

# Firecracker, High Cliff, Sole Burner, and MORE! Inbox X

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**Fox Cities Triathlon Club**

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**4/08/2011**

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Spring is finally here and there is no shortage of events to keep all Tri-Foxes busy throughout the season!



## **Fox Firecracker Badger State Games 5K Walk Run**



Looking for something fun to do with the family on July 4? Sign up for the Fox Firecracker Badger State Games 5K Walk Run! There will be something for all ages! Registration is now OPEN!

Don't miss this year's race! Suzy Favor Hamilton will run the Firecracker as our celebrity runner, there will be skydivers, fireworks, and the UW Marching band will preform before and after the event! Sign up TODAY!

We will also need plenty (as in A LOT) of volunteers and PIES!!! If you would like to volunteer at this event, or if you want to donate a pie (or six) please email Mike at: [michaelwickstrom@yahoo.com](mailto:michaelwickstrom@yahoo.com)

To register or to get all the information, go to:  
[www.foxtriclub.com/fox5k/index.html](http://www.foxtriclub.com/fox5k/index.html)

Also, visit us on facebook:  
[www.facebook.com/FoxFirecracker5K](http://www.facebook.com/FoxFirecracker5K)

And don't forget Twitter:  
[twitter.com/#!/FoxFirecracker](http://twitter.com/#!/FoxFirecracker)

TRIFOX TEAM FOR THE 2011 SOLE BURNER 5k  
run/walk

## Saturday May 7



Register at on the Sole Burner Website:

[http://community.acsevents.org/site/TR?fr\\_id=35019&pg=entry](http://community.acsevents.org/site/TR?fr_id=35019&pg=entry)

Terri Larkin is the captain of the trifox team this year.

tlarking@mail.owls.lib.wi.us

## Oshkosh Half Marathon volunteers needed.

Join the momentum... The Oshkosh Half Marathon is next Saturday, April 16th . Be part of something big and come out to Mile #1 with the Tri Foxes. We are hosting a rock and roll water station featuring composer/musician Andy Victor. We need volunteers committed to running the station and anyone interested in having a rockin' time with us.

Email Peter Victor at [pvictor@fedcoelectronics.com](mailto:pvictor@fedcoelectronics.com) for details.

## High Cliff Triathlon Team Challenge

**Midwest Sports Events** is pleased to announce the 8<sup>th</sup> Annual SCHEELS High Cliff Triathlon to take place on Saturday, June 18, 2011. We are excited to see the event grow every year. We continue to see participants from different clubs across the state participate and therefore we will again offer the **High Cliff Triathlon Team Challenge**.

A "team" consists of at least **5 members** (there is no maximum to the number that can be on the team) with at least **1 FEMALE** team member.

**We are extending the Early Bird Discount for those who sign-up as a "team" (5 or more members) by April 22.** The discount is: **\$85 for the Half Iron and \$45 for the Sprint.**

### Registration Options:

1. Fill out registration form or download a .pdf form from our website, [midwestsportsevents.com](http://midwestsportsevents.com) and return to Midwest Sports Events.
2. Register on [Active.com](http://Active.com) and use the following codes
  - a. For the **Sprint Triathlon** - FoxTriSprint
  - b. For the **Half Iron** - FoxTriHalf

#### Guidelines:

1. To be in the team challenge a team must have a minimum of 5 members; there is no maximum.
2. *At least 1 member of the team must be female.*
3. *You must provide a team name and all members must be registered with the exact "team name" for accurate and timely scoring.*
4. *Prized will be awarded to teams in both the Half Iron and the Sprint distance; you may have a team for each distance (five or more people with at least one female on each team).*

#### Scoring System

*The fastest overall female time and the next 2 overall fastest times on the team are tallied. The lowest overall times receive 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place awards.*

Example: (lowest time indicated in red)

Dawn Smith	<b>1:02:00</b>	Ethan Rogers	<b>1:14:00</b>	Eddie Hughs	<b>1:15:55</b>
Jay Johnson	59:00	Nathan Williams	<b>58:55</b>	Jennifer Jennings	<b>59:00</b>
Linda Swanson	1:50:00	Kristine Soterberg	1:33:00	Chris Featherstone	<b>1:13:04</b>
Bob Hook	<b>55:00</b>	John Brothworth	<b>1:08:01</b>	Jonathon Tanner	1:12:00
Brenda Jones	1:10:00	Michelle Tweeter	1:15:34	Heather Johnson	1:14:43
Bill Joy	<b>57:15</b>	2 <sup>nd</sup> Place	<u>3:20:56</u>	Sheila Peterson	<u>1:19.33</u>
Rita Clancy	<u>1:13:18</u>			3 <sup>rd</sup> Place	<u>3:27:59</u>
1 <sup>st</sup> Place	<u>2:54.15</u>				

## Kids Triathlon Class

**Fellow Trifoxes with children going into 3<sup>rd</sup> through 9<sup>th</sup> grade- Have we got a deal for you. Linda Kuhaupt and Sarah Marnocha are teaching a 5 week duathlon and triathlon class (Monday-Thursday) in the Menasha Area School District. Only \$15.00! Students from other school districts are welcome. The description for the course is below:**

Number:5701

Course Name:TRAINING TO BECOME A TRIATHLETE 9:30am-12:20pm

Grade Level:**For students entering Gr. 4-9**

The three sports of swimming, biking, and running are the activities of this class. Classes on Monday, Tuesday and Wednesday will focus on Description:one of the sports through drills, practice, and training tips. On Thursday, a simulated racing event will be held at Jefferson Park. Training plans, gear, nutrition/hydration, core and strength exercises will be taught as well.

Number:5001

Course Name:DOING DUATHLONS 7:45-9:25 am

Grade Level:**For students entering Gr. 3-5**

Intermediate grade students learn how to train for a running/biking Description:race. Running drills, biking trips and strength training will be a part of each class session. Students will end each week competing in a duathlon.

**If interested go to [www.mjbsd.k12.wi.us](http://www.mjbsd.k12.wi.us) and click on Summer School Registration Information...registration closes May 27. Sign up now....space is limited.**

## **Kimberly-Clark and the Bicycle Federation of Wisconsin launch statewide biking challenge**

Kimberly-Clark's Scott® brand has partnered with the Bicycle Federation of Wisconsin to offer a free, four month biking challenge to all Wisconsin residents 18 and older. The goal of the Scott® Get Up and Ride Wisconsin Challenge is to promote bicycling and provide a fun and environmentally friendly way for Wisconsin adults to improve health and wellness. According to 1 World, 2 Wheels:

- The average person loses 13 lbs. their first year of commuting by bike.
- Just 3 hours of bicycling per week can reduce your risk of heart disease and stroke by 50%.
- The U.S. could save 462 million gallons of gasoline a year by increasing cycling from 1% to 1.5% of all trips.

The team-based Challenge is open to all Wisconsin businesses, organizations and residents 18 and older and begins National Bike to Work Week on Monday May 16, 2011 and runs through September 30, 2011. It's easy to track your miles using the web-based tool and an optional free app is available for smartphone users. Prizes will be awarded monthly with grand prizes awarded at the end of the challenge - the more

you ride, the better your chances to win. To sign up for the Challenge, go to [www.challenge.bfw.org](http://www.challenge.bfw.org)

**XTERRA WETSUITS** has exclusive offers for us for the 2011 season and an unbelievable promotion for us. They have discounted the Vortex 3 Fullsuit even further, and free shipping on orders \$149 and above!

**Our team code for use when ordering is "C-FOXES".**

2011 Sponsored Athlete Pricing: First Quarter

Vortex 3 Sleeveless: \$149 (reg. \$300)

Vortex 3 Fullsuit: \$189 (reg. \$400) **\*\*PROMOTION TO \$149\*\***

Vector Pro X3 Sleeveless: \$199 (reg. \$400)

Vector Pro X3 Fullsuit: \$275 (reg. \$600)

Vendetta: \$500 (reg. \$750)

<http://www.xterrawetsuits.com/2011sponsorships/>

Remember to use the "C-FOXES" code when ordering.

## **Mighty Wolf Triathlon**

**Saturday, June 25th**

**Marble Park**

**Winneconne, WI**

Long Course (14 yr. old and up)

Swim - 400 yards

Bike - 15 miles

Run - 3 miles

Short Course (14 yr. old and up)

Swim - 200 yards

Bike - 10 miles

Run - 1.5 miles

Youth Course (6-13 yr. old)

Swim - 40 yards



Bike - 1.5 miles

Run - .5 miles

Entry Fees:

Youth Course: \$15

Long and Short Course through June 16th: \$30

Long and Short Course after June 16th: \$40

Youth will run first at 8:15, followed by the short and long course race at 9 AM

More info and register at: <http://www.winneconneboosterclub.org/>

Benefits the Winneconne High School Booster Club

Questions Contact:

Kerry Malczewski

920.836.3705

skiker21@hotmail.com

## **Devil's Elbow 5K**

### **Sunset Trail Run**

**June 18, 2011 - Trout Lake Golf Club**

### **Arbor Vitae, WI**

**Music, Food and More!**

**Check in begins at 6:00 p.m. 5K Trail Run/Walk begins at 7:30 p.m.**

**5K Entry Fee**

**\$25 if registered by June 8**

**(registration includes race entry, t-shirt, food and beverage.)**

**\$30 after June 8**

**(t-shirt not guaranteed)**

Not a runner? Not a problem! We welcome all to enjoy a festive summer evening while cheering on the racers.

\$100 cash payout and gift to top male and female finishers.

Plus prizes for top finishers in each age division.

Fill out your registration form at Trout Lake Golf Club, Coontail Corner or by visiting

[www.troutlakegolf.com/devils5K](http://www.troutlakegolf.com/devils5K)

or [www.active.com](http://www.active.com).

## **4th Annual Team Hailey 5K Run/Walk For A Cure**

**Saturday, April 16 8:30 AM**

**Germania Hall, 320 Chute St. Menasha, WI**

5-yr-old Hailey Meltz of Appleton, WI is battling an incurable brain tumor called PLGA. All proceeds from this event will go to research through the PLGA Foundation to find kinder, gentler treatments and hopefully a cure for Hailey and the thousands of children like her.

The course begins at Germania Hall, runs through downtown Menasha and connects to the panoramic Friendship Trestle Trail Bridge over Little Lake Butte des Morts and back.

The Run/Walk starts at 8:30 am and registrations will be accepted from 7:00- 8:15 am that day. T-shirts, goodie bags and post race refreshments included in registration fee. Adults (13 and older) \$20 by 4/5, \$25 after; Children \$11 by 4/5, \$13 after. If possible, please collect pledges from people who will sponsor you to run or walk and bring them on the day of the event. For each \$100 raised, your name will be entered into a drawing for great prizes. Please, no dogs, bikes, skateboard, scooters or roller blades.

Awards: medals to top male/female finishers overall. First place male/female in all age groups will also receive medals, 2nd and 3rd place will receive certificates.

For more information or to download a registration form, go to [www.teamhailey.org](http://www.teamhailey.org) or contact Peg Meltz at [pmeltz@new.rr.com](mailto:pmeltz@new.rr.com)  
For online registration: [www.teamhailey5krun.org](http://www.teamhailey5krun.org)

Thanks for reading the latest Tri Fox News.

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Sincerely,  
Fox Cities Triathlon Club

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