**Metro Tri Club**

**January 11, 2021 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, Russ Darbon, Andrea Darbon, Joshua Dake, Becca Hostettler, Greg Voudrie, Josh Fulk, Shannon McWhorter, Karie Ashmann, Doug Bristow

**General:**

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

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

Andy Moll – Andy completed 2 marathons last year and his 2021 goal is to train and complete a Half Ironman in May.

**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 82.

We have officially switched to The Driven as our membership portal.

Thanks to everyone who has completed their renewal. Reminders have been sent out to encourage the rest of you to get this done as soon as possible.

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:**

**MTC Sponsors** – The MTC sponsors are normally contracted for 3-year terms. In discussion prior to the meeting, the MTC board realized that we are a year behind in renewing contracts. Donna Polinske, Robin Misukonis and Shannon McWhorter agreed to draft a new contract and to work with our sponsors to sign them up for another 3-year term.

**2020 Race Data** – A reminder to send a list of all your races- both GOTY and non-GOTY races- to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) as soon as possible. Needed is the name of each race and distance of the event(s). Because of COVID, this list will be short and should not take you much time to do!

**Pere Marquette** – You will recall from the December meeting minutes that we approved a donation of $1000 to the Pere Marquette trail fund. PM director, Tim Holland, sent an email to the 2019 race participants, letting them know of the club’s donation, and offering them a chance to donate, if desired. Tim is thrilled to report that $950 in donations was received from the 2019 race participants. John Sikes wrote a check for $2000 to the PM trail fund and mailed it to the park director, Chris Hespen!

**MTC Holiday Swim Challenge** – 31 Zilla-tadpoles kept their fingers and toes permanently wrinkled between Thanksgiving and Christmas, over-exceeding all expectations in this 2nd annual challenge! The following are the two divisions and the Zilla participants in each:

* **Novice (no minimum yards per workout required)** – Kraig Weinberg, John Sikes, China Rongey, Robin Misukonis, Becca Hostettler, Tim Holland, Donna Etherton, Amanda Couch, Russ Darbon, Fawn Dintelmann, Donna Polinske, Karyn Weber, Greg Voudrie, Tommy Brown, Lisa Brandt, Cid Bauer and Karie Ashmann. The top three based on yard swam were: Greg (105,500), China (69,274) and Becca (60,500)!
* **Advanced (1500 yards per workout required)** - Steve Brummer, Jeff Germer, Rob Heckert, Erica Hunt, Jay Hunt, Rick Mann, Ed Matecki, Lydia Mikoff, Janna Perry, Karla Plage, Tariq Quadri, Jim Taylor, Melissa Thiems and Dianna Tickner. The top three based on yards swam were: Jay (201,300), Rob (150,000) and Lydia (122,300)!

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

**Banquet Update (20 February)** – We discussed concerns about the current state COVID guidelines for group gatherings and how that might impact our banquet held at the Wildey (considered as a state park, so it must comply with the state guidelines). It was decided that we would have a separate meeting in February (via Zoom) to conduct the business portion from the normal banquet agenda, which would meet the MTC ByLaw guidelines. We further decided to delay the “fun” part of the banquet – food, entertainment, etc. – to a separate gathering, possibly in June, hoping that the COVID restrictions would be lifted or at least lessened by then.

**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** – The Animal Ride will start back up on 16 March, the Tuesday after the time change.

**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 5:00pm starting at the Korte field as SIUE across from the log cabin. 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 December 2020 meeting:

* + None

New Half Ironman finishers since the December 2020 meeting:

* + None

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

* + None

New Ultramarathon finishers since the December 2020 meeting:

* + None

**Pere Marquette trail run** – Although this event was officially cancelled, 11 Zillas went to Pere Marquette on 12 December (the date the 32nd annual race was scheduled prior to the COVID cancellation) and ran all or part of the course: Chris Amick, Bruce Beachum, Doug Bristow, Russ Darbon, Tim Holland, Anna Kallal, Rick Mann, Shane May, Kyle McLaughlin, Mark Thompson, and Keith Timmins. Others who joined us were Jackson Amick, Bill Carril, Brittany Newman-Runge, and Rick’s dog, Blue!

**Last Man Standing** – Although this event was cancelled, several folks opted to run one or more of the 4.1-mile loops of the course: Chris Amick (12.3 miles), Jackson Amick (4.1 miles), Doug Bristow (8.2 miles), Russ Darbon (8.2 miles), Colin Fries (8.2 miles), Shane May (12.3 miles), Jeff Schleicher (16.4 miles), Maureen Selzer (16.4 miles), and Keith Timmins (12.3 miles).

**Zillacross** – There were 5 participants in this off-road bike, off-road run and target-shooting triathlon held at Jim and Jeanna Clark’s paintball park: Russ Darbon, Colin Fries, Keith Timmins, Brandon Winkelmann, and Odin Winkelmann. The weather was incredible for mid-December! Colin won the open division by 3 seconds, despite having a 5-minute penalty for missing all 5 targets with a paintball gun. Future Zilla Odin won the junior division, hitting 3 of the 5 targets. Everyone dined afterwards on chili, hotdogs, and cookies while sitting around the fire pit.

**Runwell Resolution Run** – We know of at least 19 Zillas who began 2021 with this 5K+ run put on by Jen Schaller, one of our club sponsors! If they stayed on the crazy route Jen planned, their Garmin’s displayed “2021”: Ray Weshinskey, Dianna Tickner, John Sikes, Robin Misukonis, Ed Matecki, Jay Hunt, Erica Hunt, Becca Hostettler, Jeff Germer, Donna Etherton, Fawn Dintelmann, Josh Dake, Amanda Couch, Phil Coatney, Kris Clawson, Doug Bristow, Lisa Brandt, Cid Bauer and Karie Ashmann.

**Upcoming GOTY Events:**

\_ February – Tracks n’ Treads – most likely will be cancelled

6 February – Castlewood Cup – Moved to Klondike Park in Augusta, MO.

7 March – Quivering Quads trail half marathon and 15K

13 March – St. Patrick’s Day 5-mile race – cancelled

\_March – Alton Half Marathon – the race organizers are looking at still doing this race later in the Spring

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

**Next Meeting:**

The next meeting will be February 1st at 7:00PM via Zoom.