

Metro Tri Club
12 February 2024 Meeting Minutes

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

Members Present - Jay Hunt, Erica Hunt, Ed Matecki, Tim Holland, Robin Misukonis, Phil Coatney, Donna Etherton, Jeff Kuhn, Tami Spellman, Justin Kovarik, Donna Polinske

First Time Members at a Meeting -

Visitors - Tanya Kovarik and Mike Etherton

Finance Report - Treasurer Jeff Kuhn gave a snap shoot of our finances and provided a handout to all present in case they had questions.

Membership - Membership director Shannon McWhorter reported that as of 8 February, 64 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.

Current Sponsors

Cricket Moves - Local moving company

Dog Watch - Invisible fence company

Simmons Law

Phoenix Physical Therapy (ask for Chris Amick and tell him you're a Zilla)

Integrity Spine and Joint Center (ask for Dr Langston and tell him you're a Zilla)

Runwell - Let them know at checkout you are a Zilla and you'll get a 15% discount on most non-sale items.

The Cyclery - Let them know at checkout you are a Zilla and you'll get a 20% discount on most non-sale items except bikes.

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.

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 snakelike fashion instead of the boring straight line method, adding an extra mile or more! The Zillapede is a major crowd pleaser at the race.
- **Pede Sections** - Those who have signed up so far: Chrissy Bristow, Doug Bristow (Lead Pede), Evie Bristow, Donna Etherton, Harold File, Tim Holland, Jeff Kuhn, Sandy Louis, Donna Polinske (maybe), Heidi Sanders, Tami Spellman, Keith Timmins, and Chuck Toennies. Anyone else ready to show off your shamrocks with us?? If you want to be a "Pede Section" this year,

please contact keithtimmins@gmail.com

Fight For Air Climb (23 March):

- **Sign-up** - There is still 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 \$45 for climber (one time to the top) and \$55 for Ultimate climber (as many times to the top as you can do in an hour - take the elevator down!) 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 Those who have signed up for Team Godzilla include Donna Etherton (team captain), Sandy Louis, Missy Thiems, and Keith Timmins.
- **Practices** - There is one more practice climb on the stairs of the Metropolitan Square Building, but you must be registered for the Climb to participate. It is on 2 March from 9:00 to 10:30 am. RSVP by emailing STLClimb@lung.org.

Fund Raiser - Donna E. did a fundraiser to help MTC climbers cover the minimum donation cost, selling Super Bowl squares for \$10 each. Sara Meek, wife of club member Darrell Meek, had the right numbers to win the first quarter regular and inverse scores (total \$75). Donna will report on the overall amount raised for the American Lung Association through this fund raiser at the March meeting!! **NOTE - Donna E raised enough money on the super bowl squares that she can most likely take care of the \$100 fund raising requirement. But ACT NOW.**

River to River (20 April 2024) - No changes since the January meeting.

- **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

Route 66 10K Water Stop:

- **Team Leader** - We need to select a leader for the water stop we provide for this Metro Milers race. Note that the Metro Milers do an incredible job for us at water stop #2 of the Pere Marquette race each year. The team leader will help organize the volunteers, activities, and coordinate with race management. This position receives 2 volunteer GOTY points! We will start recruiting volunteers at the March meeting.
- **Theme** - Let's begin the discussion of what the club's theme will be this year. What themes have we used in the past? Suggestions?

Archiving and Storing Historical Club Material - Doug Bristow was unable to attend the meeting tonight and asked that this item be moved to the March meeting.

New Sprint Triathlon - As an update, Donna Etherton continues to work with the city of Columbia to complete the application (cost \$150). This would cover support from the police, EMS, the park department, and the street department. Donna has been getting insurance quotes. Our RRCA insurance will not work because it only covers running events not triathlons. She mapped the bike and run routes on "MapMyRide" and can share the routes if you want to ride/run them. Phil Coatney is planning to do the two routes and to help Donna with paperwork. They have started thinking about SWAG and awards. If possible, Donna also wants to try to involve the club sponsors. A long discussion regarding insurance was held. Stay tuned for new information.

Officer Meeting - The newly elected officers met on 8 February in an effort to get better organized and focused for 2024. Among the items covered at the meeting were: old action items (mostly bills that needed to be paid); bringing back a donation committee; goals/objectives for the club in 2024 - such as a membership drive and potential partnerships with other organizations; a club calendar of events; monthly club meeting locations; and lots more!!

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! FYI - **Ed is a certified masters swim coach. Where else can you get free info and help from a certified coach for free?**
- 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 pm 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

Shared Secretarial Rotation:

- February - Tim
- March - Keith
- April - Donna P
- May - Keith
- June - Tim
- July - Donna P
- August - Keith

- September - Tim
- October - Donna P
- November - Keith
- December - Tim
- January - Donna P

Recent GOTY Events:

- New Full Ironman finishers since the January 2024 meeting:
 - Anyone?
- New Half Ironman finishers since the January 2024 meeting:
 - Anyone?
- New "USAT Nationals" finishers since the January 2024 meeting:
 - Anyone?
- New Ultramarathon finishers since the January 2024 meeting:
 - Arkansas - Anna (Kallal) Toney decided to run 31-miles on her 31st birthday, so she signed up for 50K at David's Trail Endurance Run in Mt. Home, Arkansas. Weather conditions resulted in adding 2.5 miles to the 50K (31-mile) course. Does this officially make Anna 33.5 years old??
 - Ballwin - 3 Zillas completed the Upside Down Triathlon: Donna Etherton, Tim Holland, and Tariq Quadri. Special congrats to Tariq, who was the 2nd OVERALL finisher!! If they had done age group awards, both Donna and Tim would have won theirs!!
 - Tortured Sole Run Series - We are not aware of any Zillas who received a plaque for completing the series.
 - Castlewood Cup - 2 Zillas completed this 15K trail run: Karyn Weber and Jim Taylor. Special congrats to Karyn for finishing 2nd in her age group!!

Upcoming Events:

- 3 March - Quivering Quads Trail Runs
- 16 March - St. Patrick's Day 5-mile Run
- 30 March - Litchfield Spring Duathlon
- 20 April - River to River Relay

- 27 April - Greater St. Louis Marathon/Half Marathon
- 27 April - Greater St. Louis Marathon Relay
- 28 April - Chain of Rocks Bridge Duathlon
- 28 April - Try Tri Triathlon at SIUE Edwardsville, IL
- 5 May - Rookies and Rockstars Triathlon
- 18 May - Gateway Tri at Carlyle Lake, IL
- 19 May - Lou Fusz St. Louis (Creve Couer Lk) Triathlon
- 25 May?? - Highland Biathlon
- 8 June - Rt 66 10K Run

Next meeting:

- Date - 11 March 2024
- Location - TBD

**Metro Tri Club Annual Business Meeting
27 January 2024 Meeting Minutes**

The meeting was held at the N.O. Nelson Campus in Edwardsville

Attendance - There were 41 people in attendance - 30 Zillas and 11 Zilla family members/significant others. The Zillas present who received a meeting GOTY point were Chrissy Bristow, Doug Bristow, Tommy Brown, Bill Carril, Jeanna Clark, Jim Clark, Phil Coatney, Josh Dake, Sue Edith, Donna Etherton, Jeff Fromme, Becca Hostettler, Erica Hunt, Jay Hunt, Justin Kovarik, Jeff Kuhn, Rick Mann, Ed Matecki, Darrell Meek, Lydia Mikoff, Robin Misukonis, Janna Perry, Donna Polinske, Tariq Quadri, China Rongey, Tami Spellman, Jim Taylor, Mark Thompson, Keith Timmins, and Greg Voudrie.

Financial Report - Jeff Kuhn presented a high level review of the 2023 MTC finances. If you missed the meeting and are interested in what was presented, please contact Jeff at jakuhn9@gmail.com

Officer Elections - The following Zillas were elected to serve a year in these positions:

- **President** - Jay Hunt (1st term)
- **Vice President** - Tami Spellman (1st term)
- **Treasurer** - Jeff Kuhn (2nd term)
- **Secretary** (shared position) - Tim Holland, Donna Polinske, and Keith Timmins

2024 Fight for Air Challenge - Donna Etherton talked about this event, the Zillas who have signed up, and what she is doing to help the MTC participants meet or exceed their minimum \$100 donations.

Possible 2024 Club-Sponsored Triathlon - Donna Etherton talked about her efforts to start a new sprint triathlon in Columbia, IL in August. She said it will be a pool swim at the YMCA. Donna is looking at potential routes for the bike and run. She is working to get approval for the race and is working on insurance and possible sanctioning by the Tri-Fed. Phil Coatney has volunteered to help Donna.

Awards - The following Zillas received the Godzilla of the Year award for completing all of the GOTY requirements in 2023 - Donna Etherton, Jay Hunt, Ed Matecki, Lydia Mikoff, and Robin Misukonis.

Did-Ya-Know?? - Erica Hunt and Becca Hostettler teamed up and did a great job of entertaining us with funny and interesting stories and facts from the club's racing and training in 2023!