

Metro Tri Club
2 October 2023 Meeting Minutes

The meeting was held at the Glik Park in Edwardsville.

Members Present - Cheri Becker, Doug Bristow, Phil Coatney, Russ Darbon, Sue Edith, Donna Etherton, Jeff Germer, Tim Holland, Erica Hunt, Jay Hunt, Justin Kovarik, Jeff Kuhn, Robin Misukonis, Donna Polinske, Bobby Reidelberger, Keith Timmins, and Greg Voudrie.

First Time Members at a Meeting -

Visitors - Mike Etherton

Finance Report - We have money! Over \$12,000 in the checking account and \$20,000 in the CD. We've gotten some deposits from Pere Marquette, no payments made yet for the race.

Membership - Membership director Shannon McWhorter reported that we had one Zilla renew their membership since the September meeting and we added Mike Wever and Gary Highfill as Emeritus Members, since they are charter members who still live in the St. Louis Metropolitan area. That brings the number of active members to 95. 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://thedriver.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.

Up-a-Creek (7 October) - Last chance to join us in running the 11th annual Up-a-Creek this Saturday at 9:00 am. The event is free to Zillas, their family and friends. Please email keithtimmins@gmail.com if you have any questions or plan to run and/or volunteer.

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

Survive the Night Update (27/28 October) - 15 runners are registered so far, down from last time. The winner, the survivor of the night, will receive \$200! Doug and Cheri report they need more runners!! Invite family, friends, people on the street! They also need a few more volunteers throughout the night, and specifically for parking and keeping food/coffee going. Starts at 9:00 pm and goes throughout the night. There will be a fun run on the morning of the 28 as well!!

MTC Cookie Run (18 November) - Starts at 8:00 am. Reminder that we need LOTS of runners and volunteers to make this event a big success and to bless one or more families this Christmas. You should have received an email via The Driven that includes a Google docs sign-up to run, and/or volunteer, and/or bring cookies. This has also been posted on the club Facebook page.

Bring your family, in-laws, out-laws, neighbors, or some guy you see on the street along the way! Also be sure to let folks know that this is a kid-friendly event, with a one-mile run that is sure to please kids of all ages, since there are cookies along the way!!

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.

Zillacross (18 November) - Don't worry - this event will not interfere with the Cookie Run. It is held at 3:00 in the afternoon and would be a great way to work off all those cookies you eat that morning! The Zillacross is a brainchild of Jim and Jeanna Clark and is held at their Wildcat Paintball Park. Participants start on mountain or cyclocross bikes, riding two loops on a course that weaves through much of the paintball park. During the bike ride, participants will stop at targets where they are given a paintball gun and shown where to aim. Then they dismount their bikes and run half the bike distance, using the same loop. Afterwards we enjoy food around the firepit!! There is no cost for the event and your friends and family are welcome to join us. You can even do it as a team, with one riding/shooting and the other doing the run. If you are ready to sign-up or have questions, please send an email to keithtimmins@gmail.com.

Pere Marquette (9 December) Updates:

- **Registration** - The current registration number is 203, substantially lower than last year.
- **Shirts** - Last year's shirts will be sold for a nominal amount at this year's race.
- **Trail Mile Markers** - We bought new decals for the two mile marker posts that were replaced prior to the 2022 race (miles 5 and 7). Keith will get up to Pere Marquette soon to adhere them.
- **Volunteers** - Keith sent an email to the 2022 Pere Marquette race volunteers. Of the 89 volunteer positions, responses to the email filled 54 of them. Keith will follow-up with those who have not responded and then will send an email to the club, identifying which positions still need to be filled.
- **Practice Runs** ~ will be November 24 at 7:30 and December 2 at 9:00 am.

MTC 2024 Banquet Update - Jay Hunt is looking for a venue and will have definitive information next month.

River to River (April 2024) - Each year we try to put one or more teams into this relay that is run in Southern Illinois. We have not been informed of the date yet, but it is normally the 3rd Saturday in April. If you are interested in running this relay with Team Godzilla, please send an email to keithtimmins@gmail.com. Once we find out how many Zillas are interested, we will submit an application for each team of 8 runners and draw names to fill those teams!

- Runners so far are Doug and Chrissy Bristow, Justin Kovarik, Lydia Mikoff, Chris Rankin Darrell Meek, and Ian Durie

Team Godzilla Triathlon University:

Swim Report:

- Ed Matecki is still posting weekly workouts which can be found on Facebook at **Team Zilla 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! The last ride for 2023 is on Halloween, 31 October.

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.

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:

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:

3 Zillas participated in the Border Wars 70.3 in Litchfield. Tommy Brown, Shane May, and Kerry Ritter. Special congrats to Tommy for placing 2nd in his age group and to Kerry for winning his age group. Shane completed the swim and bike segments.

New "USAT Nationals" finishers since the September 2023 meeting:

Anyone?

New Ultramarathon finishers since the September 2023 meeting:

Anyone?

Millstadt - Keith Timmins was the only Zilla at this biathlon!!

Carlyle - We are not aware of Zillas who completed one of the triathlon events offered; however, Donna Etherton received a GOTY point as a volunteer at the event!!

Super Prestige Cyclocross - We are not aware of any active Zillas who competed in the 17 or 24 September events.

Meso - 4 Zilla runners and 16 volunteers participated in this 5K event put on by our sponsor, the Simmons Hanly Conroy Firm:

Zilla Runners - Chrissy Bristow, Nora Bristow, Evie Bristow Gary Payne, Tariq Quadri and John Roth.

Zilla Volunteers - Robin Misukonis (race volunteer director), Doug Bristow, Jeanna Clark, Jim Clark, Russ Darbon, Fawn Dintelmann, Tim Holland, Ed Matecki, Kyle McLaughlin, Darrell Meek, Keith Timmins, Greg Voudrie, and Jerry Wunderlich.

Former Zilla Volunteers - John Sikes, Bruce Eldridge, and Terry Eldridge.

Last Chance Tri - Bobby Reidelberger was the only Zilla at this triathlon!!

Tour de Charleston - We are not aware of any Zillas who competed in one of the bike race distances offered at this event.

Belleville - 5 Zillas completed one of the events offered:

- **Full Marathon** - Janna Perry was the lone Zilla running this distance. Special congrats to Janna for coming in as the 2nd OVERALL woman, with a time that qualifies her for Boston!! Not only that, Janna is the Illinois State Champion for 2023 for RRCA 40+ female!! Congratulations Janna!
- **Half Marathon** - Lisa Brandt, Justin Kovarik, Jeff Kuhn, and Tami Spellman all completed this distance.
- **Volunteers** ~ Erica Hunt was the lone Zilla to volunteer.

MO Cow Bell - 3 Zillas completed one of the distances offered:

- Tariq Quadri completed the half marathon!
- Rich Luers and Bill Carrill completed the full marathon!!

Berlin ~ This is not at GOTY event, but maybe it should be! Donna Etherton and Mark Thompson completed the Berlin marathon in September. This was Donna's 5th of 6 marathon majors. Donna is hoping to get a slot for the 2024 Tokyo marathon to complete her sweep!!

Upcoming Events: (New information shown in blue)

7 October - Up-a-Creek

7 October - Memphis 70.3

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

28 October - St. Peters Rec Plex Triathlon

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

18 November - Zillacross - Wildcat Paintball Park

22 November to 22 December - MTC Holiday Swim Challenge

23 November - Edwardsville Turkey Trot

24 November - Super Prestige Cyclocross Series - Gordon Moore Park

25 November - PM Practice Run (7:30)

25 November - River Road 10-mile Run

2 December - Castlewood 8-hour Adventure Race

2 December - PM Practice Run (9:00)

3 December - Hot Chocolate (5K, 10K, 15K)

9 December - Pere Marquette Trail Race

Next meeting:

- Date - Monday, 4 November
- Location - TBD

Any ideas for meetings are welcomed!