

**Metro Tri Club**  
**7 April 2025 Meeting Minutes**

The meeting was held at the MCT in Granite City. VP Tammy Spellman filled in for Prez Jay Hunt and did a great job!

**Members Present** - Mark Antieau, Doug Bristow, Donna Etherton, Mike Gonski, Tim Holland, Jeff Kuhn, Sandy Louis, Ed Matecki, Donna Polinske, Bryce Schuster, Tami Spellman, Jim Taylor, Keith Timmins

**First Time Members at a Meeting** - Sandy Louis is another Columbia member! She is good friends with Donna Etherton and has been doing the Zillapede for several years with us and did the last two "Fight For Air Climbs" with Team Godzilla! Welcome!

**Visitors** - Gabrielle Woodruff was a first time visitor. We thought Gabrielle was already a new member, so she was asked to explain what brought her to the club and her interest in triathlons. Gabrielle met Erica and Jay Hunt at the SIUE pool a year ago and finally asked about attending a meeting. She did the Zilla MTC Tri last August and had done one other triathlon before that. Oh, and she qualified for Nationals!! Congrats!! Gabrielle asked for info on how to join the club, so we won't make her do the introduction again when she officially comes to a meeting for the first time as a member 😊.

**Membership** - Membership director Shannon McWhorter reported that as of 6 April, the club has 67 active members. This includes 2 new members who joined us since the March meeting - Crystal Hernandez and Meredith Harris. Welcome Crystal and Meredith!!

Please read the paragraph below if you need directions to renew your membership. 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 reported that there was not much activity in March. He indicated that it was a good month and we are in good shape for the upcoming year!

**Member Discount Codes:**

- **Racemaker events** - trizilla15
- **MSE events** - MTC2025. If you have any trouble using this code, please contact Jay Hunt.

**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).

**River to River Relay (26 April 25)** - Zillas who are "In" - Doug Bristow, Evie Bristow, Bill Carril, Ian Durie, Darrell Meek, Lydia Mikoff, Paul Underhill, and Byron Barker. There are currently NO alternates. If you would like to be on the alternate list, please contact [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com).

**2025 MTC Zilla Tri (3 August)** - Below are actions taken by race director Donna Etherton since the March meeting:

- City Special Event Permit - It was approved and has been paid.
- USAT Sanctioning Application - It has been paid but Donna has 1 more thing to complete.
- County Road Use Permit - It was approved.
- Pool Rental - The Pool Board agreed to \$225 for the pool rental.
- USAT Insurance - Certificates were received from USAT for the city, the county, and the pool.
- Race Registration - As of 1 April we have 14 adult participants registered.
- Volunteers - Donna will send an email to the lead volunteers to see if they are "in" for the 2025 race. After the lead responses are received, Donna will send emails to the volunteer groups.

**Admin:**

- Sponsorship - Jim Taylor had a very busy March and plans to address sponsorships this month.
- Trailer license renewal - Due in April. After discussion, Jeff found the info to renew the trailer and will get that done.

**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.

### **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:**

May - Lydia

June - Tim

July - Keith

August - Donna P.

### **Recent GOTY Events:**

#### **New Full Ironman finishers since the March 2025 meeting:**

None?

#### **New Half Ironman finishers since the March 2025 meeting:**

None?

#### **New "USAT Nationals" finishers since the March 2025 meeting:**

None?

#### **New Ultramarathon finishers since the March 2025 meeting:**

- **Eureka, MO** - 3 Zillas completed the Ozark Foothills 50K at Greensfelder Park ~ Jim Taylor, Karyn Weber, and Kerry Ritter. It was like 2 different races. The first 25K was mostly good weather. On the second 25K, the rains fell, the temps fell, and the winds picked up ~ making for a very sloppy and cold ending. Jim compared it like this ~ "It was like running Pere Marquette

this past December four times in the cold rain, but with calf-deep creek crossings and 15 degree warmer temps."

**St. Louis** - A total of 9 Zillas completed the following at the St. Patrick's Day Race:

**6-Miles** - The famous Zillapede was again a crowd favorite as they weaved a path on the racecourse that added an extra mile to the distance covered. Zillas participating in the Zillapede included: Doug Bristow (Lead Pede), Evie Bristow, Eli Clark, Jeanna Clark, Jim Clark, Donna Etherton, Tim Holland, Erica Hunt, and Sandy Louis.

**5-Mile Race** - Janna Perry was the only Zilla we found in the results who completed the race in the boring, straight-line method. Special congrats to Janna for placing 2<sup>nd</sup> in her age group!! Janna was seen running with a friend both before and after the race. We found that they ran a total of 20 miles: 11 before the race, 5 during the race, and a 4-mile "cool down!" They were training for those hilly spring races!!

**Edwardsville** - 2 Zillas participated at 2025 Ozark LMSC Short Course Yards Championship held at the Chuck Fruits Aquatic Center:

- Ed Matecki completed the following races: 100 free, 100 IM, 100 Breaststroke, 200 free, 500 free, and the 1000 free!!
- Tariq Quadri completed the following races: 100 free, 500 free , 1000 free!!

**St. Louis** - 5 Zillas participated in the "Ultimate Climb" option of the Fight for Air Challenge. The following are the approximate number of stairs (the estimate is 21.5 stairs per floor) these Zillas climbed in the stairwell the Metropolitan Square building: Jeanna Clark (3303); Donna Etherton (3303); Sandy Louis (4163); Keith Timmins (3303); and Renee White (5023). Special congrats to Renee for coming in as the 2<sup>nd</sup> OVERALL female, based on the speed of a participant's first climb to the top!!

**Upcoming Events:** (New races or changes shown in [Blue](#)) -

February to April - Rec Plex Indoor Tris

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  
18 May - IM Chattanooga 70.3  
24 May - Mattoon Duathlon  
7 June - Innsbrook Tri  
7 June - Route 66 10K  
7 June - Tri Shark Tri/Duathlon  
14 June - Covered Bridge 5K  
22 June - Sunset Hills Tri  
28 June - Macklind Mile  
29 June - St. Louis Triathlon (Lou Fusz Subaru - Creve Couer Lake)  
12 July - Tour de Donut  
12/13 July - New Town Tri  
20 July - Ballwin Tri  
20 July - IM Ohio 70.3  
26 July - Lake Springfield Tris  
27 July - Tour de Kirkwood  
16 August - Bike for Heroes  
17 August - 370 Lakeside Tri  
14 September - IM Michigan 70.3  
21 September - Carlyle Lake (Gateway Tri)/Duathlon

**Madison County Transit** -SJ Morrison, the Managing Director of MCT, updated us on the MCT Trail System that we enjoy so much! It was informative, with the following information shared (this is not all, it's all I got down!):

SJ told us about the new Micro Transit Services that they provide, which currently picks up/drops off in a loop around Collinsville. It's \$1 per ride, and goes by all the Collinsville MCT bus stops. They are expanding to the Bethalto/East Alton area as well.

He was excited to announce that they have provided 25 police bikes in Madison county.

The Yellowhammer Trail opened in October, 2024; they are currently working on improvements to the Nickel Plate Trail, the Schoolhouse tunnel is completed and the Schoolhouse bridge will begin in June;

More interpretive panels are going up (the historical facts throughout the trails) & there's now 12 art sculptures on the trails with the hopes of a few more.

**Next meeting:**

- Date - 5 May 2025 at 6:00 pm
- Location - The Clubhouse, Edwardsville