



1/5/2009

STATE OF THE CLUB Looking ahead to 2009!

Dear Fellow Tri Foxes, January 2009

As we enter 2009 with so much promise and so many new things to explore, it is important to review where we've been, where we are going, and to say thank you to all of those who have made our club one of THE premier triathlon and sporting clubs in the world!!

We started 2008 with a few outdoor activities that Mother Nature seemed to be unhappy about. Even though the temperatures were about a bazillion degrees BELOW zero, we still managed a nice turnout at Homestead Meadows for snowshoeing and skiing in January. February was just as bitterly cold and we had to cancel our fun run around Lambeau Field, yet we had a fantastic turnout for indoor cycling, an outdoor FOX FOTO in the stadium, and a hardcore workout with the Packer's strength coach.

TRI 101 was next and we expanded our sessions to Oshkosh, Appleton and Green Bay. We are thankful for all the TRI FOXES who helped with such a great program. We really did live up to our mission and vision.

Before we knew it, the snow was gone and a huge number of FOXES participated in our pre-High Cliff swims and bikes...and on race day, WOW, what a great showing by the FCTC.... High Cliff was a huge success and much of it was due to the volunteerism of our club-mates. Let's keep that up in 2009 and beyond.

We continued our very popular and well attended weekly Tuesday night rides and also started a ride in Green Bay and weekly runs in Appleton, Oshkosh, and Green Bay. Hopefully, all of our weekly training sessions will continue this year and that they will grow in popularity as the word gets out. Our special thanks to all of those responsible for leading the sessions.

Our website was "tuned up" often and our forum section got a ton of action. What a great way to post articles, talk about events, and even just give "shout outs" to one another.

The "news crawl" is a great way to stay abreast of late breaking news including cancellations due to weather. We even have pictures of our "honorary" TRI FOXES, Lance Armstrong and President-Elect Barak Obama...they met FUZZY FOX and we are sure "he-she" ROCKED their worlds!

And speaking of FUZZY FOX, our 2008 FUZZY FOX awards went to some pretty amazing members....and, have you all met our NEW "life sized" FUZZY.....you will meet him on January 11th and look for FUZZY to "appear" at events wherever Foxes are found!!

What fun we had as a group at the Door County Triathlon...it was the 2nd annual TRI Fox Great Escape, complete with a cookout the night before the event.

The TRI FOXES were the "official" Ironman Wisconsin race marshals for the 2nd year in a row and will be again in 2009. We had a big number of TRI FOXES racing at IM Wisconsin (as well as in other Ironmans around the world) and lots of you have signed up for 2009. We will be there to help each of you cross the finish line in September!

The highlight of our year though had to be THE FOX FIRECRACKER 5K on the 4th of July! With the vision and dedication of our race directors and a wonderful race committee, we pulled off a race that was second to none! Skydivers, music, apple pie, flags, and patriotic fun filled us all with pride for our country. The TRI FOXES can forever be proud of what we brought to our community...we certainly made a difference in the lives of many people...teaching them about healthy lifestyles and fitness.

And, as you all know by now, we did such a great job that The Badger State Games have chosen us as their 5K race. We promise that nothing will change on race day except the number of participants and our new name....THE FOX FIRECRACKER BADGER STATE GAMES 5K WALK/RUN! The TRI FOXES are still producing the race and we set a standard for excellence that will continue unblemished! Again, a huge thank you to the many many TRI FOX volunteers. By the way, because of this race, we are hopefully able to keep our club completely open and "dues free". Stay tuned for our new "FIRECRACKER" webpage and announcements about race day details, training runs on the course and more!!

2009!! Can you believe it is here already...and WOW are we going to start off the year in style! On January 11th we are hosting our first monthly club meeting at 4pm at the Appleton YMCA. We will have a nice presentation about winter training and then.....MAY I HAVE THE ENVELOPE PLEASE..... OUR TRI FOX MOVIE 2008! The "producers" have been busy busy busy preparing what we think will be the BEST of our 3 DVD's yet....so many FOXES have been involved as action heroes, models, and more!

Please honor the hard work of Ben and Kelly and come to our PREMIER on January 11th. We even have a wetsuit and aero-helmet to give away. If you have not seen the 2006 and 2007 versions of our movie, they will be available, too. We hope to have copies for everyone in attendance...these are awesome videos to show your friends, to encourage you when you are in the winter blahs, and to watch while biking in your basement!

Wait....we're not even done with winter and there is so much more!!!!!!

The weekend of February 6-8th will be very special as we are bringing SISTER MADONNA BUDER to the Valley. Sister Madonna is known around the world as an almost 80 year old Nun who competes in the Ironman as well as marathons...she

will inspire you and amaze you. As a gift to our community at large, we are planning to host her talk on Feb 8th at Kaukauna High School so there will be plenty of seats. We are even planning a RUN WITH THE NUN on the FIRECRACKER course at noon on Saturday Feb 7th....she has to have some sort of connection with Mother Nature, hopefully avoiding the arctic blasts of a year ago. Stay tuned for other weekend details including a possible open house for Sister on Saturday afternoon or night.

MARCH 2009 is officially TRI FOX NUTRITION MONTH for FOXES!!!! Hey, we all struggle with our diets and what to eat (or not eat) on race day, so we are bringing Jennifer Hutchison RD, all the way from Tampa, Florida for a weekend of food and fun. Jennifer is a coach, an Ironman, a registered dietician, and the official nutritionist for IRONMAN.COM. On Saturday February 28th, you can have an individual nutritional assessment for \$35 per 1/2 hour and on Sunday March 1st, she will address the club at our monthly meeting....details at our meeting on January 11th and in future blasts.

In April, we are planning to host our meeting in Green Bay just as we did last year.....one of our goals in 2009, as in past years, is to encourage more and more Green Bay club participation...we love that several Green Bay Foxes stepped up to help with TRI 101 and start rides and runs....we hope they will do it again this year. As always, we are open to new ideas and projects and plans...all you have to do is say...."HEY, I want to do something for the club!"..and then get the ball rolling!! We had great examples of this with our Golf Outing and our Splash N Dash...individuals wanted to do something out of the ordinary, so they planned and executed neat events. Thank you!

And on into 2009.....we know that TRI 101 will be a big success again and maybe even bring us up to 1000 members! We look forward to welcoming new members and continuing to serve as the "Goodwill Ambassadors" for the sport of triathlon. Wherever we go, whatever we do, we are recognized by our logo and our colors....people in our sport have seen us ALL over the world. The reputation of The Fox Cities Triathlon Club is GOLDEN....we display a certain courtesy and respect for those we come into contact with while wearing "the colors" of our club. Let us never lose sight of why we are who we are...we maintain dignity and maturity, while giving back with education and mentoring...and with leading by example.

PLEASE wear our "colors" at all races and events...wear your tshirts and sweatshirts and hats while out and about...pre race, post race, and at the mall....let the world know WE ARE PROUD TO BE TRI FOXES!

We wish all of you a wonderful and healthy 2009...please train hard and train safe...obey all traffic laws, play by the rules, and have fun!!!!

Leadership Committee

Alan Cherkasky
Cheri Ellenbecker
Tom Peterson

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