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Dear Foxes,

We are in great need of a very special TRI FOX volunteer for High Cliff...

We need someone with a large vehicle to hook up the Midwest Sports Events silver trailer and drive it from High Cliff to downtown Kaukauna... we are using Gloria's start line and finish line equipment for the FIRECRACKER, please email Alan Cherkasky at acherkasky@new.rr.com if you are able to volunteer for this assignment.

Don't forget High Cliff Club Photo 6:30am SHARP at the swim exit of transition.

High Cliff Clash

We are participating in the club competition again this year...we are the reigning champions. There will be a sign up board at registration on Saturday. All you have to do is put your name on the list. The winning club is based on how many people set a PR in one or more of the legs of the race. You don't have to be fast nor do you have to win the race...just sign up...details will be available on Saturday...please look for the sign up board...even if you are racing in other "colors"...as long as you are a TRI FOX member you can be a part of this competition against 5 other clubs.

Fox Firecracker 5K

The first annual Fox Firecracker 5K is right around the corner.....we have been working on this since December.....so many committed FOXES, so many local businesses on board, so many donations, so many cool new ideas.....this is going to be the best 5k EVER in history! Now we need a little bit of YOU!!!! Please consider helping the other FOXES on race day....remember you can come early and help and STILL run it.....it is a small time commitment, and what a way to kick off your 4th of July.....if you can help with any of the following please email Kelly at kjansen9@new.rr.com Plus there is still plenty of time to register for the race.....can you say SKYDIVERS?????????????????????????????



- Site set up.....July 3rd.....starting at 10:00am--???
- Help with registration.....July 4th 6-7:45am
- Man corners during race.....July 4th.....7:45 -end of race
- Help with finish line distribution...water, flags, treats.....July 4th 8:00- end of race
- Help with food tent....July 4th 7:00am -end of race
- Clean up.....July 4th.....after race

As of today, we are happy to report that we have 180 registrants...shirts are being ordered this week and food vendors are starting to make plans. We hope the registrations keep coming in during the next 2 weeks and we expect a lot of race day registrants (which will be very time consuming..so register ahead Please!) There are a bazillion details we have to take care of and learn from. We are going to make this a great event.....PLEASE help us PLEASE!

Wednesday Runs

The Wed. night run will have a new location every week. We want to keep things fresh and interesting for everyone. All runs will be 3-5 miles in length with the opportunity to run longer for those who want/need to. Here are the dates and places:

- June 25- Fritze Park, Menasha (tressel bridge run)

- July 2 - High Cliff State Park (meet at the tower)
- July 9 - Telulah Park, Appleton (run along Fox River)
- July 16 - Sunset Park, Kimberly (run along river, meet at the swimming pool)
- July 23 - Wiouwash Trail, Dale (meet at the trail parking lot on Hwy 96)
- July 30 - Buboltz Nature Center, Grand Chute (meet in the parking lot)
- Aug 6 - Telulah Park, Appleton (run on the CE trail)
- Aug 13 - Wiouwash Trail, Medina Jctn. (Medina Junction Rd.)
- Aug 20 - CB Trail/ Hwy 10 Trail (meet at Town of Menasha Town Hall)
- Aug 27 - High Cliff State Park (lower trail - park next to general store)

As always, we run at 6:00 pm sharp. We will send out an email blast a few days before the run for specific directions. These dates and places can also be found on the website calendar.

Call Darrell at 428-8908 or email at luvtotri@yahoo.com or Glenn 915-9469 or email go4it010@yahoo.com if you have questions.



FOX FOTOS

Please take FOX FOTOS all summer at your events and on vacations....one of our new running caps was spotted in TIMES SQUARE and Fuzzy was in Vancouver! Send your fotos to Kelly at kiansen9@new.rr.com

Did you all see who was visiting with Fuzzy last week..look at the slide show on the [website homepage!](#)



Technical Clothing

We have men's and women's technical running shirts....they are really excellent....only 20 dollars...available at the Aurora Clinic in Kaukauna... don't forget to buy your FOX SOX, running caps and other gear...we still have some tri tops, jerseys, jackets, t-shirts, sweats, water bottles, etc...shop before High Cliff or visit our "table" on Saturday of race weekend.

Newbie and Club Swim

This Thursday at 6pm at High Cliff....perfect time to polish your skills and perfect time to swim the course...there will be experienced TRI FOXES there to help and entertain you..and of course answer questions and calm fears. We will even have a transition set up.....no rain in the forecast this Thursday...but as usual, watch the newscrawl if the skies look stormy!



Thanks for reading the latest Tri Fox News

Sincerely,
Fox Cities Triathlon Club

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