

**Metro Tri Club**  
**1 April 2024 Meeting Minutes**

The meeting was held at Runwell, one of our awesome sponsors. Thanks Jen!

**Members Present** - Jerry Wunderlich, Jim Donahue, Erica Hunt, Jay Hunt, Tami Spellman, Sue Edith, Donna Etherton, Byron Barker, Phil Coatney, Russ Darbon, Jim Taylor, Tim Holland Missy Thiems

**First Time Members at a Meeting** - None

**Visitors** - None

**Finance Report** - Treasurer Jeff Kuhn was not able to make the meeting; however, Jay Hunt provided a recap of our expenses last month and current balance. Good news, we have not blown our budget yet.

**Membership** - Membership director Shannon McWhorter reported that since the March meeting we have had 3 renewals and 1 new member - Sandy Louis. Welcome Sandy!! You will notice her name later tonight when we get to the GOTY events! That brings our membership up to 69. 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).

NOTE: We need to send our sponsors who provide member discounts a list of current sponsors.

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).

**Student Membership** - At the March meeting, Jay provided a quick review of the areas that the club officers felt the club should focus on in 2024. One area identified was creating a student membership in the club. To start this off, the officers discussed this and effective immediately, MTC will offer a student membership to anyone who is currently in high school or college. The membership dues for individuals in this group will be \$10 annually and they will receive a free club t-shirt when they join. Please begin talking with anyone currently in high school or college who might be interested in training and triathlons. We need to have Shannon add this to The Driven membership page.

**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 MSE2024**

**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.thedrive.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).

**Finish Line Anchors** - Phil Coatney made (4) 5-gallon buckets filled with concrete that will be used to anchor our new finish line. We borrowed Final Lap Racing buckets at Pere Marquette, and they worked great. So, we copied their super-secret non-patented design. Thanks Phil, for taking care of this task.

**River to River (20 April 2024)** - No changes since the March meeting - the team is ready to race! If any runner is unable to go, the alternates are Justin Kovarik, Chris Rankin, Ian Durie, and Jeff Schleicher.

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

- **Team Leader** - Since Donna Polinske was not there to defend herself, she was unanimously voted in as the MTC Rt 66 Water Stop Leader! Donna has done this for many years and has even led it once when she was out of town, so we know she will get us organized.
- **Theme** - The theme unanimously agreed to at the March meeting was "Barbie and Ken!"
- **Volunteers** - We need about 20. This is a fun event that takes about two hours of your time. And it is an event that your family and friends can join in with us. Those who have volunteered so far are Sue Edith, Donna Etherton (maybe), Tim Holland, Jeff Kuhn, Ed Matecki, Robin Misukonis, Tami Spellman, Keith Timmins, Phil Coatney, and Greg Voudrie. Who else would like to join us?
- **Club Trailer** - We need a volunteer to pick up the trailer from The Cyclery lot (in the back) and bring it to the event.

**New Sprint Triathlon Update** - Donna Etherton has completed the class to officially become a triathlon race director and is awaiting results. An official race director with this training is needed for our race. Donna has submitted City of Columbia Special Events application. All city services must approve the application. Donna is working with Columbia police department to finalize bike route.

MCT Zilla Tri - This is the official race name

18 August, 2024

Columbia IL

300-yard pool swim/11-12 mile bike/5k run

USTA sanctioned

Now the fun part. Hosting a race will require a lot of volunteers (free labor). Below is a preliminary list. Some people (overachievers) may be able to fill more than one roll. It is highly suggested you volunteer early before all the good jobs are gone. The below positions and descriptions is a work in progress and subject to change but should give an idea of some of the positions we need to fill. The race director

**Race director** - Donna Etherton

**Co-race director** - Jump in and work with Donna with all things race related.

**Volunteer coordinator** - Keith Timmins

SWAG - Work with race director on SWAG

Sponsorship director - Work with race director on both club and event sponsors

Advertising/public relations/communications/media director - Get the word out about this exciting new event. Flyers, social media, etc

USTA certified race official - We need a certified race official. Anyone certified or know someone?

Registration/packet pick-up director - Race director is handling registration but need someone to manage packet pick-up on race day.

Timing and Results - Race director is handling timing with Final Lap Racing

Start/finish line director - Get the club arch up/down and coordinate activities at finish line.

Transition director - Erica Hunt

Swim director - Plan and organize the swim and all pool deck activities.

Bike course director - Race director is working with the police on the bike course. Coordinate race day bike activities with police.

Run course director - Race director is working with the police on run course. Coordinate race day run activities with police.

Equipment director - Final Lap will provide bike racks. Coordinate any other equipment needed on race day. (Could this be combined with transition director since that's where the equipment will be?)

medical Director

Aid station director - Organize aid stations. Be responsible for water, cups, tables, etc needed at the aid stations. The club has everything needed except we will need fresh water.

Awards director - Tim Holland

Safety director - Coordinate event safety with volunteers, participants, and police.

Security director - Ensure transition area is only accessible to participants during the event.

Parking director - Coordinate parking to ensure no parked cars interfere with race activities

Recycling/green director - Russ Darbon

**Tri Kits** - Vice President Tami Spellman contacted Zoot for information on potential new club Tri kits. After discussion, it was decided to have Tami pursue having Zoot design new club kits.

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

**Email Distribution Question** - Many emails sent out via The Driven currently go to active members and former members who have not renewed their membership. If non-active members are receiving everything they normally receive as an active member, is there any incentive for them to renew their membership? Should there be a guideline on what info sent via The Driven should only go to active members? It was decided that communication would be more selective and items like meeting minutes that contain discount codes will only be sent to current members.

### **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** - Group rides start at 5:00 at the Wanda parking lot.

#### **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)

Metro Milers currently have Track Tuesdays at the Edwardsville High School track starting at 6 PM and were kind enough to invite any Zillas they wanted to join the fun. There is a planned workout or you can just do your own thing with a great group of runners.

**Shared Secretarial Rotation:**

- May - Keith
- June - Donna P
- 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 March 2024 meeting:**
  - Anyone?
- **New Half Ironman finishers since the March 2024 meeting:**
  - Anyone?
- **New "USAT Nationals" finishers since the March 2024 meeting:**
  - Anyone?
- **New Ultramarathon finishers since the March 2024 meeting:**
  - Jim Donahue completed the 12-hour Howard Aslinger Endurance run running 55 miles placing 1<sup>st</sup> in his AG and 4<sup>th</sup> overall. Nice job Jim!
- **St. Louis** - 16 Zillas participated in the annual St. Patrick's Day run:
  - **5-Mile Race** - 5 Zillas completed this normal, boring, straight running race: Byron Barker, Bruce Beachum, Tommy Brown, Janna

Perry, and Tariq Quadri. Special congrats to Janna for placing 2<sup>nd</sup> in her age group!!

- **Zillapede** - 12 Zillas (and 5 additional family and friends) chose to run in a weaving motion, frequently doing 360s or figure 8's while tied together with green pennant line! Although their mileage running in this manner totaled 6.25 miles, they kept their string alive by again winning the coveted Zillapede division!!
  - **Zillas** - Chrissy Bristow, Doug Bristow, Evie Bristow, Jeanna Clark, Donna Etherton, Tim Holland, Jay Hunt, Jeff Kuhn, new member Sandy Louis, Tami Spellman, Keith Timmins, and Chuck Toennies.
  - **Family/Friends** - Alex Toennies, Heidi Sanders, Ben Jellen, Mary Ann Faust, and Arena Cheney.
- **Fight for Air Climb** - Zillas in this event donated \$1235 to the American Lung Association, thanks in a big part to the Super Bowl Square contest facilitated by team captain Donna Etherton. One trip up the Metropolitan Square building in St. Louis was 42 floors (926 steps). Each climb is timed. The following were the Zilla climb results:
  - **Ultimate Climber category** - This group does as many trips to the top as possible in one hour. Jeanna Clark and Donna Etherton completed 4 climbs and new member Sandy Louis completed 5 climbs!! Participants rode the elevators down to start their next climb. Special congrats to Sandy for coming in as the 3<sup>rd</sup> OVERALL woman in the Ultimate Climber category!!
  - **Climber category** - This category climbs to the top one time. This was completed by Missy Thiems and Keith Timmins. Special congrats to Missy for winning her age group!! From the windows on the 42<sup>nd</sup> floor they were eye level with people in the top of the St. Louis Arch!
- **Litchfield** - 4 Zillas completed this duathlon: New member Chris Ball, Tariq Quadri, Missy Thiems, and Keith Timmins. Special congrats to Chris and Keith for placing 2<sup>nd</sup> in their age groups; to Tariq for winning his age group; and to Missy for coming in as the 2<sup>nd</sup> OVERALL female!!

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

- 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 - **Cancelled** - 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
- 8 June - Innsbrook Triathlons
- 15 June - Covered Bridge Run
- 23 June - Sunset Hills Triathlon
- ?? June - Breese Biathlon
- 4 July - Hillsboro Biathlon
- 13 July - Tour De Donut
- 14 July - New Town Triathlon
- 27 July - Mud Mountain
- 27 July - Springfield Triathlons
- 28 July - Kirkwood Triathlon
- 21 July - Ballwin Triathlon
- ?? July - Fenton Triathlon
- 25 August - 370 Lakeside Triathlons
- 28 September - Tour de Charleston

**Next meeting:**

- Date - 6 May 2024
- Location - O'Fallon IL YMCA 284 N. 7 Hills Rd O'Fallon