

**Metro Tri Club**  
**7 October 2024 Meeting Minutes**

The meeting was held at RP Lumber Center.

**Members Present** - Jay Hunt, Erica Hunt, Keith Timmins, Matt Dunn, Robin Misukonis, Tim Holland, Donna Polinske, Lydia Mikoff, Darrell Meek, Bill Carril, Shannon McWhorter, China Rongey (registered during the meeting), Ed Matecki, Jim Clark

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

**Visitors** - China Rongey (until she registered during the meeting), Hudson

**Old Timers** ~ We had some old timers come to the meeting ~ Mike Wever stopped by to drop off a tri top and Jim Clark, who also brought tri tops for the club to have! Great to see you guys!

**Membership** - Membership director Shannon McWhorter reported that we had no new members or renewals since the September meeting, keeping our membership at 84. Registration for 2025 is now open in The Driven (see directions in the paragraph below). Anyone who renews or joins the club between now and 31 December, please also register for 2025. 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."

**Finance Report** - Jay Hunt reported for treasurer Jeff Kuhn of our balance, check with Jeff with any questions. Jeff is drafting the 2025 budget for the board to review.

**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 contact MSE in December or January (off-season) to try and 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](mailto:etherton@htc.net).

**Insurance Coverage for Club on Non-Run Events** - Jay Hunt reported that he has been unsuccessful getting the RRCA?? to respond to his emails and phone messages. He plans to check with Donna Etherton to see if she has a contact from the Zilla Tri.

**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. Jay Hunt will talk more with Big Shark in December or January (off season) to find out more details - like how many volunteers they would be expecting, how much club member discount would be, etc.

**Up-a-Creek (12 Oct 24 at 9:00)** - Those who have signed up to run so far are: Jim Clark, Kai Colbert, Kane Colbert, Tanya Colbert, Jake Fromme, Renee White,

Sydney White, and two of the Lading boys. If you are up for a natural obstacle course that is 5K long, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com) for seeding purposes.

**2024 Ozark LMSC Short Course Meters Championship (2 Nov 24)** - This event will be held at noon on 2 November at the Chuck Fruit Aquatic Center at 6168 Center Grove Rd in Edwardsville. The warm-up in the pool starts at 11:00 a.m. and the meet starts at noon. Online entry is currently open and will close at noon on 1 Nov 24. This is a GOTY event point! If you have any questions, please contact Lydia Mikoff at [lyd1978@yahoo.com](mailto:lyd1978@yahoo.com)

**Beaver Dam Dash (2 Nov 2024)** - Matt Dunn reported he needs some volunteer positions filled ~ let Matt know if you can help this great run!

**MTC Trailer Workday** - This would qualify for a GOTY volunteer point. Jay is looking at possible dates. We do know the wiring needs to be fixed for the trailer lights and one front light is out.

**MTC Holiday Swim Challenge (22 Nov to 22 Dec 24)** - Donna Etherton and Missy Thiems agreed again to co-lead this annual swim challenge!! The minutes will provide you with a link to sign-up and list your swims:

<https://docs.google.com/spreadsheets/d/1fwvJyrbG6lzPoNMNvOHJOYWlOZ2dx8QD4OqNkr3zqxc/edit>

**MTC Cookie Run (23 Nov)** - The links are now available for you to sign up to run and/or volunteer at this event. Note that running it will earn you a GOTY event point and volunteering will earn you a GOTY volunteer point! Volunteers so far are Donna Etherton, Lydia Mikoff & kids, Keith Timmins, Erica Hunt, and Donna Polinske. Let China know if you can help!

To Register:

[https://thedriven.net/event-registration/site.event\\_reg/eid/42825123567](https://thedriven.net/event-registration/site.event_reg/eid/42825123567)

To Volunteer:

[https://thedriven.net/event-registration/site.volunteer\\_registration/eid/42825123567](https://thedriven.net/event-registration/site.volunteer_registration/eid/42825123567)

**Pere Marquette Trail Run (14 December)** - Race Director Tim Holland reported the following:

- **Registration** - As of today we have 145 runners registered.
- **Volunteers** - An email was sent out to the 2023 Pere Marquette Trail Run volunteers. Of the 91 volunteer positions, 53 have been confirmed as of 9 Oct. A follow-up email will go out in the next week to those who have not responded. If you have never worked at our race and are interested in helping, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).
- **Practice Runs** - The club will mark the racecourse on the following dates/times for runners to practice:
  - o 9 November at 9:00 a.m.
  - o 16 November at 9:00 a.m.
  - o 30 November at 8:00 a.m.
- **Other:** We need help getting the word out that our race is open for registration! Doug will send a Facebook message out and other avenues. A vote passed giving Doug up to \$150.00 for advertising.

**River to River Relay (26 April 25)** - Registration for this race opened at 6:00 p.m. on 8 October 2024 ~ Keith successfully registered one team based on the number of Zillas who expressed an interest in running on a Metro Tri Club team. Names drawn at the meeting of club members who are "in" were: Bill Carril, Matt Dunn, Tami Spillman, Chrissy Bristow, Lydia Mikoff, Chris Rankin, Doug Bristow, and Jim Clark.

The "alternate list" consists of (in this order): Darrell Meek, Byron Barker, Ian Durie.

If you want to be added to the alternate list, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

**2025 MTC Business Meeting** - Becca Hostettler has agreed to be the director for coordinating the actions needed for this annual event!! The first actions are to select a date and location for the banquet.

### **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. The last ride for 2024 will be 29 October due to the time change.

**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:**

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

**Recent GOTY Events:**

- **New Full Ironman finishers since the September 2024 meeting:**
  - Anyone?
- **New Half Ironman finishers since the September 2024 meeting:**
  - **Middleville, MI** - Kerry Ritter completed a unique half-ironman race called the "Dirty Mitten." The course included a 1.4 mile swim, 54 mile off-road bike, and 13.1 mile off-road run. The bike had lots of dirt and sand - some sections with 6" to 8" sandpits where the riders

had to dismount and push their bikes through). The course also included many hard climbs. Kerry won his age group!! Oh, and as a "warm-up," he did the 50-mile gravel race there the day before!

- **New "USAT Nationals" finishers since the September 2024 meeting:**
  - Anyone?
- **New Ultramarathon finishers since the September 2024 meeting:**
  - **Michigan** - 2 Zillas finished one of the distances offered at the "Run Woodstock" event. Jim Taylor and Karyn Weber both completed the 50 mile distance. Special congrats to both Jim and Karyn for placing 2<sup>nd</sup> in their age group!! They finally had some decent temps for this ultra, with perfect cool weather, mostly on single-track dirt trails. The post-race entertainment included 60s and 70s cover bands and people wearing lots of tie-dye! You youngsters will have to ask your parents or grandparents about Woodstock 😊.
- **Cyclocross** - We are not aware of any Zillas who participated at the Super Prestige Cyclocross races at Rock Springs Park, Belk Park, or Gordon Moore Park in September.
- **Carlyle** - 2 Zillas completed the sprint triathlon at this MSE event - Daniella Lavender and Tom Rice. Special congrats to Tom for placing 3<sup>rd</sup> in his age group and Daniella for winning her age group!! Darrell Meek volunteered at this event and earned a GOTY volunteer point!
- **Millstadt** - John Roth was the only Zilla who completed the biathlon at this event. Special congrats to John for placing 2<sup>nd</sup> in his age group!!
- **Alton** - 6 Zillas completed the Meso 5K and 17 volunteers helped at the event:
  - **Zilla runners/walkers** - Chrissy Bristow, Nora Bristow, Bob Patterson, Tariq Quadri, China Rongey, and Anna Kallal Toney. Special congrats to Bob for finishing 2<sup>nd</sup> in his age group and Tariq for winning his age group!! It is also noted that Anna completed the event with her first child in tow (she is 5 months pregnant!)
  - **Zilla volunteers** - Robin Misukonis (race director), Bill Carril, Terry Eldridge, Rhonda Grammer, Tim Holland, Erica Hunt, Jay

Hunt, Jeff Kuhn, Ed Matecki, Kyle McLaughlin, Darrell Meek, Lydia Mikoff, Jeff Schleicher, Tami Spellman, and Keith Timmins.

- **Zilla family and friend volunteers** - Sara Meek and Amy Ross.
- **Champaign** - 5 Zillas completed the "Try the Illini" triathlon at the University of Illinois - Sue Edith, Jeff Kuhn, Ed Matecki, Margaret Paty, and Tami Spellman. Special congrats to Sue and Tami for placing 2<sup>nd</sup> in their age groups!!
- **Belleville** - 5 Zillas ran in one of the races offered at this event:
  - **Half Marathon** - Lisa Brandt, Donna Etherton, Darrell Meek, and Tim Mulvey
  - **Marathon** - Janna Perry. Special congrats to Janna for winning the female master's division with a time of 3:53!! And no, Janna was not seen pushing the baby stroller in this race 😊. But Janna did qualify for Boston!! Congratulations Janna!!
- **Mattoon** - Ed Matecki was the lone Zilla at the "Last Chance Tri" event. Ed won his age group!! Congratulations!
- **Charleston** - There were no Zillas listed for any of the distances listed for the "Tour de Charleston."
- **MO Cowbell St. Charles** - Bill Carril completed the MO Cowbell Half Marathon.

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

- 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 Runs
- 10 November - St. Louis Half Marathon
- 16 November - Maryville Turkey Trot

- 22 November to 22 December - MTC Holiday Swim Challenge
- 23 November - Cookie Run
- 24 November - St. Louis Track Club Relay
- 28 November - Edwardsville Turkey Trot
- 30 November - River Road
- 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 - 4 November 2024 at 6:00 pm
- Location - TBD