

**Fox Cities Triathlon Club**

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## APRIL MEETING

Our last monthly meeting of this half of 2010 will take place on Sunday April 11th at 4pm at TITLETOWN BREWERY in Green Bay. This has been a fun last meeting the last few years.... burgers and brew, too! Please plan to attend!

<http://www.titletownbrewing.com/>

We have a very interesting expert speaker all lined up....Dr. Dennis King is an experienced practitioner of ART (active release therapy), a modality endorsed by IRONMAN and used by triathletes of all shapes, sizes, and abilities!! His sports practice caters to all kinds of athletes, including the Green Bay Packers! This should be an informative and fun meeting!

Also, if you get RUNNER'S WORLD be sure to check out page 74 of the May 2010 edition!

## Oshkosh Half Marathon - Sunday, April 18th

There are two weeks to go before this year's Oshkosh Half Marathon, scheduled for Sunday, April 18. This year's event will feature Pace Teams to assist half marathoners in keeping pace and get ready for other marathons later in the season. Sunday events (including the half marathon, 5k and relay) will begin in downtown Oshkosh on Congress St. and close to the hub of activities which will be at the City Center Hotel. The finish is at the Leach Amphitheatre. The Leach Amphitheatre will also host the Lionhearted Kid's Run for 3-to-10 year-olds on Saturday, April 17. Proceeds from the event benefit the Boys and Girls Club of Oshkosh, Christine Ann Domestic Abuse Services, Inc. and the Oshkosh Area Humane Society.

Midwest Sports Events is pleased to present Brian McWilliams as this year's GE Pasta Dinner Speaker. Brian is a Licensed Athletic Trainer and was a member of the USA medical staff at the 2010 Olympics. His topic, "How to Sustain, Not Strain" will focus how to sustain longer distance events, with fewer training miles,

yet reaching your goals. He will also touch on proper nutrition when training for longer distances. The GE Pasta Dinner will be at the City Center Hotel, downtown Oshkosh on Saturday, April 17. The spread includes pasta and sauce, bread, fresh fruit and vegetables. Tickets are \$8 for adults, \$4 for kids 5 - 12, and free for kids under 4. Proceeds from the dinner will benefit the Ability Resources Center (ARC) of Winnebago County.

Back again this year is Poker Fun. The businesses in downtown Oshkosh are once again offering a chance to win a Trek Bicycle donated by Wheel and Sprocket. Visit the Half Marathon Expo on Saturday at the City Center Hotel from noon - 8 p.m. to sign-up. Then visit local downtown businesses to collect cards to try and make the best poker hand.

There is still time to sign-up. To register go to [www.active.com](http://www.active.com), or download a PDF form at: <http://www.midwestsportsevents.com>. For more information email: [info@midwestsportsevents.com](mailto:info@midwestsportsevents.com) or call 800-429-8044.

## **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. Due to processing time, registrations received after March 30th will 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

## **IT'S TIME TO BIKE!**

Please be sure to ride your bikes safely... please make sure they are in good mechanical condition and please obey all traffic laws!

After dusting off your bikes, start out the multi-sport season with the Paper Discovery Duathlon. It is scheduled for Sunday, May 2 starting at 8 a.m. at

Riverside Park in Neenah, WI. There will also be a kid's duathlon at 9 a.m. on Saturday, May 1.

Receive \$5.00 off your registration when you drop off your form at Fleet Feet - Fox Valley or Gear n Up - Neenah.

Sign up today! To register, go to active.com, visit [midwestsportsevents.com](http://midwestsportsevents.com) to print out a pdf form, email [info@midwestsportsevents.com](mailto:info@midwestsportsevents.com), or call 800-429-8044.

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Sincerely,  
Fox Cities Triathlon Club

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