

Metro Tri Club
11 September 2023 Meeting Minutes

The meeting was held at the Glik Park in Edwardsville.

Members Present - Cheri Becker, Bill Carril, Russ Darbon, Jim Donahue, Matt Dunn, Jeff Germer, Tim Holland, Jay Hunt, Ed Matecki, Darrell Meek, Robin Misukonis, Donna Polinske, China Rongey, Keith Timmins

First Time Members at a Meeting -

Visitors - baby Hudson and Coco

Finance Report - We have money!

Membership - Membership director Shannon McWhorter reported that we have had 2 member renewals since the August meeting. That brings the number of active members to 92. 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.

Metro Ti Club Board Action - The Board, which includes the club officers and club directors, unanimously approved a recommendation involving club membership for a few individuals. The club was started over 30 years ago by a group of 5 individuals. The 5 charter members are Mark Akers, Gary Highfill, Chuck Wartchow, Mike Wever, and Marc Wolfe. A decision was made by the Board that any charter member of the Metro Tri Club who is currently living in this area would be given emeritus membership. Basically, that means that they would not have to pay for their membership each year. Currently the only two charter members who still live in this area are Gary Highfill and Mike Wever. The next actions will be to notify Gary and Mike of this decision and to make a change to the club Bylaws to reflect this decision.

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 Trailer - Mike Wever moved the trailer to its new home at The Cyclery.

MCDD - We normally donate \$500 to this organization each year, and took action again this year to send them a check. Club member Matt Dunn is our contact for this organization and he is also the director for the Beaver Dam Dash trail races. Matt sent the following message to the club via a text to Tim Holland: "Thanks for all the support and if I can be a little bold this year. We had an unexpected big increase to our transportation budget this year. If I could humbly request the club to consider if they would send an extra it would be greatly appreciated."

The club voted to give MCDD an extra \$500.00 to help with the increased transportation costs.

Matt said registration is open for the 2023 Beaver Dam Dash, which will be held on November 4 at the Beaver Dam State Park. Go to [raceroster.com](https://www.raceroster.com) to sign up to run and/or volunteer!

Miles for Meso (23 September) - We still could use more course marshals for this race (which is also a GOTY volunteer event). Please volunteer if you are

available! 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, Ed Matecki, Darrell Meek, Janna Perry, Tim Holland and Keith Timmins. Any questions or additional volunteers? After Robin 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.

- **Runners** - Russ Darbon, Jim Taylor, Keith Timmins, Renee White
- **Volunteers** - Fawn Dintelmann, Donna Etherton, Jeff Fromme, Robin Misukonis

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 soon!

- **Runners** - Keith Timmins, Lydia Mikoff, Allie Mikoff, Alex Mikoff, Donna Polinske
- **Volunteers** - China Rongey (Co-director), Robin Misukonis (Co-director), Lydia Mikoff, Allie Mikoff, Alex Mikoff, Keith Timmins (cookies), Darrell Meek, Ed Matecki, Donna Etherton, Tim Holland,

INVITE YOUR FAMILY AND FRIENDS FOR THIS FUN AND GREAT EVENT!

MTC Holiday Swim Challenge - Donna Etherton and Missy Thiems have agreed to co-direct the swim challenge again this year! They plan to start on Wednesday, 22 November, skip Thanksgiving Day on 23 November, then continue through Friday, 22 December to make it a 30-day challenge. Stay tuned for more information, including rules and how to sign up.

Pere Marquette (9 December) Updates:

- **Registration** - The current registration number is 175. Last year at this

time we were at 250. Tell your friends and family to sign up!

- **Advertisement Update** - The race has been added to both the Big River Running and Fleet Feet race calendar. It has been posted on both SLUGS and St Louis Trail Runners Facebook pages. Tim also submitted it to Racesonline.com website and is waiting to see if they will add it.
- **Shirts** - Jeff talked about the number and sizes of shirts left from the 2022 Pere Marquette race, and ideas were floated regarding this year's swag. Robin suggested a hand held water bottle or beanie hat with a nice big pom pom on top!
- **Trail Mile Markers** - Last year we replaced two posts that had been vandalized but did not order the decal that indicates the appropriate mile marker of the racecourse. We ordered new decals for all 7 mile markers.
- **Practice Runs** - There are a lot of GOTY events on the weekends in November, so Keith recommends holding practice runs on Saturday, 25 November at 7:30 and Saturday, 2 December at 9:00.
- **Look for an email from Keith if you volunteered last year!**

Survive the Night - Join Cheri and Doug and all the others who will try to survive the night on October 27-28. Information is on the Facebook page. Volunteers are needed throughout the night as well as runners.

MTC 2024 Banquet - Jay Hunt gave an update on the work he has put in so far on planning for our annual banquet next year. He's looked at 5 venues and 10 caterers, and will have more information next month after getting more details. Looking at dates in February, but January or March is not out of the question!

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.

The Alton runs are being removed from this list because they are no longer running as a group on regular days.

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:

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

Recent GOTY Events:

- **New Full Ironman finishers since the August 2023 meeting:**
 - Anyone?
- **New Half Ironman finishers since the August 2023 meeting:**
 - Anyone?
- **New "USAT Nationals" finishers since the August 2023 meeting:**
 - Anyone?
- **New Ultramarathon finishers since the August 2023 meeting:**
 - **Edwardsville** - We heard that Jim Taylor ran in this Watershed Endurance race, but Jim did not reply to any of our requests for details on distance completed.

- **Colorado** - Special Congrats to Renee White for completing the 100-mile trail run at Leadville! Renee finished in 27 hours and 41 minutes and said it was the hardest thing she has ever done.
- **Edwardsville Criterion** - We are not aware of any Zillas who competed in the races offered; however, Jacob Slosar, son of Zilla Judy Slosar, raced in the Cat 1 and 2 group. Jacob lives in Oregon and races professionally, but since he got his start as a pre-teen at the Edwardsville Crit, he likes to return for the event and visit mom and dad!!
- **Heroes Ride** - We had 12 Zillas complete one of the distances offered:
 - **50ish Miles** - Doug Bristow, Fawn Dintelmann, Sue Edith, Tim Holland, Keith Timmins, and Mike Wever!
 - **80ish Miles** - Robin Misukonis!
 - **100ish Miles** - This group of overachievers included Tami Spellman, Chris Rankin, Rick Mann, Jeff Kuhn, and Russ Darbon!
- **O'Town Hustle** - 7 Zillas completed this sprint triathlon - Sue Edith, Kathie Redington (formerly Edrington), Donna Etherton, Jeff Kuhn, Ed Matecki, Robin Misukonis, and Tami Spellman. Special congrats to Donna for placing 3rd in her age group, Robin for placing 2nd in her age group, and to Kathie and Tami for winning their age groups!!
- **370 Lakeside** - 2 Zillas completed one of the distances offered at this event:
 - **Super Sprint Tri** - Special congrats to Peter Gonzalez for winning his age group!! Peter also volunteered to help with the Olympic tri.
 - **Olympic Tri** - Special congrats to Steve Brummer for winning his age group!!
- **Bentonville** - 4 Zilla women showed up and showed off at this Tri-Fest! Over three days, they raced in two or three of the events available and accumulated enough points to put the Metro Tri Club in 3rd place in Division 5 of the clubs represented:
 - **Sprint Tri** - Katrina Gessi (this was her very FIRST triathlon and then she completed her SECOND ever triathlon the next day!!); Lydia Mikoff, Robin Misukonis, and China Rongey. Special congrats to Lydia for placing 3rd in her age group!!

- **Super Sprint Tri** - Katrina, Lydia, Robin and China. Special congrats to China for placing 3rd in her age group; Robin for placing 2nd in her age group; and Lydia for winning her age group!!
- **Olympic Tri** - Lydia, Robin and China. Special congrats to Lydia and China for winning their age groups!!
- **Super Prestige Cyclocross** - We are not aware of any active Zillas who participated in this event.
- **Litchfield** - 5 Zillas completed one of the triathlon distances at this event:
 - **Sprint Tri** - Kathie Redington, Tariq Quadri, and Jennifer Loethen. Special congrats to Jennifer for placing 3rd in her age group Kathie for placing 2nd in her age group; and Tariq for winning his age group!!
 - **Olympic Tri** - Jeff Germer, and Steve Brummer. Special congrats to Jeff for placing 3rd in his age group; and to Steve for winning his age group!!
- **CiderMan** - 9 Zillas completed one of the events offered:
 - **Sprint Tri** - Katrina Gessi, Rhonda Grammer, Jeff Kuhn, Ed Matecki, Lydia Mikoff, Robin Misukonis, China Rongey, and Tami Spellman. Special congrats to Jeff, Ed, and Robin for placing 2nd in their age group; to Rhonda, Lydia, China, and Tami for winning their age group; and to Lydia for also coming in as the 2nd OVERALL female (and 3rd OVERALL of any gender)!!
 - **Biathlon** - Donna Etherton was not only the only Zilla to complete this event, she was 1st OVERALL of any gender!!

Upcoming Events (new info in blue):

- 17 September - Millstadt Biathlon
- 17 September - Carlyle Lake Triathlon
- 17, 24 September - Super Prestige Cyclocross Off-Road Bike Series
- 23 September - Meso 5K
- 25 September - Tour de Charleston
- 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
- 28 October - Illinois Ozark 10K Trail Race in Valmeyer
- 28 October - Innsbrook Half Marathon and 10K
- 4 November - Beaver Dam Dash Trail Runs
- 11 November - Maryville Turkey Trot
- 11 and 12 November - Tunnel Hill Marathon, 50, 100
- November to January - Tortured Sole Run Series - (Note: To receive the GOTY point, you must receive the plaque awarded for completing the series)
- 11 November - Skippo 10K Trail Race
- 12 November - Skippo half marathon and 30K Trail Races
- 12 November - St. Louis Half Marathon and 5K in Clayton
- 12 November?? - St. Louis Track Club Relay
- 17 November - Super Prestige Cyclocross Series - Belk Park
- 18 November - MTC Cookie Run
- ___ November - Zillacross Cyclocross & Trail Run
- 23 November - Edwardsville Turkey Trot
- 22 November to 22 December - MTC Holiday Swim Challenge
- 24 November - Super Prestige Cyclocross Series - Gordon Moore Park
- 25 November - River Road 10-mile Run
- 2 December - Castlewood 8-hour Adventure Race
- 3 December - Hot Chocolate (5K, 10K, 15K)
- 9 December - Pere Marquette Trail Race

Next meeting:

- Date - Monday, 2 October
- Location - GLIK PARK We will need to move the meetings inside after October, any ideas are welcomed!