**Metro Tri Club**

**April 6, 2021 Meeting Minutes**

**Members Present:**

Donna Polinske, Keith Timmins, Cid Bauer, Lisa Brandt, Tim Holland, John Sikes, Robin Misukonis, Justin Kovarik, Donna Etherton, Russ Darbon, Greg Voudrie, Doug Bristow, Jeff Germer, Ed Matecki, Bryon Barker, Jay Hunt, Erica Hunt, Dianna Tickner, Andrew Moll, Jeff Fromme

**General:**

The meeting was run by President Donna Polinske and held at Joe Glik Park in Edwardsville.

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

None

**Visitors:**

Cindy Voudrie

**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 98.

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:**

**MTC-Related Life Events:**

Greg Voudrie – Greg scared us all a few weeks ago with heart issues. He was rushed to Barnes, where they conducted a triple-bypass! Greg said it was all a blur until he woke up in the hospital a couple of days later. Cindy basically saved his life, following the instructions of an emergency worker on the phone to keep him alive until the ambulance arrived.

Duke (Dan) Taulbee – Sadly, this former club member passed away in March. After doing yardwork at their home in Dorsey, Duke and his wife Jean, went for ice cream. They stopped at the light at 140 and 159, but when the light turned green, Duke did not go. He had passed quietly while in the driver’s seat. Here is an excerpt from his obituary: “Duke was a former member of the Metro Triathlon Club. He enjoyed woodworking and built many furniture pieces for his family. Duke’s favorite hobbies were running, golfing, biking, swimming, and reading. He was an avid Blues hockey fan and always ready with a good joke or prank.” Note the order of his triathlon events – running, biking, then swimming – definitely the priority order for Duke!

To recap – Besides Greg and Duke, other club members who have had heart issues include: Bobby Patterson, Mike Wever, Ray Weshinskey, Steve Shaffer and John Sikes. So, for all of you club members who are an old, in-shape, and athlete – yikes!!

We learned at the meeting that Cid Bauer had a QUADRUPLE bypass 4-years ago, prior to joining the club. SOOOO, it’s not just men who need to be aware of heart issues. We need to all see our doctors regularly.

**MTC Sponsors** – All small business sponsors were notified of the club’s decision to waive their fee for 2021.

**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.**

**Karla Plage Tattoos and Stickers** –

Robin has the tattoos and stickers to put on your race bibs available to anyone who is doing a race and wants to remember/honor Karla while competing.

**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)
* Donna is exploring some fundraising ideas but nothing finalized yet. Stay Tuned.

**2021 Banquet**: -

* Discussed ideas for the fun portion of the 2021 Banquet. Decided an outside beer and BBQ was most feasible. Donna Polinske to check with Park Department about reserving a pavilion at Glik Park. Think late May/early June from 4-8PM on a Saturday.
* A survey to pick the date will be sent out.

**Administration:**

* MTC trailer license renewal due in April. John Sikes completed the renewal.
* We need to renew RRCA insurance coverage. Will be required for Pere Marquette permit. Donna Polinske completed this in December 2020.
* Treasurer John Sikes – Submitted Form 990-N for small exempt businesses; and renewed the annual license for the club trailer.

**Rt. 66 10K:** – Race is June 12, 2021. Our new team leader, Doug Bristow, needs help with the following:

Volunteers – Tim Holland, Donna Polinske, Keith Timmins, Ed Matecki, Donne Etherton, John Sikes, Jeff Germer, Russ Darbon. NEED MORE! Who wants to be part of this special cool group????

Theme suggestions – Harry Potter is an option

Updated Information – Due to Covid, the water stop will only have (2) volunteers. But Metro Milers needs more course marshal volunteers.

**Team Kit Discussion** – Fawn was not present so this item was tabled for future meetings.

**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 official start time is 5:30 on Tuesdays from Wanda MTC trailhead parking lot. However, there is almost always another group that starts at 5:00. Feel free to join with either group.

**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. If you want to do this run, let Keith Timmins know and he’ll show you the important details. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

**Alton runs** are on Tuesday at West Elementary and

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 March 2021 meeting:

* + None

New Half Ironman finishers since the March 2021 meeting:

* + None

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

* + None

New Ultramarathon finishers since the March 2021 meeting:

* + None

St. Patrick’s Day – We are not aware of any Zillas who completed the live 5K race option. Donna Etherton is the only Zilla we are aware of who completed the requirements for the virtual 5-mile option.

**Upcoming GOTY Events:**

Alton Half Marathon – The race organizers are looking at holding this race later in the spring. Stay tuned.

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 April 2020 will be moved to the race in April 2022.

Try Tri - will happen at SIUE, but not in April. Stay tuned.

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

1 May - Broken Spokes

1 May – Litchfield Duathlon

2 May – Chain of Rocks Duathlon

8 May - Tri Harder series

16 May - Millstadt Biathlon

23 May - 370 Lakeside Triathlon St Peters

29 May - Highland Biathlon

19 June - Fight for Air Challenge – they are holding this event at Busch Stadium.

19 June – Fenton First Try Triathlon

4 July – Hillsboro Biathlon

10 July - Tour De Donut

11 July - New Town Triathlon (pending approval)

18 July – Ballwin Triathlon

25 July – Kirkwood Triathlon

31 July – Springfield Triathlons

\_\_ July - South County Triathlon

\_\_ July - Mud Mountain 5K

\_\_ July – Fenton Triathlon

22 Aug - Sunset Hills Triathlon

5 September - St. Louis Triathlon (Creve Couer Lake)

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

**Next Meeting:**

The next meeting will be May 4th at 7:00PM. Location TBD. If you have an idea for a meeting location, please let one of the officers know.