

Metro Tri Club

2 June 2025 Meeting Minutes

The meeting was held at Shannon McWhorter's house in Edwardsville. Mark McWhorter grilled some great burgers and liquid refreshments were provided.

Members Present - Gabrielle Woodruff, Mark Antieau, Tim Holland, Erica Hunt, Jay Hunt, Rick Mann, Shannon McWhorter, Darrell Meek, Robin Misukonis, Donna Polinske, Bryce Schuster, Keith Timmins, Ed Matecki, Rhonda Grammer, Phil Coatney, Mike Gonski, Doug Bristow, Jim Taylor, and Jeff Kuhn.

First Time Members at a Meeting - None

Visitors - Mark McWhorter and Donna Mann

Membership - Membership director Shannon McWhorter reported that as of 26 May, the club has 73 active members.

Please read the paragraph below if you need directions to join the club or 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.

For some reason, The Driven starting mailing membership dues payment to the PO box instead of direct depositing the funds. There was a conversation about switching membership over to RunSignUp. Tabled until July meeting so Doug or others could verify this change did not cause some unforeseen issues.

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 we were in good shape financially. Cut his report short since we had a guest speaker.

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.

2025 MTC Zilla Tri (3 August) - Below are actions taken since the June meeting:

- The USAT Adult sanctioning application was APPROVED. The Youth application should be approved soon.
- As of 28 May, registration is up to 24 adults and 2 youth. The next price increase is 1 July.
- Sandy Louis and Donna Etherton have been working on local business sponsors.
- Erica Hunt is working on a new Facebook account for the triathlon. Once the account is finished, Erica will provide a link to it.

- Jeff Kuhn and Donna E. got the event posted on the race calendars for Big Shark, MSE Racing, Big River Running, and the St. Louis Tri Club.
- Donna E. completed and paid \$225 for the Columbia Bath and Tennis Pool Rental Application.
- Donna Polinske and Donna E. are working with Anchor Art and Sign to nail down athlete and volunteer T-shirt and design.
- Donna P. has volunteered to contact last year's volunteers to encourage them to sign up.
- Jim Taylor will contact MTC sponsors to see if they would like to help with the triathlon.
 - o The Cyclery will have a presence at the triathlon to assist with bike issues.
- Donna E. would like to host 2 clinics - one in late June and one in early July. The cost to sanction a clinic is \$50. This will cover insurance for all registered athletes. She is working with Tom Rice to set dates.
 - o The RD has authorization to spend the \$50 per previous meetings.
- Donna E. needs 2-3 more club members that will be in and around transition volunteering to take the Safe Sport Training. Please let Donna E. know if you are interested and she will send you the link. Jay Hunt volunteered to complete this training.

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

- **Volunteer Lead** - Donna Polinske (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** - Darrell Meek Lead; plus 2
- **Bike Course** - Jeff Germer Lead; Keith Timmins, plus 10
- **Bike Course Sweep** - 1
- **Run Course** - Chris Ball Lead; plus 6

- **Equipment/Transition Set up** - Mike Etherton Lead; Sandy Louis, plus 5
- **Equipment/Transition Tear down** - Lead; plus 5
- **Medical** - Chris Amick Lead; 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 - plus 4; and Sunday volunteers - Tami Spellman, plus 3
- **Safety & Security** - Erica Hunt Co-Lead, Jeff Kuhn Co-Lead; plus 3
- **Bike Course support** - (will need a vehicle with a bike rack) - 1
- **Transition** - Lead; plus 4
- **Swag** - Donna Polinske and Jim Taylor
- **USAT Official** - Tom Rice
- **Transition Aid Station** - The Bristow family will take care of this station
- **Finish Line Food** - Lead; plus 3

Rt. 66 10K (7 June) - The Best Water Stop Every Year:

- **Director** - Donna Polinske
- **Time Commitment** - Approximately 2 hours, 7:30 to 9:30 a.m.
- **Job Duties** - Set-up and tear-down; blowing up balloons; handing out water and sports drink; and some external hydration!
- **Theme** - Zilla Super-Hero. There are inexpensive costumes on Amazon for only \$7 (Donna P. bought the super girl costume!!) Donna will have capes for the first 10 who arrive on race day, but if you can bring your own that would be great!
- **Volunteers so far (need 18 total):** Ed Matecki, Rick Mann, Tim Holland, Shannon McWhorter, Alex Mikoff, Allie Mikoff, Lydia Mikoff, Robin Misukonis, Donna Polinske, Cheryl Riley, Rhonda Grammer, and 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. Note: All volunteers need to sign up online at <https://runsignup.com/Race/Volunteer/IL/Edwardsville/Route6610K>

Admin:

- **Sponsorship** - Jim Taylor visited The Cyclery and talked to the owner. Jim asked David at The Cyclery for feedback about their MTC sponsorship. He said that there has been a long downhill trend in MTC members coming into the store, and that there are almost none recently. I told him we are encouraging members to patronize our sponsors' stores, and that I would follow-up with him about it periodically. Please include a note about this in the meeting minutes.
 - o In several emails between MTC officers Tuesday, each expressed how much money they had spent in the last year at The Cyclery. If you (any club member) spend money at the The Cyclery, please remember to ask for your discount and more importantly, ask if David is there and let him know you're a member spending money supporting our sponsor.

I-Tri for St. Jude (1-7 July):

The "I Tri for St Jude" event is back again this year! We hope you will join us in this annual fundraiser for St Jude Children's Research Hospital!

I TRI for St Jude is a virtual triathlon. Participants register to complete one of the following triathlon distances in this one week period - Olympic, Half (70.3), or Full (140.6). All proceeds go to St Jude Children's Research Hospital in Memphis, Tennessee. Metro Tri-Club members receive a GOTY point for participating and all participants will receive an I TRI 2025 tech-cotton t-shirt!

Runwell gift cards will be given to the first person in each distance who completes **and** submits their times for each segment of the triathlon (swim, bike and run).

The cost to register for the event is \$60. Your registration fee also includes unlimited open water swims during June at Dunlap Lake in Edwardsville from Shannon McWhorter's dock. Registrants will receive an email with instructions on how to schedule your swim times. A second email will be sent out on 28 June with details for recording and submitting your virtual "race" times for the competition between 1 and 7 July.

Use this link to register: <https://runwellforstjude.regfox.com/i-tri-for-st-jude-2025>

Zillawear (Club Kits):

- **Club Kits** - Lead Tami Spellman
 - A "Club Kit" is Zillawear for your racing and/or training. Represent the club in style with Zoot Tri Kits.
 - ~~We need to have 6 pieces (gender doesn't matter) of any one item in order for the order to be fulfilled (except Tank Tri Top).~~
 - At the meeting, Jay noted Zoot did not need the 6 piece minimum and we could order as little as one item.
 - For sizing, use the Zoot Sizing chart. NOTE: Zoot runs small. Recommend upsizing.
 - Not only do these kits look great, they allow for quick identification of Zilla teammates
- **Clothing options:**
 - Single Piece Tri Kit
 - Men's Tri Tank Top
 - Men's Tri Bottom
 - Men's Cycle Short
 - Women's Tri RacerBack
 - Women's Tri Short
 - Men's/Women's Cycle Aero Jersey
 - Women's Cycle Short
 - Men's Run Tee
- **Price:**
 - Payment is made directly to Zoot Sports
- **Next Steps to get your Zillawear:**
 - A Website will be "Opened" on June 9. The window to order will be fairly short so don't procrastinate.
 - Once the store and ordering is complete, the kits will ship in 4-5 weeks.
 - Contact tamispellman@att.net with any questions.

Zillawear (Club Shirts):

- **Club Shirts** - Lead: Dianna Tickner
 - **Show Your Club Pride with New Zillawear:**
 - The club shirts are a way to show spirit and unity.

- From time to time, the club needs to replace the inventory of shirts we provide for new members. When we do so we open up the ordering for other club wear to all active club members.
- These are printed locally by BJ's Printable's.
- These items feature the club logo and "Team Godzilla."
- **How to Order:**
 - The Store will open soon and club members will be notified via email when it does. Zillawear available:
 - Jerzees - 29M T-shirt - White \$9.25 (S-2XL)
 - Tultex (320) Hoodie - \$33.90 (S-XL)
 - Jezees (29LS) Long Sleeve T-shirt - \$22.00 (S-XL)
 - Augusta (790) Nexgen Wicking Tee - \$22.00 (S-XL)
 - Augusta (788) Long Sleeve Nexgen Wicking Tee - \$24.55 (S-XL)
 - Augusta (1788) Ladies Long Sleeve Nexgen Wicking Tee - \$24.55 (S-XL)
 - Gildan (8400) Long Sleeve T-shirt - \$22.00 (S-XL)
 - Add \$3.00 per X
- **Price:**
 - See above.
 - The club pays 15%, which will show up as a credit on each individual order.
 - Payment options will be shown in the link.
 - Payments need to be made upfront when the order is placed.
- **Order Deadlines & Delivery:**
 - Orders can be placed online via the link that will be provided when the store opens. We are planning to open the store on 9 June for a week.
 - Delivery is expected to be 2 to 4 weeks after the order is placed.
 - When the order is received, Dianna will bring the shirts to a club meeting to save shipping. There may be an option in the link to have them delivered to your home, at a cost.
 - Contact diannatickner@rocketmail.com with any questions.

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.

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:

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

Recent GOTY Events:

- **New Full Ironman finishers since the May 2025 meeting:**
 - None?
- **New Half Ironman finishers since the May 2025 meeting:**

- **Chattanooga** - Shane May and Tariq Quadri are the only known Zillas who completed this 70.3 triathlon. Well - technically it was a "69.1". The swim segment was cancelled because the river was deemed unsafe on race day.
- **New "USAT Nationals" finishers since the May 2025 meeting:**
 - None?
- **New Ultramarathon finishers since the May 2025 meeting:**
 - **Palmyra, WI** - Jim Taylor and Karyn Weber completed this 50K trail race on the rolling hills of the glacial moraines in this area. The weather conditions were warm, especially for Wisconsin. Jim's goal was to finish and he beat the cutoff by an hour. Karyn ran like a machine, finishing in 7:06!!
- **Litchfield** - 6 Zillas completed one of the tri distances at Lake Lou Yeager:
 - **Sprint** - Jackson Best and Steve Brummer. Special congrats to Jackson for placing 2nd in his age group and to Steve for winning his age group!! Even more impressive for Steve was that our 64-year old Zilla missed being the 3rd overall male, by less than a minute!
 - **Olympic** - Chris Ball, Maura Douglas, Kata Mahtani, and Jim Taylor. Special congrats to Chris for placing 3rd in his age group, Jim for placing 2nd in his age group, and Kata for winning her age group (she was the 4th overall woman)!!
- **Carterville, IL** - Donna Etherton completed the Sprint distance at the John A. Logan (JALC) Tri-Festa Triathlon. Special congrats to Donna for winning her age group!!
- **Mattoon** - According to the website, the Duathlon was cancelled this year due to low participation.

Non-GOTY Race:

- **Europe** - MTC Vice President Tami and MTC Treasurer Jeff K were on a European vacation when the May club meeting was held. However, while on the other side of the world, they were still representing Team Godzilla!

Tami completed the London marathon and a week later, Jeff completed the Prague marathon!!

President's Discussion Corner:

- Sharing the Kona Experience (Rick Mann)
- Rick Mann, 5-time Kona World Championship finisher, spent about 45-minutes telling the group about his experiences racing Kona, his training, and how he managed training while working a full-time job and as father to 3 young children. HINT: He credits his very understanding wife Donna for allowing him the opportunity to train and race. A copy of Rick's notes is attached. Check out his finishing times with splits each year. Simply amazing.

Upcoming Events (New information is in [blue](#)):

- o 7 June - Innsbrook Tris
- o 7 June - Route 66 10K
- o 7 June - Tri Shark Tri/Duathlon
- o 14 June - Covered Bridge 5K
- o 22 June - Sunset Hills Tri
- o 28 June - Macklind Mile
- o 29 June - St. Louis Triathlon (Lou Fusz Subaru - Creve Couer Lake)
- o [1-7 July - I Tri for St. Jude](#)
- o 12 July - Tour de Donut
- o 12/13 July - New Town Tri
- o [27 July - Mud Mountain 5K Trail Run](#)
- o [___ July - Fenton Tri No information found](#)
- o 20 July - Ballwin Tri
- o 20 July - IM Ohio 70.3
- o 26 July - Lake Springfield Tris
- o 27 July - Tour de Kirkwood
- o [2 August - Trizou for MS Tri \(Columbia, MO\)](#)
- o [3 August - MTC Zilla Tri](#)
- o [9 August - Watershed Endurance Trail Runs](#)
- o [16 August - Bike for Heroes](#)

MTC meeting June 2, 2025

Ironman World Championship review.

1999: 9:56:00 – S1:01:04 – B5:16:28 – R3:32:28 - 250 OA, 67th AG 30-34

Lori Bowden 9:13:02, Luc Van Lierde 8:17:17

2001: 10:37:54 – S1:02:49 – B5:32:39 – R3:57:11 - 291 OA,

Natascha Badmann 9:28:37, Tim DeBoom 8:31:18

2003: 9:45:33 – S56:14 – B5:08:26 – R3:34:53 – 155 OA, 20th AG 35-39

Lori Bowden 9:11:55, Peter Reid 8:22:35

2005: 9:42:44 – S59:44 – B4:59:39 – R3:37:12 – 228 OA, 36th AG 35-39

Natascha Badmann 9:09:30, Faris Al-Sultan 8:14:17

2007: 9:51:17 – S59:14 – B5:12:36 – 3:32:34- 233 OA, 45th AG 35-39

Chrissie Wellington 9:08:45, Chris McCormack 8:15:34

Topics:

Ocean Swimming

Mass start

Currents/Swells/Waves

Queen K bike

Rolling hills

Wind gusts / headwind/ tailwind

Uphill to Hawi

Kawaihae dead spot

Last 30 miles

Nutrition/hydration

Marathon

Alii drive long 10K

Palanii hill

10K Queen K out & back

Energy Lab

Heat / Humidity

Kona race week

Ironman Village

Sight seeing – volcano, lava tube, botanical garden, Hapuna Beach, Black sand beach (pololu valley), Waimea horse back riding, Captain Cook

Accommodations – kona hotels/condos/houses, north island resorts

Parking can be an issue...

Saddle Road – Mauna Kea

Race week training

Swim in Kailua Bay each morning, swim at Hapuna Beach

bike from old airport park to veterans memorial ~30 miles. bike from Hapuna beach to Hawi (hilly) ~40 miles. Bike from Waikoloa beach on Waikoloa road to Hawaii belt road (hilly) ~30 miles

run near St Peter's church & Kahaluu Beach Park (turtle beach) ➔ nostalgia back to 90's when the run started in Keauhou at the Kona Surf and into "the Pit" before Alii Drive headed to Kona.

- 16 August - Edwardsville Criterion
- 17 August - 370 Lakeside Tri
- ___ August - Lake St. Louis Tris No information found
- 23 August - O'Towne Hustle Tri
- 23 August - St. Paul Strassenlauf Run
- ___ August - Tour Von Brats Bike Race No information found on bike portion. Run is shown on Saturday.
- 10 September - Litchfield Tris Racemaker Productions website notes "race date estimated"
- 14 September - Millstadt Biathlon
- 14 September - IM Michigan 70.3
- 20 September - Meso 5K
- 21 September - Carlyle Lake (Gateway Tri)/Duathlon
- 27 September - Belleville Marathon/Half
- 29 - 31 August - Bentonville Tri-Fest Tris
- September/October - Super Prestige Cyclocross off-road bike series

Next meeting:

- Date - 7 July 2025 at 6:00 pm
- Location - Lydia Mikoff's house/pool