

# **Metro Tri Club**

## **November 7, 2022, Meeting Minutes**

The meeting was again at Global Brew in Edwardsville. They have a great private room, the club purchased some amazing appetizers, and a few cold frosty ones may have been consumed. Sadly, the club DON'T pay for those.

### **Members Present:**

Tim Holland, Robin Misukonis, Greg Voudrie, Russ Darbon, Darrell Meek, Fawn Dintelmann, Jeff Germer, Jim Taylor, Doug Bristow, Cheri Becker, John Sikes, China Rongey, Jeanna Clark, Donna Polinske, Keith Timmins, Jeff Fromme, Andrea Darbon, Jake Fromme, Lydia Mikoff, Alex Mikoff, Bill Carril, Dianna Tickner, and Maddie Dietz.

### **General:**

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

We had two first time visitors. Normally, first timers tell us a little about themselves but these two didn't want to talk much. Kate Dietz and Hudson Gulledge are both brand new to triathlons and for that matter brand new to life. It was a thrill having 2 new babies join us.

#### **Visitors:**

Kate's big brother Hank was also in attendance and is a veteran at the meetings.

#### **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 two new members since the October meeting, Chrissy Bristow and Jeremy Stumpf. Our current membership is now 119. Membership for 2023 is included for anyone joining after August.

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

### **Club Meeting Time:**

We discussed moving the meeting time to 6:00pm during the winter months since it gets dark so early. The vote passed and meetings from October-March will start at 6:00pm.

### **Officer Nominations:**

At the December meeting we will be taking nominations for club officer positions. Feel free to nominate yourself, and before you nominate someone else, please take the time to ask them if they are OK with their name going on the ballot. We will vote on those nominated at the annual business meeting in February 2023 (the banquet).

The current secretary is finally getting fired and should be easy to replace. If he can do the job, anyone can. As a bonus, he will teach you everything he knows....which won't take more than 5 minutes. Seriously, we will need someone to fill the position and it's not a bad gig.

### **RRCA paperwork for 2023:**

Donna Polinske takes care of completing this paperwork.

### **Annual Report for Non for Profits Organizations:**

Greg Voudrie completed the form during the meeting and has it ready to mail. How efficient is that? Thanks Greg.

### **2023 Godzilla of the Year (GOTY):**

Keith went through the current GOTY rules and events and gave everyone an opportunity to suggest changes. At the December meeting, we will get the final chance to make changes and the lists will be finalized. A copy of the lists is attached with these minutes. If you have suggested changes, either bring them to the December meeting or get in touch with Keith BEFORE the meeting. Keith can be reached at [keithtimmins@gmail.com](mailto:keithtimmins@gmail.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 11/7 registration is at 417  
Price – Left at \$50  
Runner limit – Left at 700  
SWAG – SWAG is in and being printed  
Timing – Contract with Final Lap racing has been signed  
Awards – Awards are in and being engraved  
Band – Matt Taul has been contacted  
Lodge – Contract with lodge signed  
Rooms – Room block reserved  
Volunteer signup update – Keith received great response to an email to club members identifying the remaining open positions. At the meeting, the final volunteer spot was filled. THANK YOU!

Club-sponsored remaining racecourse training run date and time is Saturday, Nov 26 at 1:00 pm.

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

Flexible posts and decal replacement update:  
Posts – Mike Wever reports that the posts he ordered have not been delivered yet.

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

### **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 – Renee White, Robin Misukonis, Keith Timmins, Jim Taylor, Tim Holland, Jake Fromme, and Colin Fries. Any others?

Volunteers so far (counts as a GOTY volunteer event) – Jim Taylor and Karyn Weber. Any others?

### **Holiday Cookie Run: (November 19 at 8:00 am):**

Runners – As of 1 Nov, only 11 adults and 8 kids have officially signed up. Please do that on-line soon if you plan to race with us.

Volunteers – 12 are needed – 10 during the race and 2 for set-up and tear-down. Race volunteers so far are China Rongey, Robin Misukonis, Lydia Mikoff, Jade Rongey, Dianna Tickner, Mark Thompson, Carl Plage, Luke Plage, and Ed Matecki (he will run instead if there are enough volunteers). Set-up and Tear-down volunteers are Karyn Weber, and Jim Taylor. Other race volunteers?

Cookies – We need 20 dozen total. We have commitments for 17 dozen so far. Others who would commit to baking or buying cookies for this event? Small cookies are better. Please let Robin/China know so we make sure to have enough cookies.

RRCA Insurance - Robin put this event on the RRCA website, so MTC is covered.

### **Thanksgiving Day Trail Run:**

This annual event will be held at 8:00 on Thanksgiving Day at SIUE, regardless of the weather. Meet in the parking lot by the Student Success Center off Circle Drive, then we cross the street to drop into the

Big Woods trail. The trail will be marked so folks can go at their own pace, walking or running. Friends, family members, dogs, etc. are all welcome. NOTE – If you join us, you are authorized to eat whatever you want at the Thanksgiving dinner - with no guilt!!

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

River to River (22 April 23) - We received confirmation that the Metro Tri Club team we submitted on 11 October is in the hat for the 2023 race. Based on the current makeup of the club members who have expressed an interest in being on the team, we signed up in the Mixed Masters division. Everyone in that division must be over 40, with a minimum of 3 women. We will be notified no later than 3 December if our team is IN. If we get in, the registration cost for each team member is \$72 per person. Current team members, based on when they expressed interest: Doug Bristow, Russ Darbon, Fawn Dintelmann, Darrell Meek, Lydia Mikoff, Chris Rankin, Jim Taylor, and Karyn Weber.

Alternates, in order: Ian Durie, Shanna Rankin, Mark Thompson. Please let Keith know if you want to be added to the alternate list. It isn't unusual for us to go through 2 to 5 alternates prior to the race due to folks having to drop for various reasons.

### **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:  
Proceeds will benefit the MDA.

January 6<sup>th</sup> starting at 9pm going to daylight Jan 7<sup>th</sup>.

Held at Wildcat Paintball Park in the Staunton area

Course will be a 4-mile loop

A new round will start every hour 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

There is a relay option available. A relay team can't compete for the

overall winner, but you can sure have a lot of fun through the night.

More details to follow as race planning moves forward

We are going to need some volunteers. Put this event on your 2023 calendar now before that weekend fills up.

### **Animal Ride**

7 Zillas showed up for the final Animal Ride of 2022 on 1 November, riding

between 21 to 26 miles before twilight set in. The Animal Ride will resume on 14 March 2023, after daylight springs 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 [twk@kaybeeelectric.com](mailto:twk@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 2022 meeting:**

Kona – After waiting two years because of COVID, Renee White completed the World Championship 140.6 IM in 11:26!! If you want to

hear a lot of great details about Renee's journey to this race, including the race itself – make sure you attend the banquet in February 2023!!

Jay Hunt was 2 weeks out from IMFL and on one of his last training rides when he was involved in a bike crash. Few details on the crash but Jay was pretty banged up. Jay posted pictures of his bike helmet on Facebook, and I think it's safe to say the helmet prevented what could have been far worse. After surgery this Friday to repair a busted shoulder, I'm certain Jay will follow all the doctor's orders and be back on the bike by spring. Watch out IMFL 2023, Jay is coming for you!

**New Half Ironman finishers since the October 2022 meeting:**

Anyone?

**New "USAT Nationals" finishers since the October 2022 meeting:**

Anyone?

**New Ultramarathon finishers since the October 2022 meeting:**

Anyone?

**Other GOTY Events:**

Litchfield – New member Jeremy Stumpf was the only Zilla listed in the results of the "Harvest Hootenanny Biathlon." Jeremy's results were easy to find, as he was the 1<sup>st</sup> OVERALL finisher at this event!!

Mattoon – 4 Zillas competed in the "Last Chance Tri":

Individual Sprint Tri – Bill Carril and Michelle VonBehrens completed all three segments of this race. Special congrats to Bill for finishing 2<sup>nd</sup> in his age group!! New member Kerry Ritter was at the race as a Sherpa for his wife Christina, who did her first tri!! As a note of interest, the results indicate that Michelle had the fastest OVERALL time on the bike. We are sure this is correct because the results show that Michelle averaged 350 mph - Dang!!

Teams – Greg Voudrie did the bike segment for "Team Voudrie," and Maddie Dietz did the bike segment and the run segment for "Here to Beat Team Voudrie." Special congrats to "Team Voudrie" for placing 2<sup>nd</sup> OVERALL (Team "Here to Beat Team Voudrie" placed 5<sup>th</sup>).

Up-a-Creek – 9 Zillas completed the 11<sup>th</sup> annual running of this event: Russ Darbon, Jake Fromme, Jeff Fromme, Kerry Ritter, Todd Sever, Tami

Spellman, Jim Taylor, Keith Timmins, and Kraig Weinberg. Special congrats to Kerry for placing 3<sup>rd</sup> in the men's division; to Jim Taylor for placing 2<sup>nd</sup> in the men's division; to Jake Fromme as the OVERALL male winner; and to Tami as the OVERALL female winner!!

Lake Arrowhead – No Zillas were listed in the results for the 12 or 24 Hour Adventure Challenge.

Pere Marquette – We had 17 runners at the 22 October practice run, which included 5 Zillas. We had 22 runners at the 6 November practice run, which included 1 Zilla. Funny story – one of the runners yesterday said he and his wife rented a cabin for a weekend in December for their anniversary several years ago. They were surprised Saturday morning to see so many runners. Someone explained it was for a race on the Pere Marquette trails. He said he and his wife talked about how crazy it was for someone to run that many miles on those trails and in the cold. Now he is one of those crazies!! This will be his 4<sup>th</sup> PM race.

Halloween Go! St Louis – We had 8 Zillas complete one of the distances offered at this event:

Half marathon – Karyn Weber, Jim Taylor, Jeremy Stumpf, Nancy Stonesifer, Donna Etherton, Tanya Colbert, and Bill Carril. Special congrats to Jim for placing 3<sup>rd</sup> in his age group and to Tanya for placing 2<sup>nd</sup> in her age group!!

10K – Bill Coyne was the only Zilla we found who raced this distance. Bill continues to amaze us all as he won his age group!!

Valmeyer – We had 2 Zillas complete the YMCA Bluff Run in Valmeyer – Bill Coyne and Keith Timmins. Special congrats to Keith for placing 3<sup>rd</sup> in his age group and of course, Bill won his age group!!

Innsbrook – We had 2 Zillas complete this half marathon – Karyn Weber and Jim Taylor.

Beaver Dam Dash - We had 4 Zillas run one of the distances offered and 11 Zillas volunteered at the event. Director Matt Dunn said the preliminary estimation is that the event raised \$3800 for the Macoupin County Developmentally Disabled (MCDD) organization.

- o 5K – Doug Bristow and Shannon McWhorter. Special congrats to Shannon for being the 3<sup>rd</sup> OVERALL woman in this event!!
- o 10K – Karyn Weber and Jim Taylor.



- Volunteers – Matt Dunn (Race Director), Jeanna Clark, Jim Clark, Phil Coatney, Russ Darbon, Fawn Dintelmann, Kyle McLaughlin, Robin Misukonis, John Sikes, Jim Taylor and Karyn Weber. Special thanks also to Lynanne Fellen, who comes every year with Phil to help out!
- Finish Line – The high winds sent the finish line flying, causing some damage. Matt said Phil Coatney and Jim Clark may have a suggestion on how to fix and improve it.

St. Louis Half Marathon – 3 Zillas completed this half marathon that starts in Clayton, MO – Nancy Stonesifer, Caleb Schoeber, and Janna Perry. Special note that Caleb came in 27<sup>th</sup> out of 899 finishers, averaging 6:37 per mile!! He was obviously in a tough age group, 30-34, coming in 6<sup>th</sup> out of 60.

New York City Marathon – While not a GOTY, Donna Etherton completed the NYC marathon last Sunday with 50,000 of her closest friends. Nice work Donna!

### **Upcoming GOTY Events**

- 12 November - Tunnel Hill
- 12 November - Maryville Turkey Trot
- 12/13 November - Skippo Races
- 19 November (8:00) – MTC Holiday Cookie Run
- 19 November (3:00) – Zillacross
- 20 November - St. Louis Track Club Relay
- 24 November - Edwardsville Turkey Trot
- 26 November - River Road 10 miler
- 26 November – Pere Marquette practice run
- \_\_ November/December - MTC Holiday Swim Challenge – Does anyone know if this is going to happen in 2022??
- 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 6:00 PM December 5<sup>th</sup>. As of today, the meeting is scheduled to be at Global Brew again.