

Metro Tri Club
9 September 2024 Meeting Minutes

The meeting was held at Tami and Jeff's house and food/drink was provided!

Members Present - Jay Hunt, Erica Hunt, Tami Spellman, Jeff Kuhn, Robin Misukonis, Jim Taylor, Keith Timmins, Tim Holland, Donna Etherton, Sue Edith.

First Time Members at a Meeting - None

Visitors - None

Membership - Membership director Shannon McWhorter reported that since the August meeting, we had one renewal, bringing our membership to 84. Welcome new members Jackson Best and Margaret Paty. Registration is now open in The Driven for 2025. Anyone who renews or joins the club between now and 31 December, please also register for 2025. (total of \$20 for both periods). If you have any questions about your membership status, contact Shannon at mcwhosx6@gmail.com.

Finance Report - Treasurer Jeff Kuhn provided a recap on income and expenses from the Godzilla Tri. We went into the race fully expecting to lose money the first year. We had a higher number of people register than expected and Donna and her team did an awesome job watching expenses. We donated to Special Olympics and still cleared a little money. Nice job team. Jeff also reported money from Pere Marquette registration is starting to be deposited into our account by RunSignUp.

MTC Zilla Tri (18 August) - Donna Etherton

- 89 athletes registered. 85 started the race, 1 injury and 1 DQ, 83 completed the race.

Lessons learned:

- We have a great group of people that are willing to give up their Sunday morning to volunteer and race at our first MTC Zilla Tri.
- Never assume.
- Do a better job informing lead volunteers of their duties and reminding them to communicate with volunteers under their lead.

- How to make next year better:
- Set-up: The initial request was for equipment and set up/tear down was 10. We had 4 volunteers but many more showed up. 10 is not enough, more set-up/tear-down is needed.
- Swim: Keep a better eye on the number of people in the pool and in each lane. Slow down time between athletes as needed.
- Bike: Course should be marked/remarked no more than 2 days prior to event, using the same color chalk throughout. Bigger signs. Make sure all marshals are in position by the start of the swim and have flags.
- Run: Do a better job at setting up turn around and aid/water stop on the trail.
- Transition: Get more step-in stakes. Only open 1 end of transition before and after the event. Make sure the mount/dismount line is an appropriate distance from opening of transition. More bike racks.
- Swim in/run out: make sure safety and security have a map of how to set up and rearrange this area throughout the race to help guide athletes.

To join or renew your membership with the Metro Tri Club go to: <https://thedriven.net/cs/metroclub> 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.

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.

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, Rhonda Grammer, Tim Holland, Erica Hunt, Jay Hunt, Jeff Kuhn (maybe), Ed Matecki, Darrell Meek, Sara Meek, Lydia Mikoff, Donna Polinske, Amy Ross, Tami Spellman (maybe), Kyle McLaughlin, Russ Darbon, and Keith Timmins. Please contact keithtimmins@gmail.com if you are ready to sign up. Robin would like all court marshals to stop at the board in front of the Simmons Firm (1 Court St. Alton) by 7:30AM to get your course assignment and volunteer shirt.

Cookie Run - China Rongey will be working with Donna Etherton to set up the volunteer sign-up and cookie donations for this event on the club website.

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.

Pere Marquette Trail Run (14 December) - Tim Holland discussed the following:

- 106 Runners registered as of 9 September
- Certificate of Insurance was received and sent to PMSP
- Permit has been issued by State of Illinois
- Added race to Fleet Feet and Big River on-line race calendars
- Working on adding to RRCA event calendar
- Posted on St Louis Trail Running Club Facebook page

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:

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

Recent GOTY Events:

- **New Full Ironman finishers since the August 2024 meeting:**
 - Anyone?
- **New Half Ironman finishers since the August 2024 meeting:**
 - **Louisville** - 3 Zillas completed this 70.3: Byron Barker (6:52), Steve Brummer (5:48), and Darrell Meek (5:43)!! This was Byron's 1st ever triathlon of any distance! Byron wanted to thank Erica Hunt and Shannon McWhorter for the lake swim lesson and Darrell Meek for cheering him on to the finish line!
- **New "USAT Nationals" finishers since the August 2024 meeting:**
 - Anyone?
- **New Ultramarathon finishers since the August 2024 meeting:**
 - **Montana** - 2 Zillas ran in 50-mile distances offered at the "Elkhorn Endurance Runs" trail race event: Karyn Weber and Jim Taylor. The elevations ranged between 5,000 and 8,000 feet. The course was beautiful, at times treacherous, and had monstrous climbs/descents. For the safety purposes, they used cutoff times for the runners to continue. Both Karyn and Jim were pulled from the race at the 5th aid station (yep, Karyn got there first). However, since they had finished 33 miles, they were allowed to drop down to the 50K distance! As true Zillas, Karyn and Jim returned to the course the next day and finished the rest of the 50-mile course!
 - **Wisconsin** - Jim Taylor and Karyn Weber also ran in the 100K distance offered at the "Midwest States 100." The trails included sections of swampy areas, gravel roads, stairs, and miles of beautiful

woods. Karyn finished in 17:13 and Jim in 23:38, just as dawn was beginning to break!! They were awarded a coveted belt buckle.

- **Leadville** - Renee White completed her second 100-mile trail run at this famous high-altitude course, finishing in 25:18!! That was 1:23 faster than her race in 2023! The results also listed 5 other ultra's Renee completed in 2024. It is obvious that she outperforms her competitors because she outworks them! Here are other ultras Renee finished in 2024 we did not previously report on:
 - **Dewitt, IL** - March 2024 - "Clinton Lake 30 Miler." Renee placed 2nd OVERALL.
 - **Illinois City, IL** - April 2024 - "Loud Thunder 50 Miler." Renee won her age group.
 - **Ashfield, MA** - June 2024 - "Edge Hill Trail Race 50K."
 - **Leadville, CO** - July 2024 - "Silver Rush 50 Miler."
 - **West Windsor, VT** - July 2024 (2 weeks after the Leadville 50) - "Vermont 100K."
- **Watershed** - Shannon McWhorter and Erica Hunt completed the 3-hour portion of this endurance trail run.
- **Fenton** - We were not able to find results for this event. If you completed this race, please let Keith know.
- **Edwardsville Criterion** - We are aware of one Zilla who participated in this annual bike race. Jake Fromme did his first Crit, riding in the "Cat 4/Novice" group. It was clear from the start that most of the riders in this group were experienced Cat 4 riders!
- **Heroes Ride** - We are aware of 10 Zillas who completed one of the distances offered at this event:
 - **25 miles** - Kyle McLaughlin and Jerry Wunderlich.
 - **50 miles** - Tami Spellman, Shane May, Jeff Kuhn, Tim Holland, Sue Edith, Jeanna Clark, and Doug Bristow.
 - **100 miles** - Rick Mann.
- **MTC Zilla Triathlon** - We had 5 Zillas complete our first-ever club-sponsored tri, and an incredible 70 volunteers!

- **Participants** - New member Jackson Best, Maddie Dietz, new member Maura Douglas, new member Margaret Paty, and Tariq Quadri. All 5 of them "placed." Special congrats to: Jackson and Maura for placing 2nd in their age group; Maddie and Tariq for winning their age groups; and Margaret as the 1st place OVERALL FEMALE!!
- **Zilla Volunteers** - Donna Etherton (co-race director), Tom Rice (certified race official), Jerry Wunderlich, Chuck Toennies, Keith Timmins, Dianna Tickner, Jim Taylor, Tami Spellman, China Rongey, Kerry Ritter, Donna Polinske, Janna Perry, Cindy Oates, Robin Misukonis, Lydia Mikoff, Michele Meckfessel, Shannon McWhorter, Kyle McLaughlin, Ed Matecki, Kata Mahtani, Sandy Louis, Jeff Kuhn, Jay Hunt, Erica Hunt, Tim Holland, Rhonda Grammer, Sue Edith, Jim Donahue, Russ Darbon, Bill Coyne, Phil Coatney, Jeanna Clark, Tommy Brown, Nora Bristow, Evie Bristow, Doug Bristow, Chrissy Bristow, Able Bristow, Lisa Brandt, Chris Ball, and Chris Amick.
- **Zilla family and friends Volunteers** - Jeff Germer (co-race director), Cid Bauer, Ray Baumann, Mike Becherer, Kim Blankenship, Mike Blankenship, coach Michael Braun and 5 members of his cross-country team, Lynanne Coatney, Stephanie Duvall, Kendall Englehart, Mike Etherton, Zac Etherton, Marty Ann Faust, Steve Faust, Lois Gregson, Liz Lahm, Andrew Mahtani, Emma Mahtani, Leah Mahtani, Mark Mahtani. Tara Masidonski, Katlyn Moore, Elaine Searcy, and Michelle Simmons.
- **Innsbrook** - We did not find any Zillas listed in the results for the Swim Across America
- **Lakeside 370 Triathlons** - 2 Zillas completed the Sprint distance offered at the 370 Lakeside Triathlons - Kata Mahtani and Chris Ball. Special congrats to Chris for placing 2nd in his age group and to Kata for winning her age group!!
- **Bentonville Tri-Fest Triathlons** - Not aware of any Zillas who completed any of these events.

- **Litchfield Triathlon** - 3 Zillas completed this Sprint distance event - Daniella Lavender, Stephen Brummer, and Tariq Quadri. Special congrats to Daniella for winning her age group and to both Stephen and Tariq for placing 2nd in their age group.

Upcoming Events: (New items in blue)

- 15 September - Super Prestige Cyclocross - Belk Park
- 15 September - Millstadt Biathlon
- 21 September - Meso 5K
- 22 September - Super Prestige Cyclocross - Gordon Moore Park
- 28 September - Belleville Marathon/Half Marathon
- 28 September - Tour de Charleston
- October - St. Peters Fall Rec Plex Triathlon Series - The race website notes the dates are TBD
- 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
- 26 October - Innsbrook Half Marathon
- 26 October - YMCA Bluff Run
- 2 November - MCDD Beaver Dam Dash
- 2-3 November - Skippo Trail Runs
- 9-10 November - Tunnel Hill Run
- 10 November - St. Louis Half Marathon
- 16 November - Maryville Turkey Trot
- 23 November - Cookie Run
- 24 November - St. Louis Track Club Relay
- 28 November - Edwardsville Turkey Trot
- 30 November - River Road 5K and 10M
- ___ November to ___ December - MTC Holiday Swim Challenge
- November to January - Tortured Sole Run Series Trail Runs (Note: To receive a single GOTY point, you must receive the plaque awarded for completing the series)

- 7 December - Wild in the Woods Trail Run
- 7 December - Castlewood 8-hour Adventure Race
- 8 December - Hot Chocolate Runs
- 14 December - Pere Marquette Trail Run

Next meeting:

- Date - 7 October 2024 at 6:00 pm
- Location - TBD