

# **Metro Tri Club**

## **January 2, 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.

### **Members Present:**

Robin Misukonis, Tim Holland, Greg Voudrie, Doug Bristow, Cheri Becker, Keith Timmins, Donna Etherton, Erica Hunt, Jay Hunt, Tami Spellman, Jeff Kuhn, Jim Donahue, Mark Thompson, Lydia Mikoff, Russ Darbon, Bobby Reidelberger, Jeff Fromme, Kyle McLaughlin, Darrell Meek, Jim Taylor, Karyn Weber, Shannon McWhorter, Jeff Germer, Kerry Ritter, Phil Coatney, Bill Carril, Dianna Tickner.

### **General:**

**First Time Attendees and New Members Present:** None

**Visitors:** Sara Meek, Russell Voudrie, and Mike Etherton joined us to watch the craziness.

### **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 membership renewal is now open for 2023. Still the same great price as 2022, \$20. Our current membership is at 66. That means 54 of you slackers have not yet renewed your membership. Better sign up before we sell out!

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 Officers:**

Officer Nominations – No additional nominations were made for the any of the four Officer positions. We still have NO nominations for the Secretary position. It's only a one-year commitment and you will get lots of help.

Secretary – (no one is currently nominated)

Treasurer – (Jeff Kuhn is currently nominated)

Vice President – (Jay Hunt is currently nominated)

President – (Robin Misukonis is currently nominated)

### **2023 Club Banquet:**

Determine the following:

Event Director(s) – Andrea Darbon and Karyn Weber will co-chair

Event Venue – Maryville Community Center is being considered

Event Date – Directors will see what's open but 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Saturday in February are the probable dates.

Meeting Agenda:

- Hors d'oeuvres
- Meal
- Officer election
- Financial Report
- By-Law Updates
- GOTY Awards
- Other Awards
- Did-Ya-Know

How and when members can sign-up – Stay tuned!

Did-Ya-Know – Keith has received the race data from 13 Zillas and 15 racing/training stories from 2023. Please send what you have to Keith as soon as possible. It takes a lot of time to put it into a format suitable for this segment!

2022 Godzilla of the Year – So far, it is verified that 8 Zillas completed all requirements for this coveted award. If you have not been contacted by Keith and you think you have qualified, or are close and want it checked, please let him know soon.

- Awards – Determine who will get these made. Tim will contact Budget Sign
- Gift Certificates/Cards – Determine who will contact winners to get their preference on a Cyclery or Runwell gift card/certificate and have them purchased. Robin will handle this task.

- Slides – Determine who will prepare a slide for each winner to show at the banquet listing everything they did in qualifying for the GOTY. Robin will also handle this task.

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

Donna Polinske reports that our RRCA paperwork has been completed.

### **Form AG990-IL**

Submit (paper return) by June – John is coming out of retirement to work with Greg getting this completed.

## **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:**

Tim is in the process of researching and will provide information as soon as it is available. (That's code for the lazy guy has not done anything yet!)

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

We ended up with 465 registered runners. Many of our expenses are fixed so the profit was down. Tim and Jeff reviewed both income and expenses. Total profit is approximately \$4,300.

Runners donated \$1,811.67 to the trail fund. This money is not included in the profit total above. This money needs to be sent to the Friends of PM Trail Fund. The club voted to add \$1,188.33 to the runners donations and send \$3,000 to the trail fund.

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

Decal replacement – The park wants us to update all the decals on the posts and add a QR code. Tim found some of the original information in the trailer that will be helpful with this task. Mark Thompson is traveling all the time and not been able to tackle this work. Need someone to jump in and lead the effort.

### **MTC Cookie Run follow-up:**

China delivered all the gifts to the special family we blessed with the proceeds from the Cookie Run. She said mom was super thankful and overjoyed with gratitude. The mom said the looks on the kid's faces on Christmas is something she will never forget!

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

Reminder, you must be current member to be part of this team. HINT, HINT!

Current team members, based on when they expressed interest: Doug Bristow, Russ Darbon, Fawn Dintelman, Darrell Meek, Lydia Mikoff, Chris Rankin, Jim Taylor, and Karyn Weber.

Alternates, in order: Ian Durie, Shanna Rankin, Mark Thompson, and Chrissy Bristow. 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 noted they are at 27 registered and hoping to get 50. Walk-ups are welcome. Jim Clark has worked very hard getting the course ready. The facility has a lighted gathering area and plenty of room for tents. There is a large central bonfire area that will burn all night.

They still need a few volunteers. If you can help, PLEASE let them know. 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

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

Advanced Participants: Tariq Quadri, Erika Hunt, Greg Voudrie, Melissa Thiems, Darrell Meek, Diana Tickner, Ed Matecki, Lydia Mikoff. and Jeff Germer

Novice Participants: Donna Etherton, Bill Coyne, Tim Holland, Jim Taylor, Karyn Weber, Mike Etherton, Jeanna Clark, Russ Darbon, Kraig Weinberg, Kerry Ritter, and Mike Gonski

Most yards swam:

Advanced: Erika Hunt 70,250 (39.91 miles)

Novice: Kerry Ritter 53,350 (30.31 miles)

Most points:

Advanced: Erika Hunt 71,875

Novice: Kerry Ritter 54,750

Swimmers that swam all 30 days:

Erika Hunt, Melissa Thiems, Kerry Ritter, and Kraig Weinberg

Total yards Advanced: 331,525 (188.37 miles)

Total yards Novice: 178,860 (101.63 miles)

Swimmers that swam a double (2 swims in 1 day): Tariq and Missy x2, Erika, Donna, and Kerry x1

Longest single swim was Erika Hunts swim of 7200 yard to complete the "One More Lap" challenge, that is swim twice as many yards as your longest swim from week 1. Erika was very enthusiastic and swam 3600 yards during 1 swim in week 1.

Donations were given by Lydia to Metro East Humane Society, Missy to Sadowski Twins Go Fund Me page, Donna to Salvation Army, Erika to St. Jude, and Diana to Missouri S&T scholarship

Christmas spirit challenge pictures provided by Mike and Donna Etherton, Diana, Erika, Missy, and Ed. Pictures to follow!!

Entertaining moments:

#1 Erica and Missy forgetting their swim bags during a swim. Missy chose to borrow goggles from the pool, but Erica went ahead and swam her 1st swim of the day without goggles and then worried everyone who saw her at the store thought she was high because of her glassy, red eyes.

#2 Missy posted about her daily chlorine dip. She hoped it would stave off the germs but promptly got Flu A and ran a 102+ fever. But continued to swim. Every. Day. Crazy or determined. You decide.

#3 Kerry was apprehensive about joining the challenge but knocked it out of the park, I mean water. He will be put directly into the Advanced group next year. The novices are kicking him out of the club.

#4 Russ outdid himself by swimming the least he could. I heard there was a competition between him and another member to see who could swim less.

Everyone who joined the challenge made it fun whether they swam a lot or not. 2 people have great holiday swimsuits and next year I will too!

### **Zillapede:**

Date is March 11, 2023

Keith provided a recap of what the Zillapede is and how it works.

Need for a Lead Pede – Doug Bristow

Sign-up to be a Pede Section (Zillas, friends, family) – Doug Bristow, Eva Bristow, Tim Holland, Jeff Fromme, Sandy Louis, Heidi Sanders, and Donna Etherton. You don't have to be a member to join the fun.

### **Fight for Air Climb (25 March 2023):**

Metro Tri Club Team Captain: Donna Etherton

Place: Metropolitan Square St Louis, Mo

Cost: \$25 for climber, \$45 for Ultimate climber ( price increases Jan 21, 2023)

Required donations: \$100. In the past some climbers paid this up front.

Team captain Donna Etherton will plan at least 1 fundraiser to help climbers cover this cost. To donate or join the Metro Tri Club Fight For Air Climb Team use this link:

- [https://action.lung.org/site/TR;jsessionid=00000000.app30060b?pg=team&fr\\_id=23559&team\\_id=173089&NONCE\\_TOKEN=C8FD8CBA399DFB1BE7B1A290ECF5C02A](https://action.lung.org/site/TR;jsessionid=00000000.app30060b?pg=team&fr_id=23559&team_id=173089&NONCE_TOKEN=C8FD8CBA399DFB1BE7B1A290ECF5C02A)

Practice Climb Dates: 17 January, 7 February, and 4 March.

### **MTC Sponsors:**

Discuss actions, if any, that can be taken by our new Sponsor Director, China Rongey. For instance (agree or disagree and add others): China might contact all sponsors to introduce herself and explain this new role created by the club that she volunteered for.

Per the MTC Bylaws, each sponsor may receive one free club membership for each sponsorship year. Currently, only two of our sponsors have an active membership. China might inform those sponsors who don't have an active membership and obtain the information needed to add that person as a member.

China might ask if they have any questions for the club and could get help finding answers to them.

Other?

### **MTC Facebook groups:**

Discussion of possible consolidation of them. There are (3) Facebook pages. The main page, a training information page, and the swim page which is private. There was good reason to have the (2) public pages at one time but not the way they have been used in the last few years. Doug will work on consolidating the main and training pages.

## **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 December 2022 meeting:**

Anyone?

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

Anyone?

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

Anyone?

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

Anyone?

### **Other GOTY Events:**

**Castlewood** – We are not aware of any Zillas who participated in this 8-hour Adventure Race.

**Hot Chocolate** – We had 6 Zillas complete one of the distances offered at this event:

5K – Ed Matecki, Robin Misukonis, Shanna Rankin, and China Rongey.

10K – Fawn Dintelmann

15K – Jennifer Loethen



**Pere Marquette** – We had 17 Zillas complete the “Toughest Race in the Midwest,” 42 Zillas who volunteered for the event, and 17 family/friends of Zillas who volunteers for the event:

**Racers** – Chris Amick, Bruce Beachum, Doug Bristow, Bill Carril, Bill Coyne, Maddie Dietz, Jake Fromme, Mike Gonski, Shane May, Darrell Meek, Donna Polinske, Tariq Quadri, Deb Ritter, Kerry Ritter, Jeff Schleicher, Keith Timmins, and Kraig Weinberg. Special congrats to Jeff Schleicher for placing 2<sup>nd</sup> in his age group; and to Bill Coyne and Jake Fromme for winning their age group!!

**Zilla Volunteers** – Co-Directors Tim Holland and Jeff Germer, Renee White, Kraig Weinberg, Greg Voudrie, Keith Timmins, Dianna Tickner, John Sikes, Jeff Schleicher, John Roth, Tim Rister, Chris Rankin, Donna Polinske, Robin Misukonis, Lydia Mikoff, Darrell Meek, Shannon McWhorter, Sue Edith, Shane May, Ed Matecki, Daniella Lavender, Jay Hunt, Erica Hunt, Rhonda Grammer, Mike Gonski, Jeff Fromme, Jake Fromme, Mike Fricke, Donna Etherton, Terry Eldridge, Matt Dunn, Maddie Dietz, Russ Darbon, Josh Dake, Carl Dake, Bill Coyne, Phil Coatney, Kris Clawson, Jim Clark, Jeanna Clark, Bill Carril, Cheri Becker, and Chris Amick!!

**Zilla Family and Friend Volunteers** – Karen Barker, Kym Barnhard, Nikki Crader, Pat Crader, Gary Dyer, Matt Feldmann, Stacy Fite, Joann Fricke, Andrew Gonski, Peter Gonzalez, Trisha Kielty, Kathleen Knollhoff, Bill Langton, Mark McWhorter, Tim Schuessler, Melanie Suess, Bobby Vandaley, and Lisa Williams!!

**Resolution Run** – We are aware of 40 Zillas who completed sponsor RunWell's 4-mile New Year's Day run: Dianna Tickner, Mark Thompson, John Sikes, China Rongey, Kerry Ritter, James Ritter, Deb Ritter, Bobby Reidelberger, Emily Reed, Tariq Quadri, Robin Misukonis, Jennifer Miller, Lydia Mikoff, Michele Meckfessel, Shane May, Ed Matecki, Justin Kovarik, Erica Hunt, Becca Hostettler, Tim Holland, Rhonda Grammer, Mike Gonski, Jeff Germer, Jeff Fromme, Donna Etherton, Kathie Edrington, Russ Darbon, Josh Dake, Anna Coty, Phil Coatney, Jeanna Clark, Bill Carril, Chrissy Bristow, Lisa Brandt, Cheri Becker, Bruce Beachum, Jim Taylor, Karyn Weber, and Cid Bauer.

If you completed this event, please let Keith know so you get your GOTY point.

### **Upcoming GOTY Events**

6/7 January – Survive the Night endurance trail run

4 February – Castlewood Cup trail race

11 March – St. Patrick's Day race

12 March – Quivering Quads trail race

\*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 February 6th. As of today, the meeting is scheduled to be at Global Brew again.