



5/19/2009

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ACHES AND PAINS!!!

We have something very special to offer our members. Starting next Tuesday, May 26th, one hour before our group rides, Advanced Physical Therapy and Sports Medicine (a "friend of the club") will offer a FREE injury evaluation and self-help tips. Fellow Tri Foxes, Rob Worth, Mark Shopshire, and Terry Moore will be available each Tuesday night before the rides and before our monthly meetings when they restart in the fall! If you have a pain in your knee, a sore back, that nagging ache in your hip.... don't fret, don't put it off, don't guess..instead, have our very own TRI FOX physical therapists check you over. Thank you very much Rob and Mark and Terry... you are very generous. Please remember, this is for TRI FOX members only.

This is the note from the boys: So to recap, we are offering free injury evaluations and self-treatment tips for Tri-Foxes for an hour before each Tuesday bike ride during the summer and before each Tri-Fox monthly meeting during the winter. We have a portable folding exam table which we can set-up in the Aurora lobby (for easy access/approachability for riders with aches, injuries, questions), or in a different location if you prefer. We will plan to take walk-ins as they arrive, though we can implement a sign-up sheet at some point if needed. We can be fluid and change it up as we go along for whatever works best.

VOLUNTEERS NEEDED FOR THE FIRECRACKER...WE NEED PIES..WE NEED TO KEEP KIDS AWAY FROM The BLACKHAWKS!!

Only a few short weeks and the FOX FIRECRACKER BADGER STATE GAMES 5k will be here.... mark your calendar now to be a part of this monumental summer event..... apple pies, American flags, live music, skydivers AND an ARMY BLACKHAWK HELICOPTER FLYOVER ...you will not want to miss this. If you can volunteer to help out either July 3rd or July 4th, can help bake pies, or have any questions, please email Kelly at kjansen9@new.rr.com

HIGH CLIFF VOLUNTEER COORDINATOR NEEDED

All good things must come to an end...or so the saying goes. Ever since the very first HIGH CLIFF TRIATHLON, I have had the honor of gathering volunteers from this fine club to help out. Just like the event itself, the number of volunteers needed grew and soon my task morphed into gathering volunteers for all sorts of things..... from helpers at a triathlon to getting people to dress up in a giant FOX costume. Somehow this earned me the title Volunteer Goddess(thanks Mark and Peter:) This year, due to a prior engagement the entire week preceeding HIGH CLIFF WEEKEND, I will not be able to effectively help out the way this club and Midwest sports events needs..... and so the goddess must pass on her crown. If you are interested and able to help, please contact the leadership team.

thank you
Kelly Jansen

TRIATHLON CLASSES FOR KIDS

Do you swim? Do you bike? Do you run?

Then you are already a triathlete!

Find out how to put all 3 sports together by taking the Menasha Summer Adventure class...

Training to Become a Triathlete

Drills, practice, and weekly triathlons

June 15-July 16 2009 (Monday-Thursday)

- Grades (entering in fall) 3-5 8:00-10:00
- Grades (entering in fall) 6-9 10:15-12:15

Registration forms are on the homepage of the Menasha Joint School District or in the office of all Menasha schools.

Questions? Contact Linda Kuhaupt (kuhauptL@mjsd.k12.wi.us)

TECHNICAL CLOTHES and CASUAL WEAR

We still have some peeps who have not picked up their orders yet...please do so ASAP..they are kept at TRI FOX WORLD HEADQUARTERS at the Aurora Clinic in Kaukauna.

We do have a lot of extra technical clothes in stock, too. We have jerseys and bike shorts, and tri tops and tri shorts, some arm and leg warmers (have you seen how cool they are?) and several helmets, and 1 or 2 jackets. Don't delay, sizes are limited, so come to WORLD HEADQUARTERS before it's all gone.

We also have a ton of our white technical running shirts, running caps (white and black), towels, t's, sweats (crew and hoodies), and some FOX SOX (large only).

Come shopping so you can wear our colors through the whole season!

MOTORCYCLE MARSHALS needed for IRONMAN WISCONSIN

For the past few years, the Fox Cites Triathlon Club has been the official source of draft marshals for Ironman Wisconsin and we will do it again this year. EVERYONE who does it has an unforgettable experience. We have about 10

spots available as this note is being written.

There are some requirements and some great perks... you have to be in Madison the day before the race for a mandatory draft marshal meeting and you have to be an experienced triathlete...you will be expected to be available from the beginning of the race until early to mid afternoon. As a reward, you get some cool shwag, you get to ride the course and keep it safe and "draft free", and you get special registration benefits for the 2010 Ironman Wisconsin.

If you are interested, please email acherkasky@new.rr.com for more details.... we will take the first 10 who respond but please sign up only if you are for sure that you will do this... if you back out at the last minute, it's tough to fill your spot.

Firecracker Training Runs

Don't forget to join the FIRECRACKER training runs every Wednesday at 6:30pm... groups form according to ability and everyone runs or walks the course. Word on the street is that there are snacks to nosh on afterwards!



SATURDAY BIKE RIDES IN GREEN BAY

Jackie Bushner, our 2008 Rookie of the Year, has started Saturday group rides in Green Bay... please email her for more info or check her thread on our forum section.




Please email her for more info: jbushner@essentialtowellness.com

Thanks Jackie!

HIGH CLIFF TRAINING RIDE AND SWIMS

Each year the TRI FOXES host some training events before the High Cliff Triathlon. These are especially great for newbies as well as the veterans.

Tentatively we will ride the courses (sprint and half IM) on Saturday June 13th at 8am..starting at the parking lot at High Cliff near the beach....make sure you and your bikes are ready to go at 8am SHARP. We will need some volunteers to help the newbies on the short course, please!

We will do 2 evening swims...one on Thursday night June 11th and again on Thursday June 18th. If you are a new swimmer, these are GREAT training sessions. You will learn to swim in open water and figure out what it feels like to get "jostled around". Be ready to swim at 6pm. This will take place just to the right of the swim beach (where the race actually starts...don't worry, you'll see our colors!) 

Thanks for reading the latest Tri Fox News.

This email address is not checked daily. Most articles include a contact person and/or an email address, so please use those if you have questions or comments instead of replying to this email.

Sincerely,
Fox Cities Triathlon Club

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