

First Meeting Oct 10th

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Hi Everyone,

It's time to start our fall/winter meetings again. It will be so great to catch up with each other and compare notes... where have we been and where are we going?

We have 2 special guests lined up for our OCTOBER 10th meeting...Jim and Janine Boldra, the original triathletes of the Fox Cities, will be sharing stories and pictures of their experience in preparing for and competing in [ULTRAMAN Canada](#) (see below for more information).

Please plan to attend at 4pm on October 10th at the Appleton YMCA. We hope Starbucks will sign on for another year of coffee. We will have technical gear and other FOX GEAR in case you need something new and special.

A special note to our Green Bay area Foxes.... each year we try to hold at least one meeting in Green Bay.... for 2010/2011 we plan to do more.... tentatively our November meeting will be held in Green Bay... details to follow.

See you all on October 10th at 4pm at the Appleton Y!!

FOXTOBERFEST SPLASH-N-DASH

Don't forget Foxtoberfest is THIS Saturday (**10/2/10**). The event will be held at Fresh Air Park in Neenah and will consist of a short swim followed by a 5k run through the surrounding neighborhoods. Yes, we are very aware that the water is cold - and we're working on either fixing that or shortening the swim.



Plan to arrive at 8 am for a pre-race briefing, rules, pre-race coffee, and an 8:30 mass start - just like an Ironman race!

All participants are asked to provide swim caps and wetsuits, but wetsuits are not required if you're brave enough.

The event will be followed by bagels, fruit, juice, coffee, and potentially some warm food cooked to order (anyone up for grilled cheese and tomato soup?). The Jim Neitzel trophy will be presented during the awards ceremony along with prizes for best dressed, most entertaining transition routine, and "judge's pick."

More Details:

- Cost - Free. Yes, free.
- Who? - Open to anyone and everyone.
- How competitive is this? - Varies. This is mostly put on as an excuse to have fun, joke, laugh, and spend time with friends.
- Questions? - contact Drew Herrmann andrew_herrmann@yahoo.com or Dave Martin dwnhldav@gmail.com
- Do we get goodie bags? - The event organizers will try to piece together some fun stuff. In the past, nobody has left empty handed.
- Where can I find more info? - check the Tri Fox forum post for updates and additional details <http://foxtriclub.websitetoolbox.com/post?id=4896733>

The Green Bay Duathlon will be held on Sunday, October 10 at the Lambeau Field Parking starting at 7:30 a.m. The duathlon features a 3-mile run, 32-mile bike and 1-mile run. The runs are around the stadium and the bike course trails both sides of the Fox River going as far south as Wrightstown. The event can be done individually or as a 2 or 3 person relay.

Awards will be given to: the top male and female finishers, the top 3 male and female in 5 year age group increments (ages 11 and under & up to 95+), the top 3 relay teams in the all male, all female, coed divisions and top 3 Athena and Clydesdale division.

Various clinics will be conducted throughout the day on Saturday, October 9th at the Midway Hotel, 780 Armed Forces Dr., Green Bay. The health expo, registration and packet pick-up will also take place at this location from 11 a.m. - 5 p.m.

Prices up to October 9th will be \$45 individually and \$35 for each relay team member. After that date, individuals are \$55 and relays are \$45 for each member. All participants will receive a long-sleeve t-shirt, a goody bag and plenty of

healthy, warm and fall season food.

To register, visit midwestsportsevents.com and download a pdf form, go to active.com or call them at 800-429-8044.

JIM & JANINE BOLDRA COMPETE AT ULTRAMAN CANADA 2010

Jim and Janine Boldra competed in the very demanding 3-day ULTRAMAN CANADA triathlon race in Penticton, British Columbia on July 31st - August 2nd. They competed with athletes from nine countries including Canada, US, United Kingdom, Brazil, Spain, Denmark, Australia, Argentina and Slovenia.

ULTRAMAN CANADA is a 512.6 KM (318.6 miles) ultra-endurance event, which over the three day period covers part of the beautiful Okanagan and Similkameen regions of British Columbia. The Canadian event, which was established in 1993, follows the format of the original Ultraman established in Kona, Hawaii in 1983. The Canadian race has now become a qualifier for the Hawaiian World Championship race.

Stage 1 of ULTRAMAN CANADA starts with a 10km swim (6.2 miles) followed by a 145 km (90 mile) bike ride, all on the first day. Stage 2 on the second day consists of a 275 km (170 mile) bike ride starting in Penticton and ending in the smaller community of Princeton. Stage 3 is an 84 km (52.4 miles) double marathon run, with the last grueling marathon leg traversing through switchback mountainous terrain, and finally descending back into the Okanagan Valley.

Ultraman Canada is an extreme event which attracts participants who thrive on the ultimate personal challenge that tests the essence of the human heart and soul. During this race these triathletes confront the deepest self-awareness that comes from such an intense physical, mental and emotional undertaking. For this reason, ULTRAMAN CANADA and ULTRAMAN HAWAII continue to capture the growing interest and passion of both the sports and non-sports public alike.

Jim & Janine Boldra joined a field of other powerful endurance athletes. Notable



in the men's division are Sergio Meniconi (Brazil), Nino Cokan (Slovenia), Gary Wang (USA), Mike Le Roux (Australia), with Kevin Cutjar and Mike Coughlin from Canada - all poised to give very competitive performances. In the women's division are Alice Clark (Australia), Kellie Smirnoff (USA), Dorette Franks (USA), Andi Ramer (USA) together with Tracey McQuair and Tracey Preston from Canada- promising to make this year's race one of the most competitive and exciting.

Jim & Janine Boldra have been competing in triathlons for over 27 years and became interested in ultra distance triathlon in 1988 when Jim did his first Ironman Canada. Since that time Jim and Janine have completed 60 Ironman races throughout the world. Their passion for endurance racing extends beyond triathlon into XC skiing, cycling, and running.

Thanks for reading the latest Tri Fox News.

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Sincerely,
Fox Cities Triathlon Club

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