



Fox Tri Club &lt;foxtriclub@gmail.com&gt;

## December Meeting and More (oops....football price fix!!!)

1 message

Fox Cities Triathlon Club &lt;foxtriclub@gmail.com&gt;

Sat, Dec 10, 2011 at 2:15 PM

Reply-To: foxtriclub@gmail.com

To: foxtriclub@gmail.com



12/10/2011

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## LEAP TRI FOXES LEAP!!!!

Hi Tri Foxes,

OMG! We have a super special end of year celebration scheduled for **Sunday Dec 18th at 4pm....**

not only will we have our end of year Fuzzy Fox awards and the naming of the TOP FOX,

not only will we have cool giveaways,

not only will there be cookies and treats,

not only will we have friends and fun...but...

wait for it....wait.....

The inventor of the LAMBEAU LEAP will be in the house...that's right Tri Foxes, **LEROY BUTLER #36 will be our guest and featured speaker next Sunday!**

He is such a great guy...he's involved in charities and motivational speaking...his stories will bring tears and laughter to all of us!

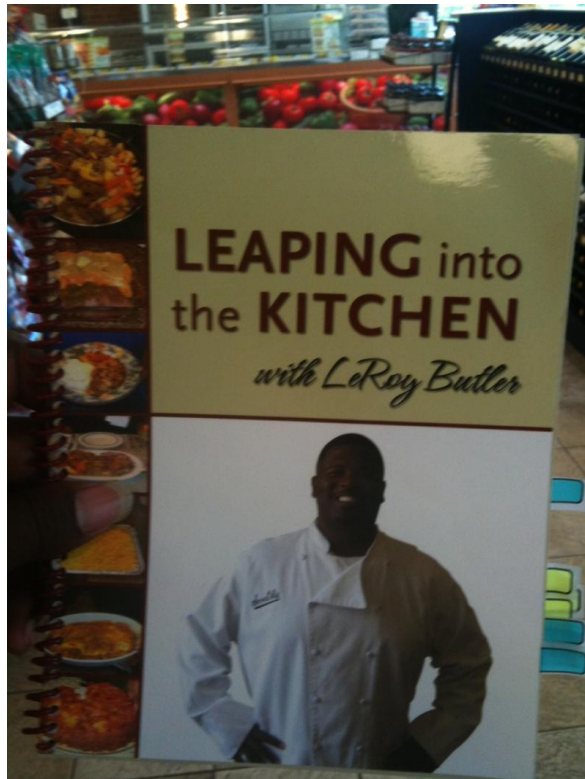
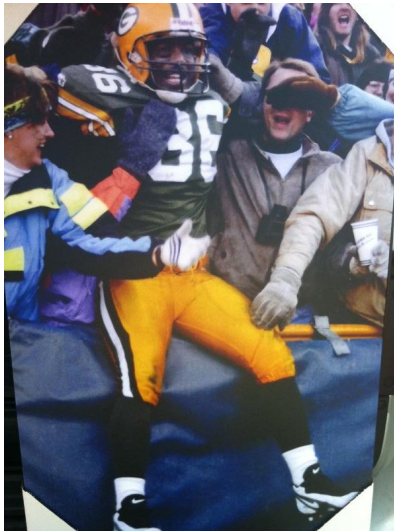
And for your Chanukah/Christmas shopping, Leroy will personalize autographs for you..he'll have footballs and photos and his cookbook available (all profits go to his charities).

If you want to avoid the crowd on Sunday, please send your request to [acherkasky@new.rr.com](mailto:acherkasky@new.rr.com) and whatever you want signed (and what you want it to say) will be waiting for you at the meeting.

This is so exciting...the inventor of the Lambeau Leap will be an honorary TRI FOX!! Did you know that official

NFL rules prohibit a football player from jumping into the stands after a touchdown, EXCEPT at Lambeau Field!!

Leroy's cookbooks are \$25,  
the book about his life \$25,  
plaques \$45,  
footballs (regulation or youth) \$45,  
8x10 photos \$25.  
Cash or checks to Leroy Butler Foundation.





### FUZZY FOX AWARDS



Christmas is coming,  
 Chanukah is here,  
 Nominate a Tri Fox for their work oh so dear.  
 Some worked days,  
 Some stayed up nights,  
 And everyone who partipated in the Firecracker danced in delight.  
 Now is the time to nominate Foxes for Fuzzies!  
 Send your lists of those members so great,  
 So in their honor we may celebrate!  
 Top foxes and fuzzies for good girls and fine boys,  
 Awards will be given as we cheer from our joys!  
 \*\*\*\*\*

The December meeting is just around the corner and I would like to  
 call among all  
 our fine members to send in nominations for the honorable 2011 Fuzzy Fox and  
 Top Fox awards.

Fuzzy Foxes and Top Fox awards are given to those members who put forth something special to improve our club, the joy of multisport, and healthy attitudes among our communities!  
Tell us about your special fox!  
Email to:  
[foxtriclub@gmail.com](mailto:foxtriclub@gmail.com)  
TODAY!

## Club Appreciation Days at Fleet Feet!

To celebrate this holiday season, and all your fitness accomplishments in 2011, Fleet Feet Sports Fox Valley is once again offering a two-day shopping event.

[Click here for details.](#)

Friday, December 16 and Saturday, December 17. You must bring the coupon found in the link above.

Happy Training in the off-season!

## National Challenge Competition

Hey everybody it's that time of year again... National Challenge Competition time.

Gone are the long days of sunshine and warm temps and here to stay for a few months at least are short days, longer nights and even colder temps... Today is the start of the National Challenge Competition.

The National Challenge Competition (NCC) is designed to get triathletes excited about off-season training at the club level. Tri Clubs across the country go head-to-head to see who can log the most training miles during the competition.

The NCC will feature three sessions, each one month in duration, from December to February. Clubs will record their training miles and submit them on the NCC website for automatic calculation and ranking.

All sessions will include swim, bike, and run, but one sport will be highlighted for each session. The winning club for each session is determined by the greatest number of miles logged during that session for that month's discipline. Recognition will also be given to the first club to reach the benchmark mileage for each session and Overall Combined Mileage for a club at the end of the three months.

It's the easiest competition you will ever compete in. All you have to do is keep track of the miles you train each day and report them throughout the month. No fees, no standing in line to pick up your packet, and no worries. You can do as little or as much as you want. There are overall awards to individuals who obtain the most miles in the country but we're working together as a club to win the club award. I've had people do 1,000's of miles and I've had people do just a couple of miles each year. Every mile is helpful.

Contact Amy Henning at:  
[trifoxamy@gmail.com](mailto:trifoxamy@gmail.com)

## Triple D Winter Race

There's a lot of information about it at <http://TripleDRace.Blogspot.com> but the basics for the runners are:

1. 15th in the dead of winter.
2. On heritage trail (Rails to Trail system) and possible a mile or two on private snow mobile trail for the Marathon and Ultra Marathon distances).
3. Free Transportation from the Grand Harbor Resort (downtown Dubuque) to the Start line.
4. Finish line at the Durango Handle Bar (free food and drinks).
5. Free transportation from the finish line(s) back to the Grand Harbor center.
6. Really cool laser cut snowflake Metals and random prizes for all participants, hand crafted awards for top finishers in each category. Cash awards (amount depends on expenses and sponsorship)
7. Trail is groomed, weather and equipment permitting.
8. Three Distances (Ultra Marathon [50K], Marathon, Half Marathon).

**Triple D Race 2012**  
 Dubuque - Dyersville - Durango

January 15th  
 10 am

**Snow Bike:** Ultra Marathon - 62 mi/100 km  
**Run or Ski:** Ultra Marathon - 50 km  
**Run or Ski:** Marathon - 26 mi  
**Run or Ski:** Half Marathon - 12 mi

Winter Marathon

Chain Reaction, MilltownCYCLES, DYERSVILLE, SUSTAINABLE DUBUQUE, Grand Harbor, Gary's Snow Hacks, and a local business logo.

News, bookings, registraton: <http://tripletrace.blogspot.com>

## 2012 High Cliff Triathlon

Midwest Sports Events prides itself if not only providing technically sound, safe and exciting events, but events that are affordable, especially in these harsh economic times. In 2011 the SCHEELS High Cliff Half Iron & Sprint Triathlon was named the "World's Best Race for the Budget-Conscious Athlete" by Triathlon Magazine.

The ninth annual SCHEELS High Cliff Triathlon is set for Saturday, June 16, 2012 and **we would like to offer the Fox Cities Triathlon Club a discount of \$20 off the Half-Iron registration fee and \$10 off the Sprint Triathlon registration fee.** Current fees are \$95 for the Half-Iron (\$75 for members of Fox Cities Triathlon Club) and \$45 for the Sprint (\$35 for members Fox Cities Triathlon Club). Fees will increase after 11:59 p.m. on February 20th.

To register please visit [active.com](http://active.com) and enter the following discount codes when checking-out (the discount codes are case sensitive).

Half Iron: FoxTri2012Half  
Sprint: FoxTri2012Spr

You may also print a registration form from our website, [www.midwestsportsevents.com](http://www.midwestsportsevents.com) and write Fox Cities Triathlon Club on the bottom of the form or call our office, [920-338-8741](tel:920-338-8741) and register over the phone.

The 2012 High Cliff Triathlon will once again offer both half iron and sprint distances. The sprint distance includes a ¼-mile swim, 20-mile bike, and 3.1-mile run, while half iron participants will complete a 1.2-mile swim, a 56-mile bike, and 13.1-mile run.

High Cliff State Park covers 1,187 acres along the northeast shore of Lake Winnebago. Over 1,200 participants will swim in Lake Winnebago and run their way along park trails and Lakeshore Drive to the finish line. High Cliff State Park offers a sensationally scenic venue yet it is only a short drive from the Fox Cities, Green Bay and Oshkosh.

The weekend will kick-off with a health expo, registration and packet pick-up on Friday, June 15.

A portion of the proceeds from the triathlon will benefit Friends of High Cliff, which provides volunteers for the event.

Thank you and we look forward to seeing you in June!

Thanks for reading the latest Tri Fox News.

This email address is not checked daily. Most articles include a contact person and/or an email address, so please use those if you have questions or comments instead of replying to this email.

Sincerely,  
Fox Cities Triathlon Club

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