

**Fox Cities Triathlon Club**

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**3/9/2010**

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**SPRING AHEAD:** Don't forget to set your clocks ahead one hour on Saturday night... you don't want to be late for our March 14th meeting!

**4pm Appleton YMCA**  
CHI RUNNING AND MASSAGE....learn the secrets to keep you healthy!

We have a great "line-up" for this Sunday.

**ORDER YOUR CLOTHES**

Starting this Sunday you will be able to place your order for our technical clothes: jerseys, jackets, tri tops and shorts, arm and leg warmers, and more!  
Fleet Feet will have a "fit kit" with samples of all the different sizes for you to try on starting at 3pm..get there early!

**PHYSICAL THERAPY**

Don't forget, the therapists from Advanced Physical Therapy will be available an hour before the meeting to handle all of your aches and pains.

**SWIM SESSIONS**

The Fox Cities Triathlon Club is holding 3 sessions for **new** triathletes to get some help with their swimming. Learn some useful drills and get some one on one attention from swimming coaches.



The sessions are being held at the downtown Appleton YMCA and are \$10 per person, per session to cover the pool/life guard fees.

Spaces are available on March 13th, 20th (the 27th is full). 1:00pm to 2:30pm each day. Sessions are limited to 15 people. There will be at least 3 swim coaches at each session.

Please email Dave Martin, [dwnhldav@gmail.com](mailto:dwnhldav@gmail.com) if you are interested.

You do not need to have attended Tri101 to partake in these sessions. Please pass this along to anyone you know who may be interested in getting help with

their swimming. These sessions are geared to new swimmers.

## Sole Burner

Pete Emerson is proud to announce that he will again be the team captain for The Fox Cities Triathlon Club at this year's Sole Burner 5K. The event is a fund raiser for the American Cancer Society, and will be held May 8th. The Fox Cities Triathlon Club has a tradition of having a very diverse team. Kids, adults, beginners and seasoned runners (one of our members has won the race in past years) always make up our team. For our youngest members, a kids "fun run" will be held prior to the 5K.

The Fox Cities Triathlon Club and the American Cancer Society have many things in common. For example, we both save lives. The Fox Cities Triathlon Club, especially with it's outreach programs and community involvement, promotes healthy life styles. The American Cancer Society estimates that over 33% of cancers would never happen if people adopted the lifestyles of triathletes (lots of exercise, eating healthy, no smoking).

Registration is now available on line for the run/walk. Just go to [www.soleburner.org](http://www.soleburner.org) to sign up. Be sure to join the FCTC team. If you register for the team by **March 30th**, you will get a t-shirt with the FCTC logo on the back. Due to processing time, registrations after March 30th will still receive a t-shirt, but it will not have the logo.

We hope you are able to join us on May 8th.

For further information, contact Pete Emerson: [pete@emersonmusical.com](mailto:pete@emersonmusical.com)  
920-968-1056

## 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!

## 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

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**Sincerely,**  
Fox Cities Triathlon Club

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