim Holland, Jeanna Clark, Becca Hostettler, Jackson Nolen, Donna Etherton, Sue Edith, Brandon Winkelmann, Rhonda Grammer

**General:**

The meeting was run by Vice President Robin Misukonis in the absence of President Donna Polinske and was held in the MCT parking lot. Shout out to John Sikes for the amazing snacks and refreshments!

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

None

**Visitors:**

Allie Mikoff

Brandon’s fiancé Elizabeth and beautiful baby girl Aurora

Becca’s husband Jake

**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 June, the only money spent was on snacks and refreshments for the July meeting.

**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:**

**Team Blueline Honor Run** – Jackson Nolen is organizing an honor run half marathon 10/24/2020. This will be a 13.1 mile route starting at Madison Co sheriff’s office in Edwardsville, stopping at 5 different police departments and ending at Troy PD. Entries are in exchange for donations to Team Blueline, which benefits the families of fallen officers. It will be a group run, runners are welcome to wear any blue or police support gear they wish. Jackson will have a couple of flags to run with as well. He will possibly provide BBQ and sides at the finish. He could use volunteers for water stops, and any sponsor/donation ideas. <https://teamblueline.networkforgood.com/projects/89818-jackson-nolen-s-fundraiser?#_=_>

**Mud Mountain** – This is a virtual event this year and we decided that it would be fun to run as a club. The dates selected are July 18 at 7am and July 25 at 8am, at the SIUE cross country course (mud mountain course). This run benefits the cross country and track/field programs for the high school and middle schools. If you do sign up, please designate Riley Knoyle, daughter of Zilla Ann Knoyle or Margaret Paty, daughter of Zilla Michele Meckfessel. Please look at the team Godzilla training page for a post if you can make one of the days to run the course. The Mud Mountain website is [www.mudmountain5k.org](http://www.mudmountain5k.org)

**STL OWS Series 2020** – This series takes place at Simpson Lake and runs July 11- August 29. Team Godzilla has volunteered in the past and was asked to volunteer on Saturday, July 25th. If you are interested in volunteering, please contact Donna Etherton at [etherton@cusd187.org](mailto:etherton@cusd187.org)

**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** – This event will be held Februaryish.

**Pere Marquette** – As Tim discussed at the June meeting, he and his bride Lisa, will be in Hawaii on race day this year (12 December). Tim will still do all the hard work of getting everything set up but as he says Aloha, Tim will hand the race director reigns over to Jeff Germer. Jeff graciously volunteered to be Tim’s stand-in as race director! Tim plans to meet soon with the park officials to start discussions about impacts COVID-19 will have on this year’s race.

**Route 66**- Erica Hunt graciously agreed to discuss the 2020 event and to answer any questions we threw at her. This event went virtual this year and registrants who completed and submitted results received a shirt and finisher’s medal. Some pluses of this virtual race was that you had all June to complete it and runners across the country could run it this year. Results will be posted on the website <http://route6610k.com>

**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:**

* Correction from the June meeting minutes- Karla Plage virtually completed the Litchfield Duathlon, not the Highland Biathlon as was reported last month (obviously Keith needs a hearing test).

New Full Ironman finishers since the June 2020 meeting:

* + I TRI for St. Jude- We had 4 Zillas complete this race: Rick Mann, Karie Ashmann, Jay Hunt and Fawn Dintelmann.

New Half Ironman finishers since the June 2020 meeting:

* + I TRI for St. Jude- We had 2 Zillas complete this race: Jackson Nolen and Rebecca Hostettler.

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

* + None

New Ultramarathon finishers since the June 2020 meeting:

* + None

**Breese Biathlon (Kicks-N-Spokes)** – Cancelled

**I TRI for St. Jude**- We had 5 Zillas complete the Olympic distance tri: Erica Hunt, Greg Voudrie, Lisa Brandt, Cid Bauer and Ed Matecki.

**Litchfield Duathlon (Old Settlers)** – Changed to a virtual race

**Route 66 10K** – Changed to a virtual race

**Covered Bridge Run** – Cancelled

**Carlinville Biathlon** – Cancelled

**Hillsboro Biathlon** – Cancelled

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

12 July – New Town Tri- Cancelled

19 July – Ballwin Tri- Definitely going!

July – Mud Mountain 5K trail run- Changed to a virtual race

25 July – Springfield Tri’s- Definitely going!

26 July – Kirkwood Tri- Definitely going!

6 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- Changed to virtual

10 October – Up-a-Creek- Definitely going!

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

\*If you complete a virtual race that qualifies for GOTY, please let Keith Timmins know!

**Next Meeting:**

The next meeting will be Tuesday August 11th at 7:00PM. Location TBD. If you have a great idea for a meeting, please let us know.