**Metro Tri Club**

**November 2, 2020 Meeting Minutes**

**Members Present:**

Donna Polinske, China Rongey, Colin Fries, Russ Darbon, Keith Timmins, Karie Ashmann, Cid Bauer, Lisa Brandt, Lydia Mikoff, Jim Taylor, Phil Coatney, Mark Thompson, Tim Holland, Ed Matecki, Greg Voudrie, Melissa Thiems, Dianna Tickner, Jay Hunt, Erica Hunt, Chris Amick, Karla Plage, Andrea Darbon, John Sikes, Robin Misukonis

**General:**

The meeting was run by President Donna Polinske and was held at Phoenix Physical Therapy’s Glen Carbon location. Chris Amick was our host. Phoenix has been a club sponsor for several years and offers a full spectrum of physical therapy services at this location. A number of club members have used Chris and Phoenix and spoke very highly of the services offered and positive results. We also celebrated the fact that the meeting date was Russ Darbon’s birthday and cupcakes were provided by his wife Andrea.

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

Byron Barker- Byron is an avid runner avid cyclist and says he needs help in the swimming area – to which many at the meeting raised their hand in agreement! He is from Highland, IL and learned about the club from Karla Plage.

**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:**

**Christmas Cookie Fundraiser Run** – The 2nd annual cookie run will be November 28th at 10AM. This race will take place at the trailhead across from highway garage on 143 (by Donna P.’s house). 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)

**30 Day Holiday Swim Challenge** – This is a fun challenge to motivate you to get into the pool during off season. This challenge will run Thanksgiving to Christmas. Please let Karie Ashmann know if you are interested in joining! [Karietoo16@aol.com](mailto:Karietoo16@aol.com)

There is a Facebook page as well: <https://www.facebook.com/groups/1372718792876644/?ref=share>

**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 (2:00PM on 14 November)** – Please contact Jim Clark at [orno11@yahoo.com](mailto:orno11@yahoo.com) if you plan to do this short off-road bike, short off-road run and shooting at targets with a paintball gun!

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

**2021 Membership Dues** – The cost for renewal is $20. You can start paying anytime, and if you haven’t paid by 31 December 2020, you will be removed from the club roster and you would have to rejoin. An email will be sent out to all current club members to help us maneuver through “The Driven” to get this done!

**2021 MTC Officers** – At the December meeting we will take nominations for club officers – President, Vice President, Treasurer and Secretary. All of our current officers are eligible for another year of service and Donna, Robin and John have agreed that they would serve another year, if elected again. Lydia is still thinking about it, kinda hoping Tim wants the job back again ☺.

**Annual Thanksgiving Day SIUE Big Woods run** – We will once again have a Thanksgiving Day trail run on 26 November at 8:00AM, starting at the parking lot near the Student Success Center on Circle Drive at SIUE. The trail will be marked so you can run or walk at your own pace. We encourage you to bring family members and/or friends. Tis a great way to feel guilt-free about eating whatever you want at your Thanksgiving dinner!

**2021 MTC Banquet** – Our yearly banquet will be on February 20th at the Wildey Theatre. Save the date!

**Beer Stein Virtual Relay for St Jude** – We were informed of the new virtual race that Shannon McWhorter has created to raise funds for St Jude Children’s Research Hospital! Participants will be randomly assigned to 4-person teams by drawing names from a beer stein. Each participant will run 1 mile and submit their time between Nov 7-14. There will be two awards given: 1) Fastest cumulative time, and 2) First team to complete. Participants will receive a commemorative beer stein and the winning teams will receive a special winner’s beer stein and a beer coupon from Global Brew.

**River to River** - Due to the cancellation of the 2020 race, the decision was made by the race officials to keep everything in place and move it to the 2021 race, scheduled for 17 April 2021.  We had 5 Zillas put their name in the hat to be added to the 3 already on the alternate list, knowing that we normally go through many alternates before the day of the race.  Allie Mikoff did the honor of drawing names from the hat, resulting in the following order:

  4. Tim Holland

  5. Russ Darbon

  6. Janna Perry

  7. Mark Thompson

  8. Colin Fries

**MTC ByLaws** - One change was approved. The change removed the 2 words "and directors" from Article V, paragraph F.8. This paragraph indicated that we elect officers and directors at the annual club business meeting. This conflicted with a previous paragraph in Article III that explains how director positions are created and filled by the club officers. Since this was simply changing the ByLaws to agree with our current practice, we will not need to vote on it at the annual business meeting. If anyone wants a copy of the current ByLaws with this one change implemented, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**2021 Godzilla of the Year (GOTY)** - The attached other document shows the changes recommended by attendees to the November club meeting. The information in red indicates recommended deletions and the information in green indicates recommended additions. We will vote on these recommended changes at the December meeting. Additional changes may also be recommended at that meeting. The approved rules/events will go in effect on 1 January 2021.

**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 “fell back” on 1 November and lost another hour of daylight, 27 October was 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 October 2020 meeting:

* + Michael Gonski and Ed Matecki both completed “Hawaii from Home”

New Half Ironman finishers since the October 2020 meeting:

* + None

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

* + None

New Ultramarathon finishers since the October 2020 meeting:

* + None

**Miles for Meso 5K** – Gary Payne also did this race virtually!

**Memphis 70.3** – Cancelled

**MO Cowbell half and full marathon** – Changed to virtual (did anyone do this race?)

**Up-a-Creek** – We had 21 participants and 10 volunteers in the 9th annual running of this event – our largest number of runners ever! All participants finished and any injuries were superficial (or not reported):

* **Club Member Runners**- We had 11 Zillas complete this 3.2 mile natural obstacle course in the Big Woods creek at SIUE: Tanya Cobert, Russ Darbon, Colin Fries, Phil Lading, Ed Matecki, Jim Taylor, Keith Timmins, Karyn Weber, Kraig Weinberg, Renee White, and Brandon Winklemann. Special congrats to : Kraig for being the 2nd overall male; Jim for being the 1st overall male; Karyn for being the 3rd overall woman; Tanya for being the 2nd overall woman; and Renee for being the 1st overall woman! Renee and Tanya had the 2 fastest times, with Renee breaking the women’s course record!!
* **Zilla Family Member Runners**- We had 6 Zilla family members finish the course: Odin Winklemann, Kane Weinberg, Elaine Lickenbrock, Parker Lading, Hunter Lading, Chase Lading and Kane Colbert. Special congrats to Hunter Lading for taking the 3rd overall male position!
* **Friends of Zilla Runners**- We had 3 Zilla friends run with us: Ellen Maue, Dave McNaughton and Jack Zickus.
* **Volunteers**- We had 9 Zilla volunteers: Donna Etherton, Vern Hurley, Ed Matecki, Lydia Mikoff, Robin Misukonis, China Rongey, Jeff Schleicher, John Sikes and Keith Timmins. Special thanks to future Zilla start Allie Mikoff, who did double duty taking pictures and bossing the water stop crew around!

**GORC Workday at SIUE**- Cancelled

**Super Prestige Cyclocross** – Cancelled

**Halloween Go! St. Louis Runs** – We are aware of at least 8 Zillas who completed the half marathon distance: Donna Etherton did the race virtually; and Jim Taylor, Karyn Weber, Deb Ritter, James Ritter, Mark Thompson, Tariq Quadri and Anna Kallal ran the 13.1 in person!

**Valmeyer 10k Bluff Run** - Cancelled

**Upcoming GOTY Events:**

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

7 November – Tunnel Hill run – Changed to virtual

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 December 7th at 7:00PM. Location TBD. If you have a great idea for a meeting, please let us know.

**2020 2021 Godzilla of the Year (GOTY) Requirements**

GOTY Parameters:

1. Every GOTY event must contain at least one triathlon event (swim, bike and/or run).
2. Include any triathlon and biathlon in Illinois or Missouri.
3. Include any event that is directed by a MTC member. Examples: Pere Marquette, Route 66 10K, Last Man Standing, Up-A-Creek, Zillacross, YMCA half marathon, Meso, etc.
4. For a full or half IM to count for GOTY, the member’s profile for that race must be associated with the MTC.

Annual GOTY Budget:

a. The budget for the annual GOTY award will not exceed $10 per paid member as of 31 December of the previous year.

b. The maximum amount of an individual award will be $100.

To qualify for the annual GOTY award, Metro Tri Club (MTC) members must:

a. Attend a minimum of **five** of the monthly MTC meetings (Note: the annual banquet counts as a meeting); and

b. Participate as a “volunteer” at a minimum of **five** of the following events:

(1) Miles for Meso

(2) Route 66 10K Run (as part of the MTC Water Stop)

(3) Pere Marquette (counts as two volunteer points)

(4) GORC workday at SIUE or Highland (can count a maximum of one)

(5) Club equipment maintenance days (the club can schedule up to two a year; maximum of five volunteers per event; can count a maximum of one)

(6) Tracks n’ Treads off-road Bi

(7) Zillacross

(8) Try Tri

(9) CAPEX Carlyle Tri

(10) St. Louis Tri

(11) Litchfield Tri

(12) Covered Bridge Run

(13) Club swim event

(14) Last Man Standing

(15) Beaver Dam Dash

(16) Up-A-Creek

(17) Club-selected full or half IM, Equipment director

(18) Ride for Reading

(19) MSE Open Water Swim Series

(20) Annual Banquet set up/tear down

(21) Two volunteer points are awarded to club members who are a “director” for the following events: Miles for Meso; Route 66 Water stop; Pere Marquette; Tracks n’ Treads; Last Man Standing; Beaver Dam Dash; Covered Bridge; Zillacross; YMCA Bluff Run in Valmeyer; MTC Holiday Cookie Run; and the MTC Holiday Swim Challenge.

(22) In addition, a maximum of one volunteer point is awarded to any club member who serves during this year as a club officer, a “director” assigned by the officers to lead a club function during this year (e.g., membership director, graphic art director, banquet director, etc.), or serves as the club run, swim or bike coach this year.

c. Complete a minimum of **ten** of the following races, with at least **five** of the pointsbeing from completing multi-sport races. Note: You also must wear some kind of “Zillawear” sometime at each of the ten races – either before the race, while you are racing or after the race while you are waiting to pick up your award!

(1) To count as a “multi-sport” race, MTC members must compete in two or more of the events.

(2) A minimum of one of your “multi-sport” events must be a triathlon (we are a triathlon club)

(3) Any completed “full” ironman during the year will satisfy all ten race requirements.

(4) Any completed “half” ironman during the year will satisfy three multi-sport race requirements

**Event Type Expected Month Location**

Any USAT Ntl Championship Triathlons/Duathlons TBD TBD

Any USMS swim meet Swim TBD TBD

Any Ultramarathon Trail or Road Run TBD TBD

Club Swim event Swim TBD TBD

Runwell Resolution Run January Edwardsville, IL

Last Man Standing Ultra Trail Run January SIUE Edwardsville, IL

Castlewood Cup Trail Run February Valley Park, MO

Quivering Quads Half Trail Run March Troy, MO

St. Patrick’s Day Run March St. Louis, MO

Alton Half Run March Alton, IL

Mizzou Triathlon March Columbia, MO

Tracks n’ Treads Off-Road Biathlon April SIUE Edwardsville, IL

USMS Ozark Championships Swim April St. Charles, MO (Note – covered above)

Fight for Air Challenge Run April St. Louis, MO

Go!St. Louis Marathon/Half Run April St. Louis, MO

Go!St. Louis Marathon Relay Run April St. Louis, MO

River to River Relay Run April Southern Illinois

Chain of Rocks Bridge Duathlon April St. Louis, MO

Try Tri Triathlon April SIUE Edwardsville, IL

YMCA Half Run May Collinsville/Maryville, IL

Broken Spokes Bike May Edwardsville, IL

Gateway Tri Triathlon May Carlyle Lake, IL

Highland Biathlon May Highland, IL

St. Louis (Creve Couer Lk) Triathlon May Maryland Heights, MO

Millstadt Biathlon May Millstadt, IL

Route 66 Run June Edwardsville, IL

Tour De Charleston Bike June Charleston, IL

Covered Bridge Run June Glen Carbon, IL

Spring Rec Plex Triathlon June St. Peters, MO

Carlinville Biathlon June Carlinville, IL

Breese Biathlon June Breese, IL

Hillsboro Biathlon July Hillsboro, IL

Tour De Donut Bike July Staunton, IL

New Town Triathlon July New Town, MO

South County Triathlon July St. Louis, MO

Mud Mountain Trail Run July SIUE Edwardsville, IL

Springfield Triathlons July Springfield, IL

Kirkwood Triathlon July Kirkwood, MO

Ballwin Triathlon July Ballwin, MO

Fenton Triathlon July Fenton, MO

Edwardsville Criterion Bike August Edwardsville, IL

Alligator Creek Triathlon August O’Fallon, MO

Conquer Castlewood Adventure Race Aug Valley Park, MO

Lake St. Louis Triathlons August Lake St. Louis, MO

O’Town Hustle Triathlon August O’Fallon, IL

Belleville Biathlon August Belleville, IL

Mascoutah Biathlon August Mascoutah, IL

Sunset Hills Triathlon August Sunset Hills, MO

Super Prestige Cyclocross Off-Road Bike Series Sep/Oct Alton, IL

Litchfield Triathlon Series September Litchfield, IL

Meso Run September Alton, IL

Belleville Marathon Run September Belleville, IL

Tour De Stooges Bike September Lebanon, IL

Fall Rec Plex Triathlon (Fall) St. Peters, MO

MO Cow Bell Full/Half Run October St. Charles, MO

Marathon

Up-a-Creek Creek Run October SIUE Edwardsville, IL

YMCA Bluff Run Trail Run October Valmeyer, IL

Halloween Go!St Louis Multiple Runs October St. Louis, MO

Tunnel Hill Run November Ana, IL

Beaver Dam Dash Trail Run November Beaver Dam, IL

Skippo Races Trail Run November Ballwin, MO

St. Louis Half Marathon Run November Clayton, MO

St. Louis Track Club Relay Run November St. Louis, MO

Castlewood 8-hour Adventure Race November Valley Park, MO

Zillacross Cyclocross & Trail Run November Staunton, IL

River Road Run November Alton, IL

Pere Marquette Trail Run December Pere Marquette State Park, IL

Team Blue Line Run October Metro East Area

Honor Run

MTC Holiday Cookie Run Run November Edwardsville, IL

MTC Holiday Swim Nov/Dec Edwardsville, etc.

Swim Challenge

Bentonville Tri-Fest Triathlon September? Bentonville, AR?

Maryville Turkey Trot Run November Maryville, IL

Innsbrook Half Marathon Run November Innsbrook, MO

Poseidon Swim Challenge Swim Date?? Indiana??