

Metro Tri Club

March 07, 2022, Meeting Minutes

Members Present:

Tim Holland, Andrew Moll, Lydia Mikoff, Allie Mikoff, Russ Darbon, Robin Misukonis, Jeff Germer, Bill Carril, Justin Kovarik, Phil Coatney, Bobby, Reidelberger, John Sikes, China Rongey, Tami Spellman, Jeff Kuhn, Keith Timmins, Dianna Tickner, Jerry Wunderlich, Greg Voudrie, Darrell Meek, Mike Wever

General:

The meeting was held at Recess Brewing. Recess has new owners and has updated the interior and beer selections.....both are "tastefully" done. Thanks to Recess for hosting our somewhat well-behaved group.

First Time Attendees and New Members Present:

None

Visitors:

Tanya Kovarik, Kiris Kovarik, and Arieal Lewis joined us again. They are working on setting a record for most meeting attended by non-members....and we certainly enjoy having them.

Finance Report:

The budget is reviewed quarterly. If you have any questions or comments, please contact Treasurer Greg Voudrie or any other club officer.

Membership:

Director Shannon McWhorter reports that as of March 6, membership is 109. Since the February meeting, 8 Zillas renewed their membership and we have one new member, Thenesia Glaze! Welcome!

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://thedriver.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: New treasurer Greg Voudrie has asked Fawn or John to assist him in getting the Venmo account set up. Stay tuned.

Checking Account: Greg is going this week to get on the checking account. He is also working with the bank to remove several past treasurers....cause at least one is Sketchy and the others are a bit shady!

Greg suggested having at least one other officer able to sign checks "just in case". Secretary Tim Holland seemed to be the most trustworthy choice.

Club Trailer:

Trailer license renewal is due in April. Russ recommended getting an "SP" plate. It's a plate with a one-time lower fee. The secretary thinks Greg or Russ were going to handle?

Sponsor Yearly Fees:

In 2021, we waived the regular sponsor fee because our sponsors are all small businesses negatively impacted by Covid. We need to notify the sponsors that 2022 fees are due. The secretary thinks we left this item hanging and did not assign someone to the task? (he should be fired)

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. HAVE WE BEEN ABLE TO GET THIS CODE? Tim and Fawn are trying to get in touch with MSE on this code. If anyone knows Sally and can ask her that would be GREAT.

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.

Annual Banquet Business Summary:

Officer Elections – The following Zillas were elected as an officer for a term of one year (can serve up to 3 consecutive years):

- President – Robin Misukonis
- Vice President – Mark Thompson
- Treasurer – Greg Voudrie
- Secretary – Tim Holland

MTC By-Laws Change – The motion to change the wording as discussed in “Article IV – Dues” was approved. Keith sent out the updated By-Laws to club members via email.

2021 GOTY – 5 Zillas were recognized for earning the coveted Godzilla of the Year award in 2021: Fawn Dintelmann, Donna Etherton, Erica Hunt, Ed Matecki, and Robin Misukonis.

Zillapede (12 March 2022):

Current Pedes - The following Zillas, family and friends will participate as a “Pede” section as the famous Zillapede returns after two years of absence due to COVID: Godzilla (duh!), Doug Bristow, Evie Bristow, Bill Carril, Russ Darbon, Donna Etherton, Katrina Gessi, Jeff Kuhn, Sandy Louis, Ed Matecki, Lydia Mikoff, Robin Misukonis, Donna Polinske, Chris Rankin, China Rongey, Heidi Sanders, Tami Spellman, Sue Edith, Jeff Fromme, and Mark Thompson.

Two needs - Jim Clark suffered an injury last week, so Keith is looking for a “lead Pede” to take Jim’s place. We also need one person to carry Godzilla during the race. Robin volunteered to take the lead and Bill Carril volunteered to carry Zilla.

Last call – There is still time to join us this weekend. Any others interested? Contact Keith at keithtimmins@gmail.com ASAP so he can bring you a shirt.

Master Swim Meet:

There is a masters swim meet on March 26 at St. Louis YMCA if any one is interested. Contact Maryanne Barkley for additional information.

MTC Scheduled Run Activities:

Should the following runs be removed from the club agenda and/or website due to inactivity? After discussion, it was determined these were no longer scheduled activities and should be removed. Donna Etherton will remove.

- Skunk Run
- Owl Run

MTC 2022 Charitable Donations:

Discussion about which organizations we want to donate to this year and how much we propose donating):

- Madison County Developmentally Disabled (Beaver Dam Dash) Approved \$500
- Joshua Chamberlain Society (Bike for Hero's) Approved \$500
- Friends of Pere Marquette (Pere Marquette Endurance Race) Decided to wait until we knew the amount runners donated during race registration.
- Trailnet Approved \$500
- Others? – If you have an organization that fits in our area of interest (one that promotes swim/bike/run/active lifestyle) please bring information to a meeting for consideration. We do ask that the organization be local to the St. Louis area.

2022 River to River (23 April 2022):

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: Russ Darbon, Colin Fries, and Andy Moll. If you want to be added to the alternate list, please let Keith know at keithtimmins@gmail.com.

Rt. 66 10K:

Tentative date is Saturday June 11. We will probably be back to doing a water with a few course marshal positions as needed. Erica Hunt to let us know more as planning progresses. Once determined, we need to identify a leader for Team Godzilla.

Zillawear:

Discussion about ordering club hoodies, t-shirts and/or singlets. Dianna Tickner to open an order window for Zilla wear very soon. Notice will be sent out.

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. The ride leaves the Wanda trailhead at 5:00PM. You can always follow later and catch the group on one of the Whiteside Hill loops.

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 February 2022 meeting:

- None

New Half Ironman finishers since the February 2022 meeting:

- None

New “USAT Nationals” finishers since the February 2022 meeting:

- None

New Ultramarathon finishers since the February 2022 meeting:

- Lisa Brandt completed a 50K road race at the Cowtown Ultra in Fort Worth, TX. Special congrats to Lisa for her 1st place age group placement!!
- Little Woods Ultra – 4 Zillas received GOTY volunteer points for this event, and 17 Zillas ran one or more 4-mile loops at the race.
(Note - if you need someone to buy you a cup of coffee, Shannon “Lucky” McWhorter won a Starbucks gift card at one of the prize drawings.
- Volunteers – Jeff Schleicher (race director), Donna Etherton, Robin Misukonis, and Greg Voudrie
- Zilla Runners:
 - 4 miles – Donna Etherton, Rhonda Grammer, Robin Misukonis, Donna Polinske, and Greg Voudrie
 - 8 miles – Doug Bristow, Bill Carril, Mike Gonski (son Andrew ran 8 miles), Ed Matecki, Shane May, Shannon McWhorter, Keith Timmins, and Chuck Toennies
 - 12 miles – Chris Amick, Jeff Schleicher and Kraig Weinberg (daughter Emily ran 24 miles)
 - 20 miles – Andrew Hessel (wife Amanda ran 12 miles)
 - 32 miles – Renee White – Special congrats to Renee for another 1st place OVERALL female finish!

Recent GOTY Events:

Castlewood Cup – 2 Zillas completed this 9-mile trail race: Karyn Weber and Jim Taylor. Special congrats to both Karyn and Jim for winning their age groups!

Annual Banquet – 11 Zillas received GOTY volunteer points for this event and 53 Zillas received meeting GOTY points (we had 75 people total in attendance):

- Volunteers - Andrea Darbon (co-leader), Donna Polinske (co-leader), Karie Ashmann, Tommy Brown, Fawn Dintelmann, Donna Etherton, Erica Hunt, Jay Hunt, Robin Misukonis, Janna Perry, and Greg Voudrie
- Zilla attendees (GOTY Meeting point) – Karie Ashmann, Cheri Becker, Doug Bristow, Tommy Brown, Bill Carril, Jeanna Clark, Jim Clark, Kris Clawson, Phil Coatney, Bill Coyne, Carl Dake, Josh Dake, Andrea Darbon, Russ Darbon, Maddie Dietz, Fawn Dintelmann, Sue Edith, Kathie Edrington, Donna Etherton, Jeff Fromme, Mike Gonski, Tim Holland, Becca Hostettler, Erica Hunt, Jay Hunt, Anna Kallal, Justin Kovarik, Jeff Kuhn, Phyllis Kunz, Kata Mahtani, Rick Mann, Ed Matecki, Shane May, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Andy Moll, Janna Perry, Donna Polinske, Hannah Polinske, Tariq Quadri, Deb Ritter, James Ritter, China Rongey, Jeff Schleicher, Tami Spellman, Jim Taylor, Mark Thompson, Keith Timmins, Greg Voudrie, and Karyn Weber.

Upcoming GOTY Events:

- 12 March – St. Patrick's Day Run
- 13 March – Quivering Quads
- ~~25 March – Alton Half Marathon (race cancelled again)~~
- 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
- 1 May – Rookies and Rockstars Tri
- __ 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
- __ June - Route 66 10K
- 17 June – Covered Bridge Run
- __ June - Breese Biathlon
- 24 September - Tour De Charleston (New Date!)

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

Next Meeting:

The next meeting will be April 4th 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.