

**Metro Tri Club**  
**5 May 2025 Meeting Minutes**

The meeting was held at the Clubhouse in Edwardsville.

**Members Present** - Mark Antieau, Donna Etherton, Mike Gonski, Crystal Hernandez, Tim Holland, Becca Hostettler, Erica Hunt, Jay Hunt, Rick Mann, Shannon McWhorter, Darrell Meek, Robin Misukonis, Donna Polinske, Bryce Schuster, Keith Timmins, and Jerry Wunderlich.

**First Time Members at a Meeting** - Crystal Hernandez used to live in this area and moved back. She has completed half marathon races and would like to try a sprint triathlon soon. Leonard, her husband and also a club member, was out of town doing an Olympic distance tri!!

**Visitors** - Jeff Germer, Dante Hernandez, and Sara Meek.

**Membership** - Membership director Shannon McWhorter reported that as of 30 April, the club has 69 active members. One new Zilla joined the club since the April meeting. Welcome to Gabrielle Woodruff!!

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 and Vice President Tami Spellman were enjoying a vacation in Europe. Jeff sent word that the finance side of MTC was in good shape with very little activity in the past month. He also submitted the Federal and State tax returns for the club.

**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).

**2025 MTC Zilla Tri (3 August)** - Below are actions taken by co-race directors Donna Etherton and Erica Hunt since the April meeting:

- Donna E brought samples of potential t-shirts for the race for us to check out.
- The USAT sanctioning application is complete, but not yet approved.
- As of 29 April, registration is up to 16 adults. No youth have registered yet. The next price increase is 24 May.
- Donna E and Erica reorganized the club trailer and made a list of items needed for the triathlon.

- Donna E contacted Anchor Art and Sign to order more signs for the bike and run routes. We need 35 signs at a cost of \$13.75 (same price as last year) for each sign, including a stake for each sign. Total of \$481.25. A motion was passed at the meeting to cover this cost.
- Other items to purchase are signal flags at \$23.67 and safety vests at \$76.30.
- Jay Hunt made a flyer and Sandy Louis had it printed. Please take a sign or two to put up at your club, office, and favorite hangouts!
- Erica is working on a new Facebook account for the triathlon. Once the account is finished, Erica will provide a link to it.
- We may need to have another person get certified as a race director (possibly Erica). Donna E may have a conflict that would prevent her from physically being there on race day. The cost last year for Donna E to get certified was \$350. A motion was passed to cover this cost to get a new race director certified.

**MTC Zilla Tri Volunteers** - The following are those who have volunteered and areas we need people to fill Club members, their families, and friends may volunteer by using the race registration link, Then click on Volunteer - <https://runsignup.com/Race/IL/Columbia/MTCZillaTri> - then add their information in the volunteer area they choose to participate in.

- **Co-Race Directors** - Donna Etherton and Erica Hunt
- **Volunteer Lead** - (Will help fill all of the volunteer positions and pass out volunteer packets on race day) plus 1
- **Aid station/water stop** - Lead plus 7
- **Awards** - Doug Bristow and Tim Holland
- **Communications** - Shannon McWhorter
- **Swim Course** - Lead plus 2
- **Bike Course** - Jeff Germer plus 11
- **Bike Course Sweep** - 1
- **Run Course** - Chris Ball plus 6
- **Equipment/Transition Set up** - Lead plus 5
- **Equipment/Transition Tear down** - Lead plus 5
- **Medical** - Chris Amick plus 4

- **Parking** - Lead plus 4
- **Photography** - Lead plus 3
- **Recycle** - Lead plus 1
- **Registration/packet pickup** - Lead (available Sat 7:30-12:30 and Sun 5:00-7:30) plus Saturday volunteers 4 and Sunday volunteers 4
- **Safety** - Erica Hunt plus 3
- **Security** - Jeff Kuhn plus 3
- **Transition** - Lead plus 4
- **Swag** - Lead
- **USAT Official** - Tom Rice
- **Transition Aid Station** - Lead plus 6
- **Finish Line Food** - Lead plus 3

#### **Rt. 66 10K (7 June) - Water Stop:**

- **Director** - Donna Polinske was once again UNANIMOUSLY approved to be our Water Stop race director!
- **Theme** - Some discussion about having a "hillbilly" theme" and an "aging rock star" theme. Donna P will let us know!
- **Volunteers** - Those who have volunteered so far: Crystal Hernandez, Donte Hernandez, Tim Holland, Shannon McWhorter, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Donna P, Keith Timmins. If you want to join in this fun hydration event (and earn a volunteer GOTY point), please send a note to [keithtimmins@gmail.com](mailto:keithtimmins@gmail.com). Race director Erica Hunt also said they are looking for up to 3 bike riders (front, mid, and sweep) for this event.  
Note: All volunteers need to sign up online using the following link:
  - o <https://runsignup.com/Race/Volunteer/IL/Edwardsville/Route6610K>

**Miles for Meso (20 September)** - More information will be coming next month on this event. Since Robin is going to be gone for several weeks prior to this 5K, we wanted to start early getting course marshals. Those who have volunteered so far: Darrell Meek, Sara Meek, Robin Misukonis (Race Director), Donna Polinske, and Keith Timmins.

**Pere Marquette (13 December)** - A reminder that Tim Holland is still looking for a "shadow" at this year's race. This person will become familiar with the process used by Tim (race director) and be asked to provide any improvement recommendations!! On another note - Tim is considering opening the registration earlier for the 2025 race.

**Admin:**

- **Sponsorship** - Jim Taylor was not at the meeting to report on any actions taken since the April meeting with our, so Jay Hunt will follow-up with him.
- **Trailer license renewal** - Treasurer Jeff Kuhn was able to complete this action on-line.
- **USAT Coverage** - Jay Hunt will follow-up to make sure events like the "I Tri for St. Jude" are covered by this insurance.

**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:**

- June - Tim
- July - Lydia
- August - Keith
- September - Donna P

**Recent GOTY Events:**

- **New Full Ironman finishers since the April 2025 meeting:**
  - None
- **New Half Ironman finishers since the April 2025 meeting:**
  - None
- **New "USAT Nationals" finishers since the April 2025 meeting:**
  - None
- **New Ultramarathon finishers since the April 2025 meeting:**
  - None
- **St. Louis** - 5 Zillas completed the Greater St. Louis Half Marathon: Steve Brummer, Donna Etherton, Mike Gonski, Tim Mulvey, and Bryce Schuster.
- **Southern Illinois** - 10 Zillas ran with a team on the River to River Relay (R2R). It is also noted that Missy Thiems volunteered at the race at transition #14:
  - **Team Sock Monkey** - Josh Dake and Laura Wroge.
  - **Team Godzilla** - Byron Barker, Doug Bristow, Evie Bristow, Bill Carril, Ian Durie, Darrell Meek, Lydia Mikoff, and Paul Underhill.  
This is probably the most fun-packed event of each year. Here are a few highlights from Team Godzilla's 2025 race:

- They had t-shirts made with Zilla riding on a pink flamingo. They unveiled a new Team Godzilla race team name - "VSTR" or "Very Serious Race Team." They put an inflatable flamingo around Zilla's waist, who was riding on top of the van. Finally, they had flamingo trimmings to go with their streamers.
- 3 of the runners were doing their first ever R2R Relay - Byron, Bill, and Evie.
- Evie was the fastest runner on the team and the youngest - by a long shot (15!) What really motivated Evie was keeping track of how many "KILLS" the team had. After each leg, runners were asked how many people they passed and how many people passed them. All "plus" numbers are KILLS and were documented on the van windows.
- Paul, a new club member and also a Metro Miler, ran for the first time with Team Godzilla. He proved he was a Zilla at heart when he stole the silly string before the start of his leg so that he could spray the team as they drove by him, instead of him being the target! It was a masterful move.
- Doug brought a bullhorn which he used to encourage and/or heckle runners. At the final transition area, Doug used the bullhorn to cheer runners from other teams coming up the hill as they waited for Paul. Soon Doug was getting requests from the other teams on what to say to their runner. Next year they may rent out Doug's services!
- Darrell volunteered for the notorious leg 6, which has the hardest segment on the course. A steep hill on this segment is over a mile long. At the top of the hill, Darrell was handed a beer. He chugged it and finished the leg!
- It is reported that Lydia took several naps during the day. In her defense, race day was her first day off after 12 in a row (yuck!)

- The Hill Raisers team are "pickle brethren" with Team Godzilla. Like last year, the two teams exchanged pickle shots during the race. One of their team members was unable to attend because she recently had a baby. She sent texts to team members to find out if Team Godzilla was running with them again! Byron obviously got hooked and had to buy a jar of pickles in the middle of the race.
- **St. Louis** - Mark Antieau was the lone Zilla who completed the Chain of Rocks Bridge Duathlon. Mark placed 4<sup>th</sup> in his age group!
- **St. Peters** - 3 Zillas completed the short distance option of the Rookies and Rock Stars Triathlon: Mark Antieau, Jackson Best, and Tariq Quadri. Special congrats to Jackson for placing 2<sup>nd</sup> in his age group and to Mark and Tariq for winning their age groups!!
- **Edwardsville** - 6 Zillas completed the following distances at the Tour de Stooges event: Bruce Beachum (46 miles), Doug Bristow (metric century - 62 miles), Kyle McLaughlin (46 miles), Tariq Quadri - (metric century - 62 miles), Missy Thiems (46 miles), and Jerry Wunderlich - (27 miles because he flatted around 5 miles and had to wait for the SAG wagon before getting back on the road).

**Racing Segment** - Jay asked those in attendance about races they were doing and how their training was going. We learned that over 10 Zillas are now signed up for the Michigan 70.3 and Shannon McWhorter does plan to do the "I Tri for St. Jude" event again this year. The event is a fund raiser for St. Jude's and includes the opportunity to do open water swims in Dunlap Lake, starting at the McWhorter's dock!

**Upcoming Events** (No new ones or changes this month):

- 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

**Next meeting:**

- Date - 2 June 2025 at 6:00 pm
- Location - Shannon McWhorter's house - 127 Hollyhock Ln, Edwardsville