

**Metro Tri Club**  
**May 1, 2023, Meeting Minutes**

The meeting was held at Glik Park in Edwardsville.

**Members Present -**

Phil Coatney, Josh Dake, Sue Edith, Donna Etherton, Jeff Germer, Tim Holland, Erica Hunt, Jay Hunt, Jeff Kuhn, Ed Matecki, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Donna Polinske, Bobby Reidelberger, Kerry Ritter, China Rongey, Tami Spellman, Keith Timmins, and Greg Voudrie.

**First Time Members at a Meeting -**

None.

**Visitors -**

Mike Etherton

**Finance Report -**

Treasurer Jeff Kuhn provided us with the current balance. If you have any questions regarding finances, contact Jeff!  
Sponsor payments are all paid and up to date!

**Membership** - We did not get input from membership director Shannon McWhorter, so we assume the numbers are the same as last month. Any questions about your membership status contact Shannon McWhorter at [mcwhosx6@gmail.com](mailto: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

**Member Discount Codes:**

**Discount code for all Racemaker events is trizilla15**

**Discount code for all MSE Racing events is GODZILLA2022**

**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).

**2023 Banquet** - Andrea Darbon is in England so we do not have an update as of the meeting. Jay will check with GC Cuisine as to availability, cost, etc.

**"Zipper" Update** - The club is considering moving our website to a new platform being designed by Kerry Ritter and his partners that they named "Zipper." A discussion was started at the April meeting and based on that discussion and similar feedback they have received from other clubs Kerry and his partners continue to build more tools in Zipper.

Reminder to those club members who use "The Driven" frequently for club use (example - membership, communications, historical records, race sign-ups, etc.) to send Kerry an email at [Ritter@KerryRitter.com](mailto:Ritter@KerryRitter.com) describing things from The Driven you must have, and a description of things you wished The Driven could provide.

**Rt 66 10K (10 Jun):**

**Metro Tri Club Water Stop Lead** - Donna Polinske

**Other volunteers (need about 6 more)** - 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, Ed Matecki.

If you are reading this and want your name added, please contact Keith.

Theme - By unanimous vote, the theme this year will be "**Beach Boys**"  
ABSOLUTELY NO MANKINIS WILL BE ALLOWED. RUSS, WE'RE TALKING TO YOU!

#### **Club Finish Line Sign** - Tim Holland

Tim reached out to Jeff Schleicher and has not heard back as Jeff is on vacation. Tim needs information of high-resolution graphics. If we don't have, then the vendor can produce at an additional cost.

#### **Pere Marquette Trail Marking (Decal Replacement)** - Tim Holland and/or Jake Fromme.

Tim reached out to the park supervisor and has not heard back.

#### **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](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)

**Great American Relay** - We were informed that although this event will be held again this year, it is NOT coming through Illinois. ☹ It will be held 11 to 17 September and will only go through 6 East Coast states and Washington DC.

**4-Way Secretarial Rotation:**

- 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 April 2023 meeting:**
  - Anyone?
- **New Half Ironman finishers since the April 2023 meeting:**
  - Anyone?
- **New "USAT Nationals" finishers since the April 2023 meeting:**

- **Irving, TX** - Greg Voudrie kicked butt at the Multisport National Championships: In the Super sprint Triathlon Time Trial he took 2nd place in Clydesdale Grand Masters; In the Draft Legal Sprint Triathlon, Greg took 1st place in Clydesdale Grand Masters (National Champion); In the Standard Distance Aquabike, he took 1st place in Clydesdale Grand Masters (National Champion); and in the Mixed Relay Super Sprint triathlon, Greg teamed with two women and another man, and they took 3rd place in Clydesdale/Athenas. Their team name was "Beating the Odds 2." Greg also competed in the 750 meter open water race and although he did not place he was happy to report he also did not drown!
- **New Ultramarathon finishers since the April 2023 meeting:**
  - Anyone?
- **River to River Relay** - 11 Zillas ran on 4 different teams:
  - **Team Godzilla** - This team ran in the "Mixed Masters" division - Chrissy Bristow, Doug Bristow, Russ Darbon, Ian Durie, Lydia Mikoff (Team Captain), Chris Rankin, Jim Taylor, and Karyn Weber. Of course, our beloved and inspirational mascot "Zilla," watched their entire race from the top of the team van, enduring an unusually cool and windy day in a cutoff t-shirt!
  - **Team Higher Ground** - This team from Highland ran in the "Open" division. Kraig Weinberg was not just the only Zilla on the team, he was the oldest, and only male. Kraig assumes he was asked to run with them because they needed a father figure!
  - **Team Sockmonkey** - Josh Dake ran with the Sockmonkeys who came from all over and ran in the "Mixed" division. On Facebook, Team Godzilla received praise from a teammate of Josh's for encouraging her up the huge hill on leg 6.
  - **Team Honey Badger** - Michele Meckfessel ran with this team in the "Mixed" division. Her team was obviously fast, as they placed 3<sup>rd</sup> in their division, coming in 11<sup>th</sup> overall!!

- **Try Tri** - The Metro Tri Club made a statement as 12 Zillas completed one of the events offered and ALL of them came home with hardware!! In addition, 3 Zillas volunteered at the event:
  - **Super Sprint (150 yd swim, 10 mile bike, 2 mile run)** - 8 Zillas completed this distance: Tim Holland, Becca Hostettler, Jay Hunt, Daniella Lavender, Ed Matecki, Bobby Reidelberger, China Rongey, and Nancy Stonesifer. Special congrats to Bobby for placing 3<sup>rd</sup> in his age group, Tim for placing 2<sup>nd</sup> in his age group, and to Jay, Daniella, Ed, China, and Nancy for winning their age groups, and to Becca who was the 1<sup>st</sup> OVERALL female finisher!! This was Becca's first race since having her triplets!
  - **Long Sprint (300 yd swim, 20 mile bike, 4 mile run)** - 4 Zillas completed this distance - Anna Toney, Kathie Edrington, Amanda Couch, and Steve Brummer. Special congrats to Kathie for placing 2<sup>nd</sup> in her age group, and to Anna, Amanda, and Steve for winning their age groups!!
  - **Volunteers** - Erica Hunt, Kerry Ritter, and Robin Misukonis. It is noted that Kerry's wife, Christina, did the Super Sprint. Do we have a new Zilla in the making???
- **Chain of Rocks** - 4 Zillas completed this duathlon and ALL came home with hardware: Steve Brummer, Lydia Mikoff, Robin Misukonis, and Tariq Quadri. Special congrats to Steve and Lydia for placing 3<sup>rd</sup> in their age groups and to Robin and Tariq for placing 2<sup>nd</sup> in their age groups!!
- **London** - Although this is not a GOTY event, it is impressive to know that two Zillas completed the marathon in Russ Darbon's old stomping grounds: Special congrats to Lisa Brandt and Donna Etherton!!
- **GoSt!!** - We apologize for missing Matt Dunn in the April Meeting shout out for this event. Matt completed the half marathon distance!

#### **Upcoming Events** (new info in blue):

- 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
- 8 July - New Town Triathlon
- ?? July - South County Triathlon
- 16 July - Ballwin Triathlon
- 23 July - Kirkwood Triathlon
- 29 July - Mud Mountain
- 29 July - Springfield Triathlons
- 6 August - Fenton Triathlon
- 19 August - Heroes Ride
- 26 August - Tour De Donut
- 25 September - Tour de Charleston
- 1 October - Border Wars in Litchfield

**Next meeting:**

- Date - Monday, 5 June
- Location - Lydia Mikoff's house. Thank you Lydia!