**Metro Tri Club**

**June 7, 2021 Meeting Minutes**

**Members Present:**

Donna Polinske, Keith Timmins, Tim Holland, Robin Misukonis, Justin Kovarik, Greg Voudrie, Jeff Germer, Andrew Moll, Fawn Dintelmann, Rhonda Grammer, Janna Perry, Karie Ashmann, Josh Fulk, Erica Hunt, Jay Hunt, John Sikes, Bryon Barker

**General:**

The meeting was run by President Donna Polinske and held at Fawn’s house. Thanks Fawn!!!!

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

None

**Visitors:**

Tanya and Kiris Kovarik relaxed in the pool.

Our co-host Drew Dintelmann

**Finance Report:**

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

**Membership:**

Membership Director Shannon McWhorter reports that since our last meeting we had two new members (Shannon Howard and Randy Harris), and one membership renewal (Kyle McLaughlin), bringing our total to 103.

New members are now able to pick up their MTC t-shirts at Runwell in Edwardsville.

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:**

**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** –

Metro Tri Club Fight for Air Climb (8:00ish on 19 Jun) at Busch Stadium:

Last chance to join the MTC team! Contact Donna Etherton at [etherton@cusd187.org](mailto:etherton@cusd187.org) if interested. This event was added to the GOTY list last November!

Fund Raising Plans – Club members are encouraged to bring their families and join us for dinner at Joe Boccardi’s restaurant in Columbia, IL on Wednesday, 16 June, between 4:00 and 9:00 p.m. Donna Etherton has worked with Boccardi’s, who has agreed to donate 20% of the cost of each dinner to the America Lung Association as part of the Fight for Air Climb that several club members are doing. Boccardi’s is located at 117 S. Main St. in Columbia.

**2021 Banquet**: -

* Date – 12 June
* Time – 4:00 to 8:00 pm
* Place – Glik Park in Edwardsville
* Cost – $5.00/person with the club picking up the remaining cost
* Sign-up info – Donna sent out and email with RSVP info. We NEED to know a count to plan for food.
* Agenda items – Fun and Keith’s “Did you Know”
* Dinner menu – Work in progress but with Andrea in charge it is guaranteed to be great!

**Ohio 70.3**

Shannon is having club t-shirts made for this half-IM. Please email Shannon at mcwhosx6@gmail.com with your shirt size if you would like to order one. Shirts are $20 each and a portion of the sales will go to charity! Here is the link: [Ohio 70.3 Shirt Order](https://docs.google.com/forms/d/e/1FAIpQLSc6HAj3b4yNHJrAmSABfHnODuSoI8_JFekhG5Dupc9GejjSMg/viewform)

**I Tri for St. Jude Virtual Triathlon** –

The registration is closed and there are 16 participants currently getting in their Open Water Swim practice.  The "Race Week" is 24-30 June.  The event will donate $1600 to St. Jude Children's Research Hospital!  Shannon McWhorter sends her thanks to all participants!

**Rt. 66 10K:** – June 12

Volunteers – Doug Bristow (team leader), Tim Holland, Donna Polinske, Keith Timmins, Ed Matecki, Donne Etherton, John Sikes, Jeff Germer, Russ Darbon, Greg Voudrie, Becca Hostettler, Phil Coatney, Robin Misukonis, Dianna Tickner, Fawn Dintelmann, and Andy Moll.

Note: unlike past races, most of us will be assigned as course marshals

Theme – Harry Potter

Assignments – Doug will have assignments Saturday morning. Please meet at the bandstand area behind the Edwardsville Library at 7:20AM. No mask is required if fully vaccinated. If not, please maintain 6’ social distancing.

**Zillawear Update** – Fawn received approval to order fit kits. They will be delivered to Runwell. Artwork to follow.

**Miles for Meso (25 September)** –

Volunteers are needed (counts as a GOTY volunteer point). It is about a 3-hour commitment:

Leader - Robin Misukonis

Course Marshals who have signed up so far (need 20) – Jeanna Clark, Jim Clark, Bill Coyne, Russ Darbon, Rhonda Grammer, Ed Matecki, Dianna Tickner, Tim Holland, Jay Hunt, Erica Hunt, Greg Voudrie, and Keith Timmins.

**Pere Marquette Endurance Trail Run Update** –

The race is scheduled for Saturday December 11. The permit application has been submitted to park management. Tim Holland and Jeff Germer have also submitted request for Certificate of Insurance that must be sent to the park with the permit application. Finger crossed things will proceed and the permit will be issued.

Voted to set price at $50.

Ideas for SWAG was towels or blankets. Stay tuned for more info.

**Administration:**

None this month

**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** – Although the official start time was supposed to be 5:30 p.m. on Tuesdays from the Wanda parking lot, most of the riders have continued to start at 5:00 p.m. this year.

**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.

**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 May 2021 meeting:

New Half Ironman finishers since the May 2021 meeting:

* Andy Moll completed the 70.3 distance at the 370 Lakeside Triathlon, noting that temps were in the 90s during the half marathon.
* Tanya Colbert, Tariq Quadri and Renee White completed the Chattanooga 70.3 triathlon. The swim this year was all downstream; however, the swim distance was 1.6-miles and the river had no current.

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

New Ultramarathon finishers since the May 2021 meeting:

* 3 Zillas completed the Bryce Canyon, Utah 50K trail race: Tim Holland, Anna Kallal and Deb Ritter. Special congrats to Tim for placing 2nd in his age group!! Although the following didn’t receive a GOTY point because it was not an ultra-distance, Tariq Quadri and James Ritter completed the 30K trail race at Bryce Canyon.

370 Lakeside Triathlon – Donna Etherton completed the virtual requirements for the Half Ironman distance at this event.

Fit Food Tri – Kraig Weinberg completed this sprint triathlon in Marshall, IL. Special congrats to Kraig for placing 3rd in his age group!!

River to River Relay – This event was cancelled for 2021. Everything that was in place for the race when it was cancelled in April 2020 will be moved to the race in April 2022.

**Upcoming GOTY Events:**

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

10 and 11 July - New Town Triathlon (approved)

18 July – Ballwin Triathlon (contingent on road work project schedule)

25 July – Kirkwood Triathlon

31 July – Springfield Triathlons

\_\_ July - South County Triathlon

\_\_ July - Mud Mountain 5K

\_\_ July – Fenton Triathlon

21 August – Edwardsville Criterion

22 August - Sunset Hills Triathlon

3-5 September – TriFest for MS Bentonville AR 5k, sprint, super sprint, olympic

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

19 September - Millstadt Biathlon (moved from May)

16 October – Alton Half Marathon

7 November - Conquer Castlewood (previously held in August)

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

**Next Meeting:**

The next meeting will be July 12th at 7:00PM. Location TBD. If you have an idea for a meeting location, please let one of the officers know.