**Metro Tri Club**

**August 2, 2021 Meeting Minutes**

**Members Present:**

Keith Timmins, Tim Holland, Justin Kovarik, Greg Voudrie, Andrew Moll, Fawn Dintelmann, Erica Hunt, Jay Hunt, Lydia Mikoff, Phil Coatney, Bobby Reidelberger, Dianna Tickner, Jeanna Clark, Donna Etherton, Donna Polinske, Josh Fulk, Russ Darbon, Jeff Germer, Jerry Wunderlich, Karie Ashmann, Becca Hostettler, China Rongey, Melissa Thiems, Robin Misukonis, Mike Gonski

**General:**

The meeting was held at Recess Brewing who were kind enough to open their business just for the meeting. THANKS Recess!

President Donna Polinske was back from vacation and ran the meeting.

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

None

**Visitors:**

Tanya Kovarik and Arieal Lewis made it for about the 4th month in a row. Maybe we should have a GOTY award for club meeting visitors.

Carl and Luke Plage also joined us. See notes under Ohio 70.3.

**Finance Report:**

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

**Membership:**

Membership Shannon McWhorter reports that membership is now at 104. Kata Mahtani joined the club and raced at Ohio 70.3. Welcome!

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.**

**Administration Issues:**

None this month

**Zillawear Update** – The latest artwork was posted on the club Facebook page for comment. Fawn also took comments at the meeting. Getting close to being what we want. Stay tuned! Once the artwork is approved, the kits/jerseys/etc. will have about a 10-week turn-around. Shipping will be direct to your house and not included in a mass shipment to a central point.

**Club Shirt Order** – Dianna Tickner is going to place another club shirt order. Watch for emails with details and deadlines.

**Miles for Meso (25 September)** –

This race was changed to virtual, so no volunteers will be needed. Please keep that in mind if you are vying for the 2021 Godzilla of the Year (GOTY) award.

**Pere Marquette Endurance Trail Run Update:**

The race is scheduled for Saturday December 11. The permit application has been submitted to park management. Tim and Jeff are working on SWAG, awards, registration, and all the other tasks associated with planning the event.

Volunteers - Keith sent an email to everyone who volunteered for the 2019 race to give them first chance at the jobs they had that year. Thanks to all who have responded, which was most of you! Once he has contacted those he hasn’t heard from, Keith will send another email to everyone in the club, showing who volunteered for looking for others to fill any open positions. Note there are jobs that allow you to do the race AND volunteer. This event is worth TWO GOTY volunteer points!

**Other – Club member registration will open on August 3rd and remain open until August 17th. Public registration will open on September 1st.**

**2021 Up-a-Creek:**

Date is October 9 at 9:00 AM

Registration – To register, send an email to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com). Due to COVID, the cost is doubled for 2021 – so now participants will pay nothing! If you have never received a plaque in a running event, this is your chance. Years ago, the club agreed to pay for up to 20 plaques. Keith will pay for anything over 20. Mark your calendars and save an old pair of shoes. Cause after this little adventure they will be DIRTY.

Volunteers – Also let Keith know if you are interested in volunteering this year.

**Trailnet Sponsorship:**

It was discovered we failed to do a sponsorship for Trailnet in 2020 or 2021.

A motion was made and seconded to donate $500.

Another motion was made and seconded to make the donation $1,000 to make up for what we missed last year.

For the first time in recent memory, we had two competing motions. The debate was lively, mostly respectful, and awesome!

A voice vote was taken, and the free spending crowd ruled the day. A $1,000 sponsorship will be sent to Trailnet.

**NOTE: Because MTC is a sponsor, MTC members receive a discount when they register for a Trailnet event. Make sure you take advantage of this benefit to being a MTC member.**

**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)

**Non-GOTY Events:**

Monticello - Three Zillas completed this sprint triathlon in Iowa: Lydia Mikoff, Robin Misukonis, and China Rongey. Special Congrats to Robin for finishing 2nd in her age group, China for finishing 1st in her age group, and Lydia for finishing as the 3rd OVERALL woman!

**Recent GOTY Events:**

New Full Ironman finishers since the July 2021 meeting:

* None but we know several are deep in their training for upcoming races.

New Half Ironman finishers since the July 2021 meeting:

* Ohio - 17 Zillas completed this 70.3: Doug Bristow, Stephen Brummer, Phil Coatney, Russ Darbon, Josh Fulk, Jeff Germer, Mike Gonski, Rob Heckert, Becca Hostettler, Erica Hunt, Jay Hunt, Wendy Kellams, Kata Mahtani, Ed Matecki, Kyle McLaughlin, and Team Polinske (Donna and Hannah). It was the first ever 70.3 for both Ed and Josh! Four of them did the race under 6 hours – Mike (5:43), Kata (5:47), Doug (5:50), and Jay (5:57)! The highest age group placers were Jeff (14th) and Steve (16th), and they were in the same age group!
* Special Presentation – As many of you know we lost club member Karla Plage in January. Ohio 70.3 was going to be her first half Ironman. Russ Darbon and several others were able to “procure” finisher medals and hats after the race. Russ presented the medals and hats to Karla’s husband Carl and son Luke. Many people spoke of feeling Karla’s encouragement at Ohio when the going got tough and the heat became a factor. Karla remains in our hearts and memories. Thanks to Russ and the “procurement” group for a job week done.

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

* None

New Ultramarathon finishers since the July 2021 meeting:

* None

Ballwin – Four Zillas completed the following triathlon events:

* Single Sprint – Gary Payne and Tariq Quadri.
* Double Sprint – Donna Etherton and Tim Holland. They basically did the Single Sprint course twice – swim, bike, run, repeat! Special Congrats to Donna for being the 3rd OVERALL female!! It is noted that both Donna and Tim would have been 1st in their age groups, but this distance did not break the participants down by age groups.

Mud Mountain – Three Zillas completed this trail 5K: Kraig Weinberg, Jim Taylor, and Gary Payne. Special Congrats to Gary for finishing 3rd in his age group and to Jim for winning his age group!

Kirkwood – Five Zillas completed one of the following triathlon events:

* Short Sprint – Sue Edith and Jennifer Loethen. Special Congrats to Jennifer for finishing 2nd in her age group!
* Long Sprint – Renee White, Ed Matecki, and Kathie Edrington. Special Congrats to Renee for finishing 2nd in her age group!

Springfield:

* Abe’s – No Zillas were found in this Olympic distance tri.
* Stoneman – As far as we know, no Zillas completed this event.

**Upcoming GOTY Events:**

21 August – O’Fallon IL. O’Town Hustle Triathlon

21 August – Edwardsville Criterion

21 August – Hero’s Bike Ride

21 August – Lake St. Louis Triathlons

22 August – Sunset Hills Triathlon

\_\_ August – Belleville Biathlon - Anyone know?

\_\_ August – Mascoutah Biathlon – Anyone know?

Super Prestige Cyclocross is 9/12 Alton, IL Rock Springs, 9/19 Alton IL Belk Park, 9/25-26 Alton, IL Gordon Moore Park

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

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

11 September – Litchfield Triathlons

12, 19, 25 and 26 September – Prestige Cyclocross events

19 September - Millstadt Biathlon (moved from May)

19 September – Carlyle Lake Triathlon

25 September – Tour de Charleston

25 September – Miles for Meso (virtual run only)

\_\_ September – Try Tri

\_\_\_\_\_ Fall Rec Plex

2 October – Memphis 70.3

3 October - MO Cow Bell Full/Half Marathon

9 October - Up-a-Creek

~~16 October – Alton Half Marathon~~ – Cancelled until spring 2022

24 October - Halloween Go! St Louis

\_\_ October - YMCA Bluff Run

\_\_ October - Team Blue Line Honor Run

\_\_ October - Lake Arrowhead 12-hour or 24-hour Adventure Challenge

6 November – Beaver Dam Dash

7 November - Conquer Castlewood (previously held in August)

7 November - St. Louis Half Marathon

13-14 November - Tunnel Hill

13-14 November - Skippo Races

21 November - St. Louis Track Club Relay

27 November - River Road 10 Miler

30 November - Innsbrook Half Marathon

\_\_ November – Zillacross

\_\_ November - Maryville Turkey Trot

\_\_ November - MTC Holiday Cookie Run

\_\_ November to \_\_ December - MTC Holiday Swim Challenge

4 December - Castlewood 8-hour Adventure Race

11 December – Pere Marquette Trail Run

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

**Next Meeting:**

The next meeting will be September 13th at 7:00PM. Location TBD. If you have an idea for a meeting location, please let one of the officers know.