



3/3/2010

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[2nd Annual Tri Night](#)[Tri Fox 2 Hour Spin](#)[XTERRA Wetsuits](#)**A Lion or a Lamb? Happy March everyone!**

We had quite an exceptional February with one of the BEST and MOST inspirational speakers we've ever had! Scott Rigsby was a fantastic guest and a phenomenal human being. He LOVED our club and what we stand for and was overcome with how warmly we welcomed him! We had 150+ in attendance for his tear provoking message and about 30 TRI FOXES ran with him beforehand. Scott personally autographed 50 copies of his book and said that he is willing to sign more books or communicate with any of us personally. His email is [tsrigsby@gmail.com](mailto:tsrigsby@gmail.com) and his website is [www.scottrigsby.com](http://www.scottrigsby.com)

AND...the Fox Cities Triathlon Club would be remiss if we didn't acknowledge our 2007 Rookie of the Year, Ann Keller, who worked tirelessly to bring Scott to Appleton. It was her idea and she made all the arrangements. Things got very complex when Scott's flight from Atlanta was delayed because of snow (there, not here!)...Ann drove to Green Bay very late on Saturday night to get Scott...his "legs" finally arrived on Sunday morning in Appleton and his books arrived on yet another flight while he was in the middle of his presentation, but Ann's husband, Peter, made trip #3 to the airport so we could all get a chance for an autographed copy! Thank you Kellers!!!!

The last week of February was time for our annual TRI 101 and another gold medal for the TRI FOXES!! We had 100 newbies in Appleton and Green Bay. Thanks to Dave Martin (#700) for taking on the challenge of organizing the classes and we were thrilled to see Katy Sirovatka feeling well enough to attend and once again arrange for our FIND A FOX.

A big thank you to everyone who helped.

And now onto MARCH!!!!!!!!!!

### **March 14th Appleton YMCA 4pm**

We have 2 neat presentations and we're planning to start taking orders for our 2010 technical clothes. As things stand right now, Fleet Feet and our clothing maker Louis Garneau are working out some details...this will make it possible for each of us to pre-order clothes and for Fleet Feet to have a "stock supply" for new members or for those who decide to purchase something later on. The annual technical clothing order has always been a very labor intensive job so we are hoping this will be an easier way to have our COLORS available. Look for more details in the next 2 weeks, but please be prepared to order clothes at the meeting. Don't forget that the physical therapists from Advanced Physical Therapy are always available 1 hour before each monthly meeting...free evaluation and advise!

### **Speaker #1: Massage**

The Sunflower Spa will present a brief overview on Massage Therapy Modalities and the benefits to Triathletes. Learn about how to speed up your recovery from a long day of training. Find out how to use your body more efficiently during your swimming, cycling, and running and how to prevent injuries. The Therapist will also teach you the best way to fit your massage therapy into your pre/post workout schedule. There will also be a live demonstration of Thai Massage and how it specifically will benefit you!

(thanks to Don Keddell for arranging this)

### **Speaker #2: CHI Running**

Have you ever been injured by running? Maybe it was as simple as a case of shin splints that popped up during your first long run, or was it a horrible case of plantar fasciitis that caused you to take months off from running? Maybe you have never been injured but want to run faster and with more ease, if this describes you, then you need to try ChiRunning! ChiRunning combines the practice of Tai Chi with the sport of running to create a highly efficient way of movement.

[www.chirunning.com](http://www.chirunning.com)

Cassie Kottke, certified ChiRunning instructor will tell you about this awesome running technique that will allow you to run injury free and effortlessly!

(Julie Hintz did the work for us)

**APRIL....our April 11th meeting** will take place in Green Bay at Titledown Brewery. Details to follow.

## **Oshkosh Cyclery and Fitness**

will be hosting the 2nd annual Tri Night on Monday, March 22nd, from 6pm to 9pm. Tim Petrie will be sharing his ideas and tips about the sport of Triathlons.

Some topics that will be covered:

- Triathlon Culture
- Training time needed and available
- Goals in the sport
- Longevity
- Equipment Needed
- Clothing
- Swim
- Bike
- Run
- Extras
- Technology
- Transitions
- What to expect at a race
- What not to do
- Great beginner race
- Questions and Closure

If you have a couple of Tri's under your belt or are just thinking about trying the sport, this meeting will be very informative and helpful. You will pick up some valuable training tips and some nutrition ideas. Last year Tim was suppose to be here for 2 hours but once the question session started it ended up lasting for 4 hours. Tim is so happy to help others improve.

Tim Petrie Lives for the sport of Triathlons. Tim did his first Tri in 2001 and has done 125 races since and is as passionate about the sport as ever. Tim is currently a student at UW-Oshkosh studying to be a Physical Education teacher and truly values promoting lifelong fitness and health. Tim's schooling and experience as an athlete has taught him how powerful the mind and body can be working together. The sport of triathlon is great for both, and Tim looks forward to expressing his passion about triathlons and how you can be happy while training and racing for years to come.

Healthy snacks and water will be provided.

See you at OSHKOSH CYCLERY & FITNESS , March 22, 2010. 6pm to 9pm

1030 W. 20th Ave. 920-231-2211

## **March Tri Fox 2 Hour Spin**

Friday, March 12, Appleton YMCA, 6-8pm





Registration opened Monday, March 1st. You can register by calling the YMCA @ 739-6135 or going [online](#). Hurry! The spots go fast and this may be the last 2 hour ride of the season before we head outdoors!

## XTERRA WETSUITS



Our wetsuit sponsor has a new website - [www.xterrawetsuits.com](http://www.xterrawetsuits.com). There, you can select from all their products. After you have selected your wetsuit, you will see your product in your SHOPPING CART AND CHECKOUT page. At "Step 1: Calculate Tax & Shipping" you will be asked for your COUPON CODE. This is where you enter our team/club (which is FOXTRI) code and hit APPLY COUPON. Your Group Discount will automatically appear under each product and you'll be able to continue with your order.

Here are the current promotions for XTERRA WETSUITS' 2010 current product line:

1. VOLT - \$99
2. Vortex3 john - \$129 (reg. \$300)
3. Vortex3 fullsuit - \$179 (reg. \$400)
4. VectorProX2 john - \$199 (reg. \$400)
5. VectorProX2 fullsuit - \$299 (reg. \$600)
6. Vendetta fullsuit - \$500 (reg. \$695)
7. Velocity 0.02 speedsuit - \$99 (reg. \$250)
8. Velocity++ speedsuit - \$119 (reg. \$350)

Thanks and please don't hesitate to write directly with any questions:

Kristen Sullivan

[Kristen@xterrawetsuits.com](mailto:Kristen@xterrawetsuits.com)

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Sincerely,  
Fox Cities Triathlon Club

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