

# **Metro Tri Club**

## **June 6, 2022, Meeting Minutes**

### **Members Present:**

Tim Holland, Andrew Moll, Lydia Mikoff, Allie Mikoff, Alex Mikoff, Russ Darbon, Robin Misukonis, Bill Carril, Justin Kovarik, China Rongey, Keith Timmins, Greg Voudrie, Joshua Dake, Fawn Dintelmann, Donna Polinske, Mike Gonski, Dianna Tickner, Jim Taylor, Karyn Weber, Hannah Polinske, John Sikes, Ed Matecki, Phil Coatney, Donna Etherton, Katrina Gessi

### **General:**

The meeting was held at Lydia Mikoff's pool deck and tiki bar in Maryville. Lydia and China conned a couple guys to grill some great hamburgers and hot dogs. Fresh off the grill burger with a cold frosty one to wash it down. Not a bad treat! To borrow from Keith Timmins' "did ya know" segment.....The club typically provides beverages/snacks/appetizers at most meetings. Yearly membership dues are \$20. Assuming you attend all meetings in a year and take advantage of the treats, actual club membership value is approximately \$935.67. That's a hard to beat value. Note: The club secretary completed the above valuation but remember, he did not finish #1 in the middle school math class so accuracy may not be exact.

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

Katrina Gessi has been a member for a while and finally joined us at a meeting. She was part of the famed Zillapede at the St. Pats Day run so some of us had met her. Welcome katrina!

### **Visitors:**

Tanya Kovarik and Megan Matecki are both regular "visitors". In addition, our chefs were Keith Hopke under the direct supervision/non-constructive criticism of Daniel Gulledge. New member Katrina brought her husband Brian Gessi to round out a nice visitor group.

### **Club Weddings:**

Two couples were hitched in May. Andy Moll and Arieal Lewis on the 14<sup>th</sup> Anna Kallal and Coty Toney on the 28<sup>th</sup>  
The club congratulates both couples and extends our hopes for long and happy marriages. Remember, if your spouse races or supports your racing, it is far easier to convince them a new bike every couple year's is a necessity.

## Finance Report:

Greg reviewed the budget. We have a nice nest egg. 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 June, our membership is 115. No new members this month.

Go to Metro Tri Club at: <https://thedriven.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](mailto:mcwhosx6@gmail.com).

## Administration Issues:

**Venmo Account:** Treasurer Greg Voudrie reports that with the assistance of Fawn Dintelmann, the Venmo account is set up and active. Name of the account is @trizilla.com. Thanks Greg and Fawn for catching us up with the new way business is conducted.

## Sponsor Yearly Fees:

Sponsor	2021	2022	2023
Dog Watch	Fee waived - paid	Paid (moved from 2021)	
The Cyclery	Fee waived	Paid	Paid
Phoenix Physical Therapy	Fee waived	Check is in the mail. Tim is to blame for not getting info to Chris	
Integrity	Fee waived	Paid	Paid
Runwell	Fee waived	Check is in the mail	
Simmons Law	Paid	Paid	Paid
Cricket Moves	Fee waived	Check is in the mail	

## **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/metrotriblub>. 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@htc.net](mailto:etherton@htc.net).

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

13 people have sign-up for this event. There is still time to register - <https://timetoswim.regfox.com/i-tri-for-st-jude-2022>.

Shannon gives special thanks to The Old Print Shoppe and Integrity Spine and Joint for sponsoring this 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.

Last year, \$1,600 was contributed to St. Jude through this event!!

### **Rt. 66 10K**

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

Team Lead – Donna Polinske

Volunteers – Current volunteers: Bill Carril, Jeanna Clark, Russ Darbon, Fawn Dintelmann, Sue Edith, Jeff Fromme, Jeff Germer, Tim Holland, Ed Matecki, Robin Misukonis, China Rongey, Tami Spellman, Keith Timmins and Greg Voudrie. It is noted that at least 5 additional Zillas will be supporting the Metro Milers in other positions besides our water stop (and will receive GOTY points). These include Erica Hunt, Jay hunt, Dianna Tickner, Andrew Moll, and Justin Kovarik.

Club Trailer – Phil Coatney volunteered to pick up the trailer. Tim Holland used to bring the trailer but there was an “incident” backing the trailer and he was fired!

Volunteer Drop Ins – If you decide last minute to help, the club water stop is at Esic and 157. But please go on-line and fill out the waiver.

Theme – Remember the theme is western. Feel free to dress up in any type of Western outfit.

**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](http://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.**

### **Tour de Donut:**

Date is July 10. If anyone wants to bring the club tent and set it up, let us know. Otherwise, we'll meet near the start 15 minutes before kickoff for a team picture.

### **2022 Pere Marquette:**

Jason Troop, from Great Rivers & Routes, is the new Sports Tourism Marketing Manager. Jason wants to help promote our Pere Marquette race and other club activities! He hopes to attend next month's meeting to learn more about our crazy group. Race planning will kick off soon.

### **Great American Relay**

Early bird registration for the Great American Relay which is now one of our GOTY events is now open. 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 added a link to the website or search Great American Relay to locate registration information.

## **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](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 May 2022 meeting:**

Congrats to Chris Rankin who completed the IM World Championship 140.6 at St. George with a time of 11:56!

### **New Half Ironman finishers since the May 2022 meeting:**

Congrats to Liz Stryker who completed the Chattanooga 70.3 with a time of 6:42!

### **New "USAT Nationals" finishers since the May 2022 meeting:**

None?

### **New Ultramarathon finishers since the May 2022 meeting:**

None?

**Escape from Alcatraz** – Although this is not a GOTY event, it's pretty cool and should be mentioned.

Tommy Brown completed the Aquathon. Janna Perry, Robin Misukonis, & Jeff Germer completed the triathlon. We know many convicts attempted the swim from Alcatraz to the San Francisco shore never to be heard from again. But our Zilla convicts not only completed the swim they celebrated by riding bikes in a steady rain and running in mud and sand. Miserable race conditions seem to follow Robin Misukonis and Alcatraz was no exception. Well done, Zillas!

**River 2 River** – After many years chasing hardware, Keith presented Team Lead Lydia Mikoff with a 2<sup>nd</sup> place Running club Division award. Lydia said she should have been in charge earlier and winning would not have taken so long.

**Abe's Tri** – 2 Zillas completed this mini tri: Greg Voudrie and Renee White. Special congrats to Greg for winning his age group and Renee for coming in as the 1<sup>st</sup> OVERALL female!

**Pioneer Tri** – 2 Zillas completed this sprint tri: Thenesia Glaze and Renee White. Special congrats to Renee for coming in as the 1<sup>st</sup> OVERALL female! The Abe's and Pioneer Tri's were done back-to-back!

**Tour de Stooges** – We are aware of 8 Zillas who completed the following distances at this event:

- 45 miles – Bruce Beachum, Kyle McLaughlin, Kathy Wever, Mike Wever, and Jerry Wunderlich.
- Metric Century (62 miles) – Jennifer Miller, Colin Fries, and Doug Bristow.

**Broken Spokes** – Rich Luers confirmed this event is not happening in 2022.

**St. Louis** – 7 Zillas completed this tri in Creve Couer Lake: Tommy Brown, Stephen Brummer, Jeff Germer, Jay Hunt, Ed Matecki, Janna Perry, and Tariq Quadri. Special congrats to Ed for placing 2<sup>nd</sup> in his age group!!

**Highland** - 11 Zillas competed in one of the events offered. Here are the results we know about:

- Leo biathlon (3 mile run/12 mile bike): Chase Lading was the only Zilla in this race. Special congrats to Chase for winning his age group!
- Lion biathlon (5 mile run/20 mile bike): Phil Coatney, Tanya Colbert, Russ Darbon, Jake Fromme, Jeff Fromme, Jeff Germer, Justin Kovarik, Janna Perry and Keith Timmins. Special congrats to Jeff F. and Justin for taking 3<sup>rd</sup> in his age group; to Jake for taking 2<sup>nd</sup> in his age group; to Janna and Phil for winning their age group; and to Tanya who was the 1<sup>st</sup> OVERALL female by over 5 minutes!!
- Team Lion biathlon: Mike Gonski and his son Andrew. Andrew did the run and Mike did the bike portion. Special congrats to the Gonski's for being the 1<sup>st</sup> OVERALL team!!

**2022 Ozark LMSC Long Course Meters Swim Meet** – 3 Zillas competed at the following events at this meet (place in age group is shown): Ed Matecki – 200M Free (2nd), 200M IM (2nd), and 800M Free (1st); Tariq Quadri – 50 Free (1st), 100 Free (1st), 200 Free (1st), and 400 Free (2nd); and Greg Voudrie – 200M Free (1st). Congrats!!

### **Upcoming GOTY Events**

11 June - Route 66 10K

12 June – Innsbrook Triathlons

18 June – Covered Bridge Run  
4 July - Hillsboro, IL Biathlon (5 mile run, 15 mile bike – starts at 7:30)  
5-9 July – I Tri for St. Jude's  
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)  
2 October - MO Cow Bell Full/Half Marathon  
8 October - Up-a-Creek  
23 October - Halloween Go!St Louis  
\_\_ October - Team Blue Line Honor Run  
8 October - Lake Arrowhead 12 or 24 Hour Adventure Challenge  
29 October - YMCA Bluff Run in Valmeyer  
12 November - Tunnel Hill  
\_\_ November - Beaver Dam Dash  
6 November - St. Louis Half Marathon - Clayton, MO  
12/13 November - Skippo Races 12<sup>th</sup> is 10k and 13<sup>th</sup> is ½ marathon and 30K  
20 November - St. Louis Track Club Relay  
29 November - Innsbrook Half Marathon  
\_\_ November - Zillacross  
12 November - Maryville Turkey Trot  
24 November - Edwardsville Turkey Trot  
\_\_ November - MTC Holiday Cookie Run  
26 November - River Road  
\_\_ November/December - MTC Holiday Swim Challenge  
3 December - Castlewood 8-hour Adventure Race  
4 December Hot Chocolate (5K or 15K)  
10 December - Pere Marquette



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

**Next Meeting:**

The next meeting will be 7:00 PM July 11th at Fawn's house. The address is 5920 Wooded Estates Ln. Edwardsville, IL 62025. Bring a swimsuit and lawn chair.