

Metro Tri Club

September 12, 2022, Meeting Minutes

Members Present:

Tim Holland, Robin Misukonis, Justin Kovarik, Greg Voudrie, Donna Etherton, Russ Darbon, Darrell Meek, Fawn Dintelmann, Jeff Germer, Jim Taylor, and Karyn Weber.

General:

The meeting was held at Fawn's pool. It was a beautiful evening to enjoy a sunset by the pool.

First Time Attendees and New Members Present:

None

Visitors:

Kiris Kovarik joined us again. She's a repeat visitor who needs to jump in on this triathlon madness. Plus, she keeps Justin in line.

Finance Report:

Greg reviewed the budget. 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 August meeting, and we remain at 116.

Go to Metro Tri Club at: <https://thedriver.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.

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.

Miles for Meso:

Race date is September 24th. We have enough volunteers but feel free to join the fun. No such thing as too many volunteers. This is about a two-hour commitment and counts as a GOTY volunteer point! All volunteers should be at the race headquarters by 7:30 (1 Court Street in Alton) to receive their position assignment and then be in position before the race starts. 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, Karyn Weber, and Jeff Germer (provided he is stationed near Duke's Donuts!).

2022 Pere Marquette Race:

Permit has been issued by IDNR – WE ARE A GO!

Registration is OPEN.

As of 9/12 registration is at 253

Price – Left at \$50

Runner limit – Left at 700

SWAG – Jeff Germer is working on SWAG.

Timing – Contract with Final Lap racing has been signed

Awards – Same as previous years

Band – Matt Taul has been contacted

Lodge – Contract with lodge signed

Rooms – Room block reserved

Trail – It is in great shape! You can tell the money contributed via our

race for trail maintenance at Pere Marquette is being used. The section between the 2nd water stop (1st road crossing) and the 2nd road crossing behind the Visitor's Center has had a lot of work done to it since the 2021 race!

Volunteers – Keith will send an email in late September to all of the 2021 volunteers to see if they want the same position(s). After responses are received, Keith will send an email to all club members, letting them know who is assigned and which positions are open.

Club-sponsored racecourse training runs dates were approved. Tim and Jeff to send out reminder emails to those registered for the event.

- Saturday, 22 Oct at 9:00 am.
- Sunday, 6 Nov at 9:00 am.
- Saturday, 26 Nov at 1:00 pm.

Pere Marquette Trail Marking:

Flexible posts and decal replacement update:

Posts - We need to replace 2 green and 2 brown posts that are broken (vandalized). Mike Wever agreed he would look in the club trailer to see if we have any of the posts and will also look for the tool used to drive the posts into the ground. Mike said if we order posts, we want to make sure we get the ones with an anchoring attachment, preventing anyone from being able to pull them out of the ground. Keith recommends that we get 2 more of each for future replacements.

Decal replacement – The park wants us to update all of the decals on the posts and add a QR code. That way hikers and runners can scan the code and get distance information.

Up-a-Creek:

Race date is October 8th. 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. 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), Todd Sever, 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.

Zillacross

Race date is November 19 at 3:00 PM – Jim and Jeanna Clark are again sponsoring the annual Zillacross at their Wildcat Paintball Park (390 3rd St. in Williamson). This race is a unique twist on a “triathlon.” The three events include: A short off-road bike; a short off-road run; and one stop during the bike portion to shoot at targets with a paintball gun (provided). Most participants do all of the events, but teams would be considered (one runner and one biker/shooter). After the race, we start the campfire, then sit around it and eat! This is one of those no-cost events that counts as one GOTY “multi-event!” You can also get a volunteer GOTY point by contacting Jim and Jeanna to see how you can help.

Participants signed-up to date – Keith Timmins. Others?

Volunteers signed-up to date – Jim Taylor, Karyn Weber.

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. Robin is also leading a leg in Collinsville. 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 shirt 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 shirt 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.

Carlyle Lake Triathlon:

We received an email from MSE racing regarding the need for volunteers at this race which is scheduled for Sunday 9/18.

This is MSE's 2nd year holding this race. We are trying to build our volunteer list. As of today, we have only 4 volunteers. We are needing at least 40-50! If you know of any other groups we could reach out to or maybe any other business, would you please let us know? Maybe bring friends and/or family with you and we can put you at a position together! We are really struggling on finding those valuable volunteers, to keep the athletes safe on the water, bike and run course. As a little added incentive, we donate \$200 to a group of 10 or more volunteers and will have a raffle of 15 gift cards for our volunteers!

Holiday Cookie Run:

Annual cookie run will be November 19th at 8:00AM. More info to follow but mark your calendar. 1-mile kids race, and 3-mile cookie run.

Runners signed-up to date – Who wants in?

Volunteers signed-up to date – China Rongey, Robin Misukonis, Jeff Germer, Greg Voudrie.

2023 River to River:

Each year we put one or more Zilla teams in the annual R2R. Between now and the October club meeting, we will take names of club members who want to run with Team Godzilla at the April 2023 R2R. At the October club meeting, we will determine how many teams to try and register for the race, and we will draw names to determine who is in, and who is on the alternate list. Any questions? Please raise your hand if you want your name in the hat to run the 2023 R2R with Team Godzilla: Jim Taylor, Karyn Weber, Darrell Meek, Fawn Dintelmann, and Russ Darbon.

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.

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. 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

Recent GOTY Events:

New Full Ironman finishers since the August 2022 meeting:

IM Canada – Jim Taylor and Karyn Weber both crossed the finish line in 15:39 for this 140.6 event. While it would appear they were pacing each other, stories at the meeting made it clear they were RACING! One may have waited a few minutes at the finish line for the other. Who waited you ask....you should have been at the meeting!

IM Wisconsin – Josh Fulk competed at Madison and was handed a horrible weather day. He fought hills, rain, and cold for 127.5 miles. While not the finish he trained for, an amazing effort under terrible racing conditions. Congrats Josh! Josh gets 7 GOTY points for completing the swim and bike portion of this event.

New Half Ironman finishers since the August 2022 meeting:

Lakeside 370 – Renee White completed the 70.3 distance at this event in St. Peters, MO. Her time of 5:13 won her age group (she was the 4th OVERALL woman)!!

New “USAT Nationals” finishers since the August 2022 meeting:

None?

New Ultramarathon finishers since the August 2022 meeting:

None?

Other GOTY Events:

Heroes Ride – We had 7 Zillas complete one of the distances offered at this event. Money from this event goes to support severely wounded veterans and families of veterans who died in service to our country:

- o 50 Miles – Tim Holland, Keith Timmins, Anna Toney

- o 80 Miles – Kathy Wever, Mike Wever, Renee White, and Jerry Wunderlich

O'Town Hustle – We had 9 Zillas complete this sprint tri and ALL of them placed in their age group! Special congrats to: Nancy Stonesifer, Sue Edith, and Tim Holland for placing 3rd in their age group; Tami Spellman, Donna Etherton, and Kathie Edrington for placing 2nd in their age group; and Robin Misukonis, Jeanna Clark, and Steve Brummer for winning their age group!! It is noted that Robin and Kathie were in the same age group and Robin beat Kathie for 1st place by less than one second!

Edwardsville Crit – No Zillas were sighted racing through downtown Edwardsville at this event. Club member Russ Darbon did volunteer with event set up.

Lakeside 370 – Jake Fromme completed the sprint race at this event in St. Peters, MO. Special congrats to Jake for winning his age group!!

Bentonville , Arkansas – We had 7 Zillas complete one or more races at this event. Metro Tri Club came in 9th of 22 clubs, most of whom had many more participants! With just a few more racers, we could easily break top five teams at this event. Next year?????

- Sprint tri – Lydia Mikoff/China Rongey/Baby Racer competed as a relay team. Tina Klein, Robin Misukonis, Jeff Germer, Stephen Brummer, and Russ Darbon. Special congrats to Stephen for placing 2nd in his age group!!
- Super Sprint tri – Robin Misukonis, Jeff Germer, Stephen Brummer, and Russ Darbon. Special congrats to Stephen for placing 1st, Robin for placing 2nd, and Jeff and Russ for placing 3rd in their respective age groups?
- Olympic tri – Robin Misukonis, Jeff Germer, and Stephen Brummer. Special congrats to Stephen for placing 1st in his age group.

Ciderman Triathlon/Duathlon – Donna Etherton was the lone Zilla at this event and completed the duathlon. She was the 1st OA female and 2nd OA finisher. Nice job Donna!

Litchfield Triathlon- We had 8 Zillas complete one of the triathlon distances:

- Sprint – Tariq Quadri, Kathie Edrington, Bill Coyne, and Tim Holland. Special congrats to Bill and Kathie for placing 3rd in their age groups and to Tariq for placing 1st in his age group!! Tim.....well someone has to be the anchor!
 - After last year's butt kicking, Tim Holland was posed to beat Ed Matecki in the race of the 60-somethings. Sadly, Ed raced the Olympic preventing a classic sprint tri rematch. Tim desperately wanting to win, compared his 2022 results to Ed's 2021 results and STILL got his butt kicked. Maybe 2023 will be better.
- Olympic – Renee White, Anna Toney, Ed Matecki, and Matt Dunn (yep folks, there was a confirmed Matt Dunn sighting!). Special congrats to Ed and Matt for placing 2nd in their age group. Anna for placing 1st in her age group (4th OA female) and Renee for placing 2nd OA female. While not a Zilla, Matt's son Alex brought home a 3rd AG award too. Don't look back Matt, he was pretty close behind you!
- Volunteers – Robin Misukonis, Greg Voudrie, Jeff Germer, and Russ Darbon were spotted helping make the event a success. Well done, Zillas!

Upcoming GOTY Events

- 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
- 2 October – Last Chance Triathlon in Mattoon
- 3 October – Great American Relay (local Illinois date)
- 8 October - Up-a-Creek
- 8 October - Lake Arrowhead 12 or 24 Hour Adventure Challenge
- 22 October – Pere Marquette practice run
- 23 October - Halloween Go!St Louis
- 29 October - YMCA Bluff Run in Valmeyer

29 October - Innsbrook Half Marathon
~~— October - Team Blue Line Honor Run (no info on this event)~~
5 November – Beaver Dam Dash
6 November – Pere Marquette practice run
6 November - St. Louis Half Marathon - Clayton, MO
12 November - Tunnel Hill
12 November - Maryville Turkey Trot
12/13 November - Skippo Races
19 November - MTC Holiday Cookie Run at 8:00AM
19 November – Zillacross at Wildcat Paintball Park at 3:00PM
20 November - St. Louis Track Club Relay
24 November - Edwardsville Turkey Trot
26 November - River RoadRun in Alton
26 November – Pere Marquette practice 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 October 3rd. Robin is working on a location. Anyone interested in hosting a meeting, let us know. The club will pay for any refreshments.