

Metro Tri Club

April 11, 2022, Meeting Minutes

Members Present:

Tim Holland, Andrew Moll, Lydia Mikoff, Allie Mikoff, Russ Darbon, Robin Misukonis, Jeff Germer, Bill Carril, Justin Kovarik, China Rongey, Tami Spellman, Keith Timmins, Greg Voudrie, Maddie Dietz, Jay Hunt, Jeanna Clark, Joshua Dake, Ed Matecki, Fawn Dintelmann, Donna Etherton, Donna Polinske, Jeff Fromme, Shane May, Sue Edith

General:

The meeting was held at Boogies restaurant in Maryville. The secretary had a few chicken wings and a beer, for research purposes only, and determined both were very tasty.

First Time Attendees and New Members Present:

None

Visitors:

Tanya Kovarik, Hank Dietz, Mike Etherton, and Kennedy Gullede joined us. Hank always wins the “coolest little dude” award when he attends. No word on where Arieal Lewis was this month, but reports are Andrew Moll behaved himself despite being unsupervised.

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 1 April, our membership is 113. Two new members joined us in March – **welcome to Chelsey Garrison and Daniella Lavender!!** New members in 2022 were notified by email in March that they could pick up their shirts at the April club meeting. Shannon requested that Dianna Tickner order more club shirts when she places the order for the other Zillawear.

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 Voudrie and Tim Holland have been added to the checking account. Several previous club officers that were on the account have been removed.

Form 990-N:

Submit Form 990-N on-line by 15 May – This was completed in January by the famous John Sikes.

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?

April update – The State found out about the loophole and closed it before we could take advantage. But the annual fee was lowered from \$100 to \$37 which was paid by Greg. We’re all set and legal for another year.

Annual Donations:

We need to make our annual donation to the Joshua Chamberlain Society who assists wounded veterans. Tim Holland to get information on where to send the check.

Post Meeting: Check to Joshua Chamberlain Society and mail to PO Box 8475, Olivette, MO. 63132. Greg to send check.

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.

Sponsor	2021	2022	2023
Dog Watch	Fee waived – paid	Paid (moved from 2021)	
The Cyclery	Fee waived	Robin to contact	
Phoenix Physical Therapy	Fee waived	Tim to contact	
Integrity	Fee waived	Tim to contact	
Runwell	Fee waived	Donna P to contact	
Simmons Law	Paid	Paid	Paid
Cricket Moves	Fee waived	Russ to contact	

Monthly Meetings:

Robin passed around a sheet asking people to volunteer to host a meeting. The location could be their house or a public venue. We still have months available if you are willing to host a meeting.

General Discussions:

Member Discount Codes:

Discount code for all Racemaker events is trizilla15

We were able to get the updated MSE Racing discount code. Code is GODZILLA2022.

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.

I Tri for St. Jude (5-9 July)

Shannon McWhorter will again be holding this charity (and GOTY) event. Participants can register for the Olympic, Half Ironman, or Full Ironman distance and can completed it anytime during 5 to 9 July. Registration will open on 1 May and an email will go out to club members prior to that date. The cost is \$50 and all proceeds go to St. Jude Children's Research Hospital. Unlimited open water swimming will again be available during the month of June from Shannon's backyard. Last year, \$1600 was contributed to St. Jude through this event!!

2022 River to River (23 April 2022):

The "Team Godzilla" runners are: Doug Bristow, Ian Durie, Fawn Dintelmann, Donna Etherton, Shane May, Darrell Meek, Andy Moll and Lydia Mikoff. The only alternate is Russ Darbon.

Rt. 66 10K:

Date is Saturday June 11th. The famous, award-winning, Team Godzilla Water Stop is back for this event, after being sidelined last year due to COVID. Here is what is needed:

One Team Lead (worth 2 GOTY volunteer points!) – Donna Polinske
About 20 volunteers (worth 1 GOTY volunteer point!) – Tim Holland, Jeff Fromme, Allie Mikoff, Alex Mikoff, Lydia Mikoff, Greg Voudrie, Ed Matecki, Fawn Dintelmann, Bill Carril, Sue Edith, Tami Spellman, Jeff Germer, Keith Timmins, Robin Misukonis, China Rongey. If you want to join the fun, please let us know.

Theme suggestions – Many ideas tossed around. Previous themes were Gilligan's Island, Harry Potter, and Deliverance. We NEED a great idea. HELP!

Zillawear:

Donna Etherton forwarded information from Dianna Tickner about an opportunity to own your first set of Zillawear or to replenish your stock. Reminder that this window closes on 14 April, so check out the email and procrastinate no longer! **The club pays 20% of the cost if you use code Metro Tri Club**

Last Man Standing:

Cheri Becker and Doug Bristow have agreed to take over and co-lead this event! We thank Jeff Schleicher for leading this trail run for many years!

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 resumed 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 tw@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 March 2022 meeting:

- None

New Half Ironman finishers since the March 2022 meeting:

- None

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

- None

New Ultramarathon finishers since the March 2022 meeting:

- None

Recent GOTY Events:

St. Patrick’s Day – 20 Zillas ran the 5-mile course or more:

- 5-Mile Race – 6 Zillas completed the normal course: Bill Coyne, Jeff Germer, Erica Hunt, Andrew Moll, Steve Brummer, and Chuck Toennies. Special congrats to Chuck for placing 3rd in his age group and to Bill for winning his age group!!
- Zillapede – 17 runners, 14 Zillas and 3 family/friends, ran with or supported the famous Zillapede (covering 6.1 miles): Zillas – Doug Bristow, Bill Carril (Zilla carrier), Sue Edith, Donna Etherton, Jeff Fromme, Tim Holland, Jay Hunt, Jeff Kuhn, Lydia Mikoff, Robin Misukonis, Chris Rankin, China Rongey, Tami Spellman and Keith Timmins; Family/Friends – Evie Bristow, Katrina Hyde, and Sandy Louis.

Quivering Quads – 2 Zillas completed the half-marathon trail race: Karyn Weber and Jim Taylor. Special congrats to Karyn for placing 3rd in her age group and to Jim for winning his age group!!

Collinsville/Maryville YMCA Indoor Mini Sprint Tri – 5 Zillas competed in this unique indoor tri: Greg Voudrie, Ed Matecki, Kata Mahtani, Maddie Dietz, and Bill Carril. Everyone does 10 minutes swimming, 30 minutes cycling on a spin bike, and 20 minutes of running on treadmill. The competition is who goes the furthest in that set time. Special congrats to: Bill for 3rd OVERALL male; Ed for 2nd OVERALL male; Greg for 1st OVERALL male; and Kata for being the 1st OVERALL of either gender! Additionally, Ed had the longest distance on the swim, Greg had the longest distance on the bike, and Kata had the longest distance on the run!

USMS – We had at least two Zillas compete at the Ozark LMSC (Local Master’s Swim Committee) short course championship in

Chesterfield: Ed Matecki swam the 200 yard IM, 200 yard free, and the 1000 free; and Tariq Quadri swam the 1000 free. Ed placed 3rd in his age group in all 3 events and Tariq is not sure how he placed.

Go!St. Louis – 14 Zillas completed one of the following distances at this event:

10K – Bill Coyne. Congrats to Bill for winning his age group!!

Special note – Mike Gonski's son, Andrew, also won his age group and was 5th overall at this distance!

Half-Marathon – Bill Carril, Fawn Dintelmann, Mike Gonski, Anna Kallal, Daniella Lavender, Janna Perry, Mark Thompson, and Coty Toney. Special note – Doug Bristow's wife, Chrissy, also completed this distance!

Marathon Relay – Erica Hunt and Sue Edith were part of marathon relay teams.

Marathon – Jan Wischnik, Deb Ritter, and Tariq Quadri.

Upcoming GOTY Events:

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23 April – River to River Relay

1 May - Chain of Rocks Bridge Duathlon

1 May – Rookies and Rockstars Tri

7 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

11 June - Route 66 10K

12 June – Innsbrook Triathlons

17 June – Covered Bridge Run

__ June - Breese Biathlon Hillsboro

__ July - Hillsboro, IL Biathlon

10 July - Tour De Donut

10 July - New Town Triathlon

17 July – Ballwin Triathlon

__ July - South County Triathlon
__ July - Mud Mountain Trail Run
24 July – Tour de Kirkwood Triathlon
__ July – Fenton Triathlon
30 July – Springfield Triathlons
13 August – Heroes Ride
28 August – Lakeside 370 Triathlons
18 September – Carlyle Lake Triathlon
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 May 2nd at 7:00PM. The meeting will again be at Boogies in Maryville.