



10/23/2009

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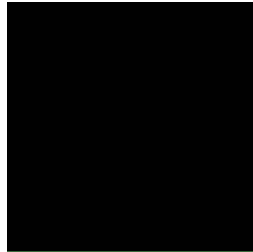
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November 8th Tri Fox Monthly Meeting 4pm Appleton YMCA



Triathletes and Triathlon: The Heart
of a Competitor

We have a special presentation for our November club meeting. Dr. Mike Gitter, an accomplished TRI FOX and cardiologist will speak about:

THE ADAPTATION OF THE HEART TO EXERCISE
and SUDDEN CARDIAC DEATH OF THE ATHLETE.

There will also be a Q & A with Dr. Gitter and fellow cardiologist and TRI FOX, Dr. Ken Geller. Mike and Ken are excellent local cardiologists with a very important and timely message. Please attend and learn what you can do to protect your heart and your health!

Of course we'll have Starbucks and heart healthy treats!



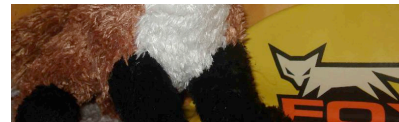
Fuzzy Fox Awards

Calling all Tri Foxes... the December Fuzzy Fox awards are right around the corner. If you know of fellow Tri Foxes who have done something outstanding for the club, it's members, or our community... nominate them for a Fuzzy Fox or Top Fox.

We would love to hear from you about those fellow members who have done some extraordinary things and inspired our members and our community this year. No good deed, hard work, or inspirational moment should go unrecognized.

Send your nominations to our Goodwill Amabassador, Peter Victor, at pvictor@fedcoelectronics.com, or call Peter at 920-





1000



Come meet the 1000th person to join the Tri Foxes!



This lucky (and soon to be famous) person will be introduced at our December Meeting!

LOST HOODIE

A Tri Fox Hoodie (2xl) was found at the Green Bay Duathlon...you can claim it by calling Midwest Sports Events at 800-439-8044.

Noodleini it with a waddle, walk or run.

Late November running can be anywhere from 20 below and blizzard-like conditions to 60 above and sunshine! The 5th Annual 2008 Noodleini 5K & 15K temperatures were perfect for 'winter' running with cloudy skies and minimal wind.

In the 5K race the male overall winner was Will Jayroe. He is a 26 year old from Calhoun, IN finishing in 16:00 flat. Maggie Opelt was the first overall female winner. She is 19 years old from De Pere crossing the finish line in 19:35. In the 15K race Henry Dennis from Fond du Lac crossed the finish line with an impressive time of 49:11 Kim Lasecki, age 41 from De Pere, was the first overall female with a time of 56:36.

This year the event will be held on Sunday, November 29. Do it was a walk or run. We have out grown the community center so the new event site will be at West De Pere High School. We will still use the same course.

Hey! A bargain for your buck! You receive a gift certificate a Noodles & Company meal (\$9 value), long sleeve shirt and a Holiday Gift Cheese Pack. Of course there will be plenty of snacks and chicken noodle soup for the post race party and plenty of awards.

Register today by downloading a registration form from our website or stop in at Noodles & Company, fill out a form and get another \$3 off. Please visit: www.midwestsportsevents.com. If you have questions please call 800-429-8044 or email info@midwestsportsevents.com.

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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