



4/8/2010

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SUNDAY APRIL 11TH...3:30PM!!!

TIME CHANGE: Our April 11th meeting will be this Sunday at 3:30, not 4pm as previously written. Our speaker is Dr. Dennis King who specializes in Active Release Therapy and sports taping and nutrition. Many Tri Foxes have seen Dr. King on a professional basis and his expertise has been invaluable. Please plan to attend.

We will have TRI FOX gear for sale and our new order of FOX SOX will hopefully be here, too.

Come for a burger and fun!

We'll have updates about our newbie rides and even info about a new running program starting next week!

Have you noticed that we are only 2 people short of 1100 members????

And don't forget to look at page 74 of Runner's World (May issue).

We hope to see you at [TITLETOWN BREWERY](#) in GREEN BAY on Sunday!!

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 its 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 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
920-968-1056

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Sincerely,
Fox Cities Triathlon Club

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