

# **Metro Tri Club**

## **August 1, 2022, Meeting Minutes**

### **Members Present:**

Tim Holland, Robin Misukonis, Justin Kovarik, Greg Voudrie, Donna Etherton, Jay Hunt, Erica Hunt, Lydia Mikoff, China Rongey, Dianna Tickner, Tami Spellman, Jeff Kuhn, Russ Darbon, Sue Edith, Bill Coyne, and Donna Polinske.

### **General:**

The meeting was held at Lydia's pool. Lydia and China provided grilled hamburgers, hot dogs, fresh fruit, fresh tomatoes, and an assortment of beverages. It was AWESOME! Special shoutout to the grill master Keith Hopke for his skills making sure the meat was perfectly cooked.

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

None

### **Visitors:**

Tanya Kovarik was in attendance making sure the meeting didn't get out of control.

As a side note, Sue Edith's dog REALLY enjoyed the swimming pool. Ever see a dog smile? If not, you missed your chance!

### **Finance Report:**

Greg reviewed the budget. We have a nice nest egg. If you have any questions or comments, please contact Treasurer Greg Voudrie or any other club officer.

### **Membership:**

Director Shannon McWhorter reports that there were no new members since the July meeting, and we remain at 116.

Go to Metro Tri Club at: <https://thedriven.net/cs/metrotriclub> to join or renew your membership. 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. Any questions about your membership status contact Shannon McWhorter at [mcwhosx6@gmail.com](mailto:mcwhosx6@gmail.com).

### **Administration Issues:**

**Venmo Account:** Club Venmo account is @trizilla.com

## **General Discussions:**

### **Member Discount Codes:**

Discount code for all Racemaker events is trizilla15

Discount code for all MSE Racing events is GODZILLA2022

## **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 website:**

Reminder, you can find information of club activities, upcoming club events, and links to race registration on the Metro Tri Club website. The website can be found at

<https://www.thedriven.net/cs/metrotriclub>. If you have any information or race photos you would like added to the website, simply contact Donna Etherton. She can be reached at [etherton@htc.net](mailto:etherton@htc.net).

### **Glen Carbon Fire Department meeting (10 August at 7:00 p.m.):**

There is a community meeting focusing on electric bikes and bike trail safety. The address is 199 S. Main St. Glen Carbon, IL 62034.

### **Heroes Ride (13 August):**

If you sign up for this event, please check that you are part of the Metro Tri Club!

### **Miles for Meso:**

Race date is September 24<sup>th</sup>. We need 20 course marshals for this race. This is about a two-hour commitment and counts as a GOTY volunteer point! Family and friends are welcome. To date, 16 Zillas have stepped up: Fawn Dintelmann, Jeff Fromme, Tim Holland, Darrell Meek, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Kerry Ritter, China Rongey, Jim Taylor, Dianna Tickner, Keith Timmins, Russ Darbon, Bill Coyne, John Sikes, and Karyn Weber. Anyone else want to join us?

### **2022 Pere Marquette:**

Registration for MTC members, family, and friends opened this morning.

Public registration will open next Monday morning.  
Price – Left at \$50  
Runner limit – Left at 700  
SWAG – Jeff Germer is working on SWAG.  
Timing – Contract with Final Lap racing will be signed tomorrow  
Awards – Same as previous years?  
Band – Planning on using the same band as previous years  
Lodge – Contract with lodge signed  
Rooms – Room block reserved

MTC furnished and installed flexible post and decals on the PM route years ago. Some of the post and decals are in disrepair. The park has asked if we would be interested in updating the post and decals. If so, they requested the addition of QR codes on the decals which would link the user to a copy of the trail map. This would be pretty handy if you were lost on the trails. Open for discussion.

### **Up-a-Creek:**

Race date is October 8<sup>th</sup>. Registration is open for this event! The sign-up is pretty technical – either raise your hand at a club meeting or send an email to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com). The cost remains the same (nada, zilch, none) and the top 20 finishers receive a plaque! Relatives and friends are welcome to join us. Also contact Keith if you are available and interested to volunteer (counts as a volunteer GOTY point!)

Runners signed-up to date – Allan Cochran, Russ Darbon, Donna Polinske, Kerry Ritter (maybe), Jim Taylor, Keith Timmins, Anna Toney, Coty Toney, and Kraig Weinberg. Others?

Volunteers signed-up to date – Fawn Dintelmann, Donna Etherton, Darrell Meek, Robin Misukonis, China Rongey, and Keith Timmins. Others?

### **Metro Tri Club Triathlon:**

Donna Polinske presented preliminary information on a possible club sponsored triathlon to be held in spring 2023. The swim would be in Dunlap Lake with run and bike routes TBD. Since we are a tri club, this is an exciting idea. Stay tuned as plans and details are developed. If you are interested in helping with planning, contact Donna at [ds\\_polinske@yahoo.com](mailto:ds_polinske@yahoo.com).

### **Great American Relay:**

The local Illinois legs will occur throughout the day on October 3. Early bird registration for the Great American Relay which is now one of our GOTY

events is now open. Shannon and Erica are leading two of the legs and would love to have MTC members leading all the local legs. Donna Etherton is leading the leg from Maryville FD to Troy FD. In addition, having several support runners for each leg would be great, too. The GAR is a coast-to-coast relay that goes from Santa Monica, CA to NYC in Sept-Oct, 2022 and raises funds to donate to 3 different first-responder charities. The route runs from fire station to fire station, where possible, along the route. Each runner will receive a GAR singlet and American flag; lead runners for each leg will also receive a baton. Registration is \$40 for runners and \$50 for lead runners. The design for this year's singlet says "We will never forget" with a 911 design. Donna Etherton added a link to the website or search Great American Relay to locate registration information.

## **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** – Animal Ride resumed on Tuesday March 15, after the time change. The Animal Ride leaves the Wanda trailhead at 5:00PM. You can always follow later and catch the group on one of the Whiteside Hill loops.

### **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 July 2022 meeting:**

None?

#### **New Half Ironman finishers since the July 2022 meeting:**

Ohio 70.3 – Shane May completed this half Ironman with a time of 6:58! It was a good thing he has recently had lots of heat training at the weekly Animal Rides.

New member Daniella Lavender completed this half Ironman with a time of 7:57. Well done Daniella!

#### **New “USAT Nationals” finishers since the July 2022 meeting:**

None?

#### **New Ultramarathon finishers since the July 2022 meeting:**

None?

#### **Other GOTY Events:**

Ballwin – This was supposed to be a triathlon, but weather interfered with that plan. Those signed up for the double tri were able to complete the 300-meter swim but then the swim was cancelled for all due to the weather. Since they cancelled the swim, they also decided not to issue any awards. 4 Zillas completed one of the events offered at this event: “Single” (bike, run) – Tommy Brown, Tim Holland, and Janna Perry  
“Double” (swim, bike, run; then bike run) – Steve Brummer

Mud Mountain – We had 5 Zillas complete this hot and humid 5K trail run: Kraig Weinberg, Jim Taylor, Gary Payne, Ann Knoyle, and Chris Amick. Special congrats to Kraig for taking 3<sup>rd</sup> in his age group; Jim for taking 2<sup>nd</sup> in his age group; and Ann for winning her age group!! There were at least 3 Zilla kids and 1 Zilla wife who also completed the race. Of special note is Jackson Amick, who won his age group!!

Tour de Kirkwood – No Zilla names were found in the results of this triathlon.

Springfield Triathlons – We had 6 Zillas complete one of the triathlons in Springfield.

Sprint finishers – Matt Dunn and Jeff Kuhn.

Olympic finishers – Sue Edith (2<sup>nd</sup> AG), Tami Spellman (3<sup>rd</sup> AG), Renee White (1<sup>st</sup> AG), and Brittany Newman (1<sup>st</sup> AG).

### **Upcoming GOTY Events**

- 13 August – Heroes Ride
- 20 August – O'Town Hustle in O'Fallon, IL
- 28 August – Lakeside 370 Triathlons
- 10 September – Litchfield Triathlons
- 18 September – Millstadt Biathlon
- 18 September – Carlyle Lake Triathlon
- 24 September - Tour De Charleston (New Date)
- 24 September – Miles for Meso 5K
- 24 September – Belleville Marathon
- 2 October - MO Cow Bell Full/Half Marathon
- 3 October – Great American Relay (local Illinois date)
- 8 October - Up-a-Creek
- 8 October - Lake Arrowhead 12 or 24 Hour Adventure Challenge
- 23 October - Halloween Go! St Louis
- 29 October - YMCA Bluff Run in Valmeyer
- 29 October - Innsbrook Half Marathon
- \_\_ October - Team Blue Line Honor Run
- 6 November - St. Louis Half Marathon - Clayton, MO
- 12 November - Tunnel Hill
- 12 November - Maryville Turkey Trot
- 12/13 November - Skippo Races
- 20 November - St. Louis Track Club Relay
- \_\_ November - Zillacross
- \_\_ November - Beaver Dam Dash
- 24 November - Edwardsville Turkey Trot
- 26 November - River Road
- \_\_ November - MTC Holiday Cookie Run
- \_\_ November/December - MTC Holiday Swim Challenge

3 December - Castlewood 8-hour Adventure Race  
4 December Hot Chocolate (5K or 15K)  
10 December - Pere Marquette

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

**Next Meeting:**

The next meeting will be 7:00 PM September 12 (Monday AFTER Labor Day) at Fawn Dintelmann's pool deck. Address will be sent out in the meeting reminder a few days before the meeting.