**Metro Tri Club**

**March 9, 2021 Meeting Minutes**

**Members Present:**

Donna Polinske, Keith Timmins, Cid Bauer, Lisa Brandt, Lydia Mikoff, Tim Holland, John Sikes, Robin Misukonis, Justin Kovarik, Donna Etherton, Russ Darbon, Greg Voudrie, Karie Ashmann, Doug Bristow, Kraig Weinberg, Mike Gonski, Rhonda Grammer, Josh Fulk, Shannon McWhorter, Josh Dake, Andrea Darbon

**General:**

The meeting was run by President Donna Polinske and was held via Zoom. Hopefully, next meeting will be able to occur outside and in person.

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

None

**Visitors:**

None

**Finance Report:**

The budget is reviewed quarterly. If you have any questions or comments please contact Donna Polinske or Treasurer John Sikes.

**Membership:**

Shannon reports that the current number of members who renewed for 2021 is 97.

She also arranged with Runwell for new members to pick up their MTC t-shirts at the store, since the club is not currently having meetings in person. Shannon emailed all members who joined the club since Jan 2020 to let them know.

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

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:**

**Karla Plage Honor Run (7 Feb):** – Many Zillas, as well as friends and family of Karla, showed up to run on this frigid morning. Thanks to Karie Ashmann and Jeff Germer for organizing the event and to many others who contributed to this effort to honor our lost teammate.

**MTC Sponsors** – The subcommittee reports that the following businesses are confirmed to continue as a sponsor for the next 3 years:

* Integrity Spine and Joint – paid thru 2023.
* Phoenix Physical Therapy – paid thru 2023
* Simmons Law – paid thru 2023
* Dogwatch – paid thru 2021
* Runwell – paid thru 2021
* Cyclery – agreed to continue sponsorship
* Sandberg Phoenix – To date has not renewed sponsorship

On Friday 3/5, MTC officers met via Zoom to discuss sponsorship fees for 2021. Based on that meeting, the Metro Tri Club Board made the following recommendation: “The Board makes a motion that the sponsorship fee for the year 2021 for all of our small-business sponsors be waived.”

The motion was seconded.

Keith/Donna then led the discussion. We know that 2020 was a sucky year for everyone because of COVID and that in general, small businesses were hit hard financially. We felt that waiving their sponsorship fee for 2021 for our small business sponsors would thank them for their dedication to the Metro Tri Club and would be our small part of helping them go forward this year. Although we were unable to hold the Pere Marquette race this year, our bank balance did not suffer hugely, so we are in a good position to take this action. Those small businesses impacted by this motion would be: Integrity, Spine and Joint; Phoenix Physical Therapy; Runwell; Dog Watch; and The Cyclery

The club voted and the motion passed.

President Polinske will notify the sponsors and John Sikes will work on refunding the sponsorship fee for 2021 to those small business sponsors who have already paid.

New Sponsor: After the meeting, we were notified Cricket Moves was going to be a new sponsor starting this year. Cricket Moves is owned and operated by club member Andrea Darbon. Now we need some folks to move and use Cricket Moves!

**SPONSOR NOTE:**

**If you get a chance please use our sponsors and thank them for supporting our club. All are great businesses and important both to our club but more important to our communities.**

**Metro Tri Club Fight for Air Climb** – Donna Etherton is captain for an MTC team for this event. Those Zillas who have signed up so far are Donna Etherton (captain), Renee White, Jeff Schleicher, Melissa Thiems and Keith Timmins. The event is scheduled to start at 7:00am on Saturday, 19 June 21 at Busch Stadium – moved here to make it easier to comply with COVID rules, if needed. The teams will be given an exact start time closer to the day of the event. Additional event details will be provided later. To join our team:

* Go to <https://action.lung.org/site/TR?pg=informational&sid=9151&fr_id=20906>
* \*Click “Register as a Team Member” and enter Metro Tri Club as the team name.
* Registration fee is only $35 per Stadium climber, Firefighter and First Responder climbers.
* You can register as a virtual climber, “Climb Your Way,” and there is no registration fee.
* All Climbers are required to raise $100 in order to participate in the Fight for Air Climb.
* Please email Donna if you have questions or are interested in joining our team: [etherton@cusd187.org](mailto:etherton@cusd187.org)

**2021 Banquet**: - The club will determine a summer date and location at the meeting or form a committee to work on this. Possibly an outside gathering of club members and significant others. This event will not count as a GOTY meeting. To be covered at this meeting: Lots of eating, any awards, possibly the 2020 “Did Ya Know” (assuming more club members provide their 2020 race data and training/race related stories to Keith), etc. Donna Polinske and Andrea Darbon will start planning discussions. If you’re interested in helping, let us know.

**Administration:** – MTC trailer license renewal due in April. John Sikes to handle.

**Rt. 66 10K:** – Doug Bristow “volunteered” to once again lead this effort. We thank Donna Polinske for her leadership the last few years. She’s going to be tough act to follow but Doug is up to the challenge. NOTE: If you have ideas for a theme, let us know. Choosing a good theme seems to be the hardest part. Come on you creative types!!!! Tentative race date is Saturday June 12th.

**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. The ride starts at Wanda trailhead at 5:00PM.

**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 January 2021 meeting:

* + None

New Half Ironman finishers since the January 2021 meeting:

* + None

New “USAT Nationals” finishers since the January 2021 meeting:

* + None

New Ultramarathon finishers since the January 2021 meeting:

* + Josh Fulk completed an interesting fund raising event last weekend called 4x4x48. He had to run 4 miles every 4 hours for 48 hours straight. He ended up with about 50 miles over a 48 hour period. Josh raised $1,505 for Responder Rescues in St. Charles. If you are interested in donating, there is a link on Josh’s Facebook page. Great job Josh!!!!

Castlewood Cup – This 9.3-mile race was moved to Klondike Park in Augusta, MO (since Castlewood Park is still not playing nice during COVID). The route included 4+ miles on the Katy Trail, 2+ miles on asphalt and the rest on single track. 8 Zillas completed this event: Tanya Colbert, Tim Holland, Anna Kallal, Scott Schuyler, Jim Taylor, Keith Timmins, Karyn Weber, and Renee White. Special congrats to Renee, 2nd overall female (1st AG); Tanya, 4th overall female (1st AG); Anna, 1st AG; and Keith, 2nd AG.

ePostal USMS Event – We had 7 Zillas competed in this event. Each participant recorded the distance covered in this 1-hour swim: Greg Voudrie (3350), Dianna Tickner (2650), Melissa Thiems (3575), Tariq Quadri (3100), Ed Matecki (3475), Rick Mann (4300), and Donna Etherton (2650). This event was initially scheduled to end on 28 February but was extended to 31 March. Please let Keith know if you take advantage of this extension and complete the event.

Quivering Quads – We had 2 Zillas complete the trail races for the following distances:

* + Half marathon – Keith Timmins was the lone Zilla representing MTC at this distance. Keith took 3rd in age group 60 to infinity.
  + 15K - Foti Sakadaris was the lone Zilla representing MTC at this distance.

**Upcoming GOTY Events:**

13 March – St. Patrick’s Day – They are now offering an in-person 5K run in Forest Park or you can do a 5-mile virtual run. (Either option will count for GOTY!)

Alton Half Marathon – At this point we are unable to get any information on this race and assume it is cancelled again this year.

10/11 April - Go! St. Louis Marathon/Half and Marathon Relay

17 April - River to River Relay - Cancelled. Everything that was in place for the race in 2020 will be moved to the race in April 2022

Date TBD - Try Tri **UPDATE:** Somewhat reliable sources tell us this race will occur at SIUE. The date is still be finalized but is likely in May or early June. Stay tuned.

25 April – Rookies and Rock Stars Tri (St. Peters)

\_\_ May - Broken Spokes

\_\_ May - Gateway Tri

16 May - Millstadt Biathlon

23 May - St. Louis (Creve Couer Lake) Triathlon

29 May - Highland Biathlon

19 June - Fight for Air Challenge – they are planning to hold this event at Busch Stadium

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

**Next Meeting:**

The next meeting will be April 6th at 7:00PM. Location TBD. Note, we are switching back to meeting on Tuesday’s in May.