

Metro Tri Club
6 May 2024 Meeting Minutes

The meeting was held at the O'Fallon YMCA.

Members Present - Tim Holland, Jay Hunt, Jeff Kunz, Darrell Meek, Tami Spellman, Keith Timmins, Jerry Wunderlich

First Time Members at a Meeting - None

Visitors - Brian Gibson, Tim Mulvey, and Melissa Robinson. These guests are all local to the O'Fallon, IL area and responded to the invite that Tami Spellman sent to the O'Fallon YMCA. All three of them have some level of experience with racing, including triathlons!

Preliminary Presentation - For the benefit of our visitors, Jay provided some overall information about the club and club activities. Among the topics were the explanation of the 4 membership types, a presentation titled, "Why Join a Tri-Club" - expert guidance about triathlons, community support, networking opportunities, race preparation, and accountability. Jay also briefly explained the Godzilla of the Year Award program.

Finance Report - Treasurer Jeff Kuhn reported that April was a slow month, both in receipt and disbursement of income, so the balance was relatively flat!

Membership - Membership director Shannon McWhorter reported that since the April meeting we have had 3 new members. A special welcome to Tom Rice, Maura Douglas, and Neal Wallace!! That brings our membership to 73. 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.

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.

Military Membership - 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".

Family Plan Membership - 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.

Student Membership - Active high school and college students (8th grade up to college students pursuing advanced degrees) are eligible to join under this program. Annual dues for student members are \$10 and they will receive a club t-shirt when they join. Go to the website listed above and use the code "GodzillaStudent."

Administration Issues:

Venmo Account: Club Venmo account is @trizilla

Member Discount Codes:

Discount code for all Racemaker events is trizilla15

(NEW) - 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.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.

Route 66 10K Water Stop (8 June):

- **Team Leader** - Donna Polinske
- **Volunteers** - We need about 20. Those who have volunteered so far are Phil Coatney, Sue Edith, Donna Etherton (maybe), Tim Holland, Jeff Kuhn, Ed Matecki, Robin Misukonis, Tami Spellman, and Keith Timmins. This is about a 2-hour commitment. If you, your friends, and/or your family members want to join in the fun, please send an email to keithtimmins@gmail.com.

- **Theme** - "Barbie and Ken." Suggestions for what the guys could wear included a necktie, ascot, etc. - try to look preppy and don't shy away from pink!!
- **Club Trailer** - Tim Holland agreed to coordinate with Russ Darbon and Phil Coatney to ensure one of them can pick up the trailer for this event.

MTC Zilla Tri (18 August) - USTA Sanctioned; 300-yard pool swim; 11.2 mile bike ride; and a 5k run:

- **Action updates:**
 - o Registration opened on 25 April.
 - o The city of Columbia Special Event application has been approved.
 - o The bike route was submitted to the Columbia police department but has not been approved yet.
- **Volunteer position update:**
 - o Co-Race Directors - Donna Etherton and Jeff Germer
 - o Certified race official - Tom Rice
 - o Volunteer - Lead Keith Timmins
 - o Motorcycle/Driver (for Certified Race Official) -
 - o SWAG - Lead
 - o Sponsorship - Lead Donna Etherton
 - o Photography - Lead Robin Misukonis
 - o Advertising/PR/communications/media - Lead Kerry Ritter
 - o Registration - Lead Donna Etherton
 - o Packet pick-up - Lead Tami Spellman, Sue Edith, and Jerry Wunderlich
 - o Timing and Results - Lead Rich Luers and Final Lap Racing
 - o Start/finish line set-up/take-down and equipment (trailer, finish line, coolers, tables, signs, etc.) - Lead and 4 others
 - o Transition - Lead Erica Hunt and 2 others
 - o Swim event - Lead Bill Coyne (need 2 more)
 - o Bike event - Lead Jake Fromme, Tami Spellman, Sue Edith (need 8 more)
 - o Run event - Lead Chris Ball and 4 others
 - o Medical - Lead and 4 others
 - o Water stops - Lead and 5 others

- Awards - Lead Tim Holland
- Safety and Security - Lead and 5 others
- Parking - Lead and 3 others
- Recycling/green - Lead Russ Darbon

I Tri for St Jude - After two years of no water in Dunlap Lake and not being able to offer this event, the water is back and so is I Tri!! This is a virtual triathlon benefiting St Jude. Participants may register to complete an Olympic, Half, or Full distance triathlon between 1 and 7 July. All proceeds go to St Jude Children's Research Hospital in Memphis, Tennessee. Also, the I Tri for St Jude is also now a Metro Tri-Club Godzilla of the Year event; so all participants receive a multi-event GOTY point for participating!

Participants will receive an I TRI 2024 tech-cotton t-shirt! Runwell gift cards will be given to the first person in each distance to complete and submit their times for all three portions of the triathlon (swim, bike and run).

Your \$50 registration fee also includes unlimited open water swims at Dunlap Lake off of Shannon McWhorter's dock. Note that if you plan to swim at Dunlap Lake, please bring a partner and both of you plan to use buoys during your swim. Registrants will receive an email at the end of May with instructions on how to schedule your swim times. A second email will be sent out on 26 June with details for recording and submitting your "race" times for the competition during the first week of July.

Watch your email for the registration link! See you at the lake!

Try Tri 2025 - Erica Hunt and Shannon McWhorter would like to know if the Metro Tri Club would be interested in either taking over the Try Tri at SIUE or working with Lee on the Try Tri. Try Tri was cancelled this year but there is rumor that Lee (Race Makers) is bringing it back next year. If he does not bring it back, Erica and Shannon would like to resurrect the race as a Metro Tri Club race. If Lee is planning to bring it back, Erica and Shannon would like to start conversations with him now on how Metro Tri Club can be more involved and also benefit from this triathlon.

Zoot Tri Kits - Tami Spellman showed us the preliminary design for the kits. Watch for an email from Tami showing the designs and prices so you can order them.

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.

RunWell has several other running options including a group for faster runners. For info on any of these email Jen at runwellcoaching@yahoo.com

Shared Secretarial Rotation:

- 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 April 2024 meeting:
 - Anyone?
- New Half Ironman finishers since the April 2024 meeting:
 - Anyone?
- New "USAT Nationals" finishers since the April 2024 meeting:
 - Anyone?
- New Ultramarathon finishers since the April 2024 meeting:
 - Greensfelder Park - 3 Zillas completed one of the distances offered at the "Ozark Foothills" event:
 - 50K - Karyn Weber and Jim Taylor. The actual distance was 33 miles (instead of 31). If the race gave out age group awards, Karyn would have been 1st in her age group, but she still finished in the middle of all of those younger women!! Jim decided 33 miles was not enough for him. Early in the 2nd loop, he took a wrong turn. He ran 3.75 miles before he realized he was off-course and had no other option except to backtrack. Jim's total miles was over 40. His response? "The silver lining is that I now have a jump start on training for a 50-miler." Even with the extra miles, Jim still finished ahead of 4 other runners!
 - 50-Mile - Kerry Ritter. The actual distance was 52 miles. This was Kerry's first ultra. He felt strong during the first 28 miles but had to gut it through a 10-mile "wall" with a slow hike and long aid station stop to recover and finish strong on the last 14 miles!!
 - Boston - This isn't a GOTY event, but probably should be! 2 Zillas completed the Boston Marathon - Rich Luers (3:20) and Janna Perry (3:52)!!

- **London** - This is not a GOTY event, but probably should be! Mark Thompson completed the London Marathon, earning his 6-Star medal for completing all 6 of the World Marathon Majors!! The other 5 marathons that Mark ran to earn this medal were Boston, Tokyo, Berlin, Chicago, and New York!
- **River to River Relay** - We are aware of 12 Zillas who ran with a team at this event:
 - **Team Godzilla** - Lydia Mikoff (Team Captain), Karyn Weber, Jim Taylor, Tami Spellman, Darrell Meek, Donna Etherton, Doug Bristow, and Chrissy Bristow.
 - **Team Sockmonkey** - Josh Dake and Laura Wroge.
 - **Team Runwell** - Jen Schaller, a club sponsor!
 - **Thunder Canyon Road Raptors** - Missy Thiems.
- **Greater St. Louis** - 8 Zillas completed one of the distances offered at this event:
 - **10K** - Chris Ball, Erica Hunt, and Tariq Quadri.
 - **Half Marathon** - Donna Etherton, Mike Gonski, Shane May, and Mark Thompson.
 - **Marathon** - Todd Sever.
 - **Marathon Relay** - This event only lists team names vs. individual names. Please send an email to keithtimmins@gmail.com if you ran with a relay team.
- **Chain of Rocks Bridge** - Byron Barker was the only Zilla who completed this duathlon. Special congrats to Bryon for placing 3rd in his age group!!
- **Tri-Lou** - 8 Zillas completed one of the distances offered at this event:
 - **Sprint Tri** - Tami Spellman, Kathie Redington, Ed Matecki, Daniella Lavender, Jeff Kuhn, and Sue Edith. Special congrats to Tami for placing 3rd in her age group; and Kathie and Daniella for placing 2nd in their age groups!!
 - **Super Sprint Tri** - Jeff Kuhn and Tami Spellman. Not only did these overachievers do both races, they also both won their age groups!!

- **Rookies and Rockstars** - The results of this triathlon were not available when the minutes were being prepared, so they will be reported at the June meeting.

Upcoming Events: (New items in blue)

- 18 May - Gateway Tri at Carlyle Lake, IL
- 19 May - Lou Fusz St. Louis (Creve Couer Lk) Triathlon
- Highland Biathlon - Cancelled
- 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
- 10 August - Watershed Endurance Trail Runs
- 17 August - Edwardsville Criterion
- 17 August - Heroes Ride
- 18 August - MTC Zilla Triathlon
- 24 August - Swim Across America (Innsbrook Lake, MO)
- 25 August - 370 Lakeside Triathlons
- O'Town Hustle - The park is being redone, so they are moving to a different park this year and only doing a 5k run.
- ___ August - Lake St. Louis Triathlons
- 28 September - Tour de Charleston

Next meeting:

- Date - 3 June 2024 at 6:00 pm
- Location - Shannon McWhorter's house at 125 Hollyhock Ln, Edwardsville, IL 62025