

## **Fox Cities Triathlon Club** ***Community Committee***

The Community Committee of the Fox Cities Triathlon Club (FCTC) serves as a direct link between the FCTC and the general public. We network in the Fox Cities area, as well as nationally, to promote healthy lifestyles and FCTC news and events. We distribute information on upcoming events and meetings of general interest by submitting articles to the media including newspapers, TV stations, magazine publications, bike shops, clubs, schools, and other pertinent organizations.

### ***Community Committee Highlights***

The Community Committee of the FCTC has provided volunteers for the Safe Kids Helmet Challenge. This past year alone, over 500 bike helmets were fitted and distributed to kids of all ages.

The FCTC has, for the last several years, sponsored a team for the American Cancer Society's Sole Burner 5K Walk-Run. In 2007, this event raised over \$300,000 for cancer research, education, advocacy and patient services. In addition to helping the Cancer Society's goals, this event has served as a training platform for several area people to complete their first triathlon.

The committee has written several articles and submitted letters and interviews for Triathlete Magazine for the promotion of Drug Free Sport. It is the goal of FCTC to fight and discourage the use of doping and performance enhancing drugs in all sports, as contrary to the ethics of fair play and healthy lifestyles.

Several "Bike Previews" of local triathlons have been provided by the committee. Race entrants are encouraged to learn about bike courses and rules before the race begins.

Tri 101, a course developed by the FCTC for beginners to the sport of triathlon has been promoted, and members of the committee have given seminars for the course. This course has proven to be huge in helping "newbie's" learn about the sport, equipment, training and nutrition.

### ***Community Committee's Future***

The committee looks forward to serving the Fox Cities area in all ways consistent with our goals. Stay tuned for future events. If you have questions or concerns, please contact Pete Emerson.

