**Metro Tri Club**

**December 7, 2020 Meeting Minutes**

**Members Present:**

Donna Polinske, China Rongey, Keith Timmins, Cid Bauer, Lisa Brandt, Lydia Mikoff, Tim Holland, Ed Matecki, John Sikes, Robin Misukonis, Justin Kovarik, Donna Etherton, Tommy Brown, Janna Perry, Mike Gonski, Byron Barker, Charles McFarlin, Bill Coyne

**General:**

The meeting was run by President Donna Polinske and was held via Zoom.

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

**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 2021 can be paid at any time. A reminder has been sent out via email by Membership Director Shannon McWhorter and follow-up reminders are also planned for you procrastinators!

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:**

**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:**

**2021 MTC Officers** – Nominations were received for officer positions. The following will be voted on at the 2021 banquet.

* President – Donna Polinske
* Vice President – Robin Misukonis
* Treasurer – John Sikes
* Secretary – Tim Holland

The officers elected will start their one-year term at the end of the banquet.

**St. Jude’s Children’s Hospital fund raiser** – Shannon McWhorter organized the “Beer Stein Relay” to raise money for this organization. 16 runners signed up and were randomly placed on one of four relay teams – Teams J, U, D and E. Each participant ran a mile and their team’s time was cumulated. Zillas who participated were Jim Taylor, Jackson Nolen, Lydia Mikoff, Russ Darbon and Lisa Brandt. Each participant received a beer stein and a $5 certificate donated by Global Brew to fill their stein in January! Bragging rights went to: Team E (Lydia Mikoff’s team) for being the first team to complete the challenge; and Team D (Russ Darbon and Jim Taylor’s team) with the fastest overall time of 31:46. Most importantly, $560 was raised and donated to St Jude Children’s Research Hospital!!!

**Pere Marquette Donation** – We approved a $1000 donation for the Pere Marquette Trail Maintenance fund and also to send an email to last year’s race participants, giving them a chance to make a donation, if interested. Tim Holland brought these motions forward and he worked with Donna Etherton to put out the email. A check for the total amount will be written after 30 December and presented to the Pere Marquette superintendent.

**Annual Thanksgiving Day SIUE Big Woods run** – We had 11 Zillas, 12 family members/friends and 3 dogs participate in the annual Thanksgiving Day Run at the Big Woods trail at SIUE!

**Christmas Cookie Run** – 42 participants ran the 2nd annual Christmas Cookie Run, consuming 251 cookies. We also had 19 volunteers who made the cookies, did the timing, tabulated the cookie discounts (minus 1 minute for every cookie eaten), worked at the two cookie/water stops, took pictures, marked the race bibs with the number of cookies eaten, etc.

* **Runner/eaters** – Maria Barnes, Cid Bauer, Lisa Brandt, Susie Brauns, Doug Bristow, Steve Brummer, Bill Carril, Amanda Couch, Russ Darbon, Fawn Dintelmann, Jennifer Dizes, Robert Dizes, Sue Edith, Jeff Germer, Kathy Hollemon, Alex Holleran, Erica Hunt, Jena Isaacson, Ginnger Kabureck, Anna Kallal, Justin Kovarik, Emily Kronable, Jarad Kronable, Ed Matecki, Shane May, Lydia Mikoff, Lori Miscik, Andrew Moll, Karla Plage, Donna Polinske, Hannah Polinske, Bobby Reidelberger, Jessica Steinmeyer, Andrea Switzer, Jim Taylor, Melissa Thiems, Mark Thompson, Dianna Tickner, Keith Timmins, Cody Tony, Greg Voudrie, and Karyn Weber.
* **Volunteers:** Riley Thiems, Nora Thiems, John Sikes, Maggie Rongey, Jade Rongey, China Rongey, Carl Plage, Robin Misukonis, Allie Mikoff, Alex Mikoff, Jay Hunt, Erica Hunt, Alex Halloran, Rhonda Grammer, Jeff Germer, Amanda Douglass, Steve Brummer, Chrissy Bristow, and Karie Ashmann.

The race raised an incredible $1,730! Director China Rongey was speechless (I know – shocked us too) at how generous club members were. China promises to share pictures of the gifts the money will allow her to buy for kids in her class who would probably not have received any gifts for Christmas. China gives a big shout out to her mom and club Vice President, Robin Misukonis. Robin did the majority of the “behind the scenes” work, largely enhancing the success of the event, and letting China get all the glory for the race!

**Pere Marquette Run (12 Dec)** – Reminder that some club members are meeting at Pere Marquette at 8:30AM on 12 December to run the course (rain or shine). This is the day the 32nd annual race should have been run. If possible, please be near the trailhead where the race starts at 8:25 so we can get a picture of the runners. We encourage you to wear a mask while taking the picture since we will need to be close together!

**Zillacross (19 Dec)** – This is the rescheduled date and the start time is 2:00PM. Please send an email to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) if you are interested in doing this “triathlon” (short off-road bike, short off-road run, and shooting targets with a paintball gun), or if you have any questions.

**Tracks n’ Treads (Februaryish 2021)** – Jim Taylor communicated with SIUE, asking to reestablish the necessary contacts to request approval for the race. More to come.

**River to River (17 April 2021)** – Current runners on Team Godzilla (Open division): Doug Bristow, Jim Clark, Ian Durie, Donna Etherton, Shane May, Darrel Meek, Jim Taylor, and Keith Timmins. In order, the alternates are: Lydia Mikoff, Fawn Dintelmann, Karyn Weber, Tim Holland, Russ Darbon, Janna Perry, Mark Thompson, and Colin Fries.

**2021 Godzilla of the Year (GOTY)** – We went through the list and approved the recommended changes, adds and deletions. One event was not approved since no Zilla had participated in it yet. Keith will send out the approved version in December.

**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** – No report.

**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 November 2020 meeting:

* + IM Florida – We had 6 Zillas complete this 140.6 race: Tommy Brown, Steve Brummer, Fawn Dintelmann, Janna Perry, Liz Stryker and Jim Taylor!! Janna was the fastest Zilla with a 13:02, with Fawn close behind at 13:13!

New Half Ironman finishers since the November 2020 meeting:

* + None

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

* + None

New Ultramarathon finishers since the November 2020 meeting:

* + None

**St. Louis half marathon** – We are not aware of any Zillas completing this race.

**Tunnel Hill** – We are not aware of any Zillas completing this virtual race.

**Skippo** – We had 5 Zillas complete the half marathon, held this year at Broemmelsiek Park in Defiance, MO instead of Castlewood State Park: Anna Kallal, Tariq Quadri, Deb Ritter, James Ritter and Keith Timmins. Special congrats to Anna for finishing 2nd in her age group!

**Beaver Dam Dash**- Cancelled

**River Road** – Donna Etherton virtually completed this 10-mile distance and submitted it to race officials. 6 other Zillas informally ran 10-miles (or more) the weekend this race was originally scheduled: Mark Thompson, James Ritter, Deb Ritter, Tariq Quadri, Anna Kallal, and Tim Holland

**Castlewood 8-hour adventure race** – Cancelled

**Upcoming GOTY Events:**

12 December – Pere Marquette trail run – Cancelled

19 December – Zillacross – This is the rescheduled date from being postponed in November due to heavy rain

2 January – Last Man Standing – Cancelled

2 January – Runwell Resolution Run

\_ February – Tracks n’ Treads

6 February – Castlewood Cup – This race is going. Changed to a 10-mile and moved to Klondike Park in Augusta, MO.

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

**Next Meeting:**

The next meeting will be Monday January 4th at 7:00PM. Location TBD. If you have a great idea for a meeting, please let us know.