

Metro Tri Club

February 07, 2022, Meeting Minutes

Members Present:

Tim Holland, Andrew Moll, Fawn Dintelmann, Lydia Mikoff, Alex Mikoff, Russ Darbon, Robin Misukonis, Jeff Germer, Bill Carril, Jim Clark, Donna Etherton, Justin Kovarik, Donna Polinske, Mark Thompson, Phil Coatney, Maddie Dietz, John Sikes, China Rongey, Tami Spellman, Sue Edith, Keith Timmins, Erica Hunt, Jay Hunt, Doug Bristow, Jeff Schleicher

General:

The meeting was held at Recess Brewing. Recess has new owners and has completed some remodeling.....and the beer is still as tasty as ever. Thanks to Recess for hosting our motley crew.

First Time Attendees and New Members Present:

None

Visitors:

Tanya Kovarik joined us again.

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 February 3, membership is 100. 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> to register.

Any questions about your membership status contact Shannon McWhorter at 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:

Venmo Account: Treasurer John Sikes decided to wait until Greg assumes treasurer position to get Venmo account operational.

Officer Tyler Timmins:

Since last meeting, some additional donations were received, Treasurer John Sikes wrote a check for \$2,000 that will be given to Officer Timmins' family. Once again, this group proved to be very caring and generous.

Officer Nominations:

Listed below is the slate of club officers to be voted on at the banquet on February 26. Since last meeting campaigning has gotten serious. Rumors of candidates going door to door AND giving up their pool lane to get votes have been whispered. Some members were heard saying they were holding out hoping a candidate might get desperate and start offering bike parts. Hmmm, a new set of carbon wheels..... I'm listening.

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

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.

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@cusd187.org.

Pere Marquette Endurance Trail Run:

Donation to Pere Marquette Trail Fund – Treasurer John Sikes mailed the \$4,000 check to the park trail fund.

Little Woods Ultra (formally Last Man Standing)

Scheduled date is February 19th. Note the date change

This race starts at 8:00 and runners will start a new 4.25 mile loop every hour. The cost is FREE, but donations are welcome! As of February 6, 33 have signed up. **There is still time to sign up on the Metro Tri Club website.**

2021 Godzilla of the Year

Keith has contacted those Zillas who met all of the requirements to win the 2021 GOTY Award. If you think you also met the requirements and weren't contacted by Keith, please let him know right away.

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 is still looking for runners for her Wells Fargo corporate team. If you, or someone you know, is looking to participate, Phyllis can be reached at (618) 334-4851 or phyllis.kunz@wellsfargoadvisors.com

Zillapede (12 March 2022):

"Pede" sections – We are looking for 12 to 20 Zillas, Zilla family members, and/or Zilla friends to be tethered together while running the St. Patrick's Day race in St. Louis. So far, Lydia Mikoff, China Rongey, Mark Thompson,

Donna Etherton, Doug Bristow, Jim Clark, Tim Holland (maybe), and Donna Polinske (maybe). Still need more Zillas or friends/family.

“Lead Pede” – Jim Clark has graciously volunteered to fill the “Lead Pede” position for Keith, who is sidelined with a bum knee.

2022 Banquet:

As of February 6, there are 23 registered. If you have not registered, please do so by February 22 (or sooner) to ensure we have the right amount of food, etc. **You can find registration link on the Metro Tri Club website.**

Co-Leaders: Donna Polinske and Andrea Darbon

Date: Saturday February 26

Time: 6:30 to 9:30

Place: Wildey Theatre in Edwardsville

Agenda:

- Cocktails/Appetizers
- Dinner
- Officer Elections (Donna P)
- MTC By-Laws Change Proposal (Keith)
- Godzilla of the Year award (Donna P)
- Holiday Swim Challenge Summary (Karie)
- Other Awards (Tim)
- Did Ya Know? (Keith)
- Banquet clean-up (everyone!)
- (Any other agenda items??)

Last call for 2021 race stats and for 2021 training and race stories. Please send both to keithtimmins@gmail.com no later than 10 February and include any supporting pictures for your stories. Thanks to those who have already contributed!

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 – Animal Ride will resume on Tuesday March 15, after the time change.

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.

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. 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

Recent GOTY Events:

New Full Ironman finishers since the January 2022 meeting:

New Half Ironman finishers since the January 2022 meeting:

New "USAT Nationals" finishers since the January 2022 meeting:

New Ultramarathon finishers since the January 2022 meeting:

Ballwin Upside Down Tri – Donna Etherton completed this indoor tri. It is "upside down" because the order of events is run, bike, then swim!

USMS Masters Championship – Donna Etherton and Greg Voudrie met the virtual requirements for this 1-hour swim challenge!

Castlewood Cup – Rescheduled to February 19 due to snowstorm.

Upcoming GOTY Events:

- 19 February – Little Woods Ultra
- 19 February – Rescheduled Castlewood Cup
- 12 March – St. Patrick's Day Run
- 13 March – Quivering Quads
- 3 April - Go!St. Louis Marathon/Half
- 3 April - Go!St. Louis Marathon Relay
- 23 April – Try Tri
- 23 April – River to River Relay
- 1 May - Chain of Rocks Bridge Duathlon
- __ May – Broken Spokes
- __ May – Gateway Triathlon
- 22 May - St. Louis Tri (Creve Couer Lake)
- __ May – Millstadt Biathlon
- 28 May – Highland Biathlon
- 4 June - Fight for Air Challenge

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

Next Meeting:

The next meeting will be March 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.