**Metro Tri Club**

**August 11, 2020 Meeting Minutes**

**Members Present:**

Donna Polinske, John Sikes, Robin Misukonis, China Rongey, Fawn Dintelmann, Jeffrey Germer, Russ Darbon, Karie Ashmann, Cid Bauer, Lisa Brandt, Lydia Mikoff, Jim Donahue, Tim Holland, Jeanna Clark, Sue Edith, Ed Matecki, Greg Voudrie, Josh Fulk, Janna Perry, Tommy Brown, Josh Dake

**General:**

The meeting was run by President Donna Polinske and was held at Joe Glik Park in Edwardsville. Snacks and refreshments were provided.

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

None

**Visitors:**

Allie Mikoff

**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 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:**

The club voted to approve a $500 donation to the Joshua Chamberlain Society Hero Ride. The event is 8/22/2020 and always a great time. Registration is currently still open. <https://www.chamberlainsociety.org/events/>

**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:**

**Pere Marquette (12 Dec)** – Tim Holland and Jeff Germer put together a proposed plan for our race to present to the state park level. The plan outlines how we would comply with the current COVID guidelines. Per Tim, the State has tentatively rejected our application for 700 runners. The club has requested a number less than 700 but greater than 50. Final word from State is pending.

**Tracks n’ Treads (Februaryish 2021)** – No update provided.

**Tour de Donut** – An unofficial riding of the “old” Tour de Donut race route was held on 11 July (the original race date). An estimated 35 riders (total) participated, including 11 Zillas: Bruce Beacham, Phil Coatney, Russ Darbon, Renae Eldridge, Terry Eldridge, Colin Fries, Kyle McLaughlin, Robin Misukonis, Scott Schuyler, John Sikes and Keith Timmins. Special note: Shane May came to participate, only to realize he forgot his bike shoes and helmet!

**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 July 2020 meeting:

* + None

New Half Ironman finishers since the July 2020 meeting:

* + Rt 66- Jackson Nolen, Josh Fulk and Matt Dunn all completed this 70.3 in Springfield. Special congrats to Jackson for talking 3rd in his age group and to Josh for winning the Clydesdale division!

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

* + None

New Ultramarathon finishers since the July 2020 meeting:

* + None

**St. Jude Children’s Research Hospital Tri’s**- Shannon McWhorter organized a “virtual” tri to raise donations for this cause. 11 Zillas completed the needed swim, bike and run miles within the time parameters to cover the following distances:

* + Olympic - Cid Bauer, Lisa Brandt, Erica Hunt, Ed Matecki and Greg Voudrie
  + Half IM – Becca Hostettler and Jackson Nolen
  + Full IM – Karrie Ashmann, Fawn Dintelmann, Jay Hunt and Rick Mann

**New Town Tri** – Cancelled

**Ballwin** – 8 Zillas completed one of the distances offered at this tri:

* Sprint Tri – Brandon Winklemann, Chuck Toennies, Ed Matecki, Donna Etherton, Kathy Edrington, Jim Donahue and Bill Coyne. Special congrats to: Kathy for finishing 3rd in her age group; Donna for finishing 2nd in her age group; and to Chuck for winning his age group!!
* Double Sprint Tri – Greg Voudrie was the lone Zilla completing this distance!

**Mud Mountain** – We are aware of at least 11 Zillas who completed this virtual race. Zillas who ran the actual race course on 18 and/or 25 July included: Lisa Brandt, Donna Etherton, Jeff Fromme, Mike Gonski, Rick Mann, Shannon McWhorter, Gary Payne, Jeff Schleicher, Keith Timmins and Kraig Weinburg. Non-Zillas who ran with us included: Bill Burke and Andrew Gonski. Other Zillas who did this virtual race at another time and/or place included: Robin Misukonis. Please let Keith know if you also did this virtual race: keithtimmins@gmail.com

**Springfield** – 6 Zillas completed one of the following events offered:

* Stoneman Sprint Tri –Greg Voudrie was the lone Zilla completing this tri!
* Iron Abe Olympic Tri – Anna Kallal was the lone Zilla completing this tri. For some reason, Anna was listed in an “open” division, but she would have won her age group!
* AquaBike – Rob Heckert was the lone Zilla completing this biathlon!

**MSE Open Water Swim Session** -3 Zillas earned volunteer points by helping at one of these events in July, while representing the Metro Tri Club: Donna Etherton, Ed Matecki and Kyle McLaughlin.

**Tour de Kirkwood** -3 Zillas completed this sprint tri: Donna Etherton, Tim Holland and Janna Perry. They did not give out age group awards but if they had, and assuming 10-year age groups, Donna and Tim would have taken 2nd in their age group and Janna would have won her age group (4th overall woman!!).

**Upcoming GOTY Events:**

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 –This event is going, but you need to sign up for a start time: <https://www.ms-stride.org/jcsbikeforheroes>

23 August – Sunset Hills Tri – Cancelled

29 August – (rescheduled date) Tour de Donut

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

Lake) – Now changed to virtual

12 September – Litchfield Tri’s - cancelled

20 September – Capex Tri – Still planning to go – final decision

coming in August

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) – now cancelled

September – Belleville Marathon – Cancelled

September – Tour De Stooges – Cancelled

October – Memphis 70.3 - 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 - Cancelled

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 – Changed to virtual

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 September 1 at 7:00PM. This meeting will be held at the Cracker Factory in Alton.