

**Metro Tri Club**  
**3 June 2024 Meeting Minutes**

**The meeting was held at Shannon McWhorter's house.**

**Members Present** - Doug Bristow, Donna Etherton, Tim Holland, Erica Hunt, Jay Hunt, Justin Kovarik, Jeff Kuhn, Ed Matecki, Shannon McWhorter, Darrell Meek, Robin Misukonis, Tim Mulvey, Cindy Oates, Donna Polinske, Jim Taylor, Keith Timmins, and Karyn Weber.

**First Time Members at a Meeting** - Tim Mulvey attended the May meeting at the O'Fallon, IL YMCA. He must have heard something he liked, because he joined the club!! Tim's first tri will be the MTC Zilla Tri. He has mostly been a runner, and only that for about a year, so this is all new to him.

**Visitors** - John Sikes and Tanja Kovorak

**Finance Report** - Treasurer Jeff Kuhn reported that we had a positive month, we had our first receipts for the Zilla Tri! The trailer sticker was renewed just in time for Route 66!

**Membership** - Membership director Shannon McWhorter reported that since the May meeting, we have one new member. A special welcome to Timothy Mulvey!! That brings our membership to 75. 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/metrotribluc> 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](mailto:mcwhosx6@gmail.com).

**Student Membership** - Active high school and college students (8<sup>th</sup> 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**

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

**Insurance Coverage for Club on Non-Run Events** - The club has coverage for running events via RRCA. To the best of Jay's knowledge, we are NOT covered for other events that we advertise as a Club event such as the Animal Ride and other Rides or activities organized by Board members. We could be covered by USAT. The cost is based on club members, estimating between \$200 - \$300 a year. It's possible that USAT insurance will also cover running events. Questions to consider: Should we transition from RRCA insurance (\$800ish) per year to USAT; Should we consider USAT coverage right now or at all? (Call on Donna Etherton for more information on USAT coverage).

There were questions in the discussion about the cost of the USAT insurance only being \$200 to \$300 a year. Jay said he would do more research on this.

### **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, Russ Darbon, Able Bristow, Chrissy Bristow, Evie Bristow, Nora Bristow, and Shannon McWhorter and Keith Timmins. This is about a 2-hour commitment. Volunteers from the club doing other jobs are Erica Hunt (race director), Jay Hunt, Justin Kovarik, Doug Bristow, and Shannon McWhorter.
- If you, your friends, and/or your family members want to join in the fun, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com). For RRCA insurance coverage, the Metro Milers request that all volunteers register at <https://www.route6610k.com/Race/Volunteer/IL/Edwardsville/Route6610K>.
- **Theme** - "Barbie and Ken."
- **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.

### **IMPORTANT INFORMATION ON THE NEW ZILLA TRIATHLON:**

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

- **Advertising plan** - Kerry Ritter has made a flyer that teammates can distribute in their communities. Kerry has also created a postcard.
- If anyone would like some to put at stores, gyms, etc., let Donna E. know!
- Doug B. made a motion to allow Donna E. to spend \$150.00 to boost registration for the Zilla Tri. Erica seconded it. After discussion, the motion carried.
- **Volunteer registration** - Jay recommends we use an online volunteer registration. If the club agrees, Jay can help set this up similar to what the Metro Milers use for their Rt. 66 10K race. Jay believes this will help with ensuring we have appropriate insurance coverage and also to ensure the volunteer positions are covered.
- **Action updates:**

- As of 31 May, 8 participants have registered.
  - The city of Columbia Special Event application has been approved.
  - Donna Etherton will meet with Karla Heine, CPD, on 4 June to finalize the bike route.
  - If registration increases substantially, we may need to rent a porta-potty.
  - If registration does not increase is there a chance we may cancel? Donna E. needs to pay for the pool rental. Should she pay if there is a chance of canceling?
  - Donna E., Sandy Louis, and China Rongey have been working on sponsorship:
    - Donna E drafted a letter and China sent it to a few of our club sponsors. The only response to date is from sponsor Arthur Langston, who is planning to have a massage table at the finish.
    - Donna E. also sent the letter to D and D Distributing asking for a donation of water, gatorade, etc.
    - Sandy is reaching out to her church for support with printing of fliers and possible donations and/or volunteers for food at the finish line.
  - Kerry Ritter is working on race t-shirt design. Donna has a printer and prices once a design is approved.
  - Doug Bristow is working on the award design.
  - Chris Ball is trying to secure walkie-talkies for the race.
- **Volunteer position update** - We NEED VOLUNTEERS!
  - Positions to be filled are highlighted in **green**:
    - Co-Race Directors - Donna Etherton and Jeff Germer
    - Certified race official - Tom Rice
    - Volunteer - Lead Keith Timmins
    - Motorcycle/Driver (for Certified Race Official) - **Motorcycle driver**
    - SWAG - **Lead**
    - Sponsorship - Lead Donna Etherton, Sandy Louis, and China Rongey.
    - Photography - Lead Robin Misukonis

- Advertising/PR/communications/media - Lead Kerry Ritter
- Communication/Announcer - Lead Shannon McWhorter
- Registration - Lead Donna Etherton
- Packet pick-up - Lead Tami Spellman, Sue Edith, and Jerry Wunderlich
- Timing and Results - Lead Rich Luers and Final Lap Racing
- Start/finish line set-up/take-down and equipment (trailer, finish line, coolers, tables, signs, etc.) - Leads Janna Perry and Tommy Brown and 3 others
- Transition - Lead Erica Hunt and 2 others
- Swim event - Lead Bill Coyne and 2 others
- Bike event - Lead Jake Fromme, Tami Spellman, Sue Edith, Kyle McLaughlin, Ed Matecki and 6 others
- Run event - Lead Chris Ball, Janna Perry, Tommy Brown, and 2 others
- Medical - Lead Chris Amick, Cindy Oates and 3 others
- Aid Station - Lead Kata Mahtani
- Water stops - ICS Cross Country team will man one water stop, Lead and 2 others
- Awards - Lead Tim Holland and Doug Bristow
- Safety and Security - Lead and 5 others
- Parking - Lead Phil Coatney and 3 others
- Recycling/green - Lead Russ Darbon

Let Donna E. know if you can fill one of the volunteer positions!

**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. You should have received an email on 1 June announcing the opening of registration! 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 were sent an email 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.

See you at the lake!

**Open Water Swimming Discussion** - Darrell Meek was slated to give this talk, but we went over in time so he will provide a discussion next month!

**Try Tri 2025** - Erica Hunt and Shannon McWhorter would like to know if the Metro Tri Club would be interested in either supporting or taking over the Try Tri at SIUE. The Try Tri was cancelled again this year. Donna Etherton was recently at a Tri where Lee (Race Makers) was doing the timing. Donna talked with Lee, who said he wasn't sure he was coming back to do Try Tri. If he does not bring it back, Erica and Shannon would like to resurrect the race as a Metro Tri Club race. If Lee does 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.

Jay will contact Lee to get his "info" on running Try Tri (SIUE contact info, etc.) More on this later...

**Zoot Tri Kits** - Attention anyone who is thinking about updating or adding to your Zillawear. The Zoot storefront is now open and will remain open **until midnight on Sunday, 23 June**. Tami Spellman is our storefront manager, so refer any questions to [tamispellman@att.net](mailto:tamispellman@att.net). We need to have 6 pieces of any one item for the order to be fulfilled (gender does not matter). Use this link for your orders: [Zoot Sports - Metro Tri Club 2024](#) Tami and several others who have worn Zoot have found their sizing chart is accurate. Once the storefront closes, the expected shipping time is 4-5 weeks for items where the minimum quantities are met. Tami should have visibility of the orders and will keep us posted on where we stand with quantities of each item so we will know what is likely to meet minimums or not.

**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)

### **Shared Secretarial Rotation:**

- 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 May 2024 meeting:**
  - Anyone?

- **New Half Ironman finishers since the May 2024 meeting:**
  - **Chattanooga** - Tariq Quadri is the only Zilla we are aware of who participated at this 70.3, completing it in 6:18!!
- **New "USAT Nationals" finishers since the May 2024 meeting:**
  - Anyone?
- **New Ultramarathon finishers since the May 2024 meeting:**
  - Anyone?
- **Rookies and Rockstars** - We are not aware of any Zillas completing this race.
- **Gateway Tri at Carlyle Lake** - We are not sure this took place...
- **Lou Fusz Subaru St. Louis (Creve Couer Lk)** - 3 Zillas completed one of the distances offered at this event:
  - **Sprint** - Special congrats to Erica Hunt for winning her age group!!
  - **Olympic** - Katya, Steve Brummer and Jay Hunt. Special congrats to Steve for placing 2<sup>nd</sup> in his age group!!
- **Carterville** - Donna Etherton completed the John A. Logan (JALC) Tri-Fest Tri. Special congrats to Donna for placing 2<sup>nd</sup> in her age group!!

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

- 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 (Does anyone know the date for this Tri?)
- 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
- 30 August through 1 September - Bentonville Tri-Fest Triathlons
- 8 September - Super Prestige Cyclocross - Rock Springs Park
- 15 September - Super Prestige Cyclocross - Belk Park
- 15 September - Millstadt Biathlon
- 22 September - Super Prestige Cyclocross - Gordon Moore Park
- 21 September - Litchfield Triathlons
- 21 September - Meso 5K
- \_\_\_ September - St. Peters Fall Rec Plex Triathlon (Does anyone know the date for this tri?)
- 28 September - Belleville Marathon/Half Marathon
- 28 September - Tour de Charleston

**Next meeting:**

- Date - 1 July 2024 at 6:00 pm
- Location - Lydia Mikoff's house!