

Metro Tri Club
3 April 2023, Meeting Minutes

The meeting was held at the new digs of sponsor Chris Amick' business, Phoenix Physical Therapy. Chris relocated to 15 Junction Drive Glen Carbon, phone number (618) 288-6361. Positive comments came from club members who are current or previous customers of Chris. We are not encouraging anyone to get hurt just to try out Chris' therapy talents but keep him in mind in the future if you or someone you know has an injury or is scheduled for surgery and will need help rehabbing.

Members Present:

Chris Amick, Josh Dake, Donna Etherton, Jeff Fromme, Tim Holland, Erica Hunt, Jeff Kuhn, Shannon McWhorter, Robin Misukonis, Donna Polinske, Kerry Ritter, Tami Spellman, Dianna Tickner, Keith Timmins, and Greg Voudrie.

First Time Members at a Meeting:

None.

Visitors:

None.

Finance Report - New Treasurer, Jeff Kuhn, reported that he and Greg Voudrie worked on passing the torch since the March meeting. They had the bank account and club debit card changed over from Greg to Jeff. He checked the mailbox and found the tag and registration for the club trailer. Jeff made a big impression by letting us know he had not spent a dime yet - that the balance remain the same as Greg reported in March. One action item that was discussed was getting the Venmo account changed to Jeff's name . . . assuming they can come up with the password!

Membership - Membership director Shannon McWhorter reported that we had one new member (Charles Dalton) and one renewal (Brittany Newman) since the March meeting. That brings our membership up to 88. Any questions about your membership status contact Shannon McWhorter at mcwhosx6@gmail.com.

To join or renew your membership with the Metro Tri Club go to:
<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. Either way, you have to go to The Driven and register.

Administration Issues:

Venmo Account: Club Venmo account is @trizilla

2023 Banquet:

No update. Andrea Darbon had a family wedding that has absorbed a big part of her time. Andrea told president Robin she should now have time to concentrate on locking in a venue and date for the banquet.

Club Trailer - Thanks to Greg Voudrie for getting the club trailer license renewed prior to leaving his duties as the club Treasurer!

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.

Speaking of "TheDriven" and the MTC website, club member Kerry Ritter offered another option. Kerry and some friends, all triathletes, recently created a business called "Zipper." With their new product, they plan to target Tri coaches, Tri camps, Tri clubs like ours, etc. The product will allow users with event registration, membership, etc. and allow them to customize their website. Prior to the next meeting (May), our primary users of "TheDriven" should contact Kerry at ritter@kerryritter.com with a description of what you are currently getting and include a list of things you wished "TheDriven" could give you or allow you to do. The users we think for sure should do this are Robin Misukonis, Donna Etherton, Shannon McWhorter, and Jeff Schleicher, but we are sure there are others - so don't wait for an invitation! Please repeat anything you asked Kerry at the meeting to make sure everything gets covered.

2023 River to River: No changes since the last meeting. The team is set, a van is rented, and hotel rooms are reserved. The team is running in the Mixed Master's division. The alternates are: Ian Durie, Justin Kovarik, and Tami Spellman.

MTC Sponsor Activity - China was unable to attend, but Robin reported for her that all of our sponsors have either paid or have been contacted and agreed their 2023 payment is coming. Robin introduced the thought that we might consider lowering the annual cost for our sponsors and Erica Hunt suggested another option that we work with each sponsor to see what we could do to better promote their businesses. Chris Amick gave a couple of thoughts - one was holding a club meeting at the sponsor's business - like we did for the April meeting; and the other was to maybe have a sponsor for some of our bigger events!

Rt 66 10K (10 Jun):

Metro Tri Club Water Stop Lead - Donna Polinske

Other volunteers (need about 20) - Those who have stepped up so far are: Phil Coatney, Donna Etherton, Jeff Germer, Tim Holland, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Chris Rankin, China Rongey, Dianna Tickner, Keith Timmins, Greg Voudrie. If you are reading this and want your name added, please contact Keith.

Theme ideas - Erica Hunt said the overall theme of the race is the 1950's. Ideas brought up so far are the "Brady Bunch" and a "Sock Hop." If you have another idea, please contact Donna Polinske. We will vote on the theme at the May meeting.

Club Finish Line Sign: Still waiting for Tim Holland to lead us on some kind of action 😊

Pere Marquette Trail Marking - Decal Replacement: No report from Tim Holland or Jake Fromme.

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 - Starts at 5:00 p.m. each Tuesday from the Wanda parking lot!

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

4-Way Secretarial Rotation:

- April - Timmins
- May - Polinske
- June - Mikoff
- July - Holland
- August - Timmins
- September - Polinske
- October - Mikoff
- November - Holland
- December - Timmins
- January - Polinske
- February - Mikoff

Recent GOTY Events:

- New Full Ironman finishers since the March 2023 meeting:
 - Anyone?
- New Half Ironman finishers since the March 2023 meeting:
 - Anyone?
- New "USAT Nationals" finishers since the March 2023 meeting:
 - Anyone?
- New Ultramarathon finishers since the March 2023 meeting:
 - David Goggins 4x48 Challenge - Josh Fulk completed this challenge - running 4 miles each hour for 48 hours!!
 - Prairie Spirit in Anderson County KS - Jim Donahue did not complete the entire race, but did run a mere 46.6 miles. Rumor has it that a couple days later he ran 18 miles for fun.
 - Clinton Lake Ultra - Renee White completed this 30-mile event, placing as the 1st OVERALL woman!!

- Fight for Air Challenge - 3 Zillas completed the "Ultimate Climb" option at this event, climbing flights of stairs at the Met building in St. Louis: Jeanna Clark, Donna Etherton, and Missy Thiems. Overachievers Jeanna and Donna climbed the 42 flights of stairs 4 times each!! The event raised an incredible \$245,000 for the American Lung Association!
- USMS Meet - 3 Zillas competed at the Central Illinois Masters Spring Classic: Tariq Quadri, Lydia Mikoff, and Ed Matecki. Tariq did the 100 Freestyle (2nd); 500 Freestyle (2nd); and the 1000 Freestyle (1st). Lydia did the 50 Butterfly (1st); 50 Breaststroke (1st); and the 100 IM (1st). Ed did the 100 IM (3rd); 100 Freestyle (2nd); 200 Freestyle (2nd); and 500 freestyle (2nd)!!
- GoSt!! - 9 Zillas competed in one of the distances at this event (Note - there were several thousand names to go through, so please let Keith know if he missed anyone):
 - Marathon - Jennifer Loethen and Janna Perry. Special congrats to Janna for placing 3rd in her age group!!
 - Half Marathon - Mark Thompson, Tariq Quadri, Maddie Dietz, Bill Carril, and Cheri Becker.
 - 10K - Hannah Polinske
 - Marathon Relay - Lisa Brandt

Upcoming Events (new info in blue):

- 22 April - River to River Relay
- 23 April - Try Tri
- 30 April - Chain of Rocks Duathlon
- 7 May - St. Peters Rec Plex Tri
- ?? May - Gateway Tri
- 21 May - St. Louis Tri (Creve Couer Lake)
- 27 May - Highland Bi
- 4 June - Breese Biathlon
- 10 June - Route 66 10K
- 17 June - Covered Bridge run

- 19 August - Heroes Ride
- 25 September - Tour de Charleston
- 1 October - Border Wars in Litchfield

The next meeting is scheduled to be held on Monday, 8 May. A location was discussed, but since it was not definite, I will let Robin send out a notification when we are sure.