**Metro Tri Club**

**13 January 2025 Meeting Minutes**

The meeting was held at the Club House in Edwardsville, IL.

**Members Present** – Jay Hunt, Erica Hunt, Tim Holland, Keith Timmins, Donna Polinske, Jeff Kuhn, Tammy Spellman, Jim Clark, Darrell Meek, Shannon McWorter, Becca Hostettler, Mike Gonski, Robin Misukonis

**First Time Members at a Meeting** – Bryce Schuster

**Visitors** – John Sikes

**Membership** – Membership director Shannon McWhorter reported that as of 4 January, 20 Zillas have renewed their membership for 2025. Please see directions for renewing in the paragraph below.  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 (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 that the year-end financials and we have money! This year came in lower than our budgeted due to the lower registration at Pere Marquette. Jeff provided his drafted budget for 2025.

**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**](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)**.**

**Discussion was had on moving to a new website. We’ve asked Doug to help. If anyone wants to help, has any ideas, or anything else that might get this completed, let Jay, Donna or Doug know.**

**Insurance Coverage for Club on Non-Run Events** – Jay Hunt reported that he is working to get coverage through USAT. Not only does this cover our triathlons, but it gives us exposure on the USAT

**Pere Marquette Trail Run Highlights**:

* **Donations** - The runners this year donated $1492 to “Friends of Pere Marquette State Park Foundation.” The club officers discussed this and decided to add $508 and Treasurer Jeff Kuhn sent a check for $2000 to the Pere Marquette State Park Superintendent. Each year we see evidence that these donations are used to improve the Pere Marquette trails!

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Pere Marquette** | |  |  |  |  |  |  |  |  |  |
| **Comparative P&Ls** | | |  |  |  |  |  |  |  |  |
|  |  |  |  |  | ***23PM*** | | ***24PM*** | | ***B/(W)*** | |
| *# entrants* |  |  |  |  |  | *465* |  | *366* |  | *-99* |
| *Entry Fees, net of processing charges* | | | |  | *21,979* | *$51.30* | *20,297* | *$59.53* | *(1,682)* | *$8.23* |
| *Donation Out-Friends of PM (entrant provided)* | | | | | *(1,876)* | *($4.03)* | *(1,492)* | *($4.08)* | *384* | *($0.04)* |
| *Entry Fees, net* | |  |  |  | *20,103* | *$47.27* | *18,805* | *$55.46* | *(1,298)* | *$8.19* |
| *Other Misc  Revenue* | |  |  |  | *420* |  | *0* |  | *(420)* |  |
| *Revenue, net* | |  |  |  | *20,523* |  | *18,805* |  | *(1,718)* |  |
|  |  |  |  |  |  | *%Rev,Net* |  | *%Rev,Net* |  | *%Rev,Net* |
| *Donation Out-Friends of PM (MTC provided)* | | | |  | *(124)* | *0.6%* | *(508)* | *2.7%* | *384* | *-2.1%* |
| *10% DNR Fee* | |  |  |  | *(2,100)* | *10.2%* | *(1,881)* | *10.0%* | *(220)* | *0.2%* |
| *Swag/Awards* | |  |  |  | *(9,495)* | *46.3%* | *(8,916)* | *47.4%* | *(579)* | *-1.1%* |
| *Race Timing* | |  |  |  | *(1,238)* | *6.0%* | *(1,034)* | *5.5%* | *(204)* | *0.5%* |
| *Marketing* | |  |  |  |  | *0.0%* |  | *0.0%* | *0* | *0.0%* |
| *Food/Beverage* | |  |  |  | *(1,443)* | *7.0%* | *(1,518)* | *8.1%* | *75* | *-1.0%* |
| *Supplies/Misc Other* | |  |  |  | *(390)* | *1.9%* | *(392)* | *2.1%* | *3* | *-0.2%* |
| *Expenses* |  |  |  |  | *(14,788)* | *72.1%* | *(14,249)* | *75.8%* | *(540)* | *-3.7%* |
| *Net Income* | |  |  |  | *5,735* | *27.9%* | *4,556* | *24.2%* | *(1,178)* | *3.7%* |

**2024 Godzilla of the Year** – Everyone we “think” met all of the 2024 GOTY requirements has been contacted. If you think you also met the requirements but were not contacted, please email [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com). Also, if you think you might be close, let Keith know and he will look up your data! The winners will be recognized at the 2025 MTC Annual Banquet.

**2025 MTC Banquet/Business Meeting** – Becca Hostettler, banquet lead, was able to reserve the Leclaire Room at Lewis & Clark venue in Edwardsville for Saturday, 22 February. The cost of the event will be $20 per person. Please check for an email dated 11 January that includes a link to sign up. In addition to good food at a great price, this is an excellent opportunity for your spouse or significant other to meet other awesome club members and for them to see some of the good things we do each year!

**River to River Relay (26 April 25**) :

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

**St. Louis St. Patrick’s Day Race (15 March) –** Have you heard about the famous “Zillapede” that appears at this race every year? More than a dozen Zillas, family, and friends are tethered together with “pennant line” to run the 5-mile race. However, since the Zillapede runs like a “snake” – it is more like a 6+ mile race!! We will loan every runner a matching Zillapede shirt to wear. If you are interested in running or have any questions, please email [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

Current list of runners are: Keith Timmins, Tim Holland, and Jim Clark. We need more so sign up!!

**2025 Fight For Air Climb (29 March)** –  The Metro Tri Club assembles a team each year to participate in this incredible event sponsored by the American Lung Association. Donna Etherton has once again agreed to lead our team and can answer any questions you might have. Here are some details:

* Date/Time – 29 March 2025, 8:00AM
* Place - Metropolitan Square St Louis, MO
* Cost - $35 for climber, $45 for Ultimate climber
* Minimum donations required - $100. In the past some climbers paid this up front. Donna will organize a Super Bowl Square fundraiser to help climbers cover the donation cost. Whether you register as a climber or not, please  
  consider buying squares for $10 each. Please call Donna at 618-978-4265 with your requests. Payments can be made in cash to Donna or via Venmo @Donna-Etherton.
* More info to come on other possible fundraisers.
* To donate or join the Metro Tri Club Fight For Air Climb Team, use this link:  
    
  <https://action.lung.org/site/TR/Climb/ALAUM_Upper_Midwest?team_id=191094&pg=team&fr_id=27059>
* Practice Climbs – Two practice climbs on the Metropolitan Square stairs will be held prior to the event day: Wednesday, 12 February from 5:30 pm to 7:00 pm; and Saturday, 8 March from 10:00 am to 11:30 am. You must be registered for the Climb to participate in practice climbs. RSVP for practice climbs by emailing [STLClimb@lung.org](mailto:STLClimb@lung.org).
* Donna will email and post on FB the link to sign up for the Metro Tri Club Team.

**2025 MTC Zilla Tri –** We unanimously decided to continue this successful race in 2025! More to come!

**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](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**:

* February – Lydia
* March – Keith
* April – Tim
* May – Donna P

**Recent GOTY Events:**

* **New Full Ironman finishers since the** **December 2024 meeting**:
* Anyone?
* **New Half Ironman finishers since the December 2024 meeting**:
* Anyone?
* **New “USAT Nationals” finishers since the December 2024 meeting**:
* Anyone?
* **New Ultramarathon finishers since the December 2024 meeting**:
* **Whitewater, WI** – We missed reporting on the Bunk Endurance Challenge at the December meeting. Jim Taylor and Karyn Weber ran in this Ultra in November. Jim completed almost 50 miles and Karyn finished the grueling 150-mile distance! Special congrats to Karyn, who was the OVERALL female winner!!
* **Crystal Lake, IL** – The “Frozen Gnome” 50K lived up to its name as the temps stayed below freezing all day. 2 Zillas completed this race – Karyn Weber and Jim Taylor. Special congrats to Jim for placing 3rd in his age group and to Karyn for winning her age group!!
* **MTC Holiday Swim Challenge** – We had 10 participants with some incredible results. Thanks to those who participated! Please send any suggestions or changes to this event to Missy or Donna:
* **Advanced Participants** – Missy Thiems (co-director), Erica Hunt, Rick Mann, Ed Matecki, Lydia Mikoff, Tariq Quadri, Jim Taylor, and Mark Antieau (potential future Zilla??)
  + - **Most yards swam in Advanced group** – Lydia with 66,800 yards!!
    - **Most points in Advanced group** – Lydia with 67,350 points!!
    - **Total distance swam in Advanced group** – 219,050 yards!!
* **Novice Participants** - Donna Etherton (co-director) and Tim Holland
  + - **Most yards swam in Novice group** – Donna with 29,275 yards!!
    - **Most points in Novice group** - Donna with 30,525 points!!
    - **Total yards swam in Novice group** - 39,075 yards!!
* **Other Facts from the competition:**
  + - **Total distance swam**: 258,125 yards, or 143.4 miles!!
    - **Participants who swam a double (2 swims in 1 day)** - Lydia and Donna!!
    - **Longest single swim** – Lydia, with 4,700 yard to complete the "Swim a Double" challenge!!
    - **Swimmers who participated in the “12 days of Christmas ladder”** - Lydia and Donna!!
    - **Donations from Participants**:
      * **To the MTC Cookie Run** - Missy, Lydia, Jim, Erica, Donna, and Ed!!
      * **To the Boy Scouts** - Jim and Ed!!
    - **Christmas Spirit Challenge Pictures** - Provided by Donna and Ed!! (Note – it was discovered that Ed has a zoo at his house!!)
* **Defiance, MO** – 2 Zillas completed the 10-mile option at the Wild in the Woods Trail Run – Jim Taylor and Karyn Weber. Special congrats to Karyn for finishing 3rd in her age group and Jim for finishing 2nd in his age group!!
* **Ballwin, MO -** Castlewood 8-hour Adventure Race – Please let Keith know if you competed in this event with a team.
* **St. Louis** – 3 Zillas completed one of the distances offered at the Hot Chocolate Race event:
  + - **10K** – Tami Spellman
    - **15K** – Steve Brummer and Tim Mulvey. Special congrats to Steve for placing 3rd in his age group!!
* **Pere Marquette** – The 35th running of the Pere Marquette Trail Race was lots of fun! Well . . . that is if you are one of those crazies who likes running in a steady, cold rain; and on a muddy, sloppy, and slick course! We had 13 Zilla runners and 58 incredible volunteers:
  + - **Zilla runners** – Chris Amick (Sponsor), Byron Barker, Doug Bristow, Bill Carril, Jake Fromme, Rick Mann, Shane May, Darrell Meek, Tim Mulvey, Jim Taylor, Dianna Tickner, Keith Timmins, and Karyn Weber. Special congrats to Karyn for placing 3rd in her age group, Dianna for placing 2nd in her age group, and Jake for winning his age group!! Keith had to walk the course to keep his 35-event streak alive. Even more impressive was Steve Rechtein, the only other person who has done all 35 races, who traveled from Washington State to keep his streak alive!
    - **Zilla Volunteers** – The following Zillas received 2 volunteer GOTY points: Tim Holland (Race Director), Chris Amick (Sponsor), Byron Barker, Lisa Brandt, Doug Bristow, Jeanna Clark, Jim Clark, Bill Coyne, Carl Dake, Kris Dake, Fawn Dintelmann, Matt Dunn, Sue Edith, Donna Etherton, Mike Fricke, Jake Fromme, Mike Gonski, Rhonda Grammer, Erica Hunt, Jay Hunt, Mike Kelly, Jeff Kuhn, Sandy Louis, Ed Matecki, Shane May, Kyle McLaughlin, Darrell Meek, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Cindy Oates, Donna Polinske, Tim Rister, John Roth, Jeff Schleicher, Tami Spellman, Dianna Tickner, Keith Timmins, Anna Kallal Toney, and Jerry Wunderlich.
    - **Zilla Family/Friend Volunteers -** Cid Bauer, MK Dashke, Drew Dintelmann, Terry Eldridge, Matt Feldmann, Joann Fricke, Matt Feldman, Tom Gittemeier, Joy Honegger, Bill Langton, Michele Meckfessel, Cheryl Riley, Heidi Sanders, John Sikes, Melanie Suess, Rachael Underhill, Dave Williams, and Lisa Willams.

**Resolution Run –** We are aware of 22 Zillas who complete this race to kick off the New Year. The race was held by Runwell, one of our Club Sponsors, owed by Jen Schaller: Chris Amick, Bill Carril, Jeanna Clark, Phil Coatney, Josh Dake, Fawn Dintelmann, Sue Edith, Donna Etherton, Mike Gonski, Tim Holland, Becca Hostettler, Erica Hunt, Jay Hunt, Jeff Kuhn, Rick Mann, Ed Matecki, Shane May, Janna Perry, Kerry Ritter, Tami Spellman, Dianna Tickner, and Laura Wroge.

**Upcoming Events**:

* 26 January – 2nd Annual Quincy Masters Classic Swim Meet, Quincy IL
* 1 February – Castlewood Cup
* 2 February - Spring Classic Swim Meet, Bloomington, IL
* 16 February - John May Winter Classic Swim Meet, Champaign IL
* 2 March - Quivering Quads Half Marathon Trail Run
* 15 March - St. Patrick’s Day Run
* 29 March - Fight for Air Challenge
* 26 April - Greater St. Louis Marathon/Half Marathon
* 26 April - Greater St. Louis Marathon Relay
* 26 April - River to River Relay
* 27 April - Chain of Rocks Bridge Duathlon

**Next meeting**:

* Date – 3 February 2025 at 6:00 pm
* Location – The Clubhouse in Edwardsville