

Metro Tri Club
7 August 2023 Meeting Minutes

Thanks to Shannon and Mark McWhorter for letting us hold the meeting at their house! Since this was also a replacement for the banquet that had been put off since February, the club provided pizzas and drinks to help us celebrate!

Members Present - Cheri Becker, Phil Coatney, Josh Dake, Russ Darbon, Jim Donahue, Donna Etherton, Mike Gonski, Tim Holland, Becca Hostettler, Erica Hunt, Jay Hunt, Justin Kovarik, Jeff Kuhn, Ed Matecki, Shannon McWhorter, Lydia Mikoff, Jen Miller, Robin Misukonis, Janna Perry, Donna Polinske, Bobby Reidelberger, China Rongey, Tami Spellman, Jim Taylor, Keith Timmins, Greg Voudrie, and Karyn Weber.

First Time Members at a Meeting - None

Visitors - Mike Etherton, Jake Hostettler, Carlinda Karpel, Kiris Kovarik, Tanya Kovarik, Mark McWhorter, and Cindy Voudrie.

2022 Awards:

- **GOTY** - Congrats to those who received the coveted Godzilla of the Year award in 2022 included: Russ Darbon, Donna Etherton, Tim Holland, Jeff Germer, Greg Voudrie, Ed Matecki, and Robin Misukonis
- **Officers** - Two former club officers were recognized for their service. Greg Voudrie as Treasurer and Tim Holland as Secretary.

2022 "Did Ya Know" - Keith Timmins presented the final segment of Did Ya Know, reviewing the club's race and training stories from 2022.

Finance Report - Jeff Kuhn informed us of the current bank balances and let us know that he could hear the money chinking in while we were sitting at the meeting, from the CD's were purchased!

Membership - Membership director Shannon McWhorter reported that we had 2 Zillas renew their membership since the July meeting. That brings the number of active members to 90. 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.

Club Finish Line Sign - The new club finish line inflatable arch has arrived and is cluttering Tim Holland's office. It will be moved to the club trailer ASAP. We approved Tim's motion to discard all of the parts and pieces from the old finish line.

Club Trailer - The transmission on Tim Holland's truck died so he has not been able to move trailer but is hoping to do it soon. The Cyclery does have a locked fence and will provide us with the code for easy access. We approved Tim's motion to purchase three high security locks that can't easily be cut off since the trailer will be stored outside in a visible location.

Miles for Meso (23 September) - We still need more course marshals for this event (which is also a GOTY volunteer 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. Those who have stepped up so far are Jeanna Clark, Phil Coatney, Bill Coyne, Russ Darbon, Fawn Dintelmann, Tim Holland, Ed Matecki, Shannon McWhorter, Darrell Meek, Janna Perry, Keith Timmins, and Greg Voudrie. If you would like to be added to this list, please email keithtimmins@gmail.com. After Robin Misukonis attends the last planning meeting for the event, she will send out info on where and when to meet and where your place is on the race route.

Up-a-Creek - The 11th annual running of this event will be on 7 October. The cost is the same - free - and it is open to Zillas, their family and friends. Please email keithtimmins@gmail.com if you plan to run and/or volunteer. Those who have already responded are:

- **Runners** - Jim Taylor, Keith Timmins
- **Volunteers** - Donna Etherton, Robin Misukonis

Survive the Night (27/28 October) - Save the dates!! This trail race starts at 9 pm on 27 October and ends at 6 am on 28 October. Co-director Cheri Becker encouraged the club to come up with teams to run. There is no limit to the number of runners on a team! They will also be adding another race on the morning of the 28th - a "normal" trail run on the same course - two laps totaling a little over 8 miles. Cheri and co-director Doug Bristow are already working on whacky awards for the winners!

MTC Cookie Run - The date for this event will be 18 November. Put the date on your calendar because we will be signing up people to run and volunteer. China Rongey and Robin Misukonis will send out more info on how to sign up and describe volunteer needs. If you volunteer to bring cookies, emphasis was placed on thinking "small."

Pere Marquette (9 December) Updates:

- **Registration** - A decision was made to use The Driven again this year for registration, since the "Zipper" being considered via Kerry Ritter is not quite ready for it. On 2 August, a note was sent to past participants from 2021 and 2022 Pere Marquette race, informing them that registration was officially open. The current registration number as of the meeting was 58.
- **Other Advertisements** - Tim had our race added to the Big River Running website and has submitted it to be added to the Fleet Feet website. He also plans to contact Terrain Trail Runners and SLUGS to have our race added to their website.

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:

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

Recent GOTY Events:

- **New Full Ironman finishers since the July 2023 meeting:**
 - **New York** - Janna Perry and Tommy Brown completed the 140.6 at Lake Placid. Janna's time was 14:09 and Tommy's was 15:05!!
- **New Half Ironman finishers since the July 2023 meeting:**
 - Anyone?
- **New "USAT Nationals" finishers since the July 2023 meeting:**
 - **Milwaukee** - Daniella Lavender completed the sprint triathlon event last weekend!
- **New Ultramarathon finishers since the July 2023 meeting:**
 - **Michigan** - Rhonda Grammer completed a 50K in Grand Island. Rhonda ran it with former club member Gretchen Henderson to celebrate Gretchen's 50th birthday!
 - **Colorado** - Karyn Weber and Jim Taylor competed in the Grand Mesa 50-miler. Karyn finished the whole course and placed 2nd in the master's division. Jim "only" ran 37 miles 😊. They began the race at 10,600 feet and began running uphill, cresting at 11,200 feet before going downhill! Karyn and Jim are signed up to do the Indiana 100-mile ultramarathon in October!
- **Sunset Hills** - Peter Gonzalez was the lone Zilla in this sprint triathlon. Special congrats to Peter for placing 2nd in his age group!!
- **South County** - We were unable to find any information on this triathlon.

- **Springfield** - We are not aware of any Zillas completing one of the tri distances offered at this event.
- **Kirkwood** - We are not aware of any Zillas completing this tri.
- **Ballwin** - 2 Zillas completed one of the events offered at this triathlon:
 - **Single Sprint Tri** - Donna Etherton completed this event and placed 1st in her age group!!
 - **Double Sprint Tri** - Steve Brummer completed this event. He normally places at or near the top in his age group, but during one of the bike segments, his chain came off and jammed. Steve's hands were covered in chain grease by the time he got the jam loose and got back to riding.
- **Mudd Mountain** - 5 Zillas completed this 5K trail race - Chris Amick, Bill Carril, Maddie Dietz, Mike Gonski, and Keith Timmins. Note - the \$500 the club voted to donate to this event was received in time to qualify us to have the Metro Tri Club included on the back of the shirt!
- **Fenton** - We were unable to find the results of this triathlon, held on 6 August. Please let Keith know if you did this one!

Upcoming Events (new info in blue):

- 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
- 10, 17, 24 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
- 1 October - MO Cow Bell Full/Half
- 7 October - Up-a-Creek
- 7-8 October - Lake Arrowhead 12 or 24 Hour Adventure Challenge
- 22 October - Halloween Go! St Louis
- 27/28 October - Survive the Night Ultra and 8+ mile trail race
- 28 October - YMCA Bluff Run in Valmeyer
- 11 November - Maryville Turkey Trot
- 18 November - MTC Cookie Run
- 2 December - Castlewood 8-hour Adventure Race
- 9 December - Pere Marquette Trail Race

Next meeting:

- Date - Monday, 11 September (Labor Day is 4 September)
- Location - Mike Gonski's house