

Metro Tri Club
5 August 2024 Meeting Minutes

The meeting was held at Shannon and Mark McWhorter's house. The club provided pizza, cookies, and liquid refreshments.

Members Present - Byron Barker, Jeanna Clark, Maura Douglas, Donna Etherton, Tim Holland, Erica Hunt, Jay Hunt, Jeff Kuhn, Ed Matecki, Shannon McWhorter, Darrell Meek, Robin Misukonis, Tami Spellman, Keith Timmins, and Jerry Wunderlich.

First Time Members at a Meeting - Maura Douglas! Maura is not new to tri's, having done many distances, including 2 full Ironman races. She said lives in Belleville and was looking for a group that focuses on tri's. Maura works at the Shiloh Cyclery and she learned about the Metro Tri Club from David Parks, one of our sponsors.

Visitors - Mack McWhorter (19 months), and Mark McWhorter (slightly older).

Finance Report - Treasurer Jeff Kuhn reported that our available cash is over \$31K and we had about \$1700 in expenses for the MTC Zilla Tri since the last meeting. Jeff also sent the charitable contributions approved by the club (\$500 each) to Mud Mountain, MCDD, and the Heroes Ride.

Membership - Membership director Shannon McWhorter reported that since the July meeting, we had one renewal, bringing our membership to 79. 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:

Member Discount Codes:

- Discount code for all Racemaker events is trizilla15
- Discount code for all MSE Racing events is MSE2024. Several members noted that they tried to use this code and it did not work. Jay Hunt will follow-up with MSE to resolve this.

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.

Insurance Coverage for Club on Non-Run Events - Jay Hunt has more investigation to do on this topic.

MTC Zilla Tri (18 August) - The first triathlon sponsored by our club!! It is USTA Sanctioned; 300-yard pool swim; 11.2 mile bike ride; and a 5k run:

- **Action updates:**
 - o As of 7 August 2024 we have 68 athletes registered!!

- China Rongey reported that the Cyclery agreed to have a pre-race check station and they will provide a mechanic on the bike course.
- Chris Ball obtained a total of 10 walkie-talkies to use during the race.
- Donna E obtained a list of supplies needed from Chris Amick for the medical tent. Tim Holland will bring a first aid kit from them.
- Tim Holland will bring a first aid kit for the medical tent.
- Chris Amick and Arthur Langston are bringing tables for the medical area. Donna E will provide a table to use at the run turnaround spot.
- The Hunt's agreed they would bring 4 more folding chairs to the race.
- "RACE IN PROGRESS" signs - Donna E picked up 20 of these and plans to borrow more from the Metro Milers.
- We agreed for Donna E to have a generic banner made to welcome participants. We would then be able to use it at future MTC Zilla Tri's, Pere Marquette, and other MTC events.
- Safety Vests - Donna E ordered 10 of these. The Metro Milers and Tim Holland both said we could borrow additional safety vests from them.
- The awards are made and the overall and age group name plates have been picked up.
- The participant and volunteer T-shirts are ordered.
- The run and bike courses will be marked on 14 August.
- Donna E may need help with packets on 15 August.
- Donna E has printed stickers for use on the participant's packets, bikes, and helmets.
- Sponsorship updates - Walmart in Waterloo donated a \$50 gift card; Schnuck's in Waterloo declined the donation opportunity; ATI is donating \$100 and will set up a tent/provide a team of Physical Therapists to do stretching.
- City of Columbia actions by Donna E:
 - No local groups or vendors are on board as of 5 August.
 - The event has been added to the Columbia City calendar and City FB page.

- Marla is supposed to make a short video to post but this has not been done as of 5 August.
- **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 and sign the waiver so we have an accurate list of volunteers and make sure you get the tee-shirt!
- **Volunteer race-day** - Donna E will send an email to all volunteers with a time and place for each group to meet (most volunteers will need to be there by 5:00 or 5:30 a.m.) The email will also include contact information for team leads and others.
- **Volunteer position update** - We only have a few volunteer positions to fill, so if you, your family members, friends, etc. are available, please contact keithtimmins@gmail.com Positions we still need to fill are noted in red:
 - Co-Race Directors - Donna Etherton and Jeff Germer.
 - Certified race official - Tom Rice.
 - Volunteer - Lead Keith Timmins.
 - Volunteer assistant - Jim Donahue.
 - 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. **Jay Hunt said he would take pictures and will try to recruit Paul Underhil for the remaining spot.**
 - 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 Donna Etherton, Jerry Wunderlich, Lydia Mikoff, Michele Meckfessel.
 - Packet pick-up Sunday from 5:00 am to 7:30 am - Lead Liz Lahm, Tami Spellman, Sue Edith, 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, Zac Etherton, Mike Etherton.
- Transition - Lead Erica Hunt, Lisa Brandt, Cid Bauer, and Elaine.
- Swim event - Lead Bill Coyne, Dianna Tickner. **Need 1 other.**
- Bike event - Lead Jake Fromme, Tami Spellman, Sue Edith, Kyle McLaughlin, Phil Coatney, Keith Timmins, Laura Timmins, Lori Gregson, Chuck Toennies, Jeanna Clark, Tim Holland.
- Run event - Lead Chris Ball, Janna Perry, Tommy Brown, Katlyn Moore, Jim Donahue, Stephanie Duvall, Rhonda Grammer.
- Medical - Lead Chris Amick, Andrew Mahtani, Arthur Langston, Cindy Oates.
- Aid and Water Stations:
 - Briegel Road Station - Lead Kata Mahtani and her 3 children.
 - Trail turnaround Station - Tara Masidonski and Michelle Simmons.
 - Water Stop/Finish Line Food - Doug Bristow, his 3 kids, and the ICS Cross Country team.
- Awards - Lead Tim Holland, Doug Bristow, Mike Etherton.
- Safety and Security - Marty Ann Faust, Steve Faust, Jeff Kuhn.
- Parking - Mike Bercherer, Columbia Masonic Lodge #474, Mike Blankenship, Kim Blankenship, Kendall Englehart.
- Recycling/green - Lead Russ Darbon.

I Tri for St Jude - Shannon McWhorter reported that this event donated \$1275 to St Jude Children's Research Hospital!!! Special thanks to Integrity Spine and Joint for their Prime Sponsorship, and to Runwell and The Ole Print Shop for their in-kind sponsorships.

15 Zillas registered for the event. Missy Thiems just wanted access to open water swims and Kyle McLaughlin just wanted to take the opportunity to contribute to St. Jude! The following are the participants and the distances they completed:

- **Olympic** - Jeanna Clark, Donna Etherton, Erica Hunt, Jay Hunt, Tim Holland, Ed Matecki, Dianna Tickner, and Keith Timmins
- **Half IM** - Karyn Weber, Jim Taylor, and Robin Misukonis
- **Full IM** - Doug Bristow, Darrell Meek, and Janna Perry

The total distances covered:

- 21.93 swimming miles
- 804.29 biking miles
- 198.5 running/walking miles
- 1024.72 total miles

The "winners" for each distance was the first person who finished the distances between 1 and 7 July.

- Olympic Distance: Donna Etherton, completed 1 July
- Half Ironman Distance: Karyn Weber, completed 3 July
- Full Ironman Distance: Janna Perry, completed 5 July
- Bonus Winner (name was selected by an online name generator - wheelofnames.com) : Robin Misukonis

Meso 5K Run (21 September) - Race director Robin Misukonis needs 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 and it is about a 2-hour commitment. Those who have already volunteered are: Bill Carril, Phil Coatney, Tim Holland, Erica Hunt, Jay Hunt, Jeff Kuhn (maybe), Ed Matecki, Darrell Meek, Sara Meek, Lydia Mikoff, Donna Polinske, Tami Spellman (maybe), and Keith Timmins. Please contact keithtimmins@gmail.com if you are ready to sign up.

Big Shark - This group contacted us about needing volunteers for their races. They are willing to provide our club with future discounts for their events if we provide volunteers. After discussion, Jay Hunt agreed to talk more with Big Shark to find out how many volunteers they would be expecting, how much our discount would be, etc.

Zillawear:

- **Tri-Kits** - Tami Spellman said the recent orders are scheduled to be shipped on 12 August.
- **Full IM** - If you are interested in other MTC Zillawear, e.g., dry release, hoodies, long sleeve t-shirts, singlets, etc., please send an email to diannatickner@rocketmail.com. If Dianna is notified of interest for at least 5 items (total, not 5 of one kind), she will open the store to order.

Lael Willcox - Byron Barker shared information about this impressive "bike packer" and recommended that anyone interested in learning more check her out at:

<https://www.followmychallenge.com/live/lael/rtw/>

Lael is trying to set the female world record for riding her bike around the world (18,000 miles). She started in Chicago on 23 May 2024 and will end her ride in Chicago. Lael is expected to ride through our area around 5 September and she loves for others to ride with her, including kids!

Pere Marquette Trail Run - Tim Holland discussed the following:

- RunSignUp has several options available related to wave seeding. Options were discussed and we will use the one closest to how it has previously been handled.
- Tim said in the past they started ordering male and female shirts for the race. This has resulted in having many more shirts leftover each year. It was agreed that we should go back to ordering unisex shirts and make it clear to the runners they are unisex sizes. Sizes from XS to 2XL will be available.
- Tim is having trouble getting a certificate of insurance from RRCA. This is required to obtain the race permit from State of Illinois.

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.

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:

- September - Tim
- October - Donna P
- November - Keith
- December - Tim
- January - Donna P

Recent GOTY Events:

- **New Full Ironman finishers since the July 2024 meeting:**
 - **Lake Placid** - 2 Zillas finished this 140.6 in New York - Tommy Brown (14:56) and Janna Perry (13:37)!! This was a PR for both of them at this venue and was their 4th full Ironman finish.

- **New Half Ironman finishers since the July 2024 meeting:**
 - **Ohio** - 3 Zillas finished this 70.3 - Erica Hunt (7:23), Jay Hunt (6:25), and Darrell Meek (5:20)!! Darrell's time qualified him for the IM 70.3 World Championships in Spain in 2025!
 - **Springfield, IL** - Kerry Ritter (5:40) completed this 70.3!!
- **New "USAT Nationals" finishers since the July 2024 meeting:**
 - Anyone?
- **New Ultramarathon finishers since the July 2024 meeting:**
 - **Peoria** - Karyn Weber and Jim Taylor participated in the "Cry Me a River" trail race event, in the 50K distance. It turns out the 50K was 36.5 miles instead of 31. Karyn was 9th overall at that distance and was the 5th woman crossing the line! Jim had several excuses - very hilly course; heat index up to 103 degrees; he downed a liter of water every 3 miles; and suffered through a pounding headache for why he hit the wall and had to DNF. But similar to our Pere Marquette race mantra of "No Wimps/No Whiners," the mantra of this race is "No Crying!" However, since Jim completed 27 miles, he was awarded an Ultramarathon GOTY point!!
- **Hillsboro, IL** - We do not think this biathlon took place this year.
- **New Town** - 8 Zillas completed one of the distances offered at this event:
 - **Short Sprint Tri** - Tami Spellman, Jeff Kuhn, Peter Gonzalez, Sue Edith, and Maddie Dietz. Special congrats to Jeff and Sue for placing 3rd in their age groups, Maddie for placing 2nd in her age group, and Tami for winning her age group!!
 - **Long Sprint Tri** - Chris Ball, Ed Matecki, and Tom Rice.
- **Staunton** - 7 Zillas completed the 36 mile distance bike race at the Tour De Donut: Jerry Wunderlich, Mike Wever, Chuck Toennies, Tariq Quadri, Kyle McLaughlin, Tim Holland, and Jeanna Clark.
- **Mud Mountain** - 4 Zillas completed this 5K trail race: Chris Amick, Donna Etherton, Shannon McWhorter, and Jim Taylor!! Special note - Jackson

Amick, son of our sponsor Chris, was 3rd overall across the finish line with a time of 16:42. Jackson averaged under 5:24 per mile - on a trail!!

- **Springfield** - Chris Ball completed the sprint distance and placed 3rd in his age group!!
- **Kirkwood** - We are not aware of any active Zillas completing this triathlon.
- **Ballwin** - 2 Zillas completed the sprint triathlon at this event: Tariq Quadri and Donna Etherton. Special congrats to Donna for winning her age group!!
- **Seattle** - This is not a GOTY event but it is worth reporting!! After vacationing in Alaska for a couple of weeks, Robin Misukonis and John Sikes flew to Seattle to meet Rhonda Grammer. Rhonda and Robin signed up to run the Mt. Ranier 5k on Friday and the half marathon on Saturday to get the coveted Sasquatch award.

After posting some pics of Mt. Rainer on Facebook, Tami Spellman replied that she and Jeff Kuhn were in Seattle to run the Mt. Ranier 5K and Half Marathon! They did not see each other at the 5K, but as they moved to the start line at the half marathon, Robin and Rhonda saw Jeff and Tami. At mile 11, Robin was having major knee problems. Right about then, Tami and Jeff ran up next to her. Realizing Robin was struggling, Tami and Jeff ran with her to the end. Rhonda finished the race about 40 minutes ahead of them and of course, John ate bon-bons at the finish line while watching them all come in!

Upcoming Events: (New items in [blue](#))

- 10 August - Watershed Endurance Trail Runs
- 16 August - Fenton Triathlon
- 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
- 2 November - MCDD Beaver Dam Dash
- 2-3 November - Skippo Trail Runs
- 23 November - Cookie Run

Next meeting:

- Date - 9 September 2024 at 6:00 pm
- Location - TBD