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Hi TRI FOXES,

It's already the beginning of June and we have a fabulous summer of activities ahead. Don't forget to wear our colors at races and around town!! Let's start off with a great event this coming weekend... The Green Bay Triathlon. We have weekly rides and runs, the High Cliff Triathlon, The Badger State Games, and of course.....THE FOX FIRECRACKER BADGER STATE GAMES 5K on THE 4th OF JULY!!!!!!!

TV 11 Will be at this Wednesday's Firecracker Training run... PLEASE be there at 6:30pm and wear your colors! Kaukauna Library--the start of the course.

Watch for Fuzzy and Rachel Manek this Thursday morning on TV-11... 2 segments.. and again in 2 weeks!

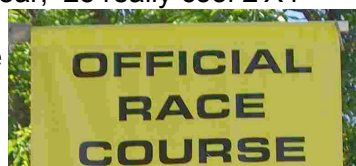
The calendar of events on our website is a valuable source of information. And, as always, please please follow all the traffic laws and represent our club with dignity and honor. Always always always wear your helmets, PLEASE!

## THE FIRECRACKER

As most of you know by now, we've put together a really first class event. Our TRI FOX Firecracker committee has been working on this year's race since July 5th last year. It never stops and we are so proud to be the OFFICIAL 5K run/walk of the BADGER STATE GAMES! Be sure to watch for our TV spots on TV-11's early morning show, radio spots on Kiss FM and on WIXX, and our ads in the Post Crescent and the Press Gazette.

We have planned for every single detail imaginable including things the ordinary participant might not even notice, but these are the things that will make our race stand out as a premier 5K.

New this year: timing chips, medals for 1st-3rd in age divisions, a kids run, Domino's pizza and pasta, an 11 year old who will BELT OUT the national anthem, live singing during the 9 minutes it takes 3 men to fall to earth from a perfectly good airplane, a new TRI FOX flag because those same skydivers burned ours with their red white and blue flares last year, 25 really cool 2'X4' banners all along the course, a new color for our t-shirts, a cool give-away bag, a very patriotic pre-race ceremony with elderly veterans shooting guns (please God let them use blanks), those same old vets lining the bridge, a Humvee lead vehicle,



FIREWORKS to start and end the race, soldiers running the course in full uniform, a possible swearing in ceremony for new military recruits, and of course ARMY BLACKHAWK HELICOPTERS SWOOPING IN AND LANDING at the start line!!!!!!!!!!!! GOOSEBUMPS!!!!!!!!!!!!

Picture this: It's 7:58am...an 11 year old steps to the mic and blows you away with her version of the Star Spangled Banner...1 minute and 45 seconds later, 2 big BLACKHAWKS scream into town, 100 feet off the deck...coming across the river and right above us...then STOPPING and swinging around...looking at us!!!! We launch a barrage of fireworks and we're off on a great 5K adventure, running under the helicopters...they circle the course and one lands at the library. It's now 9am, the band is playing, most people are already eating pie and pizza, but we're waiting and cheering for the last few walkers....and then, 500 feet above us, more booms and sparkles as our closing fireworks light up the sky.



The festivities continue with the awards ceremony, the best costume contest, more food, the rock band, and general FOX FUN!!!

Please register by June 20th (actually we want you to register NOW)...it will help us immensely if you register early..we have to order flags, t's, chips, firecracker cheese etc etc..

And, not only will you make our life easier, but you will also be guaranteed a Firecracker shirt and a Badger State Games t-shirt.

#### **VOLUNTEERS AND PIE BAKERS NEEDED**

Volunteer opportunities July 3rd 4-8pm or July 4th 6:00-10:00am OR you can help by baking and delivering APPLE PIES..... Email Mike at [michaelwickstrom@yahoo.com](mailto:michaelwickstrom@yahoo.com) if you can help.

And don't forget we have training runs on the Firecracker course every Wednesday at 6:30pm...thanks go to race director Kelly Jansen for arranging the runs and for bringing a little nosh for afterwards....word on the street is that she is pretty tight with Johnny Depp and he might just show up when he's in town for his Oshkosh movie premier!

Race director Kelly Jansen would like to take a moment to thank all committee members who have worked diligently and passionately throughout the past year, helping create this "iconic" event that we affectionately refer to simply as the FIRECRACKER.

#### **High Cliff Volunteers Needed!**

Come join in the excitement of helping out at the High Cliff triathlon. A ton of volunteers will be needed. The race is on Saturday, June 20, but volunteers will also be needed prior to that day. Fill swag bags, hand out t-shirts...what fun!

Email [tkuhaupt@hotmail.com](mailto:tkuhaupt@hotmail.com), and Linda/Sarah will contact you with specifics.

#### **HIGH CLIFF TRAINING SESSIONS:**

We have several opportunities for you to practice on the High Cliff course (good opportunities regardless of whether you plan to do High Cliff).

1. Practice Ride: We'll be riding the High Cliff bike course (sprint course = 22 miles and half-iron course = 56 miles) on Saturday June 13th at 8am, starting at the parking lot at High Cliff near the beach. Check out the routes here:

<http://www.midwestsportsevents.com/highclifftri.html> and please bring a copy of the map with you.

The sprint course ride will be beginner-friendly with veteran Foxes to help out. We'll split into groups as paces dictate, and the final group on the sprint course will be no drop/beginner pace. Make sure you and your bike are ready to go at 8 am SHARP (don't forget your water & your flat kit!). You will need a State Park pass for your vehicle (either annual or day) unless you plan to bike into the park.

2. Practice Swims (two days - come to one or both): At 6:00 pm on Thursday June 11th and Thursday June 18th, the club will host practice swims in Lake Winnebago at High Cliff State Park. All abilities, shallow water! 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". Veteran Foxes will offer open water tips and help you learn how to sight. 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!) Again, you will need a State Park pass on your vehicle.



## **ANNUAL CLUB FOX FOTO**

at High Cliff Triathlon:

At 6:30 am sharp, race morning, please gather at the exit from transition....this is our annual club photo..wear your colors!

## **TECHNICAL CLOTHES**

Do you need a jersey or a tri top? How 'bout a running shirt, a new cap, or FOX SOX? We have lots of cool stuff in stock right now...please visit WORLD HEADQUARTERS at Aurora Health Care in Kaukauna...be proud to wear our colors at all events.

## **FREE PHYSICAL THERAPY**

Don't forget that every Tuesday at 5pm, before our rides, the boys from Advanced Physical Therapy will be available to assess and offer treatment plans for your aches and pains.... last week, low back pain and plantar fasciitis were the "in" ailments!! Please come in the side door at the Kaukauna Aurora Clinic. Thanks to fellow Tri Foxes, Rob Worth, Mark Shopshire, and Terry Moore.

## **FIND A FOX**

We have a new section on our website....Katy Sirovatka has written some pretty awesome newbie articles...please take a look. [www.foxtriclub.com](http://www.foxtriclub.com)

**RACE THE LAKE** if you want to have a TRI FOX team, please post your information on our forum section.



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Sincerely,  
Fox Cities Triathlon Club

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