

Metro Tri Club
2 December 2024 Meeting Minutes

The meeting was held at Epic Brews in Edwardsville. This is a new place for us. They had an awesome private room. The food was very good, and the drinks cold. We'll be back here for the January meeting.

Members Present - Russ Darbon, Andrea Darbon, Missy Thiems, Jim Taylor, Donna Etherton, Donna Polinske, Erica Hunt, Jay Hunt, Tim Holland, Keith Timmins, Robin Misukonis, China Rongey, Ed Metecky, Jeff Kuhn, Tami Spellman, Bill Carril

First Time Members at a Meeting - None

Visitors - John Sikes and China's family.

Membership - Membership director Shannon McWhorter reported that we had one new member since the November meeting, bringing our membership to 87. Welcome to new member Dewey Barsaloux - he is from Freeburg, IL!!

Membership renewal registration for 2025 is open - please see directions for renewing in the paragraph below. 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."

Finance Report - Treasurer Jeff Kuhn reported on our current financial situation. He is also working on getting a current club member to complete an audit for 2024.

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.thedrivens.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 is still working on this issue. Stay tuned.

MTC Holiday Swim Challenge (22 Nov to 22 Dec 24) - We have 8 swimmers actively swimming. Keep it up! Others who signed up have not started swimming! The point of the challenge is to swim more than you would normally swim. There is still time to join!! Below is the link to sign-up for this event:

<https://docs.google.com/spreadsheets/d/1fwvJyrbG6lzPoNMNvOHJOYWIOZ2dx8QD4OqNkr3zqxc/edit>

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

- **Registration** - As of 12/2, we have 322 runners registered.

- **Awards** - Awards ordered and will be picked up on December 10.
- **SWAG** - Shirts are ordered and will also be picked up on December 10.
- **Volunteers** - As of 2 December, all volunteer positions have been filled. We can always use an extra pair of hands. If you, your family, or friends are interested in helping, please show up and we'll put you to work.
- **Practice Runs** - These were held on 9, 16, and 30 November. A total of 14 runners took advantage of the practices.

MTC Bylaws - Slide with bylaw changes recommended by treasurer Jeff Kuhn is attached. This change was discussed and will be officially voted on at the MTC annual meeting/banquet.

- **2025 Godzilla of the Year** - At the November club meeting we went through the 2024 GOTY requirements and list of events and there were some changes recommended. Keith updated everyone on proposed changes, and we voted to approve as noted. After the meeting, Keith sent the updated 2025 GOTY Requirements/Events to all active club members.
- **2024 GOTY Awards** - After the meeting, Keith sent an email to all active club members asking them to contact him if they completed all of the 2024 GOTY requirements or even if they think they were very close."

Officer Nominations - Nominations received at the meeting for the four officer positions are as listed below. The official election will be held at the annual meeting/club banquet.

President - Jay Hunt

Vice President - Tami Spellman

Treasurer - Jeff Kuhn

Secretary - Shared position with Keith Timmins, Lydia Mikoff, Donna Polinske, and Tim Holland. If you would like to join in this rotation, please let any officer know. The pay is lousy, but the prestige is amazing.

2025 MTC Business Meeting - Lead Becca Hostettler is targeting the LeClaire Room again this year, depending on their availability in February. She is currently waiting on a response from the catering group at Bella Milano regarding food options.

River to River Relay (26 April 25) - We should know this week if the Metro Tri Club team made it in or not. We were notified after the meeting that Team

Godzilla got in. The treasure will send a check to cover the registration fee. The following is current status:

- **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.

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 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.

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:

- January - Donna P
- February - Lydia
- March - Tim
- April - Keith

Recent GOTY Events:

- **New Full Ironman finishers since the November 2024 meeting:**
 - Anyone?
- **New Half Ironman finishers since the November 2024 meeting:**
 - Anyone?
- **New "USAT Nationals" finishers since the November 2024 meeting:**
 - Anyone?
- **New Ultramarathon finishers since the November 2024 meeting:**
 - **Vienna IL** - Renee White completed the 100-mile Tunnel Hill trail race in 18:36! Special congrats to Renee for finishing 2nd in her age group!! This was almost 7 hours faster than Renee ran the Leadville 100-mile trail run in August.
- **2024 Ozark LMSC Short Course Meters Championship** - We reported on Zilla participants last month, but at the time of our meeting, the results were not available. 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. Special congrats to Ed for placing 3rd in the 50 Breast, and 2nd in the 200 and 800 Free; and to Tariq for winning all 4 of his events!!
- **St. Louis Half Marathon** - Donna Etherton completed this race.
- **St Louis Track Club Relay** - Jay and Erica Hunt completed this event with each running 3.2 miles twice.
- **Maryville** - 7 Zillas completed this annual Turkey Trot and 2 Zillas received a volunteer GOTY point at this event:

- **Zilla Runners** - Lisa Brandt, Steve Brummer, Phil Coatney, Sue Edith, Donna Etherton, Mike Gonski, and Ed Matecki. Special congrats to Steve for placing 3rd in his age group; Mike and Donna for placing 2nd in their age groups; and to Phil and Lisa for winning their age groups!!
- **Zilla Volunteers** - Mike Gonski (race director) and Robin Misukonis.
- **Cookie Run** - The event raised \$1600!! Shopping for the needy families selected will begin the weekend of 7 December. China Rongey will provide us with pictures of everything they buy!! 14 Zillas completed one of the events offered and 13 Zillas earned a volunteer GOTY point:
 - **Kid's Distance** (1 Mile) - Abel Bristow and Nora Bristow. Special congrats to Abel, who had the fastest time for the boys with 8.1 minutes and he also had the fastest adjusted time of 2.1 minutes, eating 6 cookies!! Special congrats to Tinlee Kronable and Emily Kronable, who tied with the fastest time for the girls of 12.2 minutes; and to Emily who had the fastest adjusted time of -2.8 minutes, eating 15 cookies!!
 - **Adult Distance** (3 Miles) - Chrissy Bristow, Doug Bristow, Evie Bristow, Jeanna Clark, Sue Edith, Donna Etherton, Mike Gonski, Tim Holland, Ed Matecki, Jim Taylor, Missy Thiems, and Keith Timmins. Special congrats to Eli Clark, who had the fastest time for the males with 22.2 minutes; and to Doug, who had the fastest adjusted time for the males of -20.5 minutes, eating 56 cookies!! Special congrats to Evie Bristow, who had the fastest time for the females with 22.6 minutes; and to Andrea Switzer, who had the fastest adjusted time for the females of 4.2 minutes, eating 27 cookies!!
 - **Volunteers** - China Rongey (race director), Christine Bristow, Russ Darbon, Sue Edith, Donna Etherton, Erica Hunt, Jay Hunt, Ed Matecki, Kyle McLaughlin, Darrell Meek, Robin Misukonis, Dianna Tickner, Jim Taylor, Dianna Tickner, and Keith Timmins.

- **Edwardsville** - 9 Zillas completed the 5K at the annual Turkey Trot: Chris Amick, Chrissy Bristow, Evie Bristow, Tommy Brown, Steve Brummer, Jake Fromme, Erica Hunt, Rick Mann, and Janna Perry. Special congrats to Steve for placing 3rd in his age group, and to Rick and Janna for winning their age groups! On a side note, Rick's daughter, Alyssa Mann, was the OVERALL female winner!!
- **Alton Great River Road Run** - Tim Holland and Jeanna Clark completed the 5k distance. Tommy Brown and Janna Perry completed the 10-mile distance. The race was run in light snow creating beautiful views along the river. Eli Clark, son of club members Jim and Jeanna Clark, also completed the 5k distance, easily outrunning his mom.

Upcoming Events:

- 22 November to 22 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)
- 14 December - Pere Marquette Trail Run

Next meeting:

Date - 6 January 2025 at 6:00 pm

Location - Epic Brews 1001 Enclave Blvd Suite G Edwardsville