

Fun events for the winter! Inbox X[Print all](#)**Fox Cities Triathlon Club**[show details](#) Jan 19 (6 days ago)[Reply](#)**1/19/2010****IN THIS ISSUE**[Tri Fox Moonlight Ski Night](#)[SKIALITTLE Benefit](#)[2011 Tri 101](#)[USAT National Challenge](#)[MS Saturday Spin](#)[Oshkosh Half Marathon and
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Bubolz Nature Preserve

01/21 - 6pm-9pm

Join us out for some cool skiing at Bubolz Nature Preserve in Appleton on Friday night, January 21st from 6pm - 9pm. Bubolz is hosting a Moonlight Ski event complete with a bonfire and refreshments... and the TriFoxes are joining the fun.

Be there to shove off at 6pm with the gang. Ski rentals are inexpensive and plentiful, so if you are not familiar with cross country skiing, this night is your chance to learn and love a new sport in company of your TriFox friends.

The snowshoeing trails will also be open for anyone who is interested.

Also, afterward at 9pm, everyone is welcome to meet at Glass Nickel Pizza to warm up and share some TriFox love!

Information is available on the FoxTriClub forum, or email Amy Henning at trifoxamy@gmail.com for more information.

SKIALITTLE Benefit for The Littlest Tumor Foundation

Friday, February 11th 6:00pm - 8:30pm

Come join us at Bubolz Nature Preserve in Appleton, WI for a evening of skiing, snowshoeing, and fun to benefit the Littlest Tumor Foundation.

Luminaries will light your way on the trails and a bonfire, hot cocoa, and fun await

you when you finish.

Trail fees will be waived in lieu of a donation to the Littlest Tumor Foundation.

More information is available on the FoxTriClub forum.

Announcing our 2011 TRIATHLON 101 Program!

It's that time of year again! The 2011 Fox Cities Triathlon Club Triathlon 101 program begins next month.

Mark your calendars and tell your friends! Join the Tri Foxes for a FREE one-night class to learn how to get started....

This year, we are expanding our classroom session to three nights...

OSHKOSH - Tuesday, February 22 - 6:30pm YMCA 20th Ave Location

APPLETON - Wednesday, February 23 - 6:30pm YMCA Downtown

GREEN BAY - Thursday, February 24 - 6:30pm Aurora Bay Care Sports
Medicine

Participants receive \$10 off registration for the Green Bay Triathlon, High Cliff Triathlon, or Oshkosh Triathlon for attending!

Additional Information at: <http://www.foxtriclub.com> or email findafox@new.rr.com

Be there!

USAT National Challenge Competition

Great news! We took 3rd for the month of December! Nice job to everyone.

To everyone already participating, keep up the good work and keep those miles coming!

There is still time to join in and add your miles. Every little mile helps!

Anyone interested in participating in the challenge contact Amy Henning at: trifoxamy@gmail.com

MS Saturday Spin

Saturday, February 19th 10:00am - 2:00pm

Forest Mall Center Court - Fond du Lac

Join Team Fond du Lac Cyclery and the MS Wisconsin Chapter on Saturday, February 19, for a day of spinning for a world free of Multiple Sclerosis.

The event begins at 10:00am at the Forest Mall Center Court in Fond du Lac, WI. Join us in part or all of a 4-hour group spin.

Suggested minimum pledge/donation is \$5.00 per hour. Bring your own bike and trainer to ride. Extra trainers will be available on a limited basis.

This is a fun annual event for a great cause. We would like to see a crowd of Tri Fox spinners this year.

Additional information is available at... <http://teamfdlcyclery.com/msspin.php>

Oshkosh Half Marathon and Training Run Kick-off

Oshkosh, WI - It's time to shake off the winter blues and get ready for the 7th Annual Oshkosh Half Marathon scheduled for Saturday, April 16. Affinity Health System and Midwest Sports Events are presenting the Oshkosh Half Marathon Kick-Off Program on Thursday, January 27 at Mercy Medical Center 500 S. Oakwood Rd, Oshkosh. The program will begin at 6:30 p.m.

Janine Boldra, PT will start the evening off with a demonstration on "Core Strength for Endurance." Following at 6:55 p.m. Dr. Darin Leetun, M.D., will speak about how to "East Joint Pain or Stiffness through Exercise." Finally, at 7:25 p.m. Joe Fox, MS, LAT will present on "Gait Analysis - Running Form." Race Director, Gloria West, will also be on hand to present the course map and answer any questions about the event.

Before the night is over a there will be a raffle for 3 free entries and running apparel. All those who attend the Kick-Off party will receive refreshments, FREE Gatorade, Hammer Gel & \$5 off their Oshkosh Half Marathon entry fee. Please make reservations to attend by e-mailing jamie@midwestsportsevents.com or call 800-429-8044

Saturday, January 29th kicks off the 5th annual 11 week training run program for the Oshkosh Half Marathon. The group will meet at Planet Perk in downtown Oshkosh at 7:30 a.m. sharp!

Oshkosh Half Marathon Training Runs are open to all levels and speeds; from 6 minute miles to walkers. The training runs take place on the half marathon course increasing in mileage each week. Maps will be provided. Stay around after for coffee and great conversations with the training group.

The Oshkosh Half Marathon & 5K is in its seventh year and is scheduled for Saturday, April 16th at 7:30 a.m. The event starts and finishes in downtown Oshkosh!

For more information or to download a course map visit, midwestsportsevents.com, email info@midwestsportsevents.com or call us at 800-429-8044.

Thanks for reading the latest Tri Fox News.

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Sincerely,
Fox Cities Triathlon Club

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