

Metro Tri Club
5 June 2023 Meeting Minutes

The meeting was held at Lydia Mikoff's house in Maryville. The pool was beautiful, the food was good, and beer was tasty. Thanks Lydia!

Members Present - Donna Etherton, Tim Holland, Erica Hunt, Jay Hunt, Shannon McWhorter, Robin Misukonis, Donna Polinske, Hannah Polinske, Dianna Tickner, Keith Timmins, Greg Voudrie, China Rongey, Doug Bristow, Cheri Sartori, Jeff Germer, Lydia Mikoff, Phil Coatney, Darrell Meek, Ed Matecki, Chris Rankin, Katrina Gessi, Bill Carril, Russ Darbon, Bobby Reidelberger.

First Time Members at a Meeting - None

Visitors - John Sikes was cooking up some mean burgers and hot dogs. Former member Cindy Oates is back to racing and will join again.

Finance Report - Club Treasurer, Jeff Kuhn, is out of town on business so he was unable to be in attendance. Jeff reported on our current balance and also recommended to the Club Board we let our money work for us. Jeff did a little research based on questions from the Board, especially regarding MTC being a not-for-profit organization. As long as the money earned is not a personal gain for the Board or Officers, we can do what Jeff recommended. So, from our balance, we bought \$20,000 worth of bonds, earning 4.4% annually. We could earn a little over \$500 on the CDs by the end of the year!

Membership - Membership director Shannon McWhorter reported that we have had no new members since the May meeting. Our membership is currently 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

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.

2023 Banquet - Robin and Andrea have been talking about the banquet. Current idea is doing something at a park with possible food truck.

"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." Kerry posted screenshots of the redesigned homepage on the Facebook channel. Kerry and his team are aligned with Tim Holland on the features needed and they are hard at work to get ready in time for the opening of the Pere Marquette registration.

St. Jude Night of Trivia (15 July)- Club member Justin Kovarik is hosting a fun night of trivia to raise money for St. Jude's.

Date: July 15, 2023 doors open at 6:00 trivia starts at 7:00

Location: Madison County Farm Bureau 900 Hillsboro Ave Edwardsville

Cost: Table of 8 for \$200

Justin Kovarik (618) 606-1932 or find him on Facebook

Rt 66 10K (10 Jun):

Metro Tri Club Water Stop Lead - Donna Polinske

Other volunteers (need about 5-8 more) - Volunteers will spend about 2 hours setting up the water stop and any theme related exhibits. During the race, they will pass out water or Gatorade, or will use water guns to externally hydrate "willing" runners. All volunteers will receive a GOTY volunteer point. Those who have stepped up so far are: Phil Coatney, Russ Darbon, Tim Holland (maybe), Ed Matecki, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Chris Rankin, Keith Timmins, and Greg Voudrie. Dianna Tickner was again asked to be on the bike, leading the first runner. If you are reading this and want your name added, please send an email to keithtimmins@gmail.com. Family members and friends are welcome to join us!! Meet at Hwy 157 and Esic at 7:30 THIS Saturday morning.

Theme - Beach Boys! Wear something "beachy".

Club Finish Line Sign - Tim has a preliminary design and pricing on two inflatable start/finish line archways, to replace our broken and potentially dangerous start/finish line. Tim provided copies of (2) quotes with preliminary proofs of graphics. The club voted to approve a \$4,000 budget. Tim will finalize design and send it to club officers for final approval to purchase.

Pere Marquette (9 Dec)

Race Permit - The permit was completed for our 2023 race and submitted to the PM Site Superintendent, followed closely by the required Permit fee.

Certificate of Insurance - The COI for our 2023 race was received and submitted to the PM Site Superintendent.

Proposed Race Change Discussion - Tim/Jeff presented some ideas.

- Delete the post-race awards ceremony.
 - >25% of \$2,200 in awards go unclaimed.
 - Save \$650 on keg beer cost. Add beer to outside.
 - Save \$400 on music costs.
 - Add cost to rent sound system for lodge announcements.
 - Retain pre-race use of lodge with coffee at \$500 cost.

The consensus was to leave the band, beer, and awards in the lodge one more year and try to do a better job of informing people about

the awards ceremony. Possibly put a laptop near the finish so people would know they won an award.

- Change awards to 10-year age groups from 5-year.
The consensus was to leave at 5-year for 2023.
- Opt out of SWAG option at registration.
This was approved if Tim and Jeff decide it doesn't cause other issues.

Decal replacement on Pere Marquette trail signs - The Pere Marquette site superintendent recently moved to another park and has been replaced. Tim Holland made contact with the new superintendent and plans to discuss his interest in this proposed new signage.

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 provide 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 tw@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:

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

Recent GOTY Events:

- **New Full Ironman finishers since the May 2023 meeting:**
 - Anyone?
- **New Half Ironman finishers since the May 2023 meeting:**
 - **Chattanooga** - 3 Zillas completed this 70.3 race: Tariq Quadri (6:18), Darrell Meek (5:48), and Karie Ashmann (6:19)!!
 - **Hawaii (Big Island)** - Rick Mann and his youngest daughter, Alyssa, teamed up to complete this 70.3 on the Kona coast. Rick did the swim and bike, which was the middle half of the world championship course. Alyssa, who recently graduated from Civic Memorial High School in Bethalto, ran the half marathon. Their time for the race was 5:39!!
- **New "USAT Nationals" finishers since the May 2023 meeting:**
 - Anyone?
- **New Ultramarathon finishers since the May 2023 meeting:**
 - **Galena, IL** - 2 Zillas competed in the 8-hour Galena Sky Trail Race (an endurance trail run). Jim Taylor (31 miles) and Karyn Weber (38 miles). Special congrats to Karyn for winning her age group!!

- **Rookies and Rockstars** - 5 Zillas completed this triathlon: Kathie Edrington, Jeff Kuhn, Ed Matecki, Tariq Quadri, and Tami Spellman. Special congrats to Tami for finishing 2nd in her age group, and Kathie for winning her age group!!
- **Gateway** - We could not find any information on this triathlon, so we assume it did not take place.
- **Breeze Biathlon** - We could not find any information on this biathlon, so we assume it did not take place.
- **St. Louis (Creve Couer Lake)** - 6 Zillas completed one of events offered:
 - **Sprint Tri** - Kyle McLaughlin
 - **Olympic Tri** - Janna Perry, Kata Mahtani, Jeff Germer, Steve Brummer, and Tommy Brown. Special congrats to Janna and Steve for placing 2nd in their age groups, and to Kata for winning her age group!!
- **Highland** - 4 Zillas completed the biathlon (5 mile run and 20 mile bike): Russ Darbon, Jake Fromme, Janna Perry, and Keith Timmins. Special congrats to Jake for winning his age group, and to Janna for coming in as the 2nd OVERALL female!! We won't disclose Janna's exact age but suffice it to say that almost all of the female participants were much younger and she still kicked their butts!!
- **Tri-Shark Classic (Illinois State Championship) Hudson** - 3 Zillas completed this sprint triathlon. China Rongey, Lydia Mikoff, and Robin Misukonis. To make it interesting, Lydia crashed on the bike but like a true Zilla, got up, checked the bike, saw blood, got back on the bike, and completed the race. A trip to the ER later resulted in 5 stitches in her elbow and knee, and one broken finger. BUT, she finished. Robin finished 3rd in her age group making her a STATE CHAMPION! Nice job ladies!

Upcoming Events (new info in blue):

- 10 June - Route 66 10K
- 11 June - Innsbrook Triathlons
- 17 June - Covered Bridge run

- 25 June - Sunset Hills Triathlon
- 8 July - Tour De Donut
- 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
- ___ August - O'Town Hustle Triathlon
- 6 August - Fenton Triathlon
- 12 August - Watershed Endurance Trail Run
- 19 August - Edwardsville Criterion
- 19 August - Heroes Ride
- 27 August - 370 Lakeside Triathlon
- 17 September - Carlyle Lake Triathlon
- 25 September - Tour de Charleston
- 1 October - Border Wars in Litchfield
- 2 December - Castlewood 8-hour Adventure Race

Next meeting:

- Date - Monday, 10 July
- Location - Fawn's house. Robin will send address prior to meeting.