**Metro Tri Club**

**October 5, 2020 Meeting Minutes**

**Members Present:**

Donna Polinske, China Rongey, Fawn Dintelmann, Jeffrey Germer, Russ Darbon, Keith Timmins, Karie Ashmann, Cid Bauer, Lisa Brandt, Lydia Mikoff, Jim Taylor, Karyn Weber, Mark Thompson, Brandon Winkelmann, Ed Matecki, Greg Voudrie, Josh Fulk, Janna Perry, Tommy Brown, Karla Plage

**General:**

The meeting was run by President Donna Polinske and was held in her backyard. Jim Taylor brought his new fire pit and snacks and refreshments were provided. Special thanks to Allie Mikoff, China Rongey and Karla Plage for preparing our hot dogs and also toasting marshmallows for our s’mores! Yum!

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

None

**Visitors:**

Allie Mikoff

Ebby and Aurora Winkelmann

**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:**

**Christmas Cookie Fundraiser Run** – The 2nd annual cookie run will be November 28th. Time and location TBD. It will involve running a short distance, eating cookies, then running again, eating cookies, running again…..you get the gist?? China Rongey is the lead of this event with all proceeds going toward Christmas gifts for China’s student and her family. This family is currently living in a hotel and struggling to make ends meet. This race is open to members, friends, enemies, or anyone with a few extra $$$ who likes cookies. If you can’t run, donations are encouraged. If you can donate cookies for this race, please contact China at [chinarongey@gmail.com](mailto:chinarongey@gmail.com)

**October Half and Full Century Group Ride** – Let Josh Fulk know if you plan to join this group ride! It’s Oct. 17th starting at the Lewis and Clark trail head parking lot at 8:30am. There will be 2 loops, with take-off times at 8:30 and noonish.

**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:**

**Zillacross (14 November)** – There is still time to sign up for the famed

Zillacross! It is a different twist on a triathlon with an off-road bike segment, an off-road run segment, and shooting at targets with a paintball gun (provided). The loop is approximately 1.25 to 1.50 miles long at a paintball park owned by Jim and Jeanna Clark. You complete two loops on a bike (mountain bike or cyclocross bike), then one loop running. During one of the two bike loops (your choice), you stop and shoot at five targets. For each target missed, a one-minute penalty is added to your time. You can skip the shooting altogether, but if you do, a ten-minute penalty is added to your time. The race will start at 2:00, but you are encouraged to come early enough to do a practice ride on the course. There is no cost for this race and MTC participants will get a GOTY point. Jim and Jeanna could use a few more volunteers (who would also get a volunteer GOTY point). There will be a bonfire after the race – byob.

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

**Metro Tri Club Bylaws** – Each year, club members get a chance to review the MTC ByLaws and recommend any needed changes, additions or deletions. Keith will send the latest version to the current club members and ask that you return any recommendations to him prior to the

November meeting. At the November meeting, the recommendations received will be reviewed and we will determine which recommendations will be presented at the 2021 annual business meeting for approval/incorporation.

**2021 River to River** - Due to the cancellation of this event in 2020, the race organizers decided to keep everything in place and move it to 2021. Based on that, the club has one team in the Open Division. 8 runners are already “in” and we have 3 alternates. Knowing that we often have a bunch of drops, starting at this meeting, we will begin talking names of additional alternates. At the December meeting, we will draw the order of those names. Those currently “in” are: Ian Durie, Doug Bristow, Keith

Timmins, Darrell Meek, Shane May, Jim Clark, Donna Etherton and Jim

Taylor. The alternates, in order, are Lydia Mikoff, Karyn Weber and Fawn

Dintelmann. Please let Keith know if you want your name in the hat to be another alternate for this team. Mark Thompson and Janna Perry would like to be added to the alternate list.

**2021 MTC Banquet** – We are currently looking at February 6th or 20th for our yearly banquet. Save the dates!

**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 we “fall back” on 1 November and lose another hour of daylight, 27 October will be the last Animal Ride for 2020.

**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 September 2020 meeting:

* + None

New Half Ironman finishers since the September 2020 meeting:

* + None

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

* + None

New Ultramarathon finishers since the September 2020 meeting:

* + Jackson Nolen completed the Rockin’ Rockwoods – a 53K (33 mile) trail run!

**Bike for Heroes** – 2 Zillas were omitted from the September minutes who rode in the 80-mile distance – Renee White and Jerry Wunderlich

**St. Louis Tri (Creve Couer Lake)** – We are aware of two Zillas who virtually completed the sprint tri distance – Erica Hunt and Becca Hostettler!

**Litchfield Tri’s** – Cancelled

**Capex Tri** – Cancelled

**Tour de Charleston** – Cancelled

**Miles for Meso 5K** – Robin Misukonis completed this virtual race. Please let Keith know if you also did this virtual race: [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**Mattoon sprint tri** – We had 5 Zillas complete this “YMCA Last Chance Tri”: Greg Voudrie, Ed Matecki, Bobby Reidelberger, Lydia Mikoff and Josh Fulk. Special congrats to: Josh for placing 3rd in Clydesdale; Ed for placing 2nd in his age group; Greg for placing 2nd in Clydesdale; and Lydia for placing 1st in her age group.

**Upcoming GOTY Events:**

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 - cancelled

17 and 18 October – Halloween Go!St. Louis Runs – The half marathon is now “live” and runners have an option to do it on Saturday or Sunday that weekend. The 10K and 5K races are still virtual.

31 October – Valmeyer 10K Bluff Run - Cancelled

1 November – St. Louis half marathon – registration is open to run this live or virtual

7 November – Tunnel Hill run – Looks like it is going

7 November – IM Florida – it is going and we have at least 4 Zillas doing the full IM!

14 November – Zillacross –Definitely going!

14 November – Skippo 10K trail run – Going at new location

15 November – Skippo half-marathon and 30K trail runs – Going at new location

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

25 November – River Road – Changed to virtual

5 December – Castlewood 8-hour adventure race

12 December – Pere Marquette trail run - Cancelled

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

**Next Meeting:**

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