

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

The meeting was held at Lydia Mikoff's house.

**Members Present** - Chris Ball, Bill Carril, Phil Coatney, Jim Donahue, Matt Dunn, Sue Edith, Donna Etherton, Erica Hunt, Jay Hunt, Jeff Kuhn, Kata Mahtani, Ed Matecki, Shannon McWhorter, Darrell Meek, Allie Mikoff, Lydia Mikoff, Janna Perry, Donna Polinske, China Rongey, Tami Spellman, Jim Taylor, Keith Timmins, and Jerry Wunderlich.

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

**Visitors** - China's kids!

**Finance Report** - Treasurer Jeff Kuhn reported that there was not much activity this month. Money came in on the Zilla Tri! We had a net positive for the month.

**Membership** - Membership director Shannon McWhorter reported that since the June meeting, we had 3 renewals, bringing our membership to 78. 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.

**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:**

**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** - Jay reported that he did not have an update as of the meeting.

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

- **Advertising** - We have had LOTS of efforts by club members to advertise the MTC Zilla Tri:
  - o Jay Hunt boosted a Facebook post about the race. It ran for 7 days and cost \$35 for this push. It reached 3,647 people and 231 of them have "engaged" with the post. Of that number, 124 clicked on the RunSignUp registration link. Jay will be sending a follow-up boost.
  - o Jay is going to approach The Cyclery to ask about providing bike support on race day.
  - o Kerry Ritter posted on FB that the price for the race increased on 22 June.
  - o Tim Holland, Jeff Kuhn, and Donna Etherton sent information about the tri to the following organizations to add to their race calendars:

- Fleet Feet
    - St Louis Tri Club
    - Big River Running
    - Big Shark
    - MSE Racing
    - Toolen's Running Start
    - Final Lap Racing
    - Tri Find Illinois
    - City of Columbia (Monroe County Republic Times)
  - The following have put up flyers: Jim Taylor, Shannon McWhorter, Bill Coyne, Sandy Lewis, Mike and Donna Etherton
- **Volunteer registration** - The Volunteer link is open: MTC Zilla Tri Search the drop-down menu for the volunteer page. Use password: MTCZillaTri24. Please sign up on-line so we have an accurate list of volunteers and so you can sign the waiver.
- **Action updates:**
- As of 30 June we have 23 athletes registered.
  - Donna E's meeting with Columbia Police Department Detective Heine put him at ease and the bike route was approved.
  - The road use application and the insurance certificate were sent to the Monroe County Highway Department.
  - The Pool rental application was dropped off and paid; and an insurance certificate was sent to them.
  - Chris Ball has secured 6 walkie-talkies and is working to get 4 more.
  - Donna E checked the club trailer to get a handle on what supplies we need to get. Questions from Donna:
    - Do we have flags for parking volunteers?
    - Do we have medical tent supplies? Donna is checking with Chris about what he is bringing for this and First Aid.
    - Do we have a First Aid kit?
    - Do we have tables?

- Do we have chairs?
- We do not have "RACE IN PROGRESS" signs. Donna E will need to order some at a cost of \$13.00 each.

Erica motioned to give Donna E. the money for the signs. Darrell seconded. After discussion, the motion carried and Donna E. will get 20 signs at \$13 each.

- Do we want to order any banners?

○ Sponsorship update:

- The following club Sponsors were contacted about getting involved at the race: Integrity Spine and Joint, Phoenix Physical Therapy, Cricket Moves, and The Cyclery and Fitness. Donna is going to reach out to Integrity Spine and Joint solidify their commitment. Chris Amick agreed to being the lead for the medical team. The Cyclery and Fitness has not replied yet. Cricket Moves is lending us recycling bins.
- "D and D Distributing" agreed to donate 10 cases of water and \$100.
- "Twice the Ice" agreed to donate the ice needed for the event.
- Sandy Louis' church agreed to make colored copies needed for the remainder of the planning for triathlon.
- A donation request was sent to Walmart and Schnucks in Columbia.

○ City of Columbia actions by Donna E:

- Donna is getting a list of local groups and vendors for the finish area.
- Donna is asking that they add the event to the Columbia City calendar and City FB page. Marla will also make a short video to post.

- **Volunteer position update** - We still need volunteers - especially lead volunteers for Safety, Security, Volunteer Assistant, Parking, and maybe Equipment. The following are the positions filled and open:

- Co-Race Directors - Donna Etherton and Jeff Germer.
- Certified race official - Tom Rice.
- Volunteer - Lead Keith Timmins.
- **Volunteer assistant - Need a lead.**
- Motorcycle/Driver (for Certified Race Official) - Need a driver **who also has a motorcycle.**
- SWAG - Lead Donna Polinske.
- 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 Saturday from 8:00 am to 12 pm - Lead Tami Spellman, Lydia Mikoff, and Jerry Wunderlich.
- Packet pick-up Sunday from 5:00 am to 6:30 am - Lead Liz Lahm, Mary Ann Faust, Steve Faust, Sue Edith.
- 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. Need 3 others.
- Transition - Lead Erica Hunt, Lisa Brandt, and Cid Bauer.
- Swim event - Lead Bill Coyne. Need 2 others.
- Bike event - Lead Jake Fromme, Tami Spellman, Sue Edith, Kyle McLaughlin, Phil Coatney. **Need 6 others.**
- Run event - Lead Chris Ball, Janna Perry, Tommy Brown. Need 2 others.
- Medical - Lead Chris Amick, Andrew Mahtani, Cindy Oates. Need 2 others.
- Aid and Water Stations - Lead Kata Mahtani, the ICS Cross Country team will man one water stop. Need 2 others.
- Awards - Lead Tim Holland and Doug Bristow.
- Safety and Security - Need a Lead and 5 others.
- Parking - Need Lead and 3 others.

- Recycling/green - Lead Russ Darbon.

**I Tri for St Jude** - Shannon McWhorter reported that 14 participants registered for the event that started on 1 July! 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).

Shannon reported on open water swim sessions from her house. Contact Shannon for more information.

An email was sent to participants on 26 June with details for recording and submitting their "race" times for the competition.

**Open Water Swimming Discussion** - Darrell Meek

**Meso 5K Run (21 September)** - Race director Robin Misukonis said that we will need 20 to 25 volunteers for this event that is put on by our club sponsor, the Simmons, Hanley and Conroy law firm. Most of the positions to be filled are course marshals. Those who volunteered at the meeting were Darrell Meek, Sara Meek, Bill Carril, Erica Hunt, Phil Coatney, Ed Matecki, Donna Polinske, Lydia Mikoff, and Keith Timmins

**Try Tri 2025** - Jay reached out to Lee, but has not heard back. He will try him again.

**Zoot Tri Kits** -Tami reported after the meeting that the orders went in for all items where we met the minimum numbers.

**Club Director position discussion - Club Sponsor director** - Discussion was held on this position. Although China has done a fabulous job as club sponsor director, family and work responsibilities are making it necessary for her to step down. Jim Taylor agreed to take over this directorship. Thank you Jim!!

**Club Sponsorships** - a discussion was held on the club sponsorships. We had previously voted for a total of \$1,500 per year donations. Mud Mountain and Beaver Dam Dash were already approved for \$500 each.

Because we donated to Mud Mountain, we get 5 team entries. Shannon, Donna E., Jim Taylor, and Janna took spots, so if my math is correct, there is one more!

### **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 on Tuesdays at 5:00 p.m. at the Wanda parking lot. The parking lot address is 4850 Russell Dr., Roxana or east from the intersection of Wanda Rd. and Old Alton Edwardsville Rd.

#### **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 (off of Circle Drive). 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:**

- August - Keith
- September - Tim
- October - Donna P
- November - Keith

- December - Tim
- January - Donna P

### Recent GOTY Events:

- New Full Ironman finishers since the June 2024 meeting:
  - None that we know of.
- New Half Ironman finishers since the June 2024 meeting:
  - Des Moines - 3 Zillas participated in this Iowa tri:
    - Kata Mahtani completed this 70.3 in 5:44!! This earned her a slot for the World Championships in Taupo, New Zealand in December!!
    - Bill Carril did the run for "Team Kitty Hawkeye." Former members Jen Miller and Katie Mondy Hughes respectively did the bike and swim. Their combined time was 6:19!!
    - Chris Ball found himself under a pile of people at the 2<sup>nd</sup> turn in the swim. After resurfacing, he tried to continue but began to hyperventilate. Chris went to the shore, planning to recover and start swimming again. A lifeguard came over to check on him. However, an official came over and basically said he was DQ'd, despite both Chris and the lifeguard explaining what happened. In true Zilla fashion, Chris said he plans to return to Des Moines!
- New "USAT Nationals" finishers since the June 2024 meeting:
  - None
- New Ultramarathon finishers since the June 2024 meeting:
  - Drummer's Hill 50k - Jim Donohue impressively completed this 50k race in Keene, New Hampshire. Congrats Jim ~ great job!!
  -
- Rt 66 - 10 Zillas ran this 10K put on by the Metro Milers. 22 people volunteered on behalf of the Metro Tri Club at the race. The Water Stop "Barbie and Ken" theme went off great, despite a light rain:
  - Runners - Lisa Brandt, Josh Dake, Ian Durie, Justin Kovarik, Janna Perry, Tariq Quadri, Jim Taylor, Mark Thompson, Karyn Weber, and



Laura Wroge. Special congrats to Jim and Karyn for placing 3<sup>rd</sup> in their age groups; and to Lisa, Janna, Mark and Laura for winning their age groups!! Interesting note - Janna won her age group while pushing her 13-month old grandson Waylon in a stroller for 6.2 miles!

- **Water Stop volunteers** - Donna Polinske (Water Stop leader), Keith Timmins, Tammy Spellman, dad Tim Mulvey, young Tim Mulvey, Robin Misukonis, Ed Matecki, Jeff Kuhn, Tim Holland, Sue Edith, Russ Darbon, Phil Coatney, Nora Bristow, Evie Bristow, Chrissy Bristow, and Able Bristow.
- **Other Zilla volunteers** - Erica Hunt (race director), Jay Hunt, Doug Bristow, Kyle McLaughlin, Mark McWhorter, Darrell Meek and Shannon McWhorter.

\*\*\*The Metro Tri Club again won the "Spirit Award," barely edging out a new group. Erica Hunt presented a check for \$300 to treasurer Jeff Kuhn!!

- **Tour de Stooges** - 6 Zillas completed one of the distances offered at this bike riding event:
  - **32 Miles** - Russ Darbon
  - **47 Miles** - Kyle McLaughlin and Mike Wever
  - **62 Miles** - Jerry Wunderlich, Tariq Quadri, and Doug Bristow
- **Innsbrook Triathlons** - We did not find any Zillas in the results for the Olympic or Sprint Tri races.
- **Covered Bridge Run** - 6 Zillas completed this 5K run, put on by the City of Glen Carbon: Josh Dake, Ian Durie, Janna Perry, Jim Taylor, Karyn Weber, and Laura Wroge. Special congrats to Ian for finishing 3<sup>rd</sup> in his age group; Karyn and Laura for finishing 2<sup>nd</sup> in their age groups; and Janna for winning her age group!!
- **Sunset Hills** - Ed Matecki was the only Zilla who completed this sprint tri. Special congrats to Ed for placing 2<sup>nd</sup> in his age group!!
- **Carbondale** - Donna Etherton was the only Zilla who completed the Saluki Duathlon. Special congrats to Donna for coming in as the 2<sup>nd</sup> OVERALL female at this event!!

- **Breese Biathlon** - We were unable to find any information on this event.
- **Aids Life Cycle Ride** - This is not a GOTY event, but certainly impressive. Zilla Jerry Wunderlich completed a 545 mile ride from San Francisco to Los Angeles. The ride was 7 days of extreme weather and road conditions. One "white knuckle day" included a 2-mile, 8 degree downhill, with 35-50 mph cross winds!!

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

- 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 (Does anyone know the date for this event?)
- 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
- 6 October - MO Cow Bell Full/Half
- 12 October - Up-a-Creek
- 12 October - Lake Arrowhead 12 or 24 Hour Adventure Challenge
- 20 October - Halloween Greater St. Louis
- \_\_\_ October - Survive the Night Endurance Trail Run
- 26 October - YMCA Bluff Run in Valmeyer
- 2 November - MCDD Beaver Dam Dash 5k, 10k and mile fun run/walk

**Next meeting:**

- Date - 5 August 2024 at 6:00 pm
- Location - Shannon M.'s house again!!