**Metro Tri Club**

**July 12, 2021 Meeting Minutes**

**Members Present:**

Keith Timmins, Tim Holland, Justin Kovarik, Greg Voudrie, Andrew Moll, Fawn Dintelmann, Janna Perry, Erica Hunt, Jay Hunt, Lydia Mikoff, Phil Coatney, Bobby Reidelberger, Dianna Tickner, Jeanna Clark, Donna Etherton, Mark Thompson, Sue Edith, Jim Donahue, Tommy Brown, Jim Taylor

**General:**

All the other officers were on vacation leaving no choice but to put Tim Holland in charge. Thank goodness there were some real adults present to prevent the meeting from being a total disaster. Fawn again was kind enough to offer her pool deck for the meeting. HOWEVER, right before meeting time, the heavens opened, and the rain drove us to Fawn’s garage. Thanks Fawn!!!!

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

None

**Visitors:**

Tanya and Kiris Kovarik joined us again with Andrew Moll’s fiancé Arieal Lewis

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 Shannon McWhorter reports there was no change from June, so our membership number remains at 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.**

**Administration Issues:**

None this month

**2021 Banquet**: -

The “live” banquet was a big success. We started at Glik Park in Edwardsville on an extremely hot afternoon. Awards were presented to Lydia Mikoff for her awesome term as club secretary and to Donna Etherton, who was the ONLY Godzilla of the Year winner for 2020!! Keith presented the 2020 “Did Ya Know” segment, that was shorter than normal because of so many races being cancelled. Those present were treated to some of the favorite funny stories from the 13 past Did Ya Know’s. If your ears were burning, we probably talked about you!! Then the Darbon’s saved the day and invited everyone over to their home, just a few blocks away. Andrea laid out a feast for us – chicken, pork, burgers, a shrimp boil, and all the trimmings (salads, veggies, fruits, cookies, drinks, etc.) We all spent time talking with club members and significant others who attended. Special thanks to Donna Polinske and Andrea Darbon for all the work they put into this event!

**Ohio 70.3**

Shannon reports 13 Ohio 70.3 t-shirts were ordered, resulting in $260 more for St. Judes Children’s Research Hospital. THANKS Shannon, for your efforts.

**Zillawear Update** – The fit kits have been at Runwell for the last several weeks. Fawn had the kits at the meeting for those who did not make it to Runwell. Members who attended the meeting got a chance to provide input on the colors of the Zillawear. Stay tuned.

**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, Eli Clark, Bill Coyne, Russ Darbon, Rhonda Grammer, Ed Matecki, Dianna Tickner, Tim Holland, Jay Hunt, Erica Hunt, Greg Voudrie, Keith Timmins, Donna Etherton, Mark Thompson, and Phil Coatney.

Please email [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) if you want to be added to this list!

**Pere Marquette Endurance Trail Run Update** –

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

Name of the 2021 race – 2019 was 31st Annual. 2021 32nd Annual was the consensus. Thus, we are going to act like 2020 never occurred.

Volunteers – Keith will send an email to all 2019 race volunteers, giving them first chance to sign up for the same areas again. After that, an email will go all club members, describing those positions that still need to be filled.

Other – Club member registration will open on August 1st. Public registration will open on September 1st.

**2021 Up-a-Creek:**

The date for the 2021 Up-a-Creek super-secret, it didn’t happen, event was set for October 9. Mark your calendars and save an old pair of shoes. Cause after this little adventure they will be DIRTY.

**Beaver Dam Dash:**

Matt Dunn informed us the 2021 Beaver Dam Dash will occur on November 6. All money raised at the event goes to Macoupin Center for the Developmentally Disabled (MCDD). Matt will need volunteers on Friday setting the course and Saturday at the event. Check your calendars and next month we will start a list of those willing to help. It’s a fun event raising money for a great organization.

The club authorized Matt to use the trailer and all race supplies in the trailer as needed.

The club voted to raise our sponsorship amount to this event from $500 to $1,000 this year.

**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 June 2021 meeting:

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

New Half Ironman finishers since the June 2021 meeting:

* Des Moines, IA – Congrats to the 4 Zillas who completed this 70.3: Janna Perry, Brittany Newman-Runge, Anna Kallal and Tommy Brown!

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

* Chattanooga Waterfront Triathlon – Josh Fulk completed the Olympic distance at this event. Nice job Josh!

New Ultramarathon finishers since the June 2021 meeting:

* None

Lakeside 370 Triathlon – We missed Ed Matecki last month. He completed the Olympic distance at this multi-tri event in May.

Rt 66 – We had 10 Zillas complete the 10K and 23 Zillas who volunteered before, during or after the race:

* Runners: Bill Coyne, Ian Durie, Donna Etherton, Josh Farmer, Gary Payne, Janna Perry, Holly Romann, Jim Taylor, Tim Holland and Mark Thompson. Special congrats to Bill, Josh, and Gary for placing 3rd in their age group; and to Janna and Mark for winning their age group!! We also had two Zilla family members complete the 10K – Chrissy Bristow and Andrew Gonski. 14-year-old Andrew won his age group and was the 9th OVERALL person to cross the finish line!!
* Volunteers: Greg Voudrie, Keith Timmins, Dianna Tickner, John Sikes, Jen Schaller, Donna Polinske, Janna Perry, Andy Moll, Robin Misukonis, Kyle McLaughlin, Larry McCracken, Ed Matecki, Jay Hunt, Erica Hunt (race director), Becca Hostettler, Tim Holland, Jeff Germer, Donna Etherton, Fawn Dintelmann, Russ Darbon, Josh Dake, Phil Coatney, Doug Bristow (Zilla volunteer director), and Byron Barker!!

Fight for Air Climb –4 Zillas signed up with the Metro Tri Club team and completed this event. Renee White and Keith Timmins ran the route laid out through Busch Stadium, going up and down steps – both inside the stadium and in the stairwells. Team leader Donna Etherton and Missy Thiems met the virtual requirements for the event. Special thanks to those Zillas, their families and friends, who attended the fund-raising event at Boccardi’s Restaurant in Columbia, IL. The event raised $775 (20% of each bill), and the total raised for the American Lung Association by the MTC team was $1550!! Special thanks to Donna Etherton for all the work she did on the fund-raising events!

Fenton First Try Triathlon – As far as we know, no Zillas completed this event.

I Tri for St. Jude – 13 Zillas completed the following triathlon distances during the week of 24 to 30 June. Together, they raised $850 for the St. Jude Children’s Research Hospital:

* Olympic - Becca Hostettler, Erica Hunt, Melissa Thiems and Dianna Tickner
* Half-Ironman (70.3) - Doug Bristow, Jay Hunt, Ed Matecki, and Kyle McLaughlin
* Full-Ironman (140.6) - Karie Ashmann, Fawn Dintelmann, Robin Misukonis, Jim Taylor, and Karyn Weber
* Contest winners – The Zillas who won awards for finishing their distance the fastest (by calendar date) were: Becca for Olympic, Doug for the 70.3 and Karyn for the 140.6!!

This event could be completed over several days, as long, as the distances were covered. On the morning the event started Doug Bristow notified Shannon about 9 AM he was done with the 70.3. Apparently, Doug got up at 3 AM and completed all the distances. Folks, that’s getting it done! Then Doug topped it off by working the rest of the day. No word on how productive he was though. (Keith, I see a “Did Ya Know” entry here.)

Jefferson City Spring Triathlon – 2 Zillas completed this triathlon.

Congrats to Stephen Brummer who finished 1st in his age group.

Congrats also to Jeff Germer for finishing 3rd in the same age group. No word on how close Jeff was to catching Stephen.

Tour De Donut - 13 Zillas completed this 36-mile bike ride: Jerry Wunderlich, Renee White, Mike Wever, Kathy Wever, Keith Timmins, Missy Thiems, James Ritter, Deb Ritter, Tariq Quadri, Jennifer Miller, Colin Fries, Jeanna Clark, and Bruce Beachum. Special Congrats to Renee for placing 3rd in her age group – both unadjusted and adjusted; and to Colin for placing 2nd in his age group (15th Overall)!!

New Town - 6 Zillas completed one of the triathlon distances offered:

* Short Sprint – Sue Edith and Jennifer Loether completed this distance. Special Congrats to Sue and Jennifer for finishing 3rd in their age groups!
* Long Sprint – Renee White, Janna Perry, Ed Matecki and Kathie Edrington completed this distance. Special Congrats to Janna for placing 1st in her age group and Renee for coming in 3rd OVERALL!!

**Upcoming GOTY Events:**

18 July – Ballwin Triathlon

24 July – Mud Mountain 5k

25 July – Kirkwood Triathlon

25 July – Ohio 70.3 – 2020/2021 Team Event

31 July – Springfield Triathlons

\_\_ July - South County Triathlon

\_\_ July – Fenton Triathlon

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

\_\_ August – Mascoutah Biathlon

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

19 September - Millstadt Biathlon (moved from May)

19 September – Carlyle Lake Triathlon

\_\_ 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 August 2th at 7:00PM. Location TBD. If you have an idea for a meeting location, please let one of the officers know.