

**10/01/2009**

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## WELCOME BACK FOXES! SUNDAY OCTOBER 4TH, 4PM APPLETON YMCA

### THE BIGGEST LOSER

Kristin Steede just called from BOOT CAMP in Hawaii to discuss details of her talk with the TRI FOXES this weekend. It's unclear who is more excited, the club or Kristin.



Our "Biggest Loser" has a great presentation all ready for us. Not only will we learn the "secret" details about NBC's hit show, but Kristin's message will open our eyes to trying new things, stretching our dreams, and lessons learned! One of Kristin's goals is to become a triathlete, so this is going to be a win/win day for all of us!

## FOXTOBERFEST

The date for the the second annual Foxtoberfest splash and dash has been set! Saturday, October 10th, at Fresh Air Park in Neenah. The event will be a "splash-n-dash" consisting of a swim followed by a run.

Plan to arrive at 8:00am for a 8:30 mass start!!!



The mass start time has been moved back to 8:30 to allow greater participation, better daylight conditions for the swim, and maybe (yes maybe) warmer temperatures for the event.

The swim course will be marked with buoys and will be in the 1/2 mile to 3/4 mile range (depending on temp and conditions), the run will be through the surrounding neighborhood and will be a 5k.



Following the event, bagels, fruit, coffee and a healthy dose of shenanigans will be served to participants, volunteers, and spectators.

Please spread the word and invite any and all of your friends to join us. This may be one of the last chances to get an open water swim in this season!

Swim caps and wetsuits are required, and if you don't feel like swimming, please join us for the camaraderie and good times on the run and after the event.

Each participant is guaranteed a spot in the first wave and healthy refreshments/food after the event.

If you have any questions, please e-mail

- Peter Victor at [pvictor@fedcoelectronics.com](mailto:pvictor@fedcoelectronics.com)
- Drew Herrmann at [andrew\\_herrmann@yahoo.com](mailto:andrew_herrmann@yahoo.com)
- Dave Martin (#700) at [dwnhldav@gmail.com](mailto:dwnhldav@gmail.com)

Please also RSVP to one of us if you plan to attend - or better yet, post a reply to the [message board](#) so everyone can see!

Maps to the park and of the run course will be [posted](#) in the coming days.

## WIN FREE STUFF

You could be one of the TRI FOXES to win a bottle of Hammer Gel product, or maybe a TRI FOX cap or other cool stuff...but you can't win if you're not there this Sunday. Lots to give away!  
You might just get lucky!!!

## TECHNICAL CLOTHES AND MORE

We will have our remaining stock of jerseys, helmets, tri outfits and much more ....don't forget sweatshirts and long sleeved technical tops as the weather gets colder....it will all be for sale on Sunday. Get it while we have it!

## WINDOW DECALS AND DVD's

If you didn't get a TRI FOX decal for your car or our award winning club DVD, we do have a few of each left...they'll be available on Sunday.

## NOVEMBER 8th TRI FOX MEETING

Mark your calendars! We are very lucky to have two TRI FOXES who also happen to be heart specialists! Cardiologists, Dr. Mike Gitter and Dr. Ken Geller will be our speakers at the November 8th meeting to talk about heart health. As you all know, 4 Wisconsin triathletes died this summer while training or in races, presumably of heart disease.....so this will be timely and invaluable. Both doctors will be in the house for a lively Q&A, too!



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