

# Metro Tri Club

## December 5, 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. Treasurer Greg Voudrie ran the meeting and did a great job with minimal heckling from the crowd.

### **Members Present:**

Tim Holland, Greg Voudrie, Fawn Dintelmann, Doug Bristow, Cheri Becker, Jeanna Clark, Donna Polinske, Keith Timmins, Donna Etherton, Ed Matecki, Erica Hunt, Jay Hunt, Tami Spellman, Jeff Kuhn, Jeremy Stumpf, Sue Edith, Jim Donahue.

### **General:**

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

Jeremy Stumpf is a new member and attended his first meeting. He is fairly new to triathlons but completed a good many events in 2022.. Jeremy rode some of the Tuesday night Animal Rides and apparently is a pretty strong bike rider. Welcome Jeremy

#### **Visitors:**

Samatha Stumpf accompanied Jeremy to see what the heck this Metro Tri Club was all about.

#### **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 there was one new member since the November meeting. Jim Donahue finally opened his wallet and rejoined for 2022 😊. Our current membership is now 120. Membership for 2023 is included for anyone joining after August.

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](mailto:mcwhosx6@gmail.com).

## **Administration Issues:**

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

### **Club Officers:**

Each year we open up nominations for the four club officer positions – President, Vice President, Treasurer, and Secretary. Officers elected will hold that position for one year, starting at the annual banquet, and per the By-Laws, can only hold that position for three consecutive years. Tim Holland is finishing his third year, so we will have to replace him. The other three officers have each held their position for one year, so they are eligible to be nominated for another one-year term. None of the current officers are automatically nominated for another term. If more than one club member is nominated for any position, those positions will be voted on at the annual banquet in February. Those nominated were:

President – Robin Misukonis

Vice President – Jay Hunt

Treasurer – Jeff Kuhn

Secretary – No one was nominated or volunteered (The current secretary thinks it's because he's a legend and impossible to replace....or he's an idiot. You decide) But he's term limited out so he's gotta go. Seriously, I will help whoever takes the position and promise it's not a hard job.

If anyone would like to step up to take the Secretary nomination or wants to be added to any of the other three Officer positions, notify Keith at keithtimmins@gmail.com.

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

Donna Polinske takes care of completing this paperwork. Donna is having trouble getting in touch with RRCA. Erica Hunt will help since she's a high-ranking Illinois RRCA representative. Thanks, Erica!

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

Keith opened the floor for final discussion on changes to the GOTY list for 2023. Changes were voted on and approved. The new 2023 GOTY rules/events document will be emailed to all club members and will go into effect on January 1, 2023.

## **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).

### **Club Finish Line Sign:**

Because of physical issues with our current finish line sign, Tim requested permission to investigate purchase of a new blow-up sign. The current sign has blown over/fallen the last 2 times it was used and parts have been broken.

MTC Cookie Run – This event raised \$2380!! We will go over the results of the run in a minute. The local family we chose to Bless is a single mom with four children ranging in age from 18 months to 16 years old. The mom attends nursing school during the week, then works nights and weekends to make ends meet. China has taught one of the kids and saw first-hand how hard the mom works trying to raise her kids right. A co-worker of China's does home visits with this family and cannot say enough good things about the mom's positive attitude, optimism, and strong faith.

We considered Blessing two families with the money raised but decided to go all out with this family because of their needs. The mom has already been very thankful knowing her kids will have a few presents to open on Christmas, but she has no idea of the extent the club will be providing. We bought clothes, groceries, and some of the "wants" on the kid's

Christmas lists. With what was left over, we bought a big basket of household items for the mom. China cannot think of a more deserving family for this Blessing!!:

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

Race is THIS Saturday at 9:30.

As of today we are at 460. We are almost 200 behind last years number.

Discussion with other race directors in the STL area indicate many trail races are down due to a number of added races/more competition.

SWAG – SWAG will be picked up this week.

Seeding – Working with Final Lap Racing to complete seeding

Awards – Awards will be picked up this week

Band – Matt Taul and Band are good to go

Lodge – Food and beverage services confirmed last week

Volunteer signup update – Keith sent an email to all volunteers to let them know where and when to meet for their positions. We had a couple respond they could not make it or needed to change their assignment.

Adjustments were made to cover the areas impacted.

Pere Marquette practice run – We had 11 runners who participated in the final practice run, which included 3 Zillas.

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

Mike Wever received the posts he ordered for the club that we need to replace those at the park that have been broken. Keith took two green posts and drove them into the ground where mile markers #5 and #7 had been damaged. They do not have mile marker decals on them, but holes were drilled so our fancy mile marker signs can be attached to the in time for the race.

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. We need to get an update from Mark.

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

We received confirmation that the Metro Tri Club team is in!! Greg Voudrie sent a check for registration to meet the time requirement. The current team members were notified of the amount they need to pay back to the club for their part of the registration. 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.

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, and Mark Thompson. Please let Keith know if you want to be added to the alternate list. It isn't unusual for us to use 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-miles long (two 2-mile loops)

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.

Doug noted he is getting a lot of questions about relay teams. You can only "win" if you are a lone runner. However, relay teams of virtually any configuration are acceptable and encouraged. You're team just needs to figure out a way to have a runner at the start line every hour until you've had enough. Talk to Doug or Cheri if you have questions.

### **Thanksgiving Day Trail Run**

Despite unexpected rain (earlier than predicted), we had 7 Zillas and 5 family members run or walk the Big Woods course.

### **MTC Swim Holiday Swim Challenge**

Donna Etherton and Missy Thiems are leading the event this year. Thanks ladies for taking over and keeping the event going. There are (8) swimmers in the advanced category and 11 in the novice category. It's

still early in the “competition” but currently Erica Hunt is leading the advanced group and Kerry Ritter the novice group. There is still lots of time for the results to change and it’s not too late if you want to “dive in” and join the fun (pun intended).

### **2023 Fight for Air Climb**

Donna Etherton is working on putting together a MTC team and will post info on the website and Facebook. Each participant must raise (donate) \$100. Donna will be doing some fundraising to assist raising the money needed.

The event is being moved back to the Metropolitan Square Building (downtown STL) and participants will have several options for climbing the 40 flights (856) stairs in the building. Participants may choose from the following options: Climber, GoRuck, Ultimate Climber, Climb your Way (virtual climb).

Metro Tri Club Fight for Air Climb page link (join or donate here)

[https://action.lung.org/site/TR?pg=team&fr\\_id=23559&team\\_id=173089](https://action.lung.org/site/TR?pg=team&fr_id=23559&team_id=173089)

## **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 Animal Ride will resume on March 14, 2023, after daylight savings time starts. 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 November 2022 meeting:**

Anyone?

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

Anyone?

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

Anyone?

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

On December 4<sup>th</sup> Brittany Newman-Runge and Anna Kallal completed the Cloudland Canyon 50k in Rising Fawn Georgia. Brittany finished in 6:36 and Anna right behind at 7:15. Congrats to both for a great race.

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

Halloween Go! St Louis – Sorry – we failed to list Steve Brummer in the 10K race last month. Not only did he run it, but he placed 2<sup>nd</sup> in his age group!!

Tunnel Hill – 2 Zillas competed in this event. Bobby Reidelberger completed 12.5 miles and Janna Perry completed the marathon distance. Special congrats to Janna for finishing 1<sup>st</sup> OVERALL female!! Her time of 3:50 was a PR for Janna and qualified her for Boston. Oh yeh - and for placing 1<sup>st</sup> in her gender, she received \$500 in prize money!!

Maryville - 2 Zillas completed the 5K at the annual Turkey Trot: Donna Etherton and Nancy Stonesifer. Special congrats to both Nancy and Donna for winning their age group!!

Skippo - 2 Zillas completed two of the distances offered at this event on back-to-back days:

- 10K – Jim Taylor and Karyn Weber. Special congrats to Jim and Karyn for placing 2<sup>nd</sup> in their age group!!
- 30K – Karyn Weber and Jim Taylor. Special congrats to Karyn for placing 3<sup>rd</sup> in her age group and to Jim for winning his age group!!

MTC Holiday Cookie Run - We had 16 Zillas who did the adult run, 1 Zilla who did the kids run, and 17 volunteers. There were also many runners who were family and friends of Zillas and non-Zilla volunteers who helped make this event possible!!

- Adult Run (3 miles) – Chris Amick, Steve Brummer, Bill Carril, Jeanna Clark, Russ Darbon, Fawn Dintelmann, Donna Etherton, Jeff Fromme, Tim Holland, Ann Knoyle, Shannon McWhorter, Lydia Mikoff, Jeff Schleicher, Jim Taylor, Keith Timmins, and Karyn Weber. Special congrats to Lydia, with the fastest OVERALL women's adjusted time of 16 minutes – with 9 cookies consumed; and to Russ, with the fastest OVERALL men's adjusted time of 9 minutes – with an incredible 52 cookies consumed. A new record – take that Bristow!!
- Kid Run (1 mile) – Special congrats to Allie Mikoff, with the fastest OVERALL female adjusted time of 3:41 – with 10 cookies consumed; and to Mason Gullege, with the fastest OVERALL male adjusted time of 7:03 – with 6 cookies consumed!! Other kids who ran the mile were: Emerson Armstrong, Kennedy Gullege, Ellie Mulholland, and Maya Schleicher.
- Zilla Volunteers : China Rongey (co-director), Robin Misukonis (co-director), Jeanna Clark, Russ Darbon, Donna Etherton, Rhonda Grammer, Tim Holland, Erica Hunt, Jay Hunt, Kyle McLaughlin, Shannon McWhorter, Carl Plage, John Sikes, Jim Taylor, Dianna Tickner, Keith Timmins, Greg Voudrie, and Karyn Weber.
- Family/friend volunteers: Brett Hinnen, Jade Hinnen, Maggie Hollaman, Claire Misukonis, Erin Misukonis, and Jesse Plage.

Zillacross - We had 10 Zillas complete this "triathlon" at Jeanna and Jim Clark's Wildcat Paintball Park and 6 Zillas who volunteered at this event:

- Racers – Keith Timmins, Jim Taylor, Kerry Ritter, Robin Misukonis, Kyle McLaughlin, Tim Holland, Jeff Fromme, Jake Fromme, Colin Fries,



and Russ Darbon. Special congrats to Kerry - the 3<sup>rd</sup> OVERALL male; Jake – the 2<sup>nd</sup> OVERALL male; Colin – the 1<sup>st</sup> OVERALL male; and Robin – the 1<sup>st</sup> OVERALL female!!

- Volunteers – Jeanna Clark (co-director), Jim Clark (co-director), Donna Etherton, Robin Misukonis, John Sikes, and Jim Taylor.

St. Louis – Erica Hunt is the only Zilla we are aware of who ran with a team in the St. Louis Track Club Relay.

Edwardsville – 11 Zillas did this annual Turkey Trot: Nancy Stonesifer, Jen Shaller, Kerry Ritter, Janna Perry, Erica Hunt, Rhonda Grammer, Jeff Germer, Ian Durie, Steve Brummer, Tommy Brown, and Chris Amick. Special congrats to Steve for placing 3<sup>rd</sup> in his age group; and to both Janna and Rhonda for winning their age group!!

Alton – 8 Zillas ran the annual River Road race: Lisa Brandt, Ian Durie, Tim Holland, Janna Perry, Tariq Quadri, Deb Ritter, Todd Sever, and Jeremy Stumpf.

Millstadt – This is not a GOTY event, but it is noteworthy. Jeremy Stumpf completed the D.A.R.E. to Run for Backstoppers 5K. He was the 1<sup>st</sup> OVERALL Masters and also received the 1<sup>st</sup> place First Responder award!! Jeremy is a Sergeant with the Madison County Sherrif's Department.

St. Charles – This is also not a GOTY; however, Bill Coyne continues his impressive year. At this 5K Turkey Trot, Bill won his age group, running sub-8-minute miles at 80-years of age!!

3 December - Castlewood 8-hour Adventure Race – We will report on this at the January meeting.

4 December Hot Chocolate (5K or 15K) – We will report on this at the January meeting.

### **Upcoming GOTY Events**

10 December - Pere Marquette

1 January – RunWell Resolution Run

6/7 January – Survive the Night endurance trail run

\*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 January 2nd. As of today, the meeting is scheduled to be at Global Brew again.