

Metro Tri Club

May 2, 2022, Meeting Minutes

Members Present:

Tim Holland, Andrew Moll, Lydia Mikoff, Allie Mikoff, Alex Mikoff, Russ Darbon, Andrea Darbon, Robin Misukonis, Jeff Germer, Bill Carril, Justin Kovarik, China Rongey, Tami Spellman, Jeff Kuhn, Keith Timmins, Greg Voudrie, Maddie Dietz, Jay Hunt, Erica Hunt, Joshua Dake, Fawn Dintelmann, Donna Polinske, Bobby Reidelberger, Sue Edith, Jennifer Miller, Mike Gonski, Doug Bristow, Dianna Tickner, Jim Taylor, Shannon McWhorter

General:

The meeting was held at Boogies restaurant in Maryville. The club provided chicken wings again. Now if the secretary could just find a way to con free beer, he'd vote to have a club meeting every Monday night.

First Time Attendees and New Members Present:

None

Visitors:

Tanya Kovarik, Hank Dietz, Kennedy Gullledge, and Arieal Lewis joined us. All are regular "meeting visitors" and add some fun to the meetings.

Finance Report:

The budget is reviewed quarterly. If you have any questions or comments, please contact Treasurer Greg Voudrie or any other club officer. At last month's meeting, we approved several donations. Greg noted the donations were mailed.

Membership:

Director Shannon McWhorter reports that as of 1 May, our membership is 115. Two new members joined us in April – **welcome to Jacob Fromme and Kerry Ritter!!** New members in 2022 were notified by email in April that they could pick up their shirts at the May club meeting.

Go to Metro Tri Club at: <https://thedriver.net/cs/metrotriclub> to join or renew your membership. 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.

Any questions about your membership status contact Shannon McWhorter at mcwhosx6@gmail.com.

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.

Sponsor Yearly Fees:

Sponsor	2021	2022	2023
Dog Watch	Fee waived – paid	Paid (moved from 2021)	
The Cyclery	Fee waived	Waiting to hear	
Phoenix Physical Therapy	Fee waived	Need to send Chris an invoice	
Integrity	Fee waived	Paid	Paid
Runwell	Fee waived	Check is in the mail	
Simmons Law	Paid	Paid	Paid
Cricket Moves	Fee waived	Waiting to hear	

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)

Reminder that Shannon McWhorter will again be holding this charity/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 opened on 1 May. 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. It is noted that the lake was lowered recently to do some work, so Shannon will let everyone know when they have water (vs. mud) to swim in from her backyard.

Last year, \$1600 was contributed to St. Jude through this event!!

Rt. 66 10K

11 June from 7:00ish to 10:00ish – The famed Team Godzilla water stop is back:

Team Lead – Donna Polinske

Volunteers – Bill Carril, Jeanna Clark, Russ Darbon, Fawn Dintelmann, Sue Edith, Jeff Fromme, Jeff Germer, Tim Holland, Ed Matecki, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Robin Misukonis, China Rongey, Tami Spellman, Jeff Kuhn, Keith Timmins and Greg Voudrie. We could still use a few more. If interested, please send an email to keithtimmins@gmail.com.

Theme – Western. Dust off those cowboy boots and hat and get ready to saddle up. **Ye Haw.**

IMPORTANT – Volunteers need to register and sign the waiver. This will also tell the race organizers how many volunteer shirts to order. Go to the race website at Route6610k.com. Click on register and the volunteer link. It's so easy even a triathlete can do it....well the club secretary managed to figure it out so it must be simple.

Sponsorship Fee Discussion

Currently the fee is \$600 a year or \$1500 for 3 years and we have 7 sponsors. Should we keep it the same or consider changes?

There was some lively discussion about our fee structure and was it a good value for our sponsors. It was decided to lower the sponsorship fee to \$500/year or \$1,200/3 years if paid in advance. The new fee structure will start in 2024 to coincide with the next 3-year contract period.

Great American Relay

Early bird registration for the Great American Relay which is now one of our GOTY events opened yesterday. General registration opens on May 8. Shannon and Erica are leading two of the legs and would love to have MTC members leading all the local legs. Donna Etherton is leading the leg from Maryville FD to Troy FD. In addition, having several support runners for each leg would be great, too. The GAR is a coast-to-coast relay that goes from Santa Monica, CA to NYC in Sept-Oct, 2022 and raises funds to donate to 3 different first-responder charities. The route runs from fire station to fire station, where possible, along the route. The local Illinois legs will occur throughout the day on October 3. Each runner will receive a GAR singlet and American flag; lead runners for each leg will also receive a baton. Registration is \$40 for runners and \$50 for lead runners. The design for this year's singlet says "We will never forget" with a 911 design.

Donna Etherton will add a link to the website or search Great American Relay to locate registration information.

New MTC Director Position

It has become clear over the past few years that we need a focal point for our club sponsors to ensure actions are taken in a timely and consistent manner. Examples of duties: being the club contact for all sponsors; sending annual reminders regarding the sponsorship fee; obtaining logo artwork for use on new Zillawear; coordinating recommendations to the club for any new sponsors; coordinating any questions/concerns from sponsors to the club etc. After some discussion, China Rongey "volunteered" to give this roll a try. She'll do a great job. Thanks China.

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 Animal 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 April 2022 meeting:

- 2 Zillas participated in Ironman Texas: Renee White finished in 11:48. Tanya Colbert also had a good race going, but unfortunately was unable to finish the marathon due to an injury. (Note, Tanya still gets 7 multi-event GOTY points for finishing the swim and bike portions).

New Half Ironman finishers since the April 2022 meeting:

- None

New "USAT Nationals" finishers since the April 2022 meeting: Greg Voudrie competed the following races in TX last week.

- Super sprint tri time trial – 2nd place Clydesdale grand masters
- Open water swim race – Greg's comment, I didn't drown.

- Draft legal sprint tri – 1st place Clydesdale grand masters
- Super sprint tri team mixed relay – 2nd place Clydesdale/Athena

New Ultramarathon finishers since the April 2022 meeting:

- Jim Taylor and Karyn Weber completed the Double Chubb trail race. The course is normally 50K (31 miles), but it was shortened by 1.5 miles due to the Meramec River flooding at the lower end. Special congrats to Karyn who was the 1st OVERALL in the Women's Masters' division.
- Boston – Although this is not a GOTY event, it is a BIG DEAL and impressive to qualify for it. At least 2 Zillas completed the 2022 Boston Marathon: Special congrats to Donna Etherton (4:29) and Mark Thompson (3:44)!!!
- River to River – At least 14 Zillas ran on teams at this annual relay race in Southern Illinois:
 - Team Godzilla – Andy Moll, Lydia Mikoff, Darrell Meek, Shane May, Donna Etherton, Ian Durie, Fawn Dintelmann, and Doug Bristow.
 - Metro Milers – 2 runners from this team were Zillas: Erica Hunt and Jay Hunt.
 - Team Alton – 4 runners from this team were Zillas: Bill Carril, Anna Kallal, Mark Thompson, and Coty Toney.
- Chain of Rocks Bridge Duathlon – 6 Zillas completed this race. Stephen Brummer, Russ Darbon, Jeff Fromme, Jacob Fromme, Robin Misukonis, and Kerry Ritter. Special congrats to Jacob, Stephen, and Kerry for taking 1st in their age group, Russ for taking 2nd in his age group, and Robin for taking 3rd in her age group.
- Rookies and Rock Stars triathlon - 7 Zillas completed this sprint triathlon in St. Peters: Chuck Toennies, Tariq Quadri, Ed Matecki, Kathie Edrington, Sue Edith, Bill Coyne and Tami Spellman. Special congrats to Bill and Sue for taking 2nd in their age group and Tami, Kathie, and Tariq for taking 3rd in their age group.

Upcoming GOTY Events:

7 May – Broken Spokes

__ May – Gateway Triathlon (think this event no long exists)
22 May - St. Louis Tri (Creve Couer Lake)
28 May – Highland Biathlon
4 June – Long Course Masters Swim <https://swimslam.org/meet-entry/>
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
5-9 July – I Tri for St. Jude
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 – Millstadt Biathlon
18 September – Carlyle Lake Triathlon
24 September - Tour De Charleston (New Date)
__ May – Millstadt Biathlon (Moved from May)

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

Next Meeting:

The next meeting will be June 6th at 7:00PM. The meeting will be at Lydia Mikoff's house. Address is 2413 Field Point Dr. Maryville. Bring your swimsuit (and the club secretary a beer).