

## November Meeting and other activities

1 message

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### NOVEMBER 2nd TRI FOX MEETING

4pm Appleton YMCA

FREE TRI FOX CAR WINDOW DECALS FOR EVERYONE IN ATTENDANCE.

OUR NEW LONG SLEEVED TECHNICAL RUNNING SHIRTS WILL BE AVAILABLE.

ORDER YOUR TRI FOX TECHNICAL CLOTHES FOR 2009.

COFFEE and COOKIES

Meeting topic:

How's your running? How's your biking? Do you have good technique or do you SUCK? Are you an efficient runner? Do you have smooth spinning?

Come to our Nov 2nd meeting to learn more!

Brian McWilliams, certified triathlon coach and physical therapist will videotape and critique your stride...come before the meeting at 3:30, wear running clothes and meet outside the main door. Brian will video up to 30 people and then dissect and make recommendations during the meeting. No matter how many miles we have run we can always learn better form and stride.

Nathan Enis, certified triathlon coach and new race director for Midwest Sports will follow with: Winter cycling training:

-what are your different options for cycling during

the winter  
-the benefits of the different cycling options

## REACH THE PEAK

Who needs "flat and fast"? There are plenty of those out there. This race aims to be something different, a yardstick to measure your hill skills by. Both 5K and 15K courses begin at Nordic Mountain Ski Resort in picturesque Mt. Morris and then wind through woods and around lakes, until the final challenge to reach the peak of Mt. Morris itself.

The story goes that the town of Mt. Morris was named in the late 1800's after two men agreed to decide the town name with a footrace to the top of the hill, the winner was a man named "Morris." In honor of the fastest male and female of the 15K race, the town of Mt. Morris will be renamed after them for the day! Can you picture your name on that sign...

Welcome To  
Mount \_\_\_\_\_  
Population 1,092

The race takes place on Saturday, October 18th starting at 9:30 am. A 1 mile kids run precedes the 5/15K at 9:00am.

Are you ready to accept the challenge? Then visit the Reach The Peak website at <http://www.reachthepeakrace.org/> to register and find out more information.

## TRI FOX SPIN SESSIONS

Once a month we will have a designated TRI FOX spin at the Appleton Y... starting on Friday night October 24th from 6-8pm. (you do not have to be a Y member)

Our very own and newly crowned Ironman, Don Keddell, will lead the first session and he promises to entertain AND kick your butt!

Please email Jan Heifner to reserve your bike, [jheifner@ymcafoxcities.org](mailto:jheifner@ymcafoxcities.org)  
Don't forget to wear your colors and we hear there might be a road trip for pizza afterwards!!!

(our web calendar will list the other dates...but plan for Nov 28th, Dec 19th, Jan 30th, Feb 20th, March ??)

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

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