

Metro Tri Club

March 13, 2023, Meeting Minutes

The meeting was again at Global Brew in Edwardsville. I'm no expert, but the chicken wing appetizers are world class.

Members Present:

Robin Misukonis, Tim Holland, Keith Timmins, Tami Spellman, Lydia Mikoff, Jeff Fromme, Jeff Germer, Josh Dake, Donna Polinske, Justin Kovarik, China Rongey, Sue Edith, Ed Matecki, Chris Amick, Greg Voudrie, Phil Coatney, Jeff Kuhn, Bobby Reidelberger, Hanna Polinske.

Important Sponsor Information:

Sponsor and club member Chris Amick let us know the Phoenix Physical Therapy location at #4 Cougar Dr is moving to a new address in the next few weeks. The new address is 15 Junction Drive Glen Carbon. Phone number (618) 288-6361 will remain the same. Website is www.phoenix-pt.com. Chris is an athlete and understands how to effectively treat athletes. Many of our club members have used or are currently seeing him for therapy to help them return from an injury or surgery.

Visitor Presentation:

Greg Brumitt gave a brief presentation regarding a new event in Edwardsville called Bike & Hike to Breakfast. It's a fun event working to promote an active lifestyle. The event date is May 20 at Goshen Market starting at 8:00 AM. Will be free with registration on Event Brite soon. People will be encouraged to run, walk, bike, etc to the event and encourage others to do the same. Stay tuned for more info.

General:

First Time Attendees and New Members Present:

Visitors: Jay Myers and her beautiful puppy Willa joined us so Jay could learn a little about the club. Hudson, Kennedy, and Mason Gullede were present, and Hudson won prettiest baby award. Last but not least, Tanya Kovarik was present.

Finance Report:

Greg provided a snapshot recap of our current budget, If you have any questions or comments, please contact Treasurer Greg Voudrie or any other club officer.

Membership:

According to membership director Shannon McWhorter, we have one new member since the last meeting. Welcome to Charles Dalton! That brings our membership to 87 as of March 2.

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.

Administration Issues:

Venmo Account: Club Venmo account is @trizilla

2023 Banquet:

Banquet Co-Directors – Andrea Darbon and Karyn Weber were not in attendance, so there were no updates to the banquet plans.

Banquet date - TBD

Banquet venue - TBD

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 – Robin
- Any Other Awards – Robin
- Did-Ya-Know – Keith

Club Trailer:

The club trailer license needs to be renewed in April. The State sends the renewal paperwork to the PO box. Greg will work with Jeff K to get it completed once it arrives.

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.

Animal Ride:

The 2023 season will start at 5:00 p.m. on Tuesday, March 14 from the Wanda parking lot!

2023 River to River:

One change was made since the last meeting. Chrissy Bristow moved from the alternate list to the running list! The remaining alternates, in order, are: Ian Durie, Mark Thompson, Justin Kovarik, 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, & Jeanna Clark

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:

- https://action.lung.org/site/TR;jsessionid=00000000.app30060b?pg=team&fr_id=23559&team_id=173089&NONCE_TOKEN=C8FD8CBA399DFB1BE7B1A290ECF5C02A

Rt 66 10K (June 10):

- Select a team leader this month for the famous award-winning Metro Tri Club Water Stop – Ok, if you've been thinking about volunteering for

the year's easiest job, here's your chance. The team leader has to do a little paperwork and show up on race day. The rest kinda takes care of itself. It would be great if someone new/different (a natural born leader) would take this "job".

- We need about 20 volunteers. Those who volunteered early (before the price to volunteer goes up) were: Jeff Germer, Robin Misukonis, Tim Holland, China Rongey, Hudson Gulledge, Lydia Mikoff, Keith Timmins, Greg Voudrie and Phil Coatney. If you want to be added to the list, holla!
- We will discuss a "theme" at the April meeting, so start thinking about it.

MTC Sponsor Activity Report:

China is in the process of contacting the sponsors for their 2023 sponsorships.

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.

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.

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. 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

Recent GOTY Events:

New Full Ironman finishers since the February 2023 meeting:

Anyone?

New Half Ironman finishers since the February 2023 meeting:

Anyone?

New "USAT Nationals" finishers since the February 2023 meeting:

Anyone?

New Ultramarathon finishers since the february 2023 meeting:

Houston - Lisa Brandt finished 1st in her age group at the Cowtown 50K!! Her time of 5:53 was a PR by 13 minutes! The course was mostly on roads, sprinkled with a few miles of trail.

Other GOTY Events:

Tortured Soles – 2 Zillas completed the requirements to earn a plaque for the 2022/2023 season: Karyn Weber and Jim Taylor. The locations for this year's 5 trail events included: Willoughby Farms, Lost Valley, Hawn State Park, Al Foster Heritage Trail, and Greensfelder Park Night Run.

Quivering Quads trail races – 4 Zillas completed the trail half marathon: Tim Holland, Jim Taylor, Karyn Weber, and Renee White. Special congrats to Tim for finishing 3rd in his age group; Jim for winning his age group; and Renee for coming in as the 1st OVERALL female!! (Renee finished more than 9.5 minutes in front of the 2nd place woman.)

Central Illinois Masters' Spring Classic – Ed Matecki raced in 4 events at this swim meet: 100 IM; and the 100, 200, and 500 yard freestyle. In his age group, Ed placed 2nd in the 100 yard freestyle and 3rd in the other three races!!

St. Partick's Day race – We had 19 Zillas participate in this race:

5-Mile – 9 Zillas did the 5-mile road race where folks run in boring straight lines: Tariq Quadri, Janna Perry, Kyle McLaughlin, Rich Luers, Jeff Germer, Ian Durie, Bill Coyne, Bruce Beachum, Chris Amick, and Stephen Brummer. Special congrats to Janna for winning her age group!! Rich had the club's fastest time of 31:15.

Zillapede – 10 Zillas did the zig-zagging and frequent circle route, adding an extra mile to their race: Doug Bristow (Lede Pede), Evie Bristow, Nora Bristow, Russ Darbon, Donna Etherton, Jeff Fromme (Zilla carrier), Tim Holland, Jeff Kuhn, Tami Spellman, and Chuck Toennies. 4 Zilla friends also ran with the Zillapede – Ben Jellen, Sandy Louis, Heidi Sanders, and Alex Toennies

Upcoming Events:

- 25 March – Fight for Air challenge
- 2 April – GoSt! Marathon/Half Marathon/Relay
- 14-16 April – Gateway Triathlon Cup (MSE event)
- 22 April – River to River Relay
- 23 April – Try Tri
- 30 April – Chain of Rocks Duathlon
- 21 May – St. Louis Tri (Creve Couer Lake)
- 27 May – Highland Tri

*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 April 3rd. As of today, the meeting might be at Recess Brewing. Stay tuned and watch your emails.