

Spin, Vote and Nov Meeting

1 message

Fox Cities Triathlon Club <foxtriclub@gmail.com>

Reply-To: foxtriclub@gmail.com

To: foxtriclub@gmail.com

Tue, Oct 21, 2008 at 9:01 PM



10/21/2008

IN THIS ISSUE

[Nov 2nd Meeting](#)

[Spin Class](#)

[T-Shirts and Running Tops](#)

[Tri Fox Technical Clothes](#)

[Fuzzy Fox Awards](#)

SO MANY THINGS TO REMEMBER!

- Don't forget to VOTE on Nov 4th
- Don't forget to spin on Oct 24th
- Don't forget to attend the TRI FOX meeting on Nov 2nd!

NOVEMBER 2nd Meeting

4pm Appleton YMCA...learn how to run and spin properly...and as an added bonus, if you want your running form evaluated, come 30 minutes early at 3:30 and Brian McWilliams will videotape you running!

And, this just added, Wendy Heldt will talk about what triathlon has meant to her and how it has impacted her life. Congratulations to Wendy for completing the World Championship Ironman in Hawaii last week! If you have never heard Wendy speak or if you are one of the few people who have never been exposed to her infectious personality, you are in for a TREAT!

SPIN CLASS

October 24th..there are still TRI FOX specific bikes left, but don't take a chance of not getting one...reserve your spot ASAP.



Email Jan at jheifner@ymcafoxcities.org or sign up in the spin room at the Appleton Y. Don Keddell will lead the 2 hour session from 6-8pm!

T-SHIRTS AND RUNNING TOPS

We will have gray long sleeved t-shirts available starting on Nov 2nd...we actually had them a few years ago and everyone loved them...and our long sleeved running tops will be here by Nov 2nd, too!

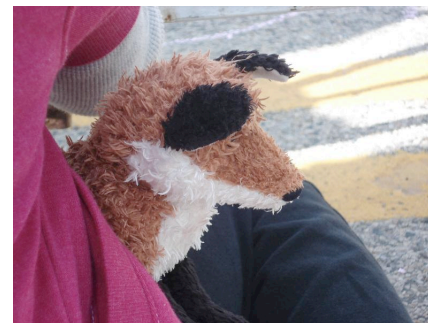
TRI FOX CLOTHES

Our clothing committee is in final discussions with Louis Garneau about our 2009 technical order...the plan is to include some new items.

We have been told we will have a "fit kit" mailed to us in time for the Nov. 2nd meeting so you can find out what size fits you best. Come to the meeting on Nov. 2nd and place your order....more details via email and the website as they become available.

FUZZY FOX AWARDS

We have a tradition to award those who have done special things within our club or within our triathlon community...do you know a fellow TRI FOX who has gone above and beyond? Has someone mentored you, helped you change a flat or encouraged you along the way? If you know of a TRI FOX who you think deserves special recognition please send their name to Peter Victor pvictor@fedcoelectronics.com



2009 EVENTS

Here are a couple of events you can already register for for 2009. Sign up now

and put them on your 2009 calendar - visit Midwest Sports Events for more information (<http://www.midwestsportsevents.com>)

- Saturday, Feb 7 - Seroogy's Valentine's Run/Walk
- Saturday, April 18 - Oshkosh Half-Marathon
- Saturday, June 20 - High Cliff Triathlon
- Sunday, July 26 - Chisago Lakes Triathlon

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 by foxtriclub@gmail.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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