

**Fox Cities Triathlon Club**[show details](#) 9:55 PM (12 minutes ago)[Reply](#)**5/16/2010****IN THIS ISSUE**[Firecracker Volunteers](#)[Coaches Corner](#)[Newbie Swims](#)[Saturday AM bike rides](#)[Badger State Games Medical  
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Hi Everyone,

Can you believe the tri season is here already....are you getting ready for Green Bay and High Cliff and Door County?? And don't forget the FIRECRACKER--our signature 5K event.

THE FIRECRACKER...we need some help and some PIES!!!

What is the 4th of July and the Fox Firecracker without our Home Made Apple Pies!! Everyone Loves them!!

Calling all bakers, or wanna be bakers to dig out your apple pie recipes!! We served over 100 pies last year to the 1,000 participants! 80 of those were home made by our Foxes, the rest we needed to purchase.

This year we would like to serve up 100 Home Made Pies, and trust us when we tell you people love them! We have over 1,000 Foxes, so 100 pies should not be a problem.

Send your e-mail to Lisa at [prochallenge7@yahoo.com](mailto:prochallenge7@yahoo.com) and let her know how many pies you can make.

Slice them up, and you can drop them off on the 3rd during registration. We will have a large refrigerator there to store them, or you can bring them the morning of the race.



We appreciate all your efforts!

**Volunteers for the Firecracker**

We need volunteers for the Firecracker! Please email [Mike Wickstrom](#) if you are able to help with any of these positions.



July 3

Finish line and tent set up/Parking - 4 people with Mike Schmidt leading the charge.

Sort Bibs and Shirts - 5 people

Packet pick up (two shifts) - 4 to 6 people per shift.



July 4

Registration/Packet Pick up - 15 people

Data Entry for race timing - 2 people

Hand out flags at finish - 6 people

Corner assignments - 17 people

Kids race - 4 people

Finish Line Chip collection - 8 people

Again, you can contact Mike Wickstrom, [michaelwickstrom@yahoo.com](mailto:michaelwickstrom@yahoo.com), if you are able to volunteer.

home phone: 202-3512

cell phone: 851-5513

## **COACHES CORNER:**

Carmichael Training is now an official FRIEND OF THE FOXES....they are going to provide monthly updates for our COACHES CORNER column on our website: and this is an opportunity for those in training for an Ironman...

## **CTS IM Wisconsin Camp Information**

CTS is now the "Official Coaching Company" of Ironman and Ironman 70.3 events. The coaching authority trusted by 2008 and 2009 Ironman World Champion Craig Alexander, CTS has a long and successful history of preparing triathletes of all ability levels to achieve their competitive goals. Over the past 10 years, CTS has improved the performances of thousands of triathletes including Ironman champions Normann Stadler, Tim DeBoom, Peter Reid, and Heather Gollnick.

This camp focuses on training for Ironman triathlon distance and will concentrate on tools and techniques for increasing the quality and effectiveness of your training sessions year-round. You will also get insight into the training and racing strategies that helped Craig Alexander and others conserve energy on the bike for their Ironman-winning performances. The camp is two and half days of training and presentations, and is open to athletes of all abilities and experience levels. You will learn the skills needed to produce your best finish at your Ironman race.

The focus of this camp is a reconnaissance of the Ironman Wisconsin triathlon race course. Gather firsthand knowledge of the course, including all the major climbs and descents, turns and water currents. Learn strategies and skills to help you improve energy conservation optimize fueling and hydration, and get two long days in the saddle in your legs and arms to help you prepare for race conditions.

This training camp is designed for beginner to advanced triathletes. With small groups and a high coach-to-athlete ratio, this non-competitive learning environment is designed to accommodate individual learning needs.

Camp fee includes entry into the 2010 Ironman Wisconsin Race

Now taking reservations! Call for details: 1-719-635-0645 x 400

We also, have more information on our website at [www.trainright.com](http://www.trainright.com).

## **NEWBIE HIGH CLIFF SWIMS:**

The dates are set for our annual pre-High Cliff swims....please plan to be there if you are a newbie or want more experience...and we would love all experienced TRI FOXES to come help and share your knowledge....and don't forget the SWIM GAUNTLET---always fun!



You will need either an annual state park vehicle pass or you can purchase a daily pass for \$7.

Thursday at 6pm on June 10th and June 17th at High Cliff State Park!!! Weather permitting. We meet at the swim start...Peter Victor will host a "transition demo" afterwards.

## **SATURDAY MORNING BIKE RIDES**

Once again there will be a group of bikers leaving Profitness (Green Bay) Sat. mornings @ 8:00 am. Pace will be 16-20 mph.

This year we plan to have a 9:00 am group as well for those who are new to biking and would like to get up to speed. This group will only get together for the first couple of weeks to learn some road etiquette and feel comfortable on the road.

Then the 2 groups will merge to the 8:00 time. We are a fun, friendly group of bikers that like a kick butt ride and perhaps a brick or two so bring your running shoes as well(just in case). There will be no ride if it's raining or if the temp is below 48 degrees. Helmets are a must! Road race bikes are preferred as it's difficult to keep up with the group with a hybrid or mountain bike unless you are a REALLY strong biker. We do have a no drop policy. Our routes vary each week and we will be riding in wrightstown, ledgeview, rockland. Last year we made a couple of trips out to Luxemburg. If some are willing I would love to take you on a beautiful scenic route to Kewaunee. Routes are anywhere from 25-45 miles. Rides begin Sat. May 8th. 8:00 and 9:00 am  
See you there!!

Directions to Profitness:

<http://www.mapquest.com/maps?city=Green+Bay+&state=WI&address=2615+Decuria+Ln.&zipcode=54311#undefined>

## **BADGER STATE GAMES LOOKING FOR MEDICAL VOLUNTEERS**

We are looking for individuals who have professional experience in health care, which could include but not limited to: athletic trainers, doctors, nurses, chiropractors, EMT. As a medical volunteer you will be assisting athletes with minor injuries. In the occurrence of a more serious injury medical volunteers will be given an emergency procedure to follow, which may include calling 911. These volunteers will be performing first aid and tending minor injuries, they will NOT make return to play decisions.

Your assistance is much appreciated in helping make the Summer Games a safe and enjoyable weekend for the thousands of athletes and spectators that choose to participate. To show our appreciation, each medical volunteer will receive a Badger State Games **Volunteer T-shirt** and a **FREE Brewers Ticket Voucher**. If you have any questions regarding volunteering or the competition please feel free to contact me at 608-226-4780 ext. 233. If you do not have medical experience but would like to volunteer for the Summer Games in another capacity, you may view all opportunities at [www.badgerstategames.org/volunteer](http://www.badgerstategames.org/volunteer). Please forward this on to any possible volunteers that may be interested.

Thank you for your support of the Badger State Summer Games!

## **GREEN BAY TRIATHLON KICKS OFF THE TRIATHLON SEASON!**

The 5th Annual Green Bay Triathlon kicks off the summer activities on Sunday, June 6, 2010 at Ashwaubomay Park starting at 7 a.m. The event features both a Short Distance and Long Distance course consisting of a 400 yard swim, 15 mile bike, and 5K run and an 800 yard swim, 25 mile bike, 6.2 mile run, respectively.

The Green Bay Triathlon weekend is for the entire family. Sign-up kids for the Kids' Triathlon starting at 9 a.m. on Saturday, June 5. The kids' event is completely safe as the swim goes parallel to the shore and they will not be in water above their waist; open for kids' age 3-12 years old.

Participate in the short or long triathlon on Sunday and receive a dri-wick shirt, goody bag, chip timing, and plenty of food and fun after the event. Awards are given to the first overall female and male. Age group awards to the top 3 female and males in 5 year increments starting with 14 & under and going to 95 plus. Awards will also be given to the top 3 overall relay teams, Athena & Clydesdale.

Registration is still open and get in now for the early bird fee: \$45 for individual, \$75 for relay teams, and \$15 for kids'(12 and under). Register at [midwestsportsevents.com](http://midwestsportsevents.com), call 920-338-8741 or 800-429-8044, or email [info@midwestsportsevents.com](mailto:info@midwestsportsevents.com)

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Sincerely,  
Fox Cities Triathlon Club

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