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**NUTRITION FOR FOXES**

We have 2 very special experts lined up to share their knowledge with us. Please note the DATES, TIMES and VENUES as they are different than what we are used to.

**THURSDAY FEBRUARY 19TH 7PM AT WHEEL AND SPROCKET IN APPLETON (3939 W. COLLEGE AVE)**

Steve Boren, the Senior Technical Advisor of HammerNutrition will present 15 suggestions that will help take the guesswork out of what constitutes proper fueling prior to, during, and after exercise.

Steve believes the goal of "fueling" is NOT to see how much fluid-salt or how many calories we can consume, it's really about taking in the least amount we need to keep our bodies doing what we want them to do!

Some tips:

Don't rely on salt tablets to fulfill electrolyte requirements

For races over 60 minutes, finish your pre-race meal 3 hours before

Avoid simple sugars, use complex carbs in training and races

AND SO MUCH MORE on Thursday, Feb 19th!!!! LOTS AND LOTS OF FREE HAMMER PRODUCTS TO BE GIVEN AWAY at the presentation

**Endurance Nutrition: Start the Season with A Solid Base**

Presented by Jennifer Hutchison, RD, CSSD, CSCS, LDN

NUTRITIONIST FOR IRONMANLIVE.COM

MARCH 8th, Sunday, 1pm..HEART OF THE VALLEY YMCA

Kick off your season with this up- to- date, interactive 1.5-hour workshop that covers:

Current trends and guidelines for proteins, carbohydrates and fats

Review of triathlon training nutrition guidelines: Sprint to Ironman

Address questions related to what, when and how much to eat or drink, before during and after training.

Jennifer has only 2 spots left available for personal consultation..4pm and 4:30pm on March 7th...all other appointments on the 7th and 8th have been filled...email right away.. [acherkasky@new.rr.com](mailto:acherkasky@new.rr.com) (\$35 per 1/2 hour)

## **Tri Fox Spin**



The next Friday night Tri Fox Spin session is February 20th from 6-8pm at the Appleton YMCA. Please email Jan at the Y to reserve your bike!

[jheifner@ymcafoxcities.org](mailto:jheifner@ymcafoxcities.org)

## **Tri 101**

Tri 101 is one of the club's biggest community outreach programs every year. This year's class will be held at the downtown Appleton YMCA on Tuesday, March 3 from 7-9, and it will be repeated at Rasmussen College in Green Bay on Thursday March 5th from 6:30-8:30.

Invite your newbie friends - come yourself - or bring an unsuspecting neighbor! Attendees at both sites will learn how to swim, bike, and run their way to their first triathlon and have a chance to sign up for swim sessions and 1:1 mentoring.

## **Running 101**

Know someone who is interested in running but doesn't know where to start? Or are you looking to refresh your base knowledge of the sport of running? Then come join PaceSetters for one of our Running 101 classes being held from 10 a.m. to 12 p.m. on Saturday, February 21, and from 1-3 p.m. on Saturday, March 7.

The class will cover the following topics:

- Goals, Attitude, and Preparation
- Becoming Active-Getting a doctor's approval and common ailments to expect
- Time Management-Choosing the right schedule and tracking
- If the Shoe Fits-Buying the right shoes and clothing
- Resources-Books, magazines, and websites that can assist your training
- Having Fun-Social aspects of PaceSetters activities and road races

Classes will be held in the Harwood Room at the downtown Appleton YMCA. The class is free, but seating is limited, so registration is required. For any questions or to register, contact [Chad@PaceSettersRun.org](mailto:Chad@PaceSettersRun.org).

## **APRIL MEETING.**

We will have our April meeting at TitleTown Brewery in Green Bay...Dwight Sandvald, TRI COACH and GREAT speaker will be our special guest.

Dwight has spoken to the club in the past and his presentations are ALWAYS excellent and full of useful info...last time he taught us how to properly run UP the High Cliff Hill (it helped a lot on race day!!)..time and details upcoming.

Thanks for reading the latest Tri Fox News.

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Sincerely,  
Fox Cities Triathlon Club

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