



May 30th, 2008

Racing



The Simrils Have a Big Day at the USAT World Championship Qualifying Race [Apple Duathlon](#)

Brenda and I struck a deal with each other before the season started: The deal was that if we both qualified for the Short Course Duathlon World Championships we would go to Italy to compete; if one of us did not make the team, then neither would go.

Well, we made it. Viva Italia!



New Must-Do Race for 2008!!!!

Friday, July 04, 2008, 08:00 AM
Kaukauna, WI

The first annual FOX FIRECRACKER 5K Run/Walk held in Kaukauna is a family friendly event beginning at 8:00am in Central Park by the library. There will be a Fourth of July celebration complete with music, apple pie, and patriotic fun after the race. Come and support the TRIFOXES and celebrate with us.

[Fox Firecracker 5K](#)

Training



Triathlon Season is Here...Where is my Wetsuit?

After each use, rinse the suit and lay it flat or use a padded clothes hanger. Do not leave it balled up in your car until the next race.

Please see the link below for more helpful tips on using and caring for your wetsuit

[..\Documents\PRTRi articles\Using and Caring for your Triathlon Wetsuit.pdf](#)

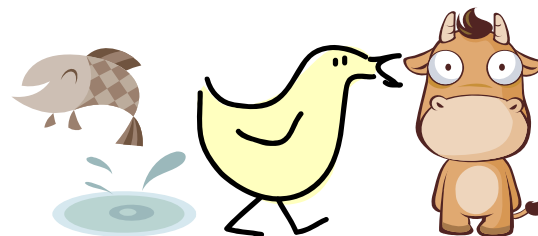
Nutrition



Grilling without All of the Fat

Grilling out does not have to mean hamburgers and hotdogs.

Remember when choosing meat, less legs is better.



No legs

Two legs

Four legs



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Coach Lee's Tips



Racing yourself into Peak Racing Form

Racing can be the best form of training. Please check out the article below:

http://www.prtricoach.com/Racing_yourself_into_Peak_Racing_Form.pdf

Human Power



Try commuting or running errands once a week on your bike. You will be amazed how well it fits into your schedule once you try it a time or two.

News from Two Rivers

The Wednesday night run speed work group is back in action. All abilities are welcome. We meet at the Two Rivers High School track at 6pm every Wednesday. Contact Coach Lee at coach@prtricoach.com or (920) 629 0496.

Spring is Here in Two Rivers WI

Our cross country ski trails are now our running and biking trails. Below is a photo of our favorite trail of all:

