

Fox Cities Triathlon Club

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Tri Fox Header

1/25/2010

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Hey Tri Foxes,

It's time to start planning the 2010 Tri 101.

The second Tri 101 planning meeting will be held at 6pm this Tuesday, January 26th at Wheel & Sprocket in Appleton.

We are meeting upstairs in their meeting/group training space. If you are interested in helping out with Tri101, please attend. If you can not make it and would like to help out please let Dave Martin know.

For questions, comments please email Dave Martin at dwnhldav@gmail.com

Hope to see you at the Tri 101 planning meeting!

February Meeting

Our next meeting is Sunday, February 14th at the Appleton YMCA. We will have a two-mile fun run with Scott Rigsby 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.

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.

running heart

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Sincerely,
Fox Cities Triathlon Club

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