



3/22/2009

IN THIS ISSUE

[April Meeting](#)

[Calling for Volunteers](#)

[Tri Fox Endurance Team](#)

[Strong Kids - Strong Legs Ride](#)

[Spring Bike Prep](#)

[Fox Firecracker 5K](#)

**APRIL 5th Meeting
GREEN BAY...TITLETOWN BREWERY ...come
for the fun, stay for the food.**

Hey everyone, please try your best to support our Green Bay area TRI FOXES and come to our 2nd annual Brew and a Burger meeting at 4pm on April 5th.

We had a lot of fun last year..some people didn't leave until 8pm! This is a great way to stay in touch with old friends and meet new TRI FOXES while showing everyone that we really are the ENTIRE Fox Cities Triathlon Club.

Our speaker, Dwight Sandvold, is one of the best we've had.....see you there!

" Prehabilitation and Performance Movements for the Multisport Athlete, " will provide you with proven, effective exercises to improve efficiency/performance and reduce overuse injuries. These can be performed with little equipment in a minimal amount of time. This will be an interactive hour so come prepared to move!

Dwight Sandvold is the Owner of F.A.S.T. - Fitness and Sports Training. At F.A.S.T. Dwight performs performance testing for Multisport athletes and runners, designs Multisport Specific Strength and Injury prevention (pre-hab) programs, Coaches an area triathlon team, serves as a Coach for Midwest Sports Events Triathlon Clinics and On-line Coaches 15 athletes.

Dwight has spent all 25 years of his career in the coaching and sports medicine fields. He has completed over 100 triathlons and last season qualified for both the Escape from Alcatraz Triathlon and the Ironman World Championships.

**CATCH SPRING FEVER - SIGN UP OR VOLUNTEER FOR THE
OSHKOSH HALF MARATHON & 5K!!**

Hey TRIFOXES..... race season is right around the corner and in addition to

RACING, please keep in mind all the volunteer opportunities that will come your way.

First up, help be FUZZY for the Oshkosh marathon KIDS RACE on April 17th at 6:00pm ... other non-FUZZY volunteers are needed for that night before and on RACE DAY April 18th as well. Please contact Kelly at kjansen9@new.rr.com if you can help the club GIVE BACK.

Here is a list of other volunteer opportunities that are available for the Oshkosh Half Marathon, 5K and Lionhearted Kids' Run. The event is scheduled for Saturday, April 18, 2009 and will start at 8 am.

Friday, April 17th

TIME

Registration & Expo Help

Noon to 8 p.m.

Lionhearted Course Volunteers 5:30 to approximately 6:45 p.m.

Saturday, April 18th

TIME

Course Marshal Volunteers

8 a.m. to approximately 10 a.m.

Water Station Volunteers

8 a.m. to approximately 10 a.m.

Food Tent Volunteers

7:30 a.m. to approximately 11:30 a.m.

Get involved with this exciting community event! All volunteers receive a t-shirt and food during the race.

Registration is also still open for the Half Marathon, 5K, and Lionhearted Kids Run. Fees are currently \$40 for the Half, \$20 for the 5K, and \$7 for the Kids Run.

To volunteer, or for more information on how to sign up, please contact the Midwest Sports Events at 920 338 8741, e-mail info@midwestsportsevents.com, or visit www.midwestsportsevents.com.

Wanna form a TRI FOX ENDURANCE 200 mile relay team????

This is based on the premise of the Hood to coast relay in Oregon. The best information is on our website www.ragnarrelay.com and look under Minn/Wisc.

Some key things you should know:

1. It's an overnight relay, and takes about 24 - 26 hours
2. You start in the morning on Friday and finish around noon on Saturday
2. You have 2 vans with 6 runners in each
3. The first van and 6 runners run the first 6 legs, then the second van takes over and runs the second 6 legs
4. Each runner runs 3 legs of 3-8 miles / total of about 15 miles
5. Each major exchange has food and music
6. Cost is \$85 / runner and you provide support of vans, food, etc.
7. Most teams have 12 runners, although you can run in the ultra division with 6

We just ran this event in Phoenix, and we had 225 teams. We project this year to have over 300 teams for the Great River.

I hope this gives you a little more information. Feel free to E-Mail or call me if there is other information you would like.

[Greg Leitzke](mailto:Greg.Leitzke@ymca.org)
801-243-7054

Strong Kids - Strong Legs Ride

East side YMCA Sunday, March 29.
(1740 South Huron Road, Green Bay)

The rides begin at 9:30 a.m. and go for 45 minutes each. There will be six total rides. I teach at 12:30. I am challenging & inviting all of you to come to the 12:30, 1:30 & 2:30. I will ride with you the other two. It is \$5 per ride (all the money is donated to the YMCA Strong Kids Campaign). All non-Y members don't have to worry about the day pass fee...it will be waived for the day! Please call **436-1200** TODAY to reserve your bike; you will pay the day off! Bring a water bottle, \$15 & I suggest you wear padded shorts!! :)

This is the only day in March I pray for rain! However, we do have a 'Plan B' to put 28 bikes in the parking lot if it's 70 & sunny!!

SPRING BIKE PREP at In Competition:

Deb Ernst, owner of In Competition in Green Bay wants to remind everyone of the SPRING BIKE PREP 101 Class at her store on April 11th from 9am-11am.

Please call Deb to sign up and to get more information: 920-465-1510 It's good to know how to take care of your bike.

FOX FIRECRACKER BADGER STATE GAMES 5K

Don't forget to sign upthe early bird gets 2 t-shirts and how about an EXTRA slice of pie???

Speaking of pies, it is never too early to begin searching for the PERFECT PIE recipe. Whether you are running the FOX FIRECRACKER Badger State Games 5k or not, you can still support the FOX CITIES TRIATHLON CLUB by baking and donating APPLE PIES on the 4th of July.

Please contact Kelly at kjansen9@new.rr.com for more info.

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](#)

✉ [SafeUnsubscribe®](#)

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

Email Marketing by



[Reply](#) [Forward](#)