

Metro Tri Club
3 February 2025 Meeting Minutes

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

Members Present - Andrea Darbon (one of our club sponsors!), Mark Andieau, Jim Clark, Phil Coatney, Russ Darbon, Donna Etherton, Jake Fromme, Mike Gonski, Tim Holland, Erica Hunt, Jay Hunt, Jeff Kuhn, Rick Mann, Shane May, Lydia Mikoff, Robin Misukonis, Donna Polinske, Jim Taylor, and Keith Timmins.

First Time Members at a Meeting - None.

Visitors - Jeff Germer and Donna Mann.

Membership - Membership director Shannon McWhorter reported that as of 2 February, 40 Zillas have renewed their membership for 2025 and we have 2 new members, Leonard Hernandez and Bryce Schuster. Welcome Leonard and Bryce!! Shannon had to fix a glitch in the auto-renewal option and she believes she contacted everyone impacted by it. Please read the paragraph below for directions to renew your membership. 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 that we still have money! Jeff thoroughly went through the report at the meeting. If you have any questions on the finances, contact Jeff. Shane May will review the books as is required by the bylaws. Finally, the Venmo account is closed.

Administration Issues:

- Doug B. is looking into a new website and will report with information.
- Jim Taylor agreed to remain in charge of sponsorships.

Member Discount Codes:

- Discount code for all Racemaker events is trizilla15
- Discount code for all MSE Racing events is MSE2024.

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.

2025 MTC Banquet/Business Meeting:

- Becca and Erica are looking for 2024 race and training stories- especially funny stuff!! Please tell on yourself and other club members!
- Banquet is \$20/person, which is a great deal for a night out with a great meal!
- Link to sign up: <https://runsignup.com/TicketEvent/MTCAnnualMeetingAndBanquet>

Insurance Coverage for Club on Non-Run Events - We have a quote for insurance for \$550 per year with USAT. Our current insurance is with RRCA and it's around \$850 per year. USAT insurance covers more events, RRCA is just running events. Jay is continuing to research this.

2025 Pere Marquette Endurance Trail Run – Tim is looking for someone to shadow him this year. This person or persons would help Tim with the processes used to prepare us for the 2025 race. They would provide another set of eyes and be able to recommend changes to the processes. It will also help ensure more than one person knows what the processes are! Although there is some work done in the early part of the year, the bulk of the work will be during the last half of the year.

General discussions about recent and/or upcoming races – We will share info here on the club members' race plans for the year!

Ironman 70.3 Michigan ~ September 14, 2025 ~ several club members are signed up already!

Ironman 70.3 Ohio ~ There's a Facebook group for the event and to chat about the event and those going.

St. Louis St. Patrick's Day Race (15 March) – Those who have signed up to run with the famous Zillapede so far are Doug Bristow (Lead Pede), Evie Bristow, Eli Clark, Jeanna Clark, Jim Clark, Donna Etherton, and Tim Holland. Those who are "maybe" right now are Chrissy Bristow, Sandy Louis, and Keith Timmins. Does anyone have any questions about the Zillapede? Who else wants to be part of this crowd pleasing spectacle?

2025 Ozark LMSC Short Course Yards Championship (15 to 16 March):

Location: Chuck Fruit Aquatic Center, 6168 Center Grove Rd, Edwardsville, IL 62025

Course: The pool length is 50 meters, with movable bulkheads. There are eight (8) Short Course Yards competition lanes (north pool) & eight (8) SCY warmup lanes (south pool).

Competition Pool Warm-up Time: Saturday, March 15 at 11:00 am – 11:45 am; Sunday, March 16 at 7:00 am – 7:45 am

Competition Pool Start Time: Saturday, March 16 at 12:00 pm; Sunday, March 16 at 8:00 am

Continuous Warm-up: A separate 8-lane SCY pool is available during the swim meet.

Timing System: The primary timing system will be Automatic timing. Times from this competition will be eligible for USMS national records, and Top 10 consideration.

Meet Director: Maryanne Barkley, barkleymaryanne@gmail.com, 618-667-3134

Meet Registrar: Jeff Enge, jpenge358@gmail.com, 405-200-8927

Rules & Eligibility: Current USMS rules will govern the meet. All participants must be 18 or older and be currently registered members of U.S. Masters Swimming or another World Aquatics federation with proof of current membership. Participants are encouraged but not required to be annual USMS members; join online

at <http://www.usms.org/reg/> Select "Ozark" as the LMSC (not Missouri Valley or Illinois). One-Event membership (OEVT) is NOT allowed.

Age Determination Date: The swimmer's age on March 16, 2025.

Relays: Unattached swimmers cannot swim relays. Individuals may swim for only one relay team in each relay event. Teams are either 4 MEN or 4 WOMEN or 2M+2W/MIXED; teammates must be registered with the same Club. Relay age groups are: 18+, 25+, 35+, 45+, etc.; a team's age group is determined by the youngest swimmer's age. There's no additional fee to enter relays.

- For Relay Event numbers 3, 8, 14, 17 & 27 - the relay teams are either 4 MEN or 4 WOMEN

- For Relay Event numbers 2, 13, 18, 23 & 28 - the relay teams are MIXED (2 MEN and 2 WOMEN)

Online registration includes Relay events, the Meet Registrar will email entrants to help create teams; please email any already created team lineups to jpenge358@gmail.com. Relay-only swimmers must complete an individual meet entry.

Online Entry Procedure: www.swimslam.org NO PAPER, DECK, OR EMAIL ENTRIES ACCEPTED

Entry Deadline: 11:59 pm, Thursday, March 13, 2025

Entry Limits: Participants are limited to five (5) individual events per day (relays excluded). All events are timed finals and seeded slowest to fastest; genders may be seeded together at the discretion of the meet referee.

Entry Fee: \$30 @ one day or \$40 @ two day - online entry credit card charge from "Pay Pal"

Meet-Day Entry: No individual or relay meet-day entry is allowed; entry is online only at swimslam.org

Positive Check-in Deadline: Sunday, March 16 at 7:30 am (Event #15/1000Y Freestyle & #16/1650Y Freestyle)

WORKSHEET for ONLINE ENTRY FORM

2025 Ozark LMSC Short Course Yards Championship - Sanction #225-S001

ENTRY DEADLINE: 11:59 pm, Thursday, March 13, 2025

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 again agreed to lead the Metro Tri Club 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 has organized a Super Bowl Square fundraiser to help climbers cover the donation cost. All squares have been claimed and Donna notified all participants of their number combinations.
- 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.
- Donna will email and post on FB the link to sign up for the Metro Tri Club Team.
- Zillas who have signed up: Donna Etherton, Sandy Louis, Renee White, Jeanna Clark, and Keith Timmins.

River to River Relay (26 April 25) - Jim Clark asked to be moved to the alternate list. Below is the current status after making that change.

- **Those Zillas who are "In"** - Doug Bristow, Bill Carril, Matt Dunn, Ian Durie, Darrell Meek, Lydia Mikoff, Chris Rankin, and Byron Barker
- **The alternates, in order** - #1 Evie Bristow, #2 Donna Etherton, #3 Jim Clark. We would like to have a few more alternates. If you want to be added as an alternate, please contact keithtimmins@gmail.com.

2025 MTC Zilla Tri – Race Director Donna Etherton is working on a date for the second annual running of this event and should have it locked in soon. Here are some actions she has taken already:

- She contacted the Pool Board and the request to hold our race will be on the agenda at their meeting on 3 February. Once approved, Donna will proceed with USAT sanctioning application and City of Columbia Special Event Application.
- Donna talked with reps at USAT. They are ready to help copy last year's sanctioning application and will help set up a youth application. Youth sanctioning applications are free until mid-February. There is a youth event on 17 August in Clayton (the weekend we held last year's event) so Donna is looking at 3 or 10 August as possible dates.
- Donna sent an email to the City of Columbia and was told that 3, 10, and 17 August are open for our event. Donna was also provided contact information for the Columbia Lakes HOA. The Columbia Lakes subdivision has a really nice lake - a possible site for an open water swim if we cannot use the pool.

Admin:

- **Treasurer** - Pay the annual fee for the MTC P.O. Box by 28 February.
- **Sponsorship Director** - Determine if any sponsors need to pay their fee and notify them. If needed, initiate actions to update the stickers on the MTC trailer for any new sponsors.

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 on 11 March 2025 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:

- March - Keith
- April - Tim
- May - Donna P.

Recent GOTY Events:

- **New Full Ironman finishers since the January 2025 meeting:**
 - None
- **New Half Ironman finishers since the January 2025 meeting:**
 - None
- **New "USAT Nationals" finishers since the January 2025 meeting:**
 - None
- **New Ultramarathon finishers since the January 2025 meeting:**
 - None
- **Quincy, IL** - We are not aware of any Zillas who participated in this 2nd Annual Quincy Masters Classic Swim Meet.

- Bloomington, IL - Did anyone compete in the Spring Classic Swim Meet on 2 February?

Upcoming Events: (New races or changes show in Blue)

- 8 February - Castlewood Cup
- February to April - Rec Plex Indoor Tris
- 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
- 15 to 16 March - 2025 Ozark LMSC Short Course Yards Championship
- 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
- 4 May - Rookies & Rock Stars Tri
- 18 May - Lake Lou Yeager Tri
- 24 May - Mattoon Duathlon
- ___ May - Highland Biathlon - (Is this race now defunct?)
- 1 June - Innsbrook Tri
- 7 June - Tri Shark Tri/Duathlon
- 22 June - Sunset Hills Tri
- 29 June - St. Louis Triathlon (Lou Fusz Subaru - Creve Couer Lake)
- 13 July - New Town Tri
- 20 July - Ballwin Tri
- 26 July - Lake Springfield Tris
- 27 July - Tour de Kirkwood
- 17 August - 370 Lakeside Tri
- 21 September - Carlyle Lake (Gateway Tri)/Duathlon

Next meeting:

- Date - 3 March 2025 at 6:00 pm
- Location - The Clubhouse in Edwardsville