**Metro Tri Club**

**11 March 2024 Meeting Minutes**

**The meeting was held at the MCT Administration Building in Pontoon Beach**

**Members Present** – Chris Ball, Doug Bristow, Sue Edith, Donna Etherton, Jeff Fromme, Tim Holland, Erica Hunt, Jay Hunt, Jeff Kuhn, Robin Misukonis, Tami Spellman, Keith Timmins, Greg Voudrie, Mike Wever, and Jerry Wunderlich.

**First Time Members at a Meeting** – Chris Ball lives in Millstadt and had met some of our club members at events out there. Donna Etherton is currently his swim coach. Chris signed up for the Des Moines 70.3 this coming June and Donna suggested he would benefit by joining the club because of the experience many members have in training for triathlons.

**Visitors** – Beth Elliott (rides bikes with Jerry Wunderlich); John Sikes (deep inside he wants to unretire from racing and rejoin MTC); and Mike Etherton (who attends more meetings than most club members!!)

**Finance Report –** Treasurer Jeff Kuhn reported that there was not much activity since the last meeting – banquet receipts, renewal of our P.O. box, etc. He said our current balance is over $30K. If you have any finance-related questions, contact him at [jakuhn@gmail.com](mailto:jakuhn@gmail.com)

**Membership** – Membership director Shannon McWhorter reported that as of 9 March, our membership is 67, including 2 renewals and 1 new member – welcome Chris Ball!! We also realized we forget to recognize Laura Wroge, who joined MTC in January and even attended the annual banquet. Welcome Laura!!

If you haven’t renewed, please do so via The Driven.  If you have any questions about your membership status, contact Shannon at [mcwhosx6@gmail.com](mailto:mcwhosx6@gmail.com).

To join or renew your membership with the Metro Tri Club go to: <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. Either way, you have to go to The Driven and register.

Anyone who is active duty military receives free membership in the Metro Tri Club.  Go to the website listed above and use the code "militaryzilla".    
In addition, once two people in a household join, all other family members in that household can receive complimentary membership.  To register  additional family members, contact Shannon at [mcwhosx6@gmail.com](mailto:mcwhosx6@gmail.com).

**2024 Focus Areas –** President Jay Hunt did a quick review of the areas the officers felt the club should focus on this year:

* Partnerships and Membership Drives
* Student Members – SIUE, other
* Club Participations in Events/Guest Speakers

**Guest Speaker –** Speaking of jumping in to one of the above focus areas, S. J. Morrison provided a great overview of our beloved bike trail system. S. J. has been the Managing Director of the Madison County Transit Public Transportation Agency, which besides the familiar buses, included the MCT Trail System we ride on. Below is a summary of what S. J. presented (noting I was writing as fast as I could, so it is possible I missed some details). Of course, what you are really missing are all the great maps and pictures used in his presentation that helped us know where S. J. was referring to:

The vision for the trail system started 30 years ago when they started acquiring all of the railways to preserve them and use them for bike trails. It is currently an interconnected network of trails that spans 138 miles. They are Class 1 bike trails, which means they are separated from roads. There are 50 bridges and 20 tunnels that help provide a seamless system. The bike trails create and preserve 1600 acres of green space that we enjoy on both sides. The trails are typically 10’ wide and they try to maintain a maximum of 5% grade to meet ADA standards.

S. J. talked about the funding for the trails. The $50 million investment has come mostly from grants and a small portion designated from sales tax. He said this gives our area a major funding advantage over other areas and states!

MCT has provided 25 ruggedized police bikes to different groups, such as SIUE and Lewis & Clark. When asked to define “ruggedized,” S. J. apologetically said that meant they were bad ass – not your normal mountain bike!

Some of the trails are being reconstructed because they are 30 years old and they have gotten much smarter in how to build the trails in that timeframe. They now utilize a geo-grid that helps keep the roots at bay. S. J. talked about many recent builds and improvements, including projects they are currently working on or plan to do in the future as the money comes available. He also showed us pictures and of the new trail art – large, brightly painted animals along the trail that are made of heavy duty steel.

**Administration Issues:**

**Venmo Account:** Club Venmo account is @trizilla

**Member Discount Codes:**

**Discount code for all Racemaker events is trizilla15**

**Discount code for all MSE Racing events is GODZILLA2022**

**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**](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**](mailto:etherton@htc.net)**.**

**St. Patrick’s Day Race (16 March)** - The famous Zillapede will be pleasing the crowds this weekend at the St. Patrick’s Day race in St. Louis. Those who have signed up to run with the Zillapede so far are: Chrissy Bristow, Doug Bristow (Lead Pede), Evie Bristow, Arena Cheney, Jeanna Clark, Donna Etherton, Harold File, Mary Ann Faust, Tim Holland, Ben Jellen, Jeff Kuhn, Sandy Louis, Darrell Meek (maybe), Heidi Sanders, Tami Spellman, Keith Timmins, Alex Toennies, Chuck Toennies, and Zilla!! Anyone else ready to show off your shamrocks?? If so, contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**Fight For Air Climb (23 March)** - There is still time to sign up with Team Godzilla for the 2024 Fight for Air Climb! Those who have signed up with Team Godzilla include Jeanna Clark, Donna Etherton (team captain), Sandy Louis, Missy Thiems, and Keith Timmins. The event will take place at the Metropolitan Square Building in St. Louis on 23 March at 8:00 am. The cost is $45 for climber (one time to the top) and $55 for Ultimate climber (as many times to the top as you can do in an hour – take the elevator down!)

Donna E. made enough money from the “Super Bowl Squares” event to be able to help newcomers with their $100 donation requirement; however, 16 March is the last day to register for the team and get your $100 donation covered. On 17 March, Donna E. will put the remainder of the fundraiser money in as  
a team donation. To join the Metro Tri Club Fight For Air Climb Team, or to donate to the American Lung Association through this event, use this link: <https://action.lung.org/site/TR?pg=team&fr_id=25378&team_id=184154>

Donna also purchased a sign in honor of Karla Plage. The sign states, “In honor of our teammate and friend, Karla, who fought a courageous battle against COVID-19. Your smile will forever be etched in our memories.” The sign will be hung in the stairwell of the Metropolitan Square Building during the event.

**River to River (20 April 2024)** - We recently confirmed that everyone whose name was drawn to be on the team are still available: Chrissy Bristow, Doug Bristow, Donna Etherton, Lydia Mikoff, Darrell Meek, Tami Spellman, Jim Taylor, and Karyn Weber. In order, the alternates are Justin Kovarik, Chris Rankin, Ian Durie, and Jeff Schleicher. If you would like to be added to this list of alternates, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**Route 66 10K Water Stop (8 June 2024)**:

* **Team Leader** – In her absence, Donna Polinske was once again unanimously elected to lead our water stop! Donna always does a great job.
* **Theme** – One theme was suggested and then approved. Start looking for what you would wear for a “Barbie and Ken” theme!!
* **Workers** – Those who signed up at the meeting to work at the water stop were: Sue Edith, Donna Etherton (maybe), Tim Holland, Jeff Kuhn, Ed Matecki, Robin Misukonis, Tami Spellman, Keith Timmins, and Greg Voudrie. We need more, so if you are available for a couple of hours on the morning of 8 June, please send an email to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com)

**Archiving and Storing Historical Club Material** – Doug Bristow brought in a box of documents, pictures, news articles, DVDs/CDs, etc. collected by Mike Wever, relating to the history of the club. After some discussion, Jay agreed to take a stab at digitally archiving this data and we agreed to store the originals in the club trailer in a covered tub.

**New Sprint Triathlon Update** – Jay Hunt led the discussion about the potential club-sponsored triathlon in Columbia, IL. He recently attended a meeting where he learned that new triathlons normally lose money in their first three years of operation. Jay brought this to the attention of the club’s board and said the Board was on-board (pun intended) with proceeding, knowing it would cost us to get it established. Donna Etherton provided additional information and then the club voted to authorize Donna to proceed with the actions needed for us to host the sprint tri on 18 August 2024!!

**MTC Sponsors** – China Rongey is working with the sponsors to determine if the next payment cycle is due and to inform them that they get one free club membership for each year of the payment cycle.

**Try Tri** – China is also working with the directors of this event to include some local disabled kids to participate. We don’t know a lot of details yet, but if this goes, the club will provide a guide (sherpa) for each of these participants. It was suggested that we set up the club tent and provide extra SWAG for the kids.

**Admin** – The MTC trailer license renewal is due in April (Jeff Kuhn).

**Team Godzilla Triathlon University:**

* **Bike Report**:
  + **Animal Ride** – Group rides start back up at 5:00 pm tomorrow - Tuesday, 12 March! Riders meet at the Wanda parking lot.
* **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.
* **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 provide important details. [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).
  + **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)

**Shared Secretarial Rotation**:

* April – Donna P
* May – Keith
* June – Tim
* July – Donna P
* August – Keith
* September – Tim
* October – Donna P
* November – Keith
* December – Tim
* January – Donna P

**Recent GOTY Events:**

* **New Full Ironman finishers since the** **February 2024 meeting**:
* None
* **New Half Ironman finishers since the February 2024 meeting**:
* None
* **New “USAT Nationals” finishers since the February 2024 meeting**:
* None
* **New Ultramarathon finishers since the February 2024 meeting**:
* None
* **Quivering Quads** - 5 Zillas completed one of the following trail race distances offered at this event:
* **8-Mile** – Anna Toney.
* **Half Marathon** – Bill Carril, Jeff Schleicher, Jim Taylor, and Karyn Weber. Special Congrats to Jeff for placing 3rd in his age group; Jim for placing 2nd in his age group; and Karyn for winning her age group!! It is noted that Bill, Jeff, and Jim were all in the same age group – 60 to 99!
* **Tokyo** – This is not a GOTY event, but probably should be! Lisa Brandt completed the Tokyo Marathon last weekend! With this milestone, Lisa earned a 6-Star medal for completing all 6 of the World Marathon Majors!! The other 5 marathons that Lisa ran to earn this medal were Boston, London, Berlin, Chicago, and New York! Speaking of Tokyo, that is the last marathon Donna Etherton needs to run to earn her 6-Star medal!

**Upcoming Events**: (New items in blue)

* 16 March – St. Patrick’s Day 5-mile Run
* 30 March – Litchfield Spring Duathlon
* 20 April - River to River Relay
* 27 April - Greater St. Louis Marathon/Half Marathon
* 27 April - Greater St. Louis Marathon Relay
* 28 April - Chain of Rocks Bridge Duathlon
* 28 April - Try Tri Triathlon at SIUE Edwardsville, IL
* 5 May – Rookies and Rockstars Triathlon
* 18 May - Gateway Tri at Carlyle Lake, IL
* 19 May – Lou Fusz St. Louis (Creve Couer Lk) Triathlon
* 25 May?? - Highland Biathlon
* 8 June – Rt 66 10K Run
* 15 June - Covered Bridge Run
* \_\_ June - Breese Biathlon
* 28 September – Tour de Charleston

**Next meeting**:

* Date – TBD
* Location – TBD