

Fox Cities Triathlon Club

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TRI 101 Newbie Bike Rides

Hey all,

Hope your spring is going well. With the weather warming up and it staying light well into the evening it's time for the Tri101 newbie bike rides.

We will be holding the rides on May 3rd and 10th. May 17th will be a rain date only if one of the weeks prior has to be canceled due to weather.

The rides will be leaving from the Aurora clinic at CE and 55 in Kaukauna. Please be ready to go at 6pm. We will have a 5 minute safety talk at 6 and then start riding. There will be a safety check from 5 till 5:45 prior to the ride if you would like to have your bike checked by a professional mechanic. This is a courtesy safety check only. If you know your bike needs work, please take it to a shop prior to the ride.

This will be a no drop ride (which means nobody is left behind or has to ride alone). We will have a sag vehicle to support the ride.

Hope to see you all there.

Any experienced Tri Foxes who can volunteer to help would be greatly appreciated.

Paper Discovery Duathlon

The 6th Annual Paper Discovery Duathlon is here: Sunday, May 2 at Riverside Park, Neenah. This is a cool, beautiful 2-mile run, 19-mile bike and 2-mile run. Riverside Park offers a panoramic view of the river and is the perfect location to "spring" into another multi-sport race season.

Over 800 participants will enjoy French Toast breakfast and the warming weather of spring as they run along the shoreline of Lake Winnebago, the Riverside Park

trails and bike through the quiet residential neighborhoods of Neenah.

The weekend kicks-off with the kid's du and registration/ packet pick-up on Saturday, May 1 from 11 until 5 p.m.. The race starts on Sunday, May 2, at 7:30 a.m. Registration is open but fills fast, so sign up today thru active.com or call 800-429-8044. Visit midwestsportsevents.com for more details.

Tuesday Night Tri Fox Rides



The Tuesday Night Tri Fox Bike rides have started. We leave at 6:00pm from the Aurora Clinic at CE and 55 in Kaukauna. Please arrive a little early so we can be sure to leave promptly at 6:00pm.

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 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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