

Metro Tri Club
10 July 2023 Meeting Minutes

The meeting was held at Fawn Dintelmann's house in Edwardsville. The pool was beautiful and Robin's ice cream bar was a hit. Thank you Fawn and Robin!

Members Present - Phil Coatney, Russ Darbon, Fawn Dintelmann, Sue Edith, Tim Holland, Justin Kovarik, Erica Hunt, Jay Hunt, Jeff Kuhn, Ed Matecki, Shannon McWhorter, Lydia Mikoff, Robin Misukonis, Janna Perry, Tami Spellman, Jim Taylor, Keith Timmins, Bobby Reidelberger, Kerry Ritter, China Rongey, Karyn Weber.

First Time Members at a Meeting - None

Visitors - Justin's lovely wife Tanya Kovarik was present and John Sikes was back again for the ice cream bar.

Finance Report - Treasurer Jeff Kuhn provided us with the current balance. If you have any questions regarding finances, contact Jeff!

Membership - Membership director Shannon McWhorter reported that we have had one new member since the June meeting and our membership stands at 89. 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 - The club discussed and voted to have the awards and "Did you Know" that would have been presented at this year's banquet, presented instead at the August 7th club meeting at Shannon McWhorter's house. Food will also be provided!

"Zipper" Update - Kerry Ritter reports that Zipper has made significant progress on their product. They launched a couple of clients so now they are turning their attention towards setting up a Pere Marquette race page and MTC site. Kerry plans to have working demos of both the proposed new website, the Pere Marquette trail run website, and he will demonstrate the Pere Marquette event admin capabilities to make sure they have all the tools available or on the timeline to be ready well before race day.

Metro Tri Club Charitable Donations - Recently we were contacted by a few club members asking if we planned to support events that we donated to in the past. The officers connected via email and voted to contribute \$500 to three different organizations for these events. Treasurer Jeff Kuhn has mailed the checks:

- Mud Mountain Trail Race via the Edwardsville Cross Country and Track and Field Booster Club;
- Bike for Heroes Ride via the Joshua Chamberlain Society; and
- Beaver Dam Dash via MCDD

Club Finish Line Sign - The new club start/finish inflatable archway has been ordered. Jeff Kuhn mailed them a check and Tim Holland expects to receive it sometime in July.

Miles for Meso (23 September) - We are recruiting course marshals for this event. The course marshals basically keep the runners on course and monitor any vehicles to ensure the runners are safe. The time commitment is less than 3 hours and the check-in time and place will be announced later. Please let Keith know (keithtimmins@gmail.com) if you are interested and available for this duty. If you have worked previously as a course marshal, please let Keith know if you want the same position or prefer a different assignment. Those who have stepped up so far are: Jeanna Clark, Phil Coatney, Russ Darbon, Fawn Dintelmann, Shannon McWhorter, Janna Perry and Keith Timmins.

Pere Marquette (9 December) - Race Permit- The permit was completed for our 2023 race and submitted to the PM Site Superintendent, followed closely by the required Permit fee. Tim is waiting on an email response from Park confirming permit has been issued.

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

Race registration scheduled to open on August 1.

Club Trailer - Mike Wever asked that we find a new place to park the club trailer. Our Sponsorship Director, China Rongey, has already found a new home for the trailer. China contacted Dave Parks, our Sponsor at the Cyclery, and Dave agreed the trailer could be parked in the fenced in area behind the store! Thanks to the Cyclery and to China!

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 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:

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

Recent GOTY Events:

- **New Full Ironman finishers since the June 2023 meeting:**
 - None
- **New Half Ironman finishers since the June 2023 meeting:**
 - Des Moines - Jake Fromme completed his first 70.3 with a time of 6:09!!

- Madison - Kerry Ritter completed the 70.3 Milkman tri with a time of 6:15!! Kerry reported that this is a nice race and very inexpensive for the distance.
- **New "USAT Nationals" finishers since the June 2023 meeting:**
 - None
- **New Ultramarathon finishers since the June 2023 meeting:**
 - Jim Taylor completed the 50K Cry Me a River ultra race and Karyn Weber completed the 100K. Karyn reported that she actually ran about 10 extra miles!
- **The Metro Milers' Route 66 10K Run** - 29 Zillas participated in this event in many different ways:
 - Race Officials - Erica Hunt (Race director), Jay Hunt (completed whatever the race director to him to do). At the meeting, Erica announced that a survey was sent to all of the runners, and Team Godzilla water stop was voted 1st place!! The accolade was accompanied by money. Erica presented Treasurer Jeff Kuhn with a check written to the club for \$300!
 - Runners - Chrissy Bristow, Bill Coyne, Ian Durie, Justin Kovarik, Jennifer Loethen, Gary Payne, Tariq Quadri, Bobby Reidelberger, Nancy Stonesifer, and Mark Thompson. Special congrats to Mark for finishing 3rd in his age group and to Ian for finishing 2nd in his age group!!
 - Bike volunteers - Dianna Tickner (led the first runner) and Colin Fries (middle of the pack).
 - Water Stop volunteers (set up/tear down/handed out water and Gatorade) - Donna Polinske (Lead), Doug Bristow, Phil Coatney, Russ Darbon, Ed Matecki, Lydia Mikoff, Chris Rankin, and Greg Voudrie.
 - Photographer - Robin Misukonis.
 - Water Gun Crew (hydrated runners on the outside!) - Abel Bristow, Evie Bristow, Nora Bristow, Alex Mikoff, Allie Mikoff, and Keith Timmins.
 - Theme - "Beach Boys" - shown in the way we dressed, the music we played, the beach balls we kicked around, etc.

- **Innsbrook** - 4 Zillas completed one of the following events:
 - **Sprint Triathlon** - Tami Spellman and Steve Brummer. Special congrats to Tami and Steve who both won their age group!!
 - **Aquabike** - Sue Edith and Ed Matecki. Special congrats to Ed for being the 2nd OVERALL male, and to Sue for being the 1st OVERALL female!! Both Sue and Ed are dealing with injuries that hinder their running, but they found a way to compete and excel!
- **Carbondale** - Donna Etherton was the lone Zilla who completed Saluki triathlon! No age group awards given - only overall.
- **Covered Bridge** - 4 Zillas completed this 5K race: Mark Thompson, Jim Taylor, Jenniefer Loethen, and Ian Durie. Special congrats to Ian who won his age group!!
- **Micro Mini Triathlon** - This is not a GOTY event, but maybe it should be! There's an old saying that "Good things come in small packages"... On the morning of Tuesday, June 27th, China Rongey was lamenting her decision to do Lydia Mikoff's 45-mile birthday ride. Two days earlier, China completed a 56-mile "bridge to bridge" ride and her "undercarriage" was still smarting from an ill fitted bike seat. Sitting on that SAME seat for Lydia's ride was pure torture. Her lamentations hadn't quite reached the level of tears, but it was close. There were several hateful looks and a couple of accusations thrown the birthday girls way.

China was also NOT looking forward to her OWN 28-mile birthday ride on the 28th of June. She characterized her 28th birthday on the 28th of June as her "Golden Birthday." In an effort to drown her sorrows, cool off her burning butt and stay true to her proven "Less is More" training regimen, China hatched a Sketchy plan. Instead of a birthday "ride," it would be a "micro mini triathlon" - a 28-yard swim, 2.8-mile bike ride and .28-mile run.

The micro mini triathlon was held in Lydia's 8-yard long swimming pool with the bike and run transitions in Lydia's driveway. China's sister, Jade, acted as Mike Riley, announcing the finishers on her karaoke machine as they finished the grueling contest, and broke through yellow crepe paper streamer tape.

Six kids and eight adults participated in this first ever micro mini triathlon including current and former Zilla members: Robin Misukonis, China Rongey, Lydia Mikoff, Bill Carril, John Sikes, Allie Mikoff, and Alex Mikoff. Special thanks to Diana Tickner for providing much needed moral support.

Prizes included miniature bottles of household cleaning products - tide, polish and toilet bowl cleaner. Ten "Virtual" GOTY points were awarded to each participant.

- **Tour De Donut** - 8 Zillas complete this 36-mile bike ride: Byron Barker, Phil Coatney, Russ Darbon, Jeff Germer, Jeff Kuhn, Tami Spellman, Keith Timmins, and Jerry Wunderlich.
- **New Town Triathlon** - 3 Zillas completed the sprint tri distance at this event: Ed Matecki, Daniella Lavender and Sue Edith.
- **USMS Carbondale Meet** - Tariq Quadri swam in 4 events: the 50, 100, 200, and 400 meter freestyle. Tariq won his age group in all 4 events!!

Upcoming Events:

- ?? July - South County Triathlon
- 16 July - Ballwin Triathlon
- 23 July - Kirkwood Triathlon
- 29 July - Mud Mountain
- 29 July - Springfield Triathlons
- 6 August - Fenton Triathlon
- 12 August - Watershed Endurance Trail Run
- 19 August - Edwardsville Criterion
- 19 August - Heroes Ride
- 26 August - O'Town Hustle Triathlon
- 27 August - 370 Lakeside Triathlon
- 17 September - Carlyle Lake Triathlon
- 25 September - Tour de Charleston
- 1-3 September - Bentonville Tri-Fest
- ___ September - Super Prestige Cyclocross Off-Road Bike Series

- 10 September - Litchfield Triathlons
- 17 September - Millstadt Biathlon
- 23 September - Meso 5K
- 30 September - Belleville Marathon
- ___ September - St. Peters Rec Plex Triathlon
- 1 October - Border Wars in Litchfield
- 2 December - Castlewood 8-hour Adventure Race

Next meeting:

- Date - Monday, 7 August
- Location - Shannon McWhorter's house