

Metro Tri Club
6 November 2023 Meeting Minutes

The meeting was held at the R.P. Lumber Center in Edwardsville, in Community Room 1. Thanks to Jay Hunt for setting this up!!

Members Present - Keith Timmins, Greg Voudrie, Donna Etherton, Missy Thiems, Tim Holland, Doug Bristow, Tami Spellman, Jeff Kuhn, Ed Matecki, Lydia Mikoff, Bill Carril, China Rongey, Jim Clark, Jay Hunt, Erica Hunt, Rhonda Grammer, Robin Misukonis, Darrell Meek, Jim Taylor, Jeanna Clark, Fawn Dintelmann, Mike Gonski, Russ Darbon, Jeff Germer

First Time Members at a Meeting - None

Visitors - Kennedy and Hudson Gullledge

Finance Report - Treasurer Jeff Kuhn reported on our current financial standing. Jeff needs to get access to all our financial information on The Driven so he has access to money that is coming in from both race entry fees and membership dues,

Membership - Membership director Shannon McWhorter reported that we had 8 renewals since the October meeting. That brings the number of active members to 101. The 2024 dues can be paid anytime. Members who have signed up for auto renewal will be automatically renewed on 31 December. Members who have not signed up for automatic renewal will need to renew by 31 December by going into their account on The Driven. Email reminders will begin going out on 4 December. If you have any questions about your membership status, contact Shannon (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.

MTC Cookie Run (18 November) - Reminder that we need LOTS of runners and volunteers to make this event a big success to allow us to Bless "our family" this Christmas. As of 3 November, 19 runners and 14 volunteers have signed up. China reports that the family selected has 3 children - female age 2, and males ages 7 and 8. You should have received an email via The Driven that includes a Google docs sign-up form. Use it to run, and/or volunteer (including bringing cookies). This has also been posted on the club Facebook page. Here is the link:
<https://forms.gle/j6U4gYAJ4tV3rHAz5>

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, including a one-mile run that is sure to please all kids since they are encouraged to eat cookies every quarter mile!!

Zillacross (18 November) - Don't worry - this event will not interfere with the Cookie Run. It will be held at 2:00 pm that day and is a great way to work off all those cookies you eat that morning! The Zillacross is a brainchild of Jim and Jeanna Clark that 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 one of the riding loops, participants will stop to shoot a paintball gun at designated targets. They lose time for targets missed.

After the 2nd loop, participants dismount and run one more loop to the finish! Then we gather around the fire pit to dine on a potluck dinner. Teams are also welcome!

Participants signed up so far: Bruce Beachum (maybe), Doug Bristow, Russ Darbon (maybe), Justin Kovarik, Kyle McLaughlin, Jeff Schleicher (maybe), Jim Taylor, and Keith Timmins

Volunteers signed up so far: Jeanna Clark, Jim Clark, Donna Etherton

Thanksgiving Day Trail Run/Walk (23 November) - The annual Thanksgiving Day trail run will be held at the Big Woods at SIUE, starting at 8:00. The trail will be marked and there will be lots of folks who know the course. One time through is approximately 3 miles. Walkers and runners are all welcome. This is a great opportunity to bring visiting family to the trail so they will not feel guilty eating a big meal later that day!!

MTC Holiday Swim Challenge (22 November to 22 December) - Donna Etherton and Missy Thiems will be leading this challenge again this year. A link will be added to the minutes for those interested in doing the swim challenge this year:

https://docs.google.com/spreadsheets/d/1zuz6Wl1XzchfcE5cATO-J_D4Ze_4cTdo8QWCDFpJ0AQ/edit. The 30-day challenge does not include

Thanksgiving; however, if any of you overachievers want to swim on Thanksgiving and have access to a pool or enjoy cold-water lake swims - knock yourself out!!

Missy and Donna will communicate the challenges once they have a chance to meet and decide on them.

Pere Marquette (9 December) Updates:

Registration - The current registration number is 308 as of 11/6. Running about 100 behind last year's registration pace. The club authorized spending up to \$50 advertising on Facebook. Doug Bristow will handle.

Shirts - Leftover printed shirts from 2022 PM event. Tim noted he intended to place them for sale at the 2023 PM event for \$10. If you want one before race day, please drop Tim a note and he will hold.

Men's medium	18	Women's XS	2
Men's large	18	Women's small	2

Men's 2XL	1	Women's medium	8
Men's 3XL	1		

- **Volunteers** - Keith sent an email to the 2022 Pere Marquette race volunteers. Of the 89 volunteer positions, all but 10 are filled, with 5 of those being "maybes." We will hold off on filling the empty positions until we determine if moves can be made among volunteers.
- **Cost Savings** - Due to lower registration, the decision was made to drop the band and save \$400.

Ozark LMSC Short Course Meters Championship swim meet (Saturday, 9 December) - If Pere Marquette is not enough for you, here is something else you can do later that day. From Maryanne Barkley, Ozark LMSC Chair. Warm up is at 11:00 am and the meet is from Noon - 5:00 pm at the Chuck Fruit Aquatic Center, 6168 Center Grove Rd, Edwardsville, IL 62025.

Meet information: <https://swimslam.org/wp-content/uploads/2023/09/USMS-2023-Ozark-SCM-Champs-Entry1.pdf>

Online entry: <https://swimslam.org/2023-scm-entry-form/>

MTC 2024 Banquet Update - Jay Hunt and Robin Misukonis are working on this item. Stay tuned.

River to River (20 April 2024) - Keith submitted a registration for one team on the first day it was open. Based on the makeup of those who expressed an interest, our team has initially been entered in the Mixed Masters division. We can change the division, if needed, based on the final makeup of the team. We will know by around 2 December if our team is "in." If we do get in, the fee is \$600, or \$75 per runner. Names of members interested were drawn from a hat.

- **Runners who are in:** Darrell Meek, Lydia Mikoff, Jim Taylor, Donna Etherton, Tami Spellman, Doug Bristow, Chrissy Bristow, Karyn Weber
- **Alternates in order:** Justin Kovarik, Chris Rankin, Ian Durie, Jeff Schleicher

MTC ByLaws Discussion - Keith emailed a copy of the current MTC ByLaws to everyone. There were no suggested revisions to the existing ByLaws.

Officer Nominations - At the December club meeting, we will be accepting nominations for the 4 Officer positions - President, Vice President, Treasurer, and Secretary. Please talk with anyone you plan to nominate to make sure they would be willing to serve and members are encouraged to nominate themselves!!

2024 GOTY Requirements - Keith reviewed the GOTY requirements and events and received several change recommendations. He will send the document to the club prior to the December meeting, showing the recommended changes. At the December meeting, additional change recommendations will be accepted, and then we will vote on each of them. The final version will be sent via email to all active members.

Recommendations received from Jeff Germer regarding MTC budgeted items:

- **Club donations:**
 - o Limit the annual club donations to \$1500 total -
 - o Limit the donation to any specific race to a maximum of \$300 for any fiscal year -

This motion was tabled until the January club meeting.
- **River to River** - The club will pay for the entry fee for any MTC team, but the participants cover all other expenses. This motion was voted on and passed and will apply starting with the 2024 race.

Admin:

- **2024 RRCA Paperwork Preparation (due 1 January)** - Jay has connections (literally) to the local RRCA representative and will work on this issue.
- **Annual Report for Non-Profit Organizations (due 1 December)** - (Jeff K?)

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 - Done for 2023. Group rides will start again at 5:00 on Tuesday, 12 March 2024 after we change back to daylight savings time.

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:

- December - Timmins
- January - Polinske
- February - Mikoff

Recent GOTY Events:

- **New Full Ironman finishers since the October 2023 meeting:**
 - **Florida** - Jay Hunt competed in the Ironman Florida 140.6 with a time of 13:16!! Jay was injured last year just prior to the race, and went through surgery and therapy with sponsor Chris Amick to get him ready.
 - Peter Gonzales completed the swim and bike portions of this event, but not the run. Peter will receive 6 GOTY points for his efforts.

- **New Half Ironman finishers since the October 2023 meeting:**
 - **Memphis** - 8 Zillas participated in some or all of this 70.3:
 - **Individual finishers** - Doug Bristow (6:14); Ed Matecki (7:33); Darrell Meek (5:38); and Tami Spellman (7:11).
 - **Team finishers:**
 - **"Team Goal Diggers"** (6:11) - Lydia Mikoff (swim); Cindy Oates (bike) and Bill Carril (run).
 - **"The Brits Mighty Mum and Incredible Son Team"** (7:56) - Sue Edith (swim and bike). Sue is having knee replacement surgery in November, so as their team name indicates - her son, Ben, did the run segment!
- **New "USAT Nationals" finishers since the October 2023 meeting:**
 - None that we are aware of.
- **New Ultramarathon finishers since the October 2023 meeting:**
 - **Indiana** - Karyn Weber and Jim Taylor participated in this ultra at the Chain O' Lakes State Park. Congrats to Jim for completing 50 miles and to Karyn for completing **100** miles!!
- **SIU-Edwardsville** - 3 Zillas completed the 12th annual Up-a-Creek event, aided by 6 volunteers:
 - **Participants** - Jake Fromme, Keith Timmins, and Renee White. Special congrats to Keith - 2nd OVERALL male; Jake - 1st OVERALL male; and Renee - OVERALL winner of any gender!! Renee beat Jake by 55 seconds for her 3rd OVERALL win in this event.
 - **Zilla Volunteers** - Keith Timmins (race director), Robin Misukonis, Jeff Fromme, Donna Etherton, Fawn Dintelmann, and Russ Darbon.
 - **Non-Zilla Volunteers** - John Sikes and Jonah White.
- **Lake Arrowhead** - We are not aware of any Zillas who participated in this 12 or 24 Hour Adventure Challenge.
- **Halloween Go!St Louis** - We had 4 Zillas complete one of the distances offered and ALL of them placed in their age group and the Halloween appropriate award - a pumpkin pie. Bill Coyne claims his pie weighed about 5 pounds:

- **Half Marathon** - Special Congrats to Donna Etherton for placing 2nd in her age group!!
- **10K** - Special congrats to Bill Coyne for placing 2nd in his age group; and to Steve Brummer and Tariq Quadri for winning their age groups!!
- **Survive the Night** - The second running in 2023 of this overnight trail endurance race was held, as they decided to try it in the fall. The event again took place at the Wildcat Paintball Park owned by Jeanna and Jim Clark. Runners started a 4-mile course every hour. A total of 19 individuals and 3 teams participated, which included 9 Zillas. 13 Zillas volunteered at the event. The big highlight of Survive the Night was that it raised over \$3,000 for the Muscular Dystrophy Association!! Other highlights included Andrew Hessel winning a "prime" for the fastest time on a designated lap and one individual (Eric Buckley) and two teams (Team IDK and Matt Dunn's Team All-Knighters) survived the night, running the course 9 times until daylight arrived. Those Zillas involved were:
 - **Runners** - China Rongey, Lydia Mikoff, Allie Mikoff, Tim Holland, Donna Etherton, Matt Dunn, Jeanna Clark, Nora Bristow, and Evie Bristow
 - **Volunteers** - Doug Bristow (co-director), Cheri Becker (co-director), Chrissy Bristow, Evie Bristow, Nora Bristow, Jeanna Clark, Jim Clark, Russ Darbon, Jim Donahue, Donna Etherton, Erica Hunt, Kyle McLaughlin, and Keith Timmins
- **Illinois Ozark** - 2 Zillas completed this 10K trail race up and down the bluffs near Valmeyer, and 1 Zilla volunteered at the event:
 - **Runners** - Donna Etherton and Keith Timmins. Special congrats to Donna for placing 2nd in her age group and to Keith for winning his age group!!
 - **Volunteers** - Mike Fricke (Joann Fricke also volunteered but she is not a current club member).
- **Innsbrook** - 4 Zillas completed the half marathon distance at this event: Karyn Weber, Jim Taylor, Tami Spellman, and Jeff Kuhn. Special congrats to Karyn for finishing 3rd in her age group!!

- **St. Peters** - The website says the results are not available for the fall Rec Plex Triathlon. If you completed this race, please notify Keith at keithtimmins@gmail.com
- **Beaver Dam** - This event had 58 runners and collected over \$4,000 for the MCDD! 3 Zillas completed the 10K distance at the annual Beaver Dam Dash Trail Runs and 11 Zillas volunteers helped ensure the race was a success:
 - **10K Runners** - Doug Bristow, Keith Timmins, and Renee White. Special congrats to Renee for coming in as the 1st OVERALL woman!!
 - **Volunteers** - Matt Dunn (director), Doug Bristow, Jeanna Clark, Jim Clark, Phil Coatney, Russ Darbon, Donna Etherton, Tim Holland, Ed Matecki, Kyle McLaughlin, and Keith Timmins.

Upcoming Events: (New information shown in blue)

- 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 December
- Location - TBD (If you have access to a local venue for an hour on Monday night, please let Robin know.)