

# **Metro Tri Club**

## **February 6, 2023, Meeting Minutes**

The meeting was again at Global Brew in Edwardsville. They have a great private room and the club provided appetizers.

### **Members Present:**

Robin Misukonis, Tim Holland, Doug Bristow, Cheri Becker, Keith Timmins, Donna Etherton, Tami Spellman, Jim Donahue, Lydia Mikoff, Russ Darbon, Jeff Fromme, Jake Fromme, Darrell Meek, Jim Taylor, Jeff Germer, Bill Carril, Josh Dake, Jeanna Clark, Donna Polinske, Justin Kovarik, Andrea Darbon, China Rongey, Allie Mikoff, Alex Mikoff, Sue Edith, Mike Gonski.

### **General:**

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

**Visitors:** Tanya Kovarik and Mike Etherton

### **Finance Report:**

Greg was on vacation, so we skipped the budget part. 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 85.

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

**Secretary** – We STILL need someone to step up and take the secretary position. Donna Polinske, Lydia Mikoff, and Keith Timmins have tentatively agreed to fill in as needed.

**2023 Annual Business Meeting and Banquet** – Since the last meeting, we called the Maryville Community Center to check on available dates in February to hold the 2023 banquet. They had a pipe burst during the real cold weather and had cancelled everything reserved in February. They could not give us a time when all of the work would be completed.

According to the ByLaws, we are to have an annual business meeting during the 1<sup>st</sup> quarter - so we have until the end of March to do this. Tradition has it that we combine the business meeting with a banquet, but there is no requirement for them to be held at the same time. During COVID in 2020, we did the business meeting in February via Zoom, then held the banquet several months later. For 2023 only, we need to determine:

Will the annual business meeting and banquet be held at the same time or at different times?

- Since the business meeting has to be held in the first quarter and we have too many open issues associated with the banquet, we voted to hold them at separate times.
- **Annual business meeting date is March 13<sup>th</sup> directly AFTER the regular March meeting.**
- Banquet date is TBD

The following was determined at the last meeting:

- Banquet Co-Directors – Andrea Darbon and Karyn Weber
- Business meeting items and who is responsible:
  - Officer Election – Robin
  - Financial Report – Greg
  - By-Law Updates - Keith
- Banquet agenda items and who is responsible:
  - Set-up – Andrea and Karyn and volunteers
  - Hors d'oeuvres – Andrea and Karyn
  - Meal – Andrea and Karyn
  - GOTY Awards – GOTY awards have made and are ready to go.
  - Any Other Awards – Robin
  - Did-Ya-Know – Keith

**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!)

### **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. Jake Fromme agreed to work with Tim on this task.

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

Current Team Godzilla members: 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, Chrissy Bristow, Justin Kovarik. Please let Keith know if you want to be added to the alternate list.

**Zillapede (March 11, 2023):** - We need a minimum of 12 for the Zillapede to look right. Since we normally have one or two drop for various reasons, we would like to get at least 14. Right now, we have a total of 10, so please let us know if you would be able to join us!

Lead Pede – Doug Bristow

Pede Sections – Evie Bristow, Russ Darbon, Donna Etherton, Jeff Fromme, Tim Holland, Jeff Kuhn, Sandy Louis, Heidi Sanders, and Tami Spellman.

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

Metro Tri Club Team Captain: Donna Etherton

Members registered: Donna Etherton, Missy Theims, Renee White

Place: Metropolitan Square St Louis, Mo

Registration Options: General, GORUCK, First Responder Climbers

Registration Cost: \$35 from January 22nd through March 24th

\$50 Day of Event. Ultimate Climbers \$55 from January 22nd through March 24th \$70 Day of Event

Required donations: \$100.

To donate or join the Metro Tri Club Fight for Air Climb Team use this link:

- o [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)

Donna Etherton has a Super Bowl pool where all proceeds will go toward the \$100 donation required by each climber. All additional money will be donated to the American Lung Association. Squares are \$10.

Practice Climb Dates: February 7 and March 4.

**MTC Sponsor Activity Report** – China gave an update on her plans in this new position.

1. To get a complete list of Sponsors/contact info from the Prez
2. To contact any sponsor who is not currently on the club membership list to determine if they want to be added or want to designate someone else to be added.
3. Determine if any sponsors need to pay the fee for 2023 and contact them

## **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 January 2023 meeting:**

Anyone?

#### **New Half Ironman finishers since the January 2023 meeting:**

Anyone?

#### **New "USAT Nationals" finishers since the January 2023 meeting:**

Anyone?

#### **New Ultramarathon finishers since the January 2023 meeting:**

Anyone?

### **Other GOTY Events:**

**Survive the Night** – 7 Zillas completed the inaugural running of this trail race and 10 Zillas volunteered at the event and completed the distances, as noted:

Participants: 4.2 miles – Shannon McWhorter and Jim Taylor; 8.4 miles – Russ Darbon, Tim Holland, and Robin Misukonis; 16.8 miles - Tanya Colbert; and 54 miles – Renee White. Special congrats to Renee, the OVERALL

female finisher. If you want to hear more details on this race, plan to come to the banquet!

Volunteers: Co-Directors – Cheri Becker and Doug Bristow, Jim Clark, Russ Darbon, Tim Holland, Erica Hunt, Jay Hunt, Kyle McLaughlin, Shannon McWhorter, and Robin Misukonis

Co-Directors Cheri Becker and Doug Bristow reported they were able to donate about \$3,000 to the MDA. This is enough to send at least one kid to summer camp for a week. THANK YOU!

Plans are for the next Survive the Night to be October 27-28 to coincide with Halloween. Stay tuned for more information.

**Ballwin Upside Down Tri** – Donna Etherton completed the requirements for this indoor triathlon.

**Castlewood Cup** - 7 Zillas ran this 15K trail race: Karyn Weber, Jim Taylor, Tariq Quadri, Shannon McWhorter, Michele Meckfessel, Tim Holland, and Anna Coty. Special congrats to Shannon and Michele for placing 3<sup>rd</sup> in their age group, and to Karyn for winning her age group!!

#### Upcoming Events:

- o 5 March – Quivering Quads trail races
- o 11 March – St. Partick's Day race
- o 25 March – Fight for Air challenge
- o 2 April – GoSt! Marathon/Half Marathon/Relay
- o \_\_ April – Try Tri??
- o 22 April – River to River Relay
- o 30 April – Chain of Rocks Duathlon

\*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 March 13th. As of today, the meeting is scheduled to be at Global Brew again. NOTE: We will have the regular monthly meeting, adjourn, then have the annual business meeting.

