

Fox Cities Triathlon Club

[show details](#) Jan 21 (11 days ago)

[Reply](#)

Images are not displayed.

[Display images below](#)

Tri Fox Header

1/21/2010

IN THIS ISSUE

[February Meeting](#)

[2010 Seroogy's Valentine Run/Walk](#)

[Iron Ride for Strong Kids](#)

February Meeting

Tri Hearts

On October 13, 2007 after enduring the elements for 16 hours and 43 minutes, **Scott Rigsby** became the first double amputee in the world to finish the Hawaiian Ironman with prosthetics at the World Championship in Kailua-Kona, Hawaii. Rigsby used "swim legs" to navigate the difficult 2.4 mile ocean swim, "bike legs" to cycle 112 miles through the heat and gusting winds of the Big Island lave fields on a standard road bike, and "run legs" to complete the marathon segment in darkness and intense pain.

You have the opportunity to meet Scott Rigsby in person at our next Fox Cities Triathlon meeting on Sunday, February 14th at the Appleton YMCA. We will have a two-mile fun run with Scott at 2:30PM followed by our club meeting at 3:30PM. (please note the earlier start time for the meeting.)

Come to hear Scott's compelling story of tragedy at the age of 18 followed by a decade of countless doctor visits and hospitals, 26 surgeries, additional amputation, depression, fear and uncertainty. An inevitable battle with prescription drug addiction followed, as did the loss of many relationships and trust. Life hit Scott Rigsby hard, knocking him down and keeping him there.

"Do the Unthinkable" is the inspirational message that Scott Rigsby shares about how he turned his life around, reaching unprecedented heights as a world-class athlete. Doing the unthinkable is not easy. It requires an unshakable determination to overcome any obstacle. Rigsby embraced this motto when he

decided in 2005 to change his life, and the world, by breaking down barriers for physically challenged athletes. He is on a mission fueled by prayer that if God would open a door for him, then he would go through it.

So set aside time on Valentine's Day to meet this fellow triathlete. Come to the Appleton YMCA at 2:30 pm for the fun run and 3:30pm to be inspired.

<http://www.scottrigsby.com/>

A very special THANK YOU to Ann Keller (a past TRI FOX ROOKIE of the YEAR) for all of her hard work arranging this very special guest!!

2010 Seroogy's Valentine Run/Walk

Saturday, February 6

The 7th Annual Seroogy's Valentine Run/Walk allows you to enjoy the season's beauty of a "Winter Runnerland" through the well-maintained streets of De Pere. Finish with a special delight of a Seroogy's chocolate bar and heart shaped cheese.

running heart

Event benefits the De Pere Historical Society

Visit [Midwest Sports Events](#) for more information and to register for the event.

Iron Ride for Strong Kids

Saturday, February 13, Appleton YMCA
Riding Opportunities from 6am to 12 noon

Check out the [YMCA website](#) for more information.

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

[Forward email](#)

[Safe Unsubscribe](#)

This email was sent to foxtriclub@gmail.com by foxtriclub@gmail.com. Email Marketing by Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

[Reply](#)

[Forward](#)

