

# **Metro Tri Club**

## **October 3, 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, Karyn Weber, Doug Bristow, Cheri Becker, John Sikes, China Rongey, Jeanna Clark, Phil Coatney, Ed Matecki, Kerry Ritter, Donna Polinske, Keith Timmins, Tami Spellman, Jeff Kuhn, Jeff Fromme, Phyllis Kunz, Andrea Darbon, Rhonda Grammer, Mike Gonski, Jake Fromme, Matt Dunn, Sue Edith, Kathie Edrington, Jay Hunt, Erica Hunt.

### **General:**

The meeting was held at Global Brewhouse with an assist from Sugar Fire Smokehouse for the food. The club provided wings, pub pretzels, and spinach dip. The food was awesome, the beverages cold, and we had a nice room in the back. Great location for a meeting.

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

Kerry Ritter and Jake Fromme were both first time meeting attendees. It was great for them to meet so many club members.

### **Visitors:**

Mike Etherton attended with his new knee and was getting around pretty good. Maria and Jose were also our guests. Maria is a new graduate student at SIUE and training for a 70.3. It was great to meet them both.

### **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 was one new member since the September meeting, Todd Sever. Todd was formerly an active member of the club – welcome back Todd!! Current membership is now 117.

Military Membership – The club voted to make active military and members of their household eligible for free membership. The by-laws will need to be officially amended at the 2023 business meeting.

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).

### **2022 Pere Marquette Race:**

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

Registration is OPEN and a little behind pace. Please spread the word so we can sell the event out.

As of 10/3 registration is at 312

Price – Left at \$50

Runner limit – Left at 700

SWAG – Jeff Germer has ordered 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

Volunteers signup update\_– Keith sent out an email to the 2021 volunteers to give them a chance to keep the same positions they had last year.

- Response to email - Of the 82 volunteer positions we fill, all but 16 have been confirmed!! THANK YOU!
- Next step - Once Keith receives a response from everyone, he will send an email to the club to let everyone know what positions still need to be filled.

Club-sponsored racecourse training runs dates and times are listed below.

- Saturday, 22 Oct at 9:00 am.
- Sunday, 7 Nov at 9:00 am.
- Saturday, 26 Nov at 1:00 pm.

### **Pere Marquette Trail Marking:**

Flexible posts and decal replacement update:

Posts – Mike Wever found some posts and the post driver in the trailer and ordered more!! We will have enough to fix the four broken posts and have two of each color extra. Special thanks to Mike for all his work!

Decal replacement – The park wants us to update all of the decals on the posts and add a QR code. Mark Thompson is leading this effort.

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

Up-a-Creek (8 October) – Last chance to join us this Saturday! Last minute, “I just decided to show up” entries are also allowed. 8:30 AM walk-through and 9:00 AM start.

Runners signed-up to date – Russ Darbon, Jeff Fromme, Kerry Ritter, Todd Sever, Jim Taylor, Keith Timmins, Jake Fromme, Tami Spellman, Jeff Kuhn and Kraig Weinberg. Anyone else?

Volunteers signed-up to date – Fawn Dintelmann, Donna Etherton, Ed Matecki, Darrell Meek, Robin Misukonis, China Rongey, Sue Edith, and Keith Timmins.

### **Zillacross**

Zillacross (19 November at 3:00 pm) – Jim and Jeanna Clark are again sponsoring the annual Zillacross at their Wildcat Paintball Park (390 3<sup>rd</sup> 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). Jim and Jeanna have doubled the distance of the loop from 1 to 2 miles, so

the bike is 4 miles and the run is 2 miles. 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:

Racers so far - Keith Timmins, Jim Taylor, Tim Holland, and Colin Fries. Any others?

Volunteers so far – Jim Taylor and Karyn Weber. Any others?

### **Holiday Cookie Run:**

Cookie Run (19 November at 8:00 am) – This will be held on the MTC bike trail across from the SIUE soccer field. The proceeds of this event will be used to Bless several needy families during the Christmas season. There will be a 1-mile kids run and 3-mile cookie “race”. Last year the we had a lot of kids and they had a blast eating cookies and running. Plan on bringing the kids and your neighbors’ kids too.

Volunteers - We need 10 volunteers on race day. Please raise your hand if you want to volunteer and earn a GOTY point: China Rongey, Robin Misukonis, Jeff Germer, Greg Voudrie, Tim Holland

Cookies - Based on the number of cookies consumed last year, we need at least 18-20 dozen cookies (homemade or bought). If you can bring cookies, please let China or Robin know.

RRCA Insurance discuss (Robin) – Robin will work on getting the RRCA COI prior to race day.

### **2023 River to River:**

2023 River to River: - 9 names are in the hat so far for running with Team Godzilla: Russ Darbon, Fawn Dintelmann, Darrell Meek, Lydia Mikoff, Jim Taylor, Karyn Weber, Chris Rankin, and Doug Bristow are in. Ian Durrie is the first alternate.

The race is April 22, 2023. Will leave Edwardsville on April 21 and stay in Marion. The club picks up van rental expenses and dinner on the way home after the race. Hotel and other expenses are each runner's responsibility.

### **Beaver Dam Dash:**

Race date is November 5<sup>th</sup>, 2022. Matt Dunn gave us an update on the race. He needs volunteers on Friday to mark the course and Saturday before, during, and after the event. He also needs runners. Matt can be

reached at (217) 204-5976. You can register for both the race and/or to volunteer at Raceroster.com.

This race raises money for the Macoupin Center for Developmentally Disabled (MCDD). This is a non-profit organization which does great work with very limited funds. MTC is one of the main sponsors both in terms of money and race support. Please consider being a part of this event.

## **2023 Survive the Night Ultra (the race formally known as Last Man Standing and Little Woods Ultra).**

Cheri Becker and Doug Bristow will lead this new event. This race will replace the event previously held at SIUE. New race facts:

January 6<sup>th</sup> starting at 9-10PM

Held at Wildcat Paintball Park in the Staunton area

Course will be a 2-mile loop

A new round will start every 30-minutes until the last runner is standing

If you make it to sunrise, you will have enough miles to qualify as an ultra

You miss being at the starting line when the next round starts....you're OUT

More details to follow as race planning moves forward

## **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 final Animal Ride of 2022 will be on November 1<sup>st</sup> due to Daylight Saving Time ending. The Animal Ride leaves the Wanda trailhead at 5:00PM.

### **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 September 2022 meeting:**

Chattanooga – We had 2 Zillas complete this 140.6: Shane May (13:52) and Liz Stryker (14:04)!! The bike portion was 4 miles longer – so technically it was 144.6.

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

Memphis – We had 7 Zillas complete this St. Jude's 70.3: Tami Spellman (6:40); Darrell Meek (5:38); Ed Matecki (6:40); Kata Mahtani (5:47); Mike Gonski (6:33); Jeff Germer (6:34); Russ Darbon (7:03); and Doug Bristow (6:19). Sue Edith was signed up for this race, and despite having a torn meniscus, she did the swim portion – she is a true Zilla!!

Border Wars – Janna Perry completed this 70.3 (5:55) and won her age group!! Janna was the 4<sup>th</sup> OVERALL female crossing the line.

#### **New "USAT Nationals" finishers since the September 2022 meeting:**

None?

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

None?

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

Millstadt – 3 Zillas completed this biathlon: Jeff Fromme, Tim Holland, and Keith Timmins. All came home with a shirt, but none of these geezers brought home any hardware!

Carlyle Lake – We are not aware of any Zillas competing in the Sprint or Olympic Triathlon; however, 2 Zillas did volunteer at the event: Jim Taylor and Donna Etherton.

Tour De Charleston – 5 Zillas completed the 25-mile distance at this event: Ruth Cooper, Joni Foor, Rodney Mitchell, Michele VonBehrens, and Greg Voudrie. Special congrats to Michele for placing 3<sup>rd</sup> in her age group; to Greg for placing 2<sup>nd</sup> in his age group; and to Ruth for winning her age group!!

Miles for Meso – Robin Misukonis reported that the race raised \$40K for Mesothelioma research!! 9 Zillas completed the 5K and 19 Zillas volunteered:

- Runners – Jan Wrischnik, James Ritter, Deb Ritter, Tariq Quadri, Gary Payne, Bob Patterson, Brittany Newman, Tim Holland (virtual), and Jake Fromme. Special congrats to Gary for finishing 3<sup>rd</sup> in her age group; to Deb and Jake for finishing 2<sup>nd</sup> in their age group; and to Bob and Brittany for winning their age group!! Special note – Brittany was the 4<sup>th</sup> OVERALL woman finisher!!
- Volunteers – Robin Misukonis (director), Jeanna Clark, Jim Clark, Phil Coatney, Bill Coyne, Russ Darbon, Fawn Dintelmann, Terry Eldridge, Jeff Fromme, Tim Holland, Jay Hunt, Ed Matecki, Darrell Meek, Allie Mikoff, Lydia Mikoff, China Rongey, Jim Taylor, Dianna Tickner, Keith Timmins, and Karyn Weber

Belleville – We had 5 Zillas complete one of the following distances at this event:

- Half marathon – Tami Spellman, Nancy Stonesifer, and Jeff Kuhn. Special congrats to Tami for finishing 3<sup>rd</sup> in her age group!!
- Full marathon – Donna Etherton and Janna Perry. Special congrats to both Donna and Janna for winning their age group!!

Berlin – This is not a GOTY event, but worth mentioning! Lisa Brandt traveled a long way to complete a marathon in Germany. Oh, and she crossed the line in 4:43:21!!

Eureka – Also not a GOTY event, but inspiring. Bill Coyne ran the Harvest Moon 5K (evening run) and won his age group (70-99), with a time of 33:47!!

Cyclocross – Zilla Colin Fries completed in all 3 of the Prestige Cyclocross events, held at Rock Springs Park, Belk Park, and Gordon Moore Park. Special congrats to Colin for placing 3<sup>rd</sup> in the C-race at Belk Park and 2<sup>nd</sup> in the C-race at Gordon Moore!!

MO Cow Bell – We had 5 Zillas complete one of the distances offered at this event:

- Half Marathon – Nancy Stonesifer, Donna Etherton (virtual half), and club sponsor Chris Amick.
- Full Marathon – Tariq Quadri and Deb Ritter. Special congrats to Deb for placing 2<sup>nd</sup> in her age group!!

Great American Relay (Illinois portion) – The event was held on Monday October 3<sup>rd</sup>.

- Erica Hunt and Shannon McWhorter brought the race into Illinois and ran 2 legs.
- China Rongey, Robin Misukonis, and Lydia Mikoff took the baton and kept it moving forward for another 2 legs.
- Donna Etherton then took over and finally handed the baton off to another group.

Each of these groups represented our club well. All said it was a lot of fun with cars blowing horns, people waving, and some even getting out of their car and holding their hand over their heart as the runners passed. Excellent job ladies!

### **Upcoming GOTY Events**

6 October – Kona 140.6 World Championship (Renee White is in Hawaii and ready to race! Go Renee!)

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



5 November – Beaver Dam Dash  
6 November - St. Louis Half Marathon - Clayton, MO  
7 November – Pere Marquette practice run  
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 November 7<sup>th</sup>. Anyone interested in hosting a meeting, let us know. The club will pay for any refreshments.