**Metro Tri Club**

**November 1, Meeting Minutes**

**Members Present:**

Tim Holland, Greg Voudrie, Andrew Moll, Fawn Dintelmann, Lydia Mikoff, Donna Polinske, Russ Darbon, Robin Misukonis, Jeff Germer, Bill Carril, Jeanna Clark, Byron Barker, Becca Hostettler, Mike Gonski, Sue Edith, Rhonda Grammer, Justin Kovarik, Dianna Tickner, Mark Thompson, Ed Matecki, Tami Spellman, Donna Etherton.

**General:**

The meeting was held at Recess Brewing. Recess is typically closed on Monday but graciously opened their doors for our group of misfits.

President Donna Polinske ran the meeting and did a far better than average job keeping the squirrels corralled and somewhat focused on meeting issues.

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

**Visitors:**

Arieal Lewis joined us again. She has attended more meetings this year than most members. And she ALWAYS brings her smile. Tanya Kovarik was with us again too. It’s always a pleasure when these ladies join us.

**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 we had 4 new members join since the last meeting: Jeff Kuhn, Alex Mikoff, Kelly Mueller-McNulty, and Tami Spellman. Our current membership is 111. It is noted that 5 more members will be joining . . . as soon as their parents take time to get them registered 😊: Kai Colbert, Kane Colbert, Chase Lading, Hunter Lading, and Parker Lading.

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:**

Donna Polinske will complete the RRCA paperwork for next year renewal. Membership in RRCA provides us with the insurance we need at club sponsored events. Tues night/Sat morning/Sun morning training, PMETR

John Sikes will complete the Annual Report for Non for Profits organizations. This report is due December 1st.

Ed Matecki paid our dues for 2022 USMS membership. Ed is the club contact for all things USMS.

**Pere Marquette Endurance Trail Run Update:**

The race is scheduled for Saturday December 11. The permit application has been submitted to park management.

As of 11/1 registration is at 573 (were at 502 last month). We should be sold out by now so need to get the word out.

SWAG has been ordered and artwork approved.

Awards are in process of being ordered.

Volunteers – Currently all volunteer positions are filled! Keith is looking for two more volunteers to be alternates in case someone drops at the last minute. One volunteer would be ready to fill positions in the lodge on race day (this person could also run the race); one volunteer would be ready to fill outside positions on race day (these positions are during the race, so this person would not be able to run the race).

POST MEETING NOTE: We failed to ask if anyone was willing to fill these positions. If you are willing, please email Keith at [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

Practice Runs – Schedule for practice runs:

Saturday, 30 October - We had over 20 runners. 3 of them are first timers at our race!

Sunday, 14 November at 1:30

Saturday, 27 November at 8:00

News Media – Discuss which medias will be contacted, what we will tell them, and who will do this. Donna Polinske will contact the local newspapers.

**MTC Holiday Cookie Run:**

The Holiday Cookie Run will be held at 9:00 A.M. on Saturday November 13th. Location was changed to near the cabin on Bluff Road. Parking will be across the street at the SIUE soccer field parking lot. We will need cookie bakers so start practicing now. China has added a 1-mile kids fun run for kids 14 and under. **If you are going to participate please let Chine Rongey know so she can make sure enough refreshments are provided.**

China’s email is [Chinarongey@gmail.com](mailto:Chinarongey@gmail.com).

**Zillacross**

November 6 – We have 8 Zillas signed up to race – Jim Taylor, Karyn Weber, Colin Fries, Robin Misukonis, Russ Darbon, Scott Schuyler, Rick Mann, and Keith Timmins. Participants should be at Jim and Jeanna Clark’s Wildcat Paintball Park in Stauton, ready to race at 3:00. Come earlier if you want to take a pre-race lap to become familiar with the course. Jim Clark reported that he bought more adjoining property that allowed him to lengthen the course this year, so even veterans of this race may want to do a pre-race lap. There is room for more racers, and we can also use a few volunteers. Both the racers and volunteers will receive GOTY points. Anyone else wanting IN?? Jim is (618) 670-3229 and Jeanna is (618) 670-3214. Please RSVP so they know how much food to have. They are both on Facebook too.

As a reminder, the short course loops through the paintball park with lots of twists and turns – mostly on grass. Participants will do two loops on a bike (mountain bike or cyclocross bike) and one loop running. During one of the bike loops, participants stop at a designated spot where they shoot five times at targets with a paintball gun (provided). Mountain, gravel, and cross bikes are all great for the course. A one-minute time penalty is added to the total time for any target missed. If a participant opts to not stop and shoot at targets, a ten-minute penalty is added to their time. And the cost – FREE! Afterwards, we sit around the firepit and eat!!

**Annual Thanksgiving Day Trail Run:**

(25 November) – If you want a good excuse to eat whatever you want at the Thanksgiving Day meal, come join us at 8:00 on the SIUE trails. Zillas, family, friends, dogs, etc.) are welcome to run or walk at their pace on a marked trail. Meet at the parking lot near the Student Success Center on Circle Drive. Send any questions to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**GORC Workday at SIUE:**

(4 Dec) – For the last two years, the GORC Workday at SIUE was scheduled the same day as our Pere Marquette race. Obviously, that means we had very little participation from the club. This year it is a week early, so if you can give 3 hours of your time (9 to noon), they will feed you lunch and we will give you a GOTY volunteer point! Quite a few of our members use these trails for mountain bike riding and trail running!

**Bylaws:**

Per our annual update process, Keith will email the current version of the Metro Tri Club Bylaws to all current club members. Each member will be asked to review it and recommend any suggested changes, additions, etc. Recommended changes will be reviewed at the December meeting.

**Animal Ride:**

Daylight Savings ends on 7 November, so the final Animal Ride for 2021 is Tuesday, 2 November.

**2022 River to River:**

We have had a team paid and ready to run since April 2020. If the race does go this year, that same team, if they are available and willing, will field our team.

**2022 Banquet:**

Donna Polinske and Andrea will again lead banquet planning.

The date has been picked. It’s in February and it’s not Valentine’s weekend. But the secretary failed to get the actual date for these minutes. OOPS!

The Wildey Theater has been reserved for this exciting night of food, fun, and a review of the amazing accomplishments of 2021 MTC members.

Please write up stories about 2021 training and racing and send them to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) – also include any supporting pictures!

**2022 GOTY:**

We reviewed the 2021 GOTY rules and events and opened it up for suggested changes, additions, deletions, etc. You will have one more chance to offer suggested changes at the December meeting. At that meeting we will vote to approve the changes and lock it in for 2022. A copy of the changes is attached. If you have suggested changes before the next meeting, please email [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

**Officer Tyler Timmins:**

As many of you have heard, Police Officer Tyler Timmins was tragically killed in the line of duty last week. Tyler was the nephew of long time Zilla Keith Timmins. The club will be taking donations for the next 3-weeks. All donations will go directly to Tyler’s wife Lindsey and daughter Chloe. The club will match all donations received with a $500 minimum donation and a $1,500 maximum donation. Donations may be given to any club officer or mailed to the address below. Make checks payable to Metro Tri Club.

Metro Tri Club

PO Box 904

Edwardsville, IL. 62025

If you want to give via credit card, there is a link on club website to The Driven. They will process the credit card and forward the donation to the club. They do charge a 4.5% fee.

**Membership:**

We were supposed to address 2022 dues but somehow, forgot. We will address in December.

**Officer Nominations:**

Our current President, Vice President, and Treasurer are all in their 3rd year of serving in that position. Per the MTC Bylaws, they must leave that position for at least a year. The current Secretary has served in that position for one year. Based on that, the Secretary can be nominated for another year and/or nominations can be received for a new Secretary. Those nominated tonight or at the December meeting will be presented at the annual business meeting at the annual club banquet for election. If you are interested in serving in one of these positions, it’s not too late. Notify President Polinske at [ds\_polinske@yahoo.com](mailto:ds_polinske@yahoo.com). Nominations as of 11/2

President – Mark Thompson

Vice-President – Lydia Mikoff

Treasurer – Gary Voudrie

Secretary – Tim Holland

**Holiday Swim Challenge:**

Karie Ashmann will again lead the holiday swim challenge. The two categories are Advanced (1,500 yards a day) and Novice (no minimum distance). The challenge will start November 23th and end December 23th. The goal is to swim as many days during this time-period as possible. The yards listed above are the minimum required for the day to count. Karie provides access to a spreadsheet where you enter your yards for tracking purposes. There are also weekly bonus challenges. “Winners” are announced at the club banquet. There are no awards other than bragging rights for a year. The real goal of the event is to encourage members who may not enjoy swimming (that’s me) to drag their body to the pool during the winter.

To sign up contact Karie at [karietoo16@aol.com](mailto:karietoo16@aol.com) or (618) 830-5832. Karie will also be posting on Facebook. There is no cost to participate.

**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 resume in the Spring 2022 the Tuesday after daylight savings time change. Come on Spring.

**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 October 2021 meeting:**

**New Half Ironman finishers since the October 2021 meeting:**

**New “USAT Nationals” finishers since the October 2021 meeting:**

**New Ultramarathon finishers since the October 2021 meeting:**

**GOTY Events:**

**Omissions** – We apologize to Gary Payne for not including him in the list of Zillas who completed the MO Cowbell half marathon or the virtual Meso run in September! (See Gary, you need to start attending more meetings to make sure you don’t get overlooked!)

**Up-a-Creek:** – We had 16 Zillas and 1 non-Zilla complete this 3.2-mile event held in an SIUE creek. We also had 8 Zilla and 2 non-Zilla volunteers at the event:

Runners – Zillas included: Bill Carril, Kai Colbert, Kane Colbert, Tanya Colbert, Russ Darbon, Anna Kallal, Chase Lading, Hunter Lading, Parker Lading, Phil Lading, Alex Mikoff, Jim Taylor, Keith Timmins, Coty Toney, Karyn Weber, Kraig Weinberg, and Renee White. Special congrats to: the OVERALL female winners: Renee (1st), Tanya (2nd), and Anna (3rd); and the OVERALL male winners: Coty (1st), Jim (2nd), and Hunter (3rd).

Volunteers – Monique Weinberg (photographer), China Rongey (photographer), Lydia Mikoff (water stop), Allie Mikoff (photographer), Dave McNaughton (water stop), Ed Matecki (water stop), Tim Holland (assistant to the assistant timekeeper), Becca Hostettler (assistant timekeeper), Donna Etherton (waivers), and Fawn Dintelmann (lead timekeeper).

**Lake Arrowhead:** – We are not aware of any Zillas who completed this 12 or 24-hour Adventure Challenge

**Go! St. Louis:** – We had 6 Zillas complete one of these Halloween distances:

10K – Bill Coyne and Jeff Germer. Special congrats to Bill for winning his age group!!

Half Marathon – Karyn Weber, Jim Taylor, Jennifer Miller, and Bill Carril. Special congrats to Bill for placing 3rd in his age group and Karyn for placing 2nd in her age group!!

**Valmeyer:** – Bill Coyne was the only Zilla who completed this 10K Bluff Run. As expected, Bill won his age group!!

**Innsbrook:** – We had 4 Zillas complete this challenging half marathon. New member Tami Spellman (2nd AG), Rhonda Grammer, Robin Misukonis, and Byron Barker (3rd AG). Rhonda and Robin didn’t place but would have won best pictures during a race if such an award existed. Check out Robin’s Facebook page for some awesome fall pictures….with a run mixed in.

**USMS:** – We had 3 Zillas compete in this swim meet at the Chuck Fruits facility, and they placed either 1st or 2nd in their respective age groups in EVERY event they swam:

Ed Matecki – swam the 100M IM (1st AG), 100M free (2nd AG), 200M free (1st AG), and 800M free (1st AG).

Tariq Quadri – swam the 50M free (1st AG), 100M free (1st AG), 200M free (2nd AG), and the 400M free (2nd AG).

Greg Voudrie – swam the 200M free (1st AG), and 400M free (2nd AG).

**Upcoming GOTY Events**:

* 6 November – Zillacross
* 7 November - Conquer Castlewood (previously held in August)
* 7 November - St. Louis Half Marathon
* 13 November - Maryville Turkey Trot
* 13 November - MTC Holiday Cookie Run
* 13-14 November - Tunnel Hill
* 13-14 November - Skippo Races
* 21 November - St. Louis Track Club Relay
* 27 November - River Road
* 23 November to 23 December - MTC Holiday Swim Challenge
* 4 December - Castlewood 8-hour Adventure Race
* 4 December – GORC Trail (SIUE) Workday
* 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 December 6th at 7:00PM. Location TBD, stay tuned. If you have an idea for a meeting location, please let one of the officers know. It’s always fun to visit different locations.