

# **Metro Tri Club**

## **January 10, 2022, Meeting Minutes**

### **Members Present:**

Tim Holland, Greg Voudrie, Andrew Moll, Fawn Dintelmann, Lydia Mikoff, Russ Darbon, Robin Misukonis, Jeff Germer, Bill Carril, Jeanna Clark, Donna Etherton, Justin Kovarik, Stephen Brummer, Donna Polinske, Jim Taylor, Janna Perry, Tommy Brown, Mark Thompson, Phil Coatney, Phyllis Kunz, Ed Matecki, Maddie Dietz, Lydia Mikoff, Allie Mikoff.

### **General:**

The meeting was held at the Kyoto Steak House.

### **First Time Attendees and New Members Present:**

None

### **Visitors:**

Ariael Lewis, Tanya Kovarik, and Alex Mikoff all joined us again. Phyllis Kunz was there to talk about River to River. Special guest was Hank Dietz who easily won coolest little dude award.

### **Finance Report:**

The budget is reviewed quarterly. If you have any questions or comments, please contact Donna Polinske or Treasurer John Sikes.

### **Membership:**

Director Shannon McWhorter reports that as of January 10, membership is 81. There are still several Zillas that have not renewed their membership for 2022. The final membership reminder was sent out. If your membership was not renewed by 31 December, you are now "inactive," so please get it done!

New members are now able to pick up their MTC t-shirts at Runwell in Edwardsville.

We have officially switched to The Driven as our membership portal.

Go to Metro Tri Club at:

[https://thedriven.net/cs/metrotriclub/page.detail?page\\_id=](https://thedriven.net/cs/metrotriclub/page.detail?page_id=) to register.

Any questions about your membership status contact Shannon McWhorter at [mcwhosx6@gmail.com](mailto:mcwhosx6@gmail.com). You can either pay on-line at The Driven or pay the club direct. BUT, either way, you have to go to The Driven and register.

### **Administration Issues:**

RRCA insurance renewal has been completed for 2022.

**Annual Report for Non for Profits organizations:** John Sikes completed the required forms and submitted them to the Illinois Secretary of State.

**2022 USMS Membership:** Ed Matecki paid our dues for 2022 and is the club contact for all things USMS.

**Venmo Account:** Treasurer John Sikes is still working on getting the Venmo account operational.

### **Officer Nominations:**

Listed below is the slate of club officers to be voted on at the banquet on February 26. We expect campaigning to include mudslinging, false accusations, and with any luck a little bribery.....the things people will do NOT to get elected! Seriously, we have a great group of members willing to serve and lead the club in 2022.

President – Mark Thompson and Robin Misukonis

Vice-President – Lydia Mikoff and Mark Thompson and Donna Polinske

Treasurer – Gary Voudrie

Secretary – Tim Holland

### **General Discussions:**

#### **Member Discount Codes:**

**Discount code for all Racemaker events is trizilla15**

**We also have a discount code for MSE Racing events. Code is GODZILLA2020**

### **IMPORTANT CLUB BUSINESS:**

#### **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.**

## **Pere Marquette Endurance Trail Run:**

Runners and Volunteers\_– (Covered in the race section).

Reminders/Thoughts for the 2022 race:

- Final Financial Report – Jeff provided a recap of this year's event. A copy of the financial report was passed around for review.
- Donation to Pere Marquette Trail Fund – Runners donated \$3,032 to the park trail fund. The club voted to add \$968 to the amount. A check for \$4,000 will be sent to the park.
- Buddy Plan – Consider not offering anymore. Administration of this takes way too much time for the race director(s). Instead, advertise runners can start anywhere "after" their assigned wave, but they cannot move up. The chip timing will automatically make the adjustment for anyone who changes waves.
- Overlap at Goat Hill – We have a brief overlap of runners on Goat Hill - those from the "early start" finishing the race and those in the last waves of the regular start coming up the hill. This year one runner from the early start turned right after coming up the steps and headed towards the 1<sup>st</sup> water stop. We need to come up with a more fail-safe process to ensure neither group goes the wrong way during that short overlap.
- Mile Markers – The group marking the racecourse the day before the race found two of the race mile marker posts were broken at the bottom. Also, two of the mile marker signs were not aligned with the posts, causing problems with attaching the signs to the posts. We need to walk the trail several months before the race to replace any broken/missing posts and redrill any holes that are not aligned with the sign holes.
- Communications – Starting in 2022, we need to assign a point person responsible for coordinating the communication of our race to ensure we sell out!
- Timing – Moving from Fleet Feet to Rich Luer's Final Lap was seamless and cheaper! One reminder for next year is to make sure every age represented by a runner has a 5-year age group (i.e., no XX and under or XX and over age groups).
- Water Stop #1 – We need to move the time to meet for this group to 7:45 to make sure they are set up to give water to the early start group.

### **MTC Holiday Cookie Run:**

China Rongey reports that the two families we Blessed via the Cookie Run money were very thankful. Both families said it was the best Christmas their kids have ever had! Thanks to all of you who helped make this Blessing possible!!

### **Little Woods Ultra (formally Last Man Standing)**

Scheduled date is February 19<sup>th</sup>. Note the date change

Registration – Jeff is working on getting the registration set up on The Driven and it will open in the next few days.

### **2022 River to River (23 April 2022):**

According to the race director, the race is planning to GO. The "Team Godzilla" runners are: Doug Bristow, Jim Clark, Ian Durie, Fawn Dintelmann, Donna Etherton, Shane May, Darrell Meek and Lydia Mikoff. The alternates, in order, are: Tim Holland, Russ Darbon, Colin Fries, Andrew Moll.

Phyllis Kunz was present and said her Wells Fargo corporate team was looking for 2-4 runners. If you, or someone you know, is looking to participate, Phyllis can be reached at (618) 334-4851 or [phyllis.kunz@wellsfargoadvisors.com](mailto:phyllis.kunz@wellsfargoadvisors.com)

### **2022 Banquet:**

Co-Leaders: Donna Polinske and Andrea Darbon

Date: Saturday February 26

Time: 6:30 to 9:30

Place: Wildey Theatre in Edwardsville

Last call for 2021 training and race stories (yes, Keith is now pleading).

Please send your stories to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) and include any supporting pictures! Thanks to those who have already contributed!

### **Officer Tyler Timmins:**

John was waiting on some information prior to sending the check. He will talk to Keith when Keith returns from Africa.

### **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** – The Animal Ride will resume in the Spring 2022 the Tuesday after daylight savings time change. Come on Spring.

### **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 show you the important details. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

**Alton runs** are on Tuesday at West Elementary and Thursdays and Saturday at Nautilus (all at 5:00am). Any questions about these runs call Tim Holland at 314.724.2154 or email [twh@kaybeeelectric.com](mailto:twh@kaybeeelectric.com). New runners are always welcome.

RunWell has several other running options including a group for faster runners. For info on any of these email Jen at [runwellcoaching@yahoo.com](mailto:runwellcoaching@yahoo.com)

### **Recent GOTY Events:**

**New Full Ironman finishers since the December 2021 meeting:**

**New Half Ironman finishers since the December 2021 meeting:**

**New "USAT Nationals" finishers since the December 2021 meeting:**

**New Ultramarathon finishers since the December 2021 meeting:**

### **Holiday Swim Challenge:**

Zillas who participated in the 2021 edition of the Holiday Swim Challenge were:

Advanced – Steve Brummer, Russ Darbon, Jeff Germer, Mike Gonski, Rhonda Grammer, Rob Heckert, Rick Mann, Ed Matecki, Darrel Meek, Lydia Mikoff, Robin Misukonis, Donna Polinske, Tariq Quadri, John Sikes, Jim Taylor, Melissa Thiems, Dianna Tickner, Greg Voudrie and Karyn Weber.

Novice – Karie Ashmann, Kris Klawson, Maddie Dietz, Donna Etherton, Tim Holland, Allie Mikoff and China Rongey.

Full report on swim distances to follow.

**Pere Marquette:**

Zilla runners - We had 27 Zillas complete the 32<sup>nd</sup> running of this trail race: Chris Amick, Byron Barker, Bruce Beachum, Doug Bristow, Bill Carril, Tanya Colbert, Bill Coyne, Russ Darbon, Mike Gonski, Andrew Hessell, Anna Kallal, Ann Knoyle, Larry McCracken, Kyle McLaughlin, Darrell Meek, Tariq Quadri, Deb Ritter, James Ritter, Alex Roth, John Roth, Jeff Schleicher, Jim Taylor, Keith Timmins, Karyn Weber, Kraig Weinberg, Renee White, and Jan Wrischnik.

Zilla volunteers - We had 47 Zilla volunteers: Tim Holland (co-race director), Jeff Germer (co-race director), Jan Wrischnik, Ray Weshinsky, Kraig Weinberg, Greg Voudrie, Keith Timmins, Dianna Tickner, Jim Taylor, John Sikes, Jeff Schleicher, John Roth, China Rongey, James Ritter, Deb Ritter, Tim Rister, Donna Polinske, Gary Payne, Robin Misukonis, Lydia Mikoff, Darrell Meek, Shannon McWhorter, Kyle McLaughlin, Mike Kelly, Vern Hurley, Jay Hunt, Erica Hunt, Rhonda Grammer, Mike Fricke, Donna Etherton, Sue Edith, Matt Dunn, Fawn Dintelmann, Russ Darbon, Josh Dake, Carl Dake, Bill Coyne, Phil Coatney, Kris Clawson, Jim Clark, Jeanna Clark, Steve Brummer, Lisa Brandt, Cheri Becker, Cid Bauer, Karie Ashmann, Chris Amick, and Ed Matecki.

Non-Zilla volunteers - We had 17 non-Zilla volunteers: Kym Barnhard, Nikki Crader, MK Daschke, Gary Dyer, Erin English, Matt Feldmann, Stacy Fite, Joann Fricke, Amy Kwentus, Bill Langton, Steve Lexow, Mark McWhorter, Cheryl Riley, Melanie Suess, Bobby VanDaley, Lisa Williams, and Dave Williams.

**Resolution Run:**

We had at least 16 Zillas complete this 3.5 mile race sometime between 8:00 and noon on 1 January: Cid Bauer, Cheri Becker, Lisa Brandt, Bill Carril, Josh Dake, Russ Darbon, Donna Etherton, Josh Fulk, Jeff Germer, Tim Holland, Erica Hunt, Anna Kallal, Ed Matecki, Robin Misukonis, John Sikes, Mark Thompson, Jim Taylor, and Karyn Weber. If you also did this race and your name is not listed, please send a note to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

### **Upcoming GOTY Events:**

- 5 February – Castlewood Cup
- 19 February – Little Woods Ultra (formally Last Man Standing)
- 12 March – St. Patrick's Day Run
- 13 March – Quivering Quads

\*If you complete a virtual race that qualifies for GOTY, please let Keith Timmins know!

### **Next Meeting:**

The next meeting will be February 7th at 7:00PM. Location TBD, stay tuned. If you have an idea for a meeting location, please let one of the officers know. It's always fun to visit different locations.