

**Metro Tri Club**  
**4 November 2024 Meeting Minutes**

The meeting was held at the Edwardsville RP Lumber Center.

**Members Present** - Mark Andieau, Byron Barker, Doug Bristow, Bill Carril, Sue Edith, Tim Holland, Erica Hunt, Jay Hunt, Jeff Kuhn, Darrell Meek, Lydia Mikoff, Donna Polinske, Tami Spellman, and Keith Timmins.

**First Time Members at a Meeting** - Mark Andieau lives in Alton. He was a competitive runner in high school and college until he had issues with his hip. Mark opted to put off surgery and went from running to mostly walking. He had hip replacement surgery in 2011 and began to run, bike, and even swim. While getting his bike worked on at The Cyclery, one of our sponsors, Mark learned about the Metro Tri Club. He said in triathlons he needs help with open water swimming. Welcome Mark!!

**Visitors** - None

**Membership** - Membership director Shannon McWhorter reported that we had 1 new member and 2 renewals since the October meeting, bringing our membership to 86. Welcome to new member Mark Antieau!!

Registration for 2025 is open -please see directions for renewing in the paragraph below. Note that anyone who is renewing for 2024 or joins the club between now and 31 December, needs to also register for 2025 (cost to do both is \$20). 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** - Treasurer Jeff Kuhn passed out the October report and went over the details with us. We have earned \$1200 this year from the CDs that Jeff led us to purchase! The Pere Marquette Trail Run will obviously have the biggest impact on our finances for the rest of the year.

#### **Administration Issues:**

##### **Member Discount Codes:**

- Discount code for all Racemaker events is trizilla15
- Discount code for all MSE Racing events is MSE2024. 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 continues to try and make contact with the RRCA. Their unresponsiveness to calls and emails makes Jay wonder about the support the club would get if we made a change, but for now he will continue to investigate.

**MTC Holiday Swim Challenge (22 Nov to 22 Dec 24)** - As of 30 October, only two Zillas have signed up, so please use the link below to get ready for this GOTY event!

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

**MTC Cookie Run (23 Nov)** - Below are the links to sign-up as a runner and/or a volunteer. If you volunteer to bring cookies, please make or buy small ones!!

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)

**Annual Thanksgiving Day Trail Run** - If you really want to be able to eat anything put in front of you at the Thanksgiving table with no guilt, skip those easy 5K road races on Thanksgiving and join us at the trails at SIUE!! Distances range from 3.3 miles to 6.0 miles. The trails will be marked and there will be walkers and runners at different speeds to join you! We will start from the parking lot near the Student Success Center at 8:00 a.m. on 28 November. Zillas, families, friends, and pets are all welcome! The run will go regardless of weather.

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

- **Registration** - As of 4 November, we have 244 runners registered.
- **Awards:**
  - o **Cost** - Over the last 3-4 years fewer people have stayed for the awards ceremony. Tim used to order 2 kegs of beer in the lodge and in the last 2 years 1 keg was sufficient. The "keg barometer" is not scientifically proven but gives an idea that fewer people are staying. Tim typically orders 82 awards at a cost of about \$2,200. Last year there were 18 unclaimed awards, which is pretty typical. This number does not include the 10 or so more awards that Tim personally delivers or mails to runners who contact him with a sob story of why they didn't stay. With the overall registration numbers down, Tim proposes we change age group awards from 5-year increments to 10-year. He

also proposes we remove the 40+ masters award. This would drop the awards from 82 to 48, saving about \$900 and hopefully reducing unclaimed awards. Tim proposes leaving the 14-19 age group as is. After discussion, it was confirmed that the 5-year age group awards were advertised for this year, so any changes will be tabled until the 2025 race.

- **2024 Race** - This year our Pere Marquette race is an RRCA State Championship race, so Tim thinks having an awards ceremony is important. The race starts at 9:30 and the faster runners are done by 10:30 or 11:00. We start awards at noon so there is a lot of wait time, contributing to many people heading home before the awards ceremony. Tim suggests that next year we should discuss letting folks pick up awards outside once we know the times won't be beat by a runner still on the course. Races like Castlewood Cup and a few others have switched to this format. We agreed to move the awards ceremony up to 11:30 this year to see how this impacts the attendance.
- **SWAG** - Tim brought in artwork for the shirts to be given out as SWAG. Jeff Kuhn noted that the Metro Tri Club was not shown anywhere in the artwork. Tim will have that fixed. He is working with Runwell to determine the latest date the SWAG can be ordered and still be confident it will be ready on race day. On the registration page, it notes runners are not guaranteed a shirt after 1 November. Tim left the ability to select a shirt size in registration until 4 November. Should we simply order only the shirts for those registered before 1 November or should Tim extrapolate and/or make an educated guess of how many "extra" shirts to order? (The secretary does not recall this questions being discussed).
- **Race Shirts** - We sold a bunch of left over shirts last year, but Tim still has 15 shirts from 2022 and 76 more from 2022 that were not printed. Tim's tentative plan is to have the 76 shirts printed with this year's logo for the volunteers.
- **Volunteers** - As of 31 October, the following volunteer positions need to be filled: Finish Line Water Stop (1); Trail Sweep for Runners (1); Trail Sweep for Trash (2); and Photographer (2). Keith has a tentative plan to cover the trail sweep for runners and the trail sweep for trash if they are not filled by the race date. If you, your family, or friends have never worked at a Pere Marquette Trail Run and are interested in helping, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

- **Practice Runs** - The club will mark the racecourse for practice runs on the following dates/times:
  - 9 November at 9:00 a.m.
  - 16 November at 9:00 a.m.
  - 30 November at 8:00 a.m.
  
- **Facebook Advertisement Push** - Doug Bristow reported that the advertisement he put on FB was extremely successful, with many "hits" by viewers. However, Doug admitted that he initially signed up for each day of advertising at a cost per day of the amount he was budgeted by the club for this action. He said by the time he caught and fixed it, almost \$500 in costs had accumulated. Doug said he would pay for the extra costs, but in discussion it was agreed that if the advertisement gets 9 runners to sign up, it pays for the extra cost. A budget increase to \$500 was approved!

**MTC Bylaws** - An email was sent to all members including a copy of the current club Bylaws. We encourage members to review the Bylaws and recommend any changes needed to ensure the document reflects what the club is currently doing.

**2025 Godzilla of the Year** - Keith went through the 2024 GOTY requirements and several changes were recommended for the 2025 version. The change recommendations will be sent to members in a different email. At the December meeting, members will have one more chance to make recommended changes. Then we will vote on each change and approve the 2025 GOTY Requirements and Events.

**Officer Nominations** - At the December meeting we will be accepting nominations for the four officer positions: President, Vice President, Treasurer, and Secretary. According to the Bylaws, to be eligible to serve as a club officer, nominees must be a member in good standing for a minimum of two years. Nominating yourself is encouraged!! If you plan to nominate another club member, please make sure, in advance, that they would be willing to serve for one year if elected. The official vote for these positions will take place at the annual business meeting.

**2025 MTC Business Meeting** - We dates currently being considered are 1, 8, or 22 February 2025.

**River to River Relay (26 April 25):** - We were notified that the application for Team Godzilla was received. The notification said teams will know by the first week in December if they made it in or not. Assuming Team Godzilla gets in, the following is the current status of the runners and alternates:

- **Those Zillas who are "In"** - Doug Bristow, Bill Carril, Jim Clark, Matt Dunn, Darrell Meek, Lydia Mikoff, Chris Rankin, and Tami Spellman
- **The alternates, in order** - #1 Byron Barker, and #2 Ian Durie. If you want to be added to the alternate list, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

### **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** - The Animal Ride is finished for 2024. It will start back up in the spring of 2025 on the first Tuesday after the time change. 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:**

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

**Recent GOTY Events:**

- **New Full Ironman finishers since the October 2024 meeting:**
  - **Florida** - Erica Hunt completed this 140.6 in 16:36! Although this was not her fastest time for that distance, it had to be Erica's most impressive finish. Since her last full IM in 2021, Erica has had surgeries on both knees. Then 12 weeks prior to this race, she injured her shoulder in a bike crash. After the crash, Erica was unable to continue her swim-training and her bike preparation was limited to a trainer. Of course, she did have the world's greatest therapist walking with her through the recovery - club sponsor and member, Chris Amick!! Erica's incredible "will-to-finish" is the mark of a true Zilla!!
- **New Half Ironman finishers since the October 2024 meeting:**
  - Anyone?
- **New "USAT Nationals" finishers since the October 2024 meeting:**
  - Anyone?
- **New Ultramarathon finishers since the October 2024 meeting:**
  - Anyone?

- **SIUE Edwardsville** - 3 Zillas and one Zilla family member completed the 13<sup>th</sup> annual Up-a-Creek event and 4 Zillas volunteered at the event:
  - **Runners** - Jim Clark, Jake Fromme, Renee White, and Sydney White. Special congrats to Jim as the 2<sup>nd</sup> OVERALL male, Sydney as the 2<sup>nd</sup> OVERALL female, Renee as the 1<sup>st</sup> OVERALL female, and Jake as the 1<sup>st</sup> OVERALL participant of either gender!!
  - **Volunteers** - Ed Matecki, Darrell Meek, Jeff Schleicher, and Keith Timmins.
- **Johnston City** - We are not aware of any Zillas who completed the 12 or 24 Hour Adventure Challenge at Lake Arrowhead.
- **St. Louis** - 3 Zillas completed the 10K distance at the Greater Go! St. Louis Halloween event: Chris Ball, Steve Brummer and Bill Coyne. Special congrats to Steve and Bill for winning their age groups!!
- **Innsbrook** - 3 Zillas completed the 10K at this event: Jeff Kuhn, Daniella Lavender, and Tami Spellman. Special congrats to Daniella for placing 2<sup>nd</sup> in her age group and to Tami for winning her age group!!
- **Valmeyer** - Bill Coyne was the only Zilla who completed the YMCA Bluff Run. Special congrats to Bill for winning his age group!!
- **Beaver Dam** - 3 Zillas completed one of the distances offered at the MCDD Beaver Dam Dash and 9 Zillas earned GOTY volunteer points at the event:
  - **5K** - Evie Bristow. Special congrats to Evie for coming in as the 1<sup>st</sup> OVERALL FEMALE!!
  - **10K** - Jim Taylor and Karyn Weber. Special congrats to Karyn for coming in as the 2<sup>nd</sup> OVERALL FEMALE!!
  - **Zilla Volunteers** - Matt Dunn (Race Director), Doug Bristow, Jeanna Clark, Jim Clark, Donna Etherton, Kyle McLaughlin, Shannon McWhorter, Jim Taylor, and Karyn Weber.
- **2024 Ozark LMSC Short Course Meters Championship** - 2 Zillas competed at this event: Ed Matecki - who swam in the 50 Breast, 100 IM, 200 Free, and the 800 Free; and Tariq Quadri - who swam in the 50 Free, 100 Free, 200 Free, and 400 Free. As of 3 November, the results of these races had not been published.



- **Castlewood State Park** - 2 Zillas completed the 30K distance at the Skippo Trail Run event: Jim Taylor and Karyn Weber. Congrats to Jim and Karyn for coming in 2<sup>nd</sup> in their age groups!!
- **Chicago** - This is not a GOTY event, but maybe it should be! Donna Etherton completed the marathon in the windy city with a time of 4:44!!

#### **Upcoming Events:**

- 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 - 2 December 2024 at 6:00 pm
- Location - TBD