

Metro Tri Club

July 11, 2022, Meeting Minutes

Members Present:

Tim Holland, Robin Misukonis, Justin Kovarik, Keith Timmins, Greg Voudrie, Fawn Dintelmann, Jim Taylor, Karyn Weber, Donna Etherton, Janna Perry, Bobby Reidelberger, Jeff Fromme, Jay Hunt, Erica Hunt, Shannon McWhorter

General:

The meeting was held at Fawn's pool deck in Edwardsville. It was a little toasty, but the pool water was nice and cool. Thanks Fawn!

First Time Attendees and New Members Present:

None

Visitors:

Jason Troop is the new Sports Tourism Marketing Manager for Great Rivers & Routes. Jason gave us a snapshot of what his organization is doing to promote sports activities in the regional area. He is going to help us with some marketing for Pere Marquette.

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 today, our membership is at 116. New member is Tony Lamaritna.

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.

Administration Issues:

Venmo Account: New Venmo account is @trizilla.com

2022 Sponsor Payment Updates:

Treasurer Greg Voudrie reported that since the June meeting, he received checks from the following sponsors: The Cyclery (now paid through 2023); Phoenix Therapy (now paid through 2022); and Runwell (now paid through 2022).

General Discussions:

Member Discount Codes:

Discount code for all Racemaker events is trizilla15

Discount code for all MSE Racing events 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@htc.net.

Miles for Meso:

Race date is September 24th. First call for volunteer course marshals (President Robin Misukonis and race director may tap you for a special assignment – all positions are eligible for a GOTY volunteer point). Our job is to keep runners safe by making sure they are on the course and by monitoring traffic. We need about 20 course marshals – family and friends are also welcome!

Course marshal volunteers to date: Keith Timmins, Fawn Dintelmann, Tim Holland, Karyn Weber, Jim Taylor, Greg Voudrie (maybe)

2022 Pere Marquette:

Tim reported that he and Jeff are starting work on race planning now. Stay tuned.

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.

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 June 2022 meeting:

None?

New Half Ironman finishers since the June 2022 meeting:

None?

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

None?

New Ultramarathon finishers since the June 2022 meeting:

Kettle Moraine

Karyn Weber and Jim Taylor completed this 100K+ (64.4 miles) trail race. Karyn finished in 16 hours, 26 minutes – almost an hour ahead of Jim. Special congrats to Karyn for placing 3rd in her age group and to Jim for placing 2nd in his age group!!

Route 66

8 Zillas completed the 10K race and 20 Zillas volunteered at the race:

- Runners – Bill Coyne, Josh Dake, Ian Durie, Jake Fromme, Mike Gonski, Gary Payne, Janna Perry, and Tariq Quadri. Special congrats to Janna for winning her age group!! It is also noted that Andrew Gonski, Mike's son, won his age group!
- Volunteers - The Zilla Water Stop (western theme) – Donna Polinske (Water Stop Sheriff), Greg Voudrie, Keith Timmins, Tammy Spellman, Robin Misukonis, Ed Matecki, Jeff Kuhn, Tim Holland, Jeff Germer,

Jeff Fromme, Sue Edith, Fawn Dintelmann, Russ Darbon, Jeanna Clark, and Bill Carril. Donna was informed recently that we are back on top after being awarded 1st place among the water stop teams!!

- Race Support – Erica Hunt (Race Director), Jay Hunt, Justin Kovarik, Andy Moll, and Dianna Tickner

I Tri for St. Jude

Shannon reported on the results of this virtual triathlon. A big thanks to her two event sponsors, Integrity Spine and Joint and The Ole Print Shop. Dr. Langston at Integrity has been a strong supporter of athletes in our community since he opened Integrity. This is his third year sponsoring this event! This is the second year The Ole Print Shop has been a sponsor. Their sponsorship covers the t-shirts and prize gift cards so that all money collected from registration fees goes directly to St Jude! THANK YOU TO BOTH OF OUR AWESOME SPONSORS!

Of the 14 participants: 1 person chose to only do the OWS, 2 did the full IM distance, 6 did the half IM distance, and 5 did the Oly distance.

Four participants did not submit their distances; of the 9 who did submit, you swam 20,966 yards, biked 441.93 miles, and ran 111.27 miles.

The “first to complete their distance” winners were:

Karyn Weber for IM

Robin Misukonis for the Half IM

Greg Voudrie for the Olympic

Other Zillas completing the event were:

Jim Taylor IM

Dianna Tickner Olympic

Ed Matecki Olympic

Donna Ethern Olympic

Tim Holland Olympic

Innsbrook Triathlon

Kata Mahtani is the only Zilla we are aware of who completed the Olympic distance triathlon at this event. Special congrats to Kata for winning her age group!!

Covered Bridge – 8 Zillas completed this 5K race: Karyn Weber, Mark Thompson, Jim Taylor, Janna Perry, Gary Payne, Rhonda Grammer, Jake Fromme, and Ian Durie. Special congrats to Jake, Ian, and Gary for placing 3rd in their age groups; to Jim and Karyn for placing 2nd in their age groups; and to Mark, Janna, and Rhonda for winning their age groups!!

Hillsboro Biathlon

Tariq Quadri was the lone Zilla to complete this biathlon. Special congrats to Tariq for winning his age group and coming in 4th OVERALL!!

Tour De Donut

11 Zillas completed one of the events offered:

- 36-Mile Bike – 9 Zillas completed this distance: Jake Fromme, Jeff Fromme, Colin Fries, Tim Holland, Vern Hurley, Tariq Quadri, Deb Ritter, James Ritter, and Keith Timmins. Special congrats to Deb for placing 3rd in her age group!!
- 12-Mile Bike – 2 Zillas completed this “Donut Hole” event: Maddie Dietz and Bill Carril. Baby Kate Dietz also finished the race – attached to mommy!!

New Town Triathlon

8 Zillas completed one of the events offered:

- Long Sprint Tri – Sue Edith, Kathy Edrington, Jeff Kuhn, Ed Matecki, Janna Perry, Kerry Ritter and Tammy Spellman. Special congrats to Kathy for finishing 3rd in her age group and to Janna for winning her age group!!
- Short Sprint Tri – Donna Etherton was the lone Zilla at this distance. Special congrats to Donna for placing 2nd in her age group!!

Grand Tetons and Yellowstone

Although this is not a GOTY event, it is an interesting one! Prior to deciding to get married, Anna (Kallal) Toney and Coty Toney signed up for a challenge that included these natural wonders. On successive weekends, they ran a 5K and half marathon at the Grand Tetons and Yellowstone. It happened to work out that the event was right after their wedding, so it became part of the honeymoon. Together, they acquired

21 medals! They gave out participation medals for each race (8). Each pair of races was considered a "challenge," and doing all four races was another challenge (6 more participation medals). And of course, with the speed of these two, they placed in their age groups in 6 of the 8 races, and Coty was the 3rd OVERALL male at the Grand Teton 5K!!

Macklind Mile

This is also not a GOTY event, but we had an impressive showing from one of our club members. Zilla Bill Coyne set a new record for the 80-84 age group, running the mile in 9:29!!

Upcoming GOTY Events

17 July – Ballwin Triathlon
__ July - South County Triathlon
23 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)
24 September – Miles for Meso 5K
24 September – Belleville Marathon
2 October - MO Cow Bell Full/Half Marathon
3 October – Great American Relay
8 October - Up-a-Creek
8 October - Lake Arrowhead 12 or 24 Hour Adventure Challenge
23 October - Halloween Go!St Louis
29 October - YMCA Bluff Run in Valmeyer
29 October - Innsbrook Half Marathon
__ October - Team Blue Line Honor Run
6 November - St. Louis Half Marathon - Clayton, MO
12 November - Tunnel Hill
12 November - Maryville Turkey Trot
12/13 November - Skippo Races
20 November - St. Louis Track Club Relay

__ November - Zillacross
__ November - Beaver Dam Dash
24 November - Edwardsville Turkey Trot
26 November - River Road
__ November - MTC Holiday Cookie Run
__ 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 August 1 at Lydia's pool deck and tiki bar. Address will be sent out in the meeting reminder a few days before the meeting.