

Metro Tri Club
8 January 2024 Meeting Minutes

The meeting was held at the RP Lumber Center in Edwardsville.

Members Present - Phil Coatney, Russ Darbon, Tim Holland, Erica Hunt, Jay Hunt, Justin Kovarik, Jeff Kuhn, Ed Matecki, Robin Misukonis, Donna Polinske, Tami Spellman, Jim Taylor, and Keith Timmins

First Time Members at a Meeting - None

Visitors - Devin Outman, he's interested in our group and doing triathlons!

Finance Report - Treasurer Jeff Kuhn reported that the Board approved the budget for 2024. Jeff will provide a monthly spreadsheet of the financial health of the club.

Membership - Membership director Shannon McWhorter reported that as of 7 January, 54 Zillas have renewed their membership. If you haven't renewed, please do so via The Driven. If you have any questions about your membership status, contact Shannon 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.

Anyone who is active duty military receives free membership in the Metro Tri Club. Go to the website listed above and use the code "militaryzilla".

In addition, once two people in a household join, all other family members in that household can receive complimentary membership. To register additional family members, contact Shannon at mcwhosx6@gmail.com.

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.

Pere Marquette Trail Race Report:

- **Final Registration Number/Actual Attendees** - 443, which includes 7 sponsor entries.
- **Budget Summary** - Tim reported that he and Jeff were able to shave quite a bit of costs this year to the tune of approximately \$4,500. The total income from the race was \$23,261, and the total expenditures was \$16,525, making our profit \$6,737.
- **SWAG** - We ordered more of the dry bags and have been trying to make sure all of our volunteers and Zilla runners received one. If you volunteered at Pere Marquette and/or ran the race and did NOT get a dry bag, please contact keithtimmins@gmail.com

Runners were again generous and donated \$1,875 above the registration fees. A motion was made to round up to \$2,000, which passed, so we will donate \$2,000 to the Friends of Pere Marquette for trail/park maintenance.

MTC 2024 Banquet (27 January):

Location and other details - The annual banquet and business meeting will be held in the LeClaire Room at Lewis & Clark room at the N.O. Nelson Campus. They have a P.A. system and there will be a cash bar. Bella Milano will cater the event and the menu will include vegan and vegetarian options. The charge will be \$15 for each person, with the club picking up the difference. The current number of people registered is 22. If you haven't registered, please use this link:

https://thedriven.net/event-registration/site.event_reg/eid/42477023679?fbclid=IwAR1GAnKvT0T2z6E0A0HOqggsk-wo8RUhC7UnlTmlsOxQcQG-uCRIWpeI6A

Also, if you want to pay cash, Jay has a code to do this, message/text him for that code.

- **Did ya Know** - If you have not done so, please quickly respond to the request from Jay Hunt regarding 2023 race and training data! **Deadline for stories is January 23!!** If you need the email, please contact Jay@complete-fit.com

St. Patrick's Day Race (16 March):

- **Zillapede** - Every year at the St. Louis' St. Patrick's Day race, MTC enters our "Zillapede." The Zillapede is made up of 12 to 20 runners who are tied together with green pennant line and are supplied with a Zillapede shirt to wear. The Zillapede traverses the 5-mile racecourse in a weaving or snake fashion instead of the boring straight line method, adding an extra mile or more! The "Pede" is a major crowd pleaser at the race. If you would like to be a "Pede" section this year, please contact keithtimmins@gmail.com
- **Pede Sections** - Those who signed up at the meeting were: Tim Holland, Jeff Kuhn, Donna Polinske (maybe), Tami Spellman, and Keith Timmins.

Fight For Air Climb (23 March):

- **Sign-up** - It is time to sign up with Team Godzilla for the 2024 Fight for Air Climb! The event will take place at the Metropolitan Square Building in St. Louis on 23 March at 8:00 am. The cost is \$35 for climber and \$45 for Ultimate climber. The prices increase on 21 January. Each participant is required to raise a minimum of \$100 donations or to pay that up front. To join the Metro Tri Club Fight For Air Climb Team, or to donate, use this link: https://action.lung.org/site/TR?pg=team&fr_id=25378&team_id=184154
- **Practices** - There will be practice climbs on the stairs of the Metropolitan Square Building, but you must be registered for the Climb to participate. The practice climbs will be: 9 January from 6:00 to 7:30 pm; 31 January from 5:30 to 7:00 pm; and 2 March from 9:00 to 10:30 am. RSVP by emailing STLClimb@lung.org. Donna sent an email and will post the link on FB to sign up for the Metro Club Team.

- **Fund Raiser** - To help MTC climbers cover the minimum donation cost, Team Captain Donna Etherton is selling Super Bowl squares for \$10 each. This year's Super Bowl is on 11 February. There will be 8 payouts: Final Winner \$75; Winner of each quarter (1-3) \$50; and the Inverse Winner of each quarter (1-4) \$25. The remaining proceeds will be used to support MTC climbers, which will benefit the American Lung Association. The \$10 per square can be paid in cash or via Venmo (Donna @ Donna-Etherton).

River to River (20 April 2024) - Treasurer Jeff Kuhn paid the registration for Team Godzilla:

- **Those who are "in"**: Chrissy Bristow, Doug Bristow, Donna Etherton, Lydia Mikoff, Darrell Meek, Tami Spellman, Jim Taylor, and Karyn Weber.
- **Alternates in order**: Justin Kovarik, Chris Rankin, Ian Durie, and Jeff Schleicher. If you would like to be added to this list of alternates, please contact keithtimmins@gmail.com

Godzilla of the Year (GOTY):

- **2024 GOTY**: The approved 2024 GOTY requirements and list of events were sent to everyone via TheDriven.
- **2023 GOTY**: Zillas who completed all of the requirements for the 2023 GOTY have been contacted and will receive their award at the annual banquet later this month. If you think you may have completed all of the 2023 GOTY requirements (or are not sure) and were NOT contacted, please contact keithtimmins@gmail.com

Archiving and Storing Historical Club Material - Doug Bristow is leading this endeavor and will update us next month.

New Sprint Triathlon - Donna Etherton has been working on a potential Metro Tri Club sprint triathlon in August in Columbia, IL. Donna has a pool rental application from Columbia Bath and Tennis and a special events application from the City of Columbia. Donna said the event coordinator is a friend of hers and is very interested. Donna E. confirmed after the meeting that her intent is for this to be

a club-sponsored event, like Pere Marquette is. Donna will need help with planning the race and obviously will need our help on race day (another GOTY volunteer opportunity!) Phil Coatney said he would help Donna plan the race. More information will be provided next month.

Tabled motions regarding charity donations -

The first motion made was to limit the annual charity donations to \$1500. After discussion a vote was held. The membership did not pass this motion.

A second motion was made to limit charity donations to any specific event or organization to a maximum of \$300 per year. After discussion, the motion was not passed.

Admin:

- **2024 RRCA Paperwork Preparation (due 1 January)** - Jay Hunt completed this action.
- **Annual Report for Non-Profit Organizations (due 31 May)** - Jeff Kuhn will get this done.

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 - 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

Secretarial Rotation:

- February - TBD

Recent GOTY Events:

- **New Full Ironman finishers since the December 2023 meeting:**
 - Anyone?
- **New Half Ironman finishers since the December 2023 meeting:**
 - Anyone?
- **New "USAT Nationals" finishers since the December 2023 meeting:**
 - Anyone?
- **New Ultramarathon finishers since the December 2023 meeting:**
 - Anyone?
- **MTC Holiday Swim Challenge** - 15 Zillas participated in the annual swim challenge, with Donna Etherton and Missy Thiems leading the event again as co-directors. Bill Coyne, Erica Hunt, and Missy Thiems all swam every day of the competition. Bill and Missy even swam on Thanksgiving Day. Congrats to all who participated:
 - **Novice Participants** - Tami Spellman, Jeff Kuhn, Tim Holland, Mike Gonski, Donna Etherton, Bill Coyne, and Jeanna Clark. Special congrats to Bill for swimming the most yards in the Novice group with 31,925 (over 18 miles)!!
 - **Advanced Participants** - Missy Thiems, Jim Taylor, Tariq Quadri, Lydia Mikoff, Darrell Meek, Rick Mann, and Erica Hunt. On the final

day, Erica swam 8000 yards (over 4 miles) to edge out Rick Mann with a total of 101,650 yards (over 57 miles)!! It was fun watching Erica and Rick duking it out for the lead!

- **Pere Marquette Trail Race** - 22 Zillas completed the “toughest race in the Midwest” and we had 62 volunteers:
 - **Runners** - Chris Amick (also a Sponsor), Byron Barker, Doug Bristow, Bill Carril, Bill Coyne, Russ Darbon, Maddie Dietz, Donna Etherton, Jake Fromme, Mike Gonski, Peter Gonzalez, Shane May, Kyle McLaughlin, Tariq Quadri, Deb Ritter, John Roth, Jeff Schleicher, Jim Taylor, Dianna Tickner, Keith Timmins, Anna Toney, and Renee White. Special congrats to Donna and Anna for placing 3rd in their age groups; Bill Coyne, Jeff, and Dianna for winning their age groups; and to Renee for coming in as the 3rd OVERALL woman!!
 - **Zilla Volunteers**: Jeff Germer (Co-Director), Tim Holland (Co-Director, Chris Amick, Cheri Becker, Doug Bristow, Steve Brummer, Bill Carril, Jeanna Clark, Jim Clark, Phil Coatney, Bill Coyne, Carl Dake, Kris Dake, Russ Darbon, Maddie Dietz, Fawn Dintelmann, Matt Dunn, Donna Etherton, Mike Fricke, Jake Fromme, Mike Gonski, Rhonda Grammer, Erica Hunt, Jay Hunt, Vern Hurley, Mike Kelly, Jeff Kuhn, Daniella Lavender, Ed Matecki, Shane May, Kyle McLaughlin, Michele Meckfessel, Darrell Meek, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Donna Polinske, Tim Rister, Deb Ritter, John Roth, Jeff Schleicher, Tami Spellman, Jim Taylor, Mark Thompson, Dianna Tickner, Keith Timmins, Greg Voudrie, Kraig Weinberg, Renee White, Jerry Wunderlich
 - **Other Volunteers**: Kym Barnhard, Mike Baxter, MK Daschke, Drew Dintelmann, Gary Dyer, Terry Eldridge, Cheryl Riley, Scott Schuyler, John Sikes, Bobby VanDaley, Zac Thompson, MANY Metro Milers at Water Stop #2, MANY ham operators, and lotsa help from the Ranger group in the Visitor's Center!!

- **Runwell Resolution Run** - Based on those who submitted a waiver and/or who were observed at the race, 29 Zillas participated in this run put on by club Sponsor Jen Shaller from Runwell: Chris Amick, Cheri Becker, Tommy Brown, Bill Carril, Jeanna Clark, Jim Clark, Phil Coatney, Josh Dake, Jim Donahue, Donna Etherton, Becca Hostettler, Tim Holland, Erica Hunt, Jay Hunt, Vern Hurley, Justin Kovarik, Ed Matecki, Shane May, Kyle McLaughlin, Robin Misukonis, Janna Perry, Tariq Quadri, Deb Ritter, Kerry Ritter, Jeff Schleicher, Jim Taylor, Dianna Tickner, Mark Thompson, Karyn Weber. If you ran the race and are not listed here or if you are listed here but didn't run the race, please send an email to keithtimmins@gmail.com

Upcoming Events: (New items in blue)

- November to January - Tortured Sole Run Series - (Note: To receive the GOTY point, you must receive the plaque awarded for completing the series)
- 27 January - MTC Annual Business Meeting and Banquet
- 3 February - Castlewood Cup 15K trail run
- 3 March - Quivering Quads trail runs
- 23 March - Fight for Air Challenge
- 16 March - St. Patrick's Day 5-mile run

Next meeting:

- Date - Monday, 12 February at 6:00 pm
- Location - RP Lumber Center in Edwardsville