



10/01/2008

**IN THIS ISSUE**

- [October 5th Meeting](#)
- [Oshkosh Masters Swim Program](#)
- [Manitowoc, Two Rivers Masters Swim Program](#)
- [Free Bike and Run Clinics](#)

**OCTOBER 5TH CLUB MEETING...**

Our "other season" begins.

**QUIZ QUESTION:**

What do 56% of Americans eat for dinner?

Answer: LEFTOVERS!! (no joke),

So, in keeping with the majority of our country, we will be serving LEFTOVERS at our OCTOBER 5TH CLUB meeting!!

That's right, we will be serving APPLE PIE..leftover from THE FIRECRACKER 5K!!!!!! Real Apple Pie made by our very own TRI FOXES..please don't worry, the pie will not be stale!!

Our meeting will begin at 4:15pm (15 minutes later than usual due to a home Packer game)...in the Harwood Room at the Appleton YMCA!

In addition to the PIE, we will have a lot of cool things to do...we'll review 2008, talk about 2009 club initiatives, have several club member presentations, and of course our speakers for the day are Coach Lee Simril and Coach Mike Pierson who will help us PLAN OUR OFF-SEASON.

**OSHKOSH YMCA MASTERS SWIM PROGRAM**

There is a correction to the Oshkosh YMCA Masters Swim Program.

Thursdays 5:30-7am (20th AVE)

Mondays 6-8pm (Downtown)

Cost: \$20 YMCA-members

\$35 Non-members

If you have any questions please email Renee at [reneekporter@yahoo.com](mailto:reneekporter@yahoo.com)

**MANITOWOC, TWO RIVERS YMCA MASTERS SWIM PROGRAM**

Masters swim noon on Monday and Wednesday that is just a group workout. Different swimmers bring the workout. The other day we had a swimmer on deck and spent an hour with off the wall streamline, along with a bunch of 100IM and 200 drills.

There is also a coached version on Monday night at 6:30-7:30pm and Thursday at 8-8:45am with a coach on deck. There is a fee for those ...\$30 for the session.

For more information contact the Manitowoc Y @482-1500 and speak with Janet Schultz.

**FREE BIKE AND RUN CLINICS TO IMPROVE PERFORMANCE**

Saturday, October 11 Midwest Sports Events will offer 2 free clinics open to the public at the Best Western Hotel, Patio Room, Green Bay, Wis. No fee. Please call

to register for both or either clinics at 800 429 8044. For more information email [Nathan@midwestsportsevents.com](mailto:Nathan@midwestsportsevents.com)

1 p.m.

"A 6 Key Steps to Improve Cycling Performance" Nathan Ennis, USAT Certified Coach

Nathan Ennis will cover these key points for cyclists: pedaling stroke, cornering, climbing and descending, breaking, shifting, hand griping. Understanding these components for biking can improve your bike performance. This clinic will be for the novice cyclists as well as experienced.

3 p.m.

"Running Form & Gait Analysis" - Brian McWilliams, Aurora BayCare M.S., LAT, CSCS

Brian will go cover running specifics with useful tips on how to improve your running form and efficiency. He will videotape you running form and go over a critique session with ways to improve your performance. Please wear running clothes and running shoes. The critique and clinic will be held inside and videotaping outside.

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

[Forward email](#)

✉ [SafeUnsubscribe](#)®

This email was sent to [foxtriclub@gmail.com](mailto:foxtriclub@gmail.com) by [foxtriclub@gmail.com](mailto:foxtriclub@gmail.com).  
Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



Fox Cities Triathlon Club | 430 Brill St | Kaukauna | WI | 54130

[Reply](#)   [Forward](#)